



THE OUTLOOK

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Out of the Classroom and Into the Streets New Mural Unveiled in Bey Hall



PHOTO COURTESY of Mark Ludak

Students have engaged in student activism since the University was Monmouth College, and a new mural created by Dr. Johanna Foster shows the timeline of those historical moments.

COURTNEY BUELL
CLUB & GREEK EDITOR

On permanent display in Bey Hall is the “Out of the Classroom and Into the Streets” mural, painted by Dr. Johanna Foster, Director of the Sociology Program. The mural celebrates the 50th anniversary of Dr. Martin Luther King, Jr.’s historic visit to Monmouth University and documents the waves of student activism from 1966 to

the Black Lives Matter campus rallies in 2016.

The mural, which hangs in the second floor of Bey Hall, is composed of eight 24” x 24” attached canvases. It depicts the likenesses of 25 student activists on campus, and displays a visual timeline of student demonstrations throughout the years. The building houses the Department of Political Science and Sociology, both of which tie strongly to the subject matter of the piece, which was funded

entirely by a generous award from the Monmouth University Research and Creativity Grants Committee.

Although Foster was the primary painter, over 30 students from across academic disciplines participated in the creation of the piece. Ten students contributed as social history researchers and painting assistants as well.

“I was inspired to paint this, as someone who teaches about social inequality and a commit-

ment to racial justice I wanted to find a way to honor King’s visit. I wanted to find a way to connect the gift of his visit and the spirit of his message to the school today,” said Foster.

King spoke in a crowded Boylan Gymnasium on Oct. 6 1966, by invitation from the school’s Black Student Union. According to Foster, this historic event marked an influential point

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New MU Recreation App

GABRIELLE IENTILE
STAFF WRITER

A free Monmouth Recreation app that gives the campus community the ability to schedule workouts and view the availability of exercise equipment through their mobile devices is now available for download. The app was released on Jan. 30 through a contract between the University and fitDEGREE, a recreational software company.

The app offers live occupancy counts, and after an update on Feb. 15, the number of cardio machines occupied. It also shows whether or not the indoor track and areas of Boylan Gymnasium are being used at any given minute. Additional features include the ability to check into the fitness center, view the hours of operation, see and sign up for upcoming group classes. Users are able to interact with other users, posting on the fitFeed, and direct message.

According to Nick Dennis, CEO of fitDEGREE, the app saw over 200 downloads in the first couple of days simply by word of mouth.

Dennis, a former alumnus, contacted Christian Esola, the campus’ Fitness and Wellness Coordinator, during the fall

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Keychains for a Cause A Student’s Fundraiser to Help Syrian Refugee Children

NICOLE SEITZ
COPY EDITOR

Carly Miller, a junior homeland security student, has raised about \$40 so far in donations for the office of the United Nations High Commissioner for Refugees (UNHCR) by creating “Keychains for Children” to directly help child refugees from Syria.

The keychains are little plastic animals painted with various metallic colors. Miller explained how she had to screw a hole into each plastic animal and attach the keychain ring to create her final product.

The homeland security student has been selling her keychains through her personal instagram and facebook accounts and also booked a few days in the Rebecca Stafford Student Center(RSSC) to sell her keychains in person a few weeks ago. Miller plans to continue selling her keychains online and booking table space across from the information booth in the RSSC to sell them for \$2 each.



PHOTO TAKEN by Nicole Seitz

University student Carly Miller created “Keychains for Children,” a fundraiser that began over winter break to help raise money for Syrian refugees.

Miller explained how she really felt moved to dive into this craft.”It was truly the intense me-

dia coverage and intimate personal videos of the victims I saw on social media one night that really

motivated me to do something,” said Miller.

Her inspiration for the project came when she was scrolling through her facebook page and saw all of these videos of innocent civilians being shot and killed in Syria. A few months ago, government forces in Syria attacked the city of Aleppo. The attack was supposedly a search for rebels, but it was evident that they were just killing innocent civilians.

Miller said, “How could I sleep when in front of my own eyes, there were civilians like me being brutally killed?” She continued, “I felt helpless and sick to my stomach about how privileged I was just to be able to safely go to bed.”

After creating the keychains, Miller had to decide which organization would be best to donate the money to. “I believed sending the money through the UN would be the best,” said Miller. “The UNHCR focused on healthcare and housing efforts as well as counseling for children, which I thought was amazing.”

Mary Harris, Specialist Pro-

fessor of Public Relations, commented on the importance of fundraising and awareness for world issues, “Fundraising and public relations plays an essential role in the public’s awareness of important causes,” Harris continues, “I encourage students to take an active role for the causes that they align with most.”

Miller created this fundraiser all on her own and plans to do a lot more to give back. “This is only the beginning of my hu-

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Monmouth Recreation App Changes Gym Experience

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our most successful schools so far. Christian and I were pleasantly surprised at how fast the students adopted the app.”

According to Esola specific terms of the agreement, and the cost of the APP cannot be disclosed as per the request of fitDEGREE.

“Our goal was to streamline everything about how we use the fitness center[...]and make the student experience more efficient and enjoyable,” said Esola. “The Fitness Center gets extremely crowded; we all know that. So, being able to get a live look at just how crowded the areas are, and also an hour by hour breakdown, was something we thought students would be inclined to use.”

The team at fitDEGREE has been working on similar software since May 2016. It was first introduced in Sept. at Rowan University, followed by the University of West Florida, the University at Albany, and now Monmouth University.

“I think it’s great,” said John Jackman, the Director of the Fitness Center. “It helps us utilize the use of the Fitness Center more efficiently. It’s helpful to the busy student that wants to check when a good time would be maybe when the FC is a little less

busy so he or she can use their time and effort more efficiently and productively. It’s a win win.”

Brandon Geier, a freshman marine biology student appreciates the app. He said, “I like that it lets me know the best times to go to the Fitness Center so I can see what’s available.”

Jennifer Urmston, a senior fitness instructor in the fitness center, said, “It’s getting everyone more connected by providing information about what’s going on in the fitness center on this social media-style app. I think it will be great for encouraging more people to come out to the gym, Fitness Classes, and just to get involved too,” she said.

While Urmston hasn’t seen a huge increase in attendance yet in her yoga classes, she has noticed many positive reactions to the app. She said, “I think having the app will remind people that classes are going on, so instead of having to look back through their emails they can just check the app. I’ve also overheard a lot of people talking about it, and they all seem to really like it.”

Some of the apps features depends on employees of the center. Jill Murphy a junior tv/radio communications major, and a desk assistant in the fitness center, said that every 30 minutes the desk assistant counts how



IMAGE TAKEN by Lauren Niesz

The Monmouth Recreation App, released in late January, allows students and members of the University community to connect with gym services directly through their phone.

many cardio machines are being used and how many people are in the free weight area and puts it into a system that creates the percentage of how full the free weight area is.

“The feedback has been tremendous so far,” said Esola. “Gym-goers are frequently checking the occupancy levels to find the best times to work out, our group fitness instructors have streamlined their sign-in process, making their classes much more time efficient and effective, and we are noticing an overall spike in group fitness participation due to the simplicity of signing up for classes as well as being able to invite friends.”

Despite its growing popularity, there have been some criticisms of the app. Raman Lakshmanan, an adjunct computer science and software engineering professor, was informed of the app by a student, and downloaded it from the app store.

Lakshmanan said that while it is a good idea to have mobile apps specifically for the university, they should come from Monmouth students rather than outside companies. However, Lakshmanan said, “the gym app is a good start given that students get most, if not all, of their information on mobile devices.”

Esola and the team at fitDEGREE are continuously working to improve the app. He said, “We are closely listening to feedback from students, instructors, et cetera to make the user experience the best it can be.”

What to Know if ObamaCare is Repealed

RICH FELICETTI
ASSOCIATE NEWS EDITOR

Students health coverage may soon be impacted if Republicans are successful at repealing ObamaCare (also known as the Affordable Care Act), since it allows individuals under the age of 26 to stay on their parent’s health plan. Speaker Paul Ryan presented a new policy brief for the ObamaCare repeal plan last Thursday, Feb. 16.

During its initial introduction, ObamaCare received tremendous backlash, and a 2014 MU poll showed that 49 percent of New Jerseyans opposed the act.

Patrick Murray, Director of the MU Polling Institute, said that most backlash was a result of glitches with the website that made a bad first impression. Despite the initial hiccups however, ObamaCare has since received warmer reviews.

President Donald Trump, along with other leaders in Congress, have vowed to repeal and replace ObamaCare with something “terrific.” He has called the ObamaCare a

“disaster” and has criticized its ineffectiveness.

Dubbed on social media as “TrumpCare,” the President has largely kept his ultimate health care plan shrouded in mystery, and it is unclear what the final form will look like.

The provision of ObamaCare that allows students to stay on their parents insurance has come in handy for a number of persons navigating through college, including Jake Marciniak, a junior business student. He said that the provision is one of the main issues that would arise for college students with a repeal, because not a lot of college students are well versed in the health insurance marketplace.

“I know that if you were to tell me to go out and find an insurance plan for myself, I would be very hesitant and confused on what I was doing. Basically, what ObamaCare was proposed to do, whether or not it was one-hundred percent perfectly implemented, was to create widespread availability of health care,” said Marciniak.

A majority of University students have entry-level, and part-time jobs, and may not be able to

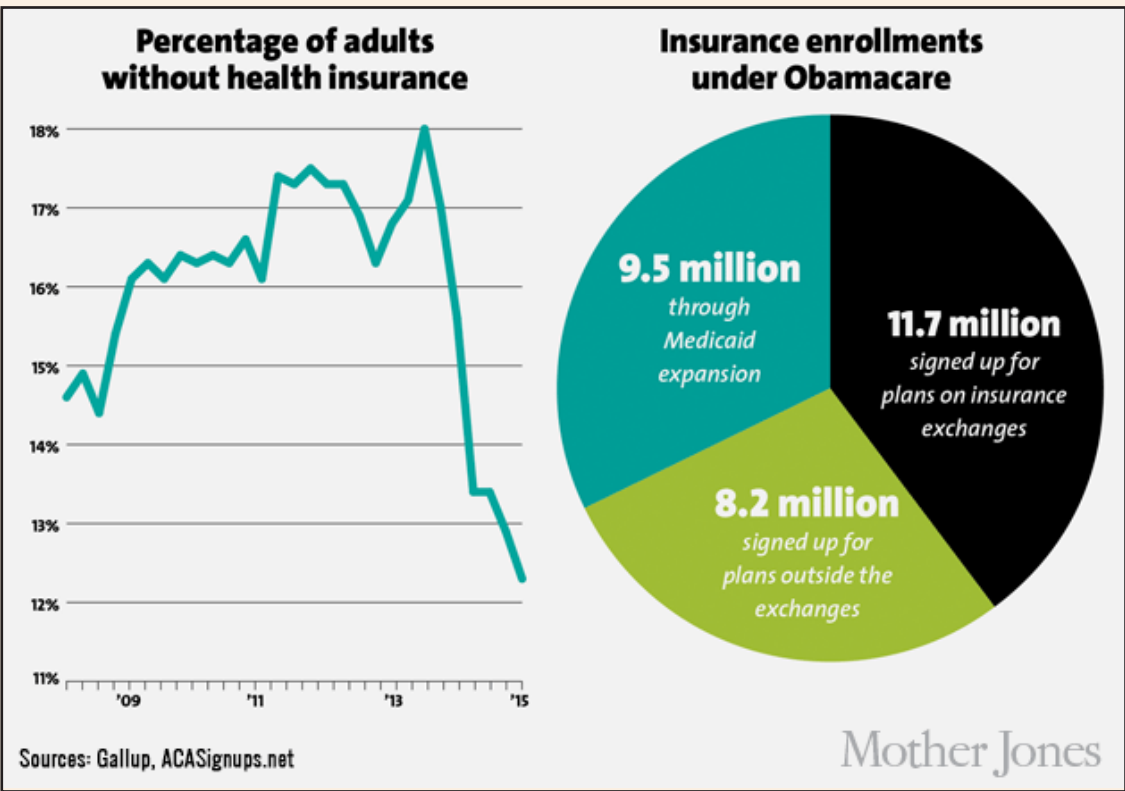


IMAGE TAKEN from <http://www.motherjones.com/politics/2015/03/obamacare-charts-stats-health-care-reform>

A recent Gallup poll shows that the number of individuals in the United States without health insurance following the implementation of ObamaCare has decreased tremendously.

afford their own plan or a campus-offered plan that may have high copays and out of pocket costs asserts Marciniak.

“With this in mind, the ability to stay on our parents’ health insurance plan has been an extremely beneficial aspect of ObamaCare and should be a statute that stays in place,” said Marciniak. “This statute was talked about very highly during the early moves to repeal, but it is unclear as to how the Trump administration plans to keep the statute in whatever it is they are proposing as the replacement of ObamaCare.”

Fortunately, many Republicans claim that they’d like to keep this provision when they replace ObamaCare. President-elect Donald Trump told the *Wall Street Journal* that he would “very much” like this health right.

Dr. Kevin Dooley, an associate professor of political science, said,

“The main issue for college students, primarily those age 18-24, is that if ObamaCare gets repealed, that protection will not exist,” said Dooley. “However, most people calling for a repeal are not necessarily calling to repeal that specific provision.”

According to a recent Gallup poll, ObamaCare has helped a great number of individuals attain healthcare. Nearly 30 million Americans have gotten health insurance under ObamaCare, and the rate of uninsured adults has dropped to 12.3 percent. The annual number of people who would be uninsured over the next decade if not for ObamaCare has also risen from 24 to 27 million.

Most pundits agree that there are both pros and cons of ObamaCare. Austin Skelton, a junior political science student and president of the Student Government Association, noted that students will be one of the main demographics im-

pacted by a repeal of ObamaCare. “If Trump is successful in repealing ObamaCare that means that health insurance for low-income college students will be more expensive and less accessible,” said Skelton.

With regard to rising health care costs, Trump has proposed expanding tax-free health savings accounts, selling across state lines, and giving tax credits to those who help affordability.

Skelton asserts that a pro from repealing ObamaCare involves student work. He said, “Those who are employed through federal work study or by the University in general, would no longer be limited to working 30 hours a week. This means that employers don’t have to worry about providing insurance to student employees and those student workers can make more money each week.”



IMAGE TAKEN from <http://www.nytimes.com/2012/09/30/opinion/sunday/>

One provision of ObamaCare that impacts students allows young adults under the age of 26 to stay on their parents health insurance.

House Party Goes Awry

Three University Athletes Arrested Following Off-campus Party

KELLI GALAYDA
STAFF WRITER

Two University football players have been charged with disorderly conduct, maintaining a nuisance, providing alcohol to underage persons, and littering, after a fight allegedly broke out at an off-campus house party on Atlantic Avenue on Thursday, Feb. 16. Another student, who is a member of the track and field team, was arrested the following day, on counts of disorderly conduct and obstructing the administration of law.

According to a press release provided by the Deal Police Department, the two football players, Christian Runza and Michael Christ, were said to be the hosts of the party and tenants of the home and were arrested immediately. Police said there were roughly 200 to 300 people in attendance at the party. The football players were released on a

summons and are currently awaiting a future court date. Tyrell M. Gibbs, a member of the track and field team, was not arrested during the initial incident, but was later identified by the University Police Department and a few cooperating witnesses. He was released from police headquarters and was also granted a summons for a future court date.

Police officials from Deal, Ocean Township, Long Branch, and Allenhurst arrived to the scene at approximately 12:24 a.m., after someone called in about a large fight occurring on the residence, according to a press release.

According to police the fight began after a group of approximately 30 people were denied entrance to the event. That group of individuals then allegedly began vandalizing cars in the surrounding area.

A student who attended the party but who would like to remain anonymous, said, “When we got to the party there were about 20 to 30 high school students outside of the house. Usually it’s only students from the University at those parties, so they weren’t being allowed in.”

“There was also a fight in the house between a friend of one of the track players, and a football player. At the end of the night I saw him [the friend of the track player] outside with a gash on his forehead, and blood all on his shirt. Stuff like this never happens [at Monmouth University].”

The Department of Athletics declined to comment on the status of the student-athletes and deferred The Outlook to Tara Peters, Associate Vice President of University



PHOTO TAKEN by Jamilah McMillan

Police officials arrested three students after fights allegedly broke out at an off-campus party, and students involved await future court summons.

Marketing & Communications. Peters stated that federal privacy laws prohibit the University from disclosing information about any student disciplinary records and that future proceedings, if warranted, are confidential.

Shannon Killeen, Assistant Vice President for Student Life, said, “The University reviews all reports of off-campus violations to make a determination if actions must be taken under the Student Code of Conduct.”

Christina Addison, a social work

graduate student, was in her off-campus home on Elinore Avenue when police were headed to the scene. “I was just falling asleep when I heard sirens and saw the lights going down our street. I was worried that something was happening, so I jumped out of bed to check on my roommates. We looked out the window and could see the lights in the distance, but we dismissed it as nothing,” she said.

The Outlook reached out to the three students who were charged. One student did not respond. An-

other asked that the story not be written and the third directed the paper to contact the University Athletics Department, who referred the paper to Tara Peters’s Office.

Police are still investigating the situation and searching for the group of individuals who were vandalizing vehicles in the neighborhood. Anyone with information regarding the incident is encouraged to contact the Deal Police department at 732-531-1113.

“I was just falling asleep when heard sirens and saw the lights going down our street.”

CHRISTINA ADDISON
Graduate Student

History of University Activism is Recognized in Mural

History continued from pg. 1

in the University’s history, as well as in the lives of students to come.

University President, Paul Richard Brown Ph.D, said, “The mural is a powerful reminder of the strong commitment to social justice embraced across our campus, by students and faculty alike. We are a caring community, and I think Dr. Foster’s artwork captures that spirit of active participation in issues that affect us all,” Brown added.

Dr. Melissa Ziobro, a specialist professor of public history, said, “I understand that at the time, Dr. King noted that, while we as a country had come a long way, there was still work to be done. You could say those same words today, and it would still be true.”

Michelle Toscano, a junior fine arts student said, “I origi-

nally worked on the mural as a project for a final for my gender studies class, but throughout the process I found it much more rewarding. Being able to be a small part of a larger project made me feel important and know that I’ve made my mark on this school the same way individuals in the painting have throughout the years at Monmouth.”

Foster’s interest in using mural art as a voice for communities as well as a teaching tool for marginalized people, translates an empowering message to the University community. Foster urges students to take action, to be active citizens of democracy, and to take their voices seriously.

“My initial reaction was ‘this is cool,’” said Nina Anderson, the Director of the Office of Equity and Diversity. “I truly appreciate the broad range of



PHOTO TAKEN by Jamilah McMillan

Student activists are portrayed in a new mural painted by Dr. Johanna Foster that embodies historical moments of political and social demonstrations witnessed at the University.

issues and persona captured in the mural. I am encouraged by the demonstration of student and community commitment to achieving justice through activism here at Monmouth. It really speaks to the fact that lasting culture change on University campuses is driven by students and that students have voices that can often ring the loudest. The mural also reminds us that there is still work to be done.”

Phoebe Nelson, a sophomore political science student, said, “I think it is really important

that people see that the young people painted on that mural are just like us, and that they decided to voice something they cared about and wanted to make change. That is really inspiring.”

Dr. Ken Mitchell, Chair of the Political Science and Sociology Department, said, “This mural has the potential to remind young people to be actively thinking about the future and about society. We need political activism today just as much as we’ve needed it in the past. It is

a natural impulse to have current issues be more important, which is why there is always a place for student activism, especially at Monmouth University.”

The Sociology Program will host an informal ‘opening’ of the project on Wednesday, Mar. 1, from 4:30 to 6:00 p.m. in Bey Hall Room 226. At that time, Foster will present some background on the activism featured in the mural and give thanks to the current student activists who helped make the work possible.

“I understand that at the time, Dr. King noted that, while we as a country had come a long way, there was still work to be done. You could say those same words today, and it would still be true.”

MELISSA ZIOBRO
Specialist Professor of Public History

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Hawks Talk Hybrids

THE OUTLOOK STAFF

Technology is always changing and developing, and it seems that finding a way to adapt to these frequent changes has become necessary. With so much of our lives being on-line, from our personal profiles to the way we communicate, it makes sense why technology should have a place in education as well. Hybrid and online courses at Monmouth University has given students the option to learn outside of the traditional classroom.

According to the spring 2017 course catalog, there were 138 hybrid courses offered this semester, as well as 68 completely online courses. Students are able to participate in an online class through eCampus.

Laura Moriarty, Provost and Vice President of Academic Affairs, believes that it is the University’s responsibility to make it easier for students to be able to balance both their education and their personal lives. “Such programs meet a need for a student population that is working full time and yet sees the value in continuing their education. It’s not easy to work full time and come to campus for a 3-hour class after a long day at work. Students in hybrid and online courses have the ability to learn when they can devote time to that process,” said Moriarty.

One editor said, “I think that hybrid courses are a great asset to the University’s students. I have a friend who has a six-year-old child and tries to opt for hybrid or online courses so

that she can have more time to spend with her daughter and maintain a job. I think these options expand our University’s accessibility for non-traditional students.”

Another editor said, “I am taking three hybrid courses this semester and I find them to be extremely beneficial. I commute and taking hybrid courses have allowed me to shorten my days on campus, which has allowed me to spend more time on my studies.”

While these courses are convenient for students who need to balance their academic and personal lives, these courses are not offered to all studies which is an inconvenience to those interested. An editor said, “I have never benefited from a hybrid or online class. I’m a science major so most of my major-related classes have lab meetings that need to be done in person. I also prefer going to class in person. Learning is unique for everyone so I’m sure opinion varies.”

Mary Harris, a specialist professor of communication who has taught hybrid and online courses, said, “If approached with creativity and effort, hybrid classes can offer the best features from both online and face-to-face classes. What is nice about hybrid classes is that students have the opportunity to schedule this type of coursework when it best fits their schedules while still getting the in-person classroom experience. However, for students who have trouble with time management and forget to log into eCampus for their

coursework, online and hybrid courses may not be the best fit for them.”

A student’s personal learning style is important to consider. While hybrid classes may be convenient for some, they may be difficult for others. One editor said, “I have taken one hybrid course before and it forced me to do more of my own research outside of class. For me, I did not enjoy this because I tend to learn better when following someone’s example and seeing it done correctly by a professor first. If someone is the type of learner that enjoys doing things on their own, however, the hybrid system may work better.”

It seems that subject matter for a hybrid or online class could be potentially problematic. Another editor said, “I’m currently in my first ever hybrid class and it’s one of my worst classes I’ve taken thus far. Being that it’s a creative writing course, it’s difficult to manage providing cohesive and intellectual thoughts in a cyber-space where everything is reduced to emojis and quick lingo.”

The University will continue to advance hybrid and online courses. Moriarty said, “At Monmouth, we take pride in our student and faculty interaction, exemplified by our small class sizes characterized by personalized education. This is not going away, and for some, the hybrid and online courses/programs, are an example of how we can keep that student and faculty interaction going utilizing a modern vehicle – the web – that suits some students very well.”



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

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Celebrity Impact on Our Political Climate

JANAYA LEWINSKI
STAFF WRITER

Lately, because of the people like Tomi Lahren, an opinionated online video host, being a celebrity and using your platform to address a political belief or standpoint is a problem. Being that celebrities are people, I feel like they are entitled to use their status to rally people around what they believe in. It is human and we all do it. Of course, not as many people are listening to me as they are to say, Ashton Kutcher, but we are all entitled, nonetheless. Just because they have larger platforms than you and I does not make it wrong. Politics are for the people, for *us*, no matter who you are. Celebrities and politics are synonymous and have been for quite a while. With all the complaining she does about keeping politics celebrity free, you could easily forget that Tomi Lahren herself comes from the party of Regan, movie star turned president and possibly the most famous example of celebrity turned political. But, as Lahren says, celebrities should just “perform” and keep their noses out of politics. To quote her directly, Lahren says, “[In reference to Lady Gaga at the Super Bowl] she chose to just sing instead. What a concept? An entertainer just sticking to entertainment.”

And currently, should I just forget the amount of times the 45th president spent on television? He is the first reality star turned president; I guess that is quite the accomplishment—emphasis on the “I guess.” I wonder what would have happened if former president Regan and current President Trump, stuck to entertaining. The Republican party is not the only party where celebrities made the move to politics. Al Franken, the junior senator from Minnesota used to be a regular on Saturday Night Live. Sacramento mayor, Kevin Johnson used to be a fixture in the NBA spending time on the Cleveland Cavaliers in the late 1980’s before joining the Phoenix Suns for the duration of his career. Essentially, Democratic celebrities are just as likely to head the call to public service. With the calls to serve in public office aside, is it okay for celebrities to bring politics into their everyday lives? I cannot think of a better way to say “OH MY GOD YES,” so there, I said it. People are entitled to their own opinions. That is the beauty of this nation, the Constitution, and the premises of our founding “life, liberty, and pursuit of happiness” for anyone wondering. Some pertinent examples of celebrities in politics would be Rowan Blanchard, Chris Evans, Kerry Washington, Oprah Win-

frey, and Angelina Jolie, just to name a few. The celebrities use the positions they are in to give back to their communities, and to the country. And yes, that involves using their platforms to have a conversation about things that matter to them. For example, Beyoncé used her 2016 Super Bowl performance to raise awareness about black empowerment and Meryl Streep using an acceptance speech to denounce deplorable political actions. I have a hard time separating

celebrity and politics, because the line has always been blurred, in my opinion. If we live in a country founded on the principles of freedom, I do not understand why it would not be okay for celebrities to join the conversation. Celebrity or not, you are entitled to personal politics. People are multi-dimensional; do not forget that when you think that entertainers should just “entertain.” Ashton Kutcher said it best in his senate hearing last week when he explained how some

people were going to say he should stick to his “day job” of acting. But realistically if he did, he would not have been able to save hundreds of trafficking victims through his foundation, Thorn. Every voice matters, celebrity or not. Our voices can be just as influential as theirs, but we need to stop being bitter about the amplitude that celebrity voices receive and start searching to amplify our *own* voices.



IMAGE TAKEN from <http://www.thedailybeast.com/articles/2016/12/09/tomi-lahren-is-terrible-period.html>
Tomi Lahren's most recent commentary on Lady Gaga's performance has brought to light the controversy on the impact of celebrity input in politics.

“It’s Never Too Late” Getting Involved Later in Your College Career

ALEXANDRIA AFANADOR
CO-FEATURES/PHOTOGRAPHY EDITOR

After wading around the involvement fair in the fall semester, clubs and extracurricular activities can seem daunting and completely out of reach for some. With that overwhelming feeling comes pushing activities to the side to a later date. Come spring semester, your schedule seems a little barren; you start to wonder: is it too late to get involved? The simple answer to this is that no, it is never too late to get involved. It could be the end of your college career and it still wouldn't be too late to get involved. Whether you want to join an intramural sport, Greek life, or a club on campus, organizations are always happy to welcome you with open arms. From personal experience, waiting around to find my spot within the community was difficult and usually excused as “I’m just too busy,” or left to the unwillingness to make the commute back to campus. Come junior year, I can be found spending most of my time at Monmouth in *The Outlook* office, running to classes, and getting more involved every day with personal training and even a handful of other clubs. If getting involved doesn't seem like it would be your “thing,” another alternative is to buddy up with a friend who is involved in different activities around campus. Being taken to events might make you more interested in getting more involved in them as well. Buddying up with a friend to events and meetings makes the challenge of getting involved a little less intimidating in our eyes. Jumping into something new is overwhelm-

ing, but to be doing it alone makes it that much more stressful; try dipping your toe in the water with a friend by your side! Whether you are into foreign languages, TV/radio, history/anthropology, or even gaming, Monmouth has an array of different clubs for you to get involved in. From Spanish club, to psychology club, to HawkTV and so many more, you can submerge yourself in all of it. If all of that still seems a little daunting, jobs on campus are always open too. Getting involved on campus does not always have to be limited to sports, Greek life, and clubs; getting a job on campus is a perfect way to immerse yourself in the Monmouth community, and be able to make money as well- all on your own time. You can be a cashier at the bookstore, a front desk attendant,

or even work in a department on campus. Nearly every place on campus is looking for helpers, and the next one might just be you. I won't lie, getting involved can be terrifying. You might be scared if you don't know anyone already. You might be scared that you are spreading yourself too thin. All of it is new and challenging, but still so rewarding and genuinely fun. Clubs, sports, Greek life, and on campus jobs make college life what it looks like in the movies. It may be scary to get involved at first, but grabbing a friend to take the journey with you can make the challenge a little easier and in turn, that fear will soon go away. So, whether you are a freshman just starting here, or a senior ready to leave, it is never too late to get involved with something on campus—it could be just what you are looking for.



IMAGE TAKEN by Amanda Drennan
Getting involved seems daunting, but the abundant opportunities at Monmouth and the accepting people make it easy.

Sibling Support On and Off the Field

NICOLE RIDDLE
STAFF WRITER

Recently, legendary tennis star Serena Williams took home the trophy for her 23rd Grand Slam Tennis Championship. This prestigious title was the result of a fierce match with an even fiercer competitor: her sister, Venus Williams. Although they say that participating in sports with your siblings can breed a tense relationship, these two have shown us that supporting our brothers and sisters can help us to improve our skills and be the best version of ourselves. When I was younger, my older sister Amanda and I participated in a recreational soccer league called Pinelanders. Initially, we entered into the league as uncoordinated children living out the dreams of our enthusiastic parents. Over the years, we had learned valuable skills like teamwork, accepting direction and streamlining our focus toward a greater goal (no pun intended). By being with other people, Amanda and I were also able to assess each of our strengths and weaknesses and pull our weight as teammates. We had gotten better at playing soccer and understanding the dynamics of the game; and being on the same team brought out a competitive edge that helped us be successful. As someone who has always looked up to her older sister, being her teammate on the soccer team helped motivate me to become a better athlete. While she was on the sidelines, hearing her cheer me on and give me advice helped to challenge me to take

risks, such as pulling new moves on the opposing team. Knowing that someone in the group would always look out for me gave me confidence and self-assurance. With her support, I was able to focus less on how I made mistakes during the game, but rather how I could learn from them and fix them during scrimmages and practice. Additionally, having someone that understands your setbacks helps to find strategies that capitalize on what you can do best. One of my greater challenges was my severe asthma growing up, and Amanda made sure that I was performing well while making sure I took care of myself. It didn't matter if I couldn't run as many laps as some of my other teammates, and my sister assured me that I was a valuable member to the team no matter what. Overall, people may perceive that having a sibling as athletic as yourself can hurt your self-esteem and cause mean-spirited competition. However, being in the same position as your brother or sister can help form a bond that is founded on fulfilling each other's potential and always trying your best. For example, celebrating a sibling's victory from time to time allows you to stay humble, and remind yourself of the love of the game. Having a teammate that knows you well enough to keep you on track can help you become a better athlete. Someone that can come from a place of understanding when things get difficult is essential in a competitive environment, and having that person be a sibling you admire makes all of the difference.

Michael Flynn Resigns as National Security Advisor

GABRIELLE IENTILE
STAFF WRITER

National Security Advisor Michael T. Flynn resigned after misleading Vice President Mike Pence and other administration officials of the nature of his calls between the Russian ambassador to the United States on Monday, Feb. 13.

Flynn's resignation surfaced less than a month after his tenure began when the Justice Department alerted President Donald Trump of Flynn's inaccurate recollection of his communication with the ambassador. The Justice Department also warned the administration that the former National Security Advisor was potentially vulnerable to blackmail by Moscow.

In his resignation letter, Flynn wrote, "I inadvertently briefed the Vice President and others with incomplete information regarding my phone calls with the Russian ambassador. I have sincerely apologized to the President and the Vice President, and they have accepted my apology."

He continued, "I know with the strong leadership of President Trump and Vice President Pence and the superb team they are assembling, this team will go down in history as one of the greatest presidencies in U.S. history."

According to *CNN*, Flynn's resignation makes for one of the shortest-serving senior presidential advisors in modern history. Representative Devin Nunes, a California Republican and Chairman of the

House Intelligence Committee, said, "Washington, D.C., can be a rough town for honorable people, and Flynn — who has always been a soldier, not a politician — deserves America's gratitude and respect."

An administration official said of Trump's reaction, "He's moving on."

However, the sudden departure of one of Trump's closest and most senior advisors, who has assisted the President on issues of security and foreign policy since early in the presidential race, has been added to the list of tumultuous events in his first month in office.

Republican Senator of Arizona, John McCain, said, "It's a dysfunctional White House. Nobody knows who's in charge and nobody knows who's setting policies."

Specialist professor of public history, Melissa Ziobro, said, "It certainly appears as if the White House is in turmoil, with positions unfilled, staff infighting, and leaks."

According to the *New York Times*, Trump and his closest advisors have welcomed the chaos, asserting that the shake-ups are evidence of their efforts to reorganize the government.

Ken Mitchell, Chair of the Department of Political Science and Sociology, considers the issue of Trump's turmoil as multifaceted and indefinite. He compared the first month of Trump in office with the early Clinton administration in that other matters he had to address stifled the issues that he cam-



IMAGE TAKEN from <http://www.businessinsider.com/michael-flynn-resignation-timeline-2017-2>

Michael Flynn resigns as National Security Advisor, making his term the shortest-serving senior advisors in modern history.

aigned on.

This, in turn, resulted in criticism, as "this kind of instability is distracting and damaging to his brand," he continued.

A similar pattern is happening with Trump in that other issues are pushing aside his campaign promises. Mitchell cites the debt ceiling as another obstacle Trump will soon face, "and everybody is watching."

Mitchell also said the, "CSA, FBI, and NSA appear to be hostile to the new president." He explained that many of the more permanent bureaucracy from the [Bill] Clinton, [George] Bush, and [Barack] Obama administrations are products of the

Cold War, meaning they do not trust Russia, and are unlikely to share the same vision as the president.

He said, "As someone who is not a politician, Trump doesn't have experience with working with people he can't fire. He has a lifetime of experience where he hires and fires whoever he wants," however, "this is not how the federal government works because we have checks and balances"

Rather than naïve of how the federal government works, Mitchell sees Trump as a product of his business environment, and a learning curve is occurring.

Emma Ientile, a freshman at Monmouth, said, "I think a certain amount of chaos in the beginning is normal, and people are only concerned because Trump doesn't have a lot of political experience."

Ziobro remains critical of Trump's first month in office. She said, "I think the idea of necessary turmoil has its utility for the White House, but having to request resignation of people you yourself hired is an interesting way to start draining the swamp."

President Trump named Army Lt. Gen. H.R McMaster as his new national security adviser, on Monday.



New Jersey: Highest Car Insurance Rates in the Country



YENDELI BELLO
CONTRIBUTING WRITER

JASMINE RAMOS
CO-POLITICS EDITOR

For the fifth year in a row, vehicle drivers in New Jersey paid the highest amount of car insurance in the nation.

According the National Association of Insurance Commissioners, the average New Jersey driver pays about \$1,905 per car for auto insurance. Compared to the nation's overall average of \$907, New Jersey motorists pay nearly \$1,000 more on car insurance than the average driver in the U.S.

Motorists in the state's largest cities pay an average of \$1,982, while those who live in more suburban areas pay an average of \$1,304. Since 2014, the average cost of insurance in the state has gone up \$642 according to the report.

New Jersey has infamously been known for being an expensive state, recently being ranked the 5th most expensive state to live in.

Along with auto insurance, the state also comes in first for highest property taxes, and also has one of the highest cost per pupil for public education as well.

Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion, believed that the cost of auto insurance in our state is "justifiable considering the volume of drivers and the number of accidents and claims filed."

Considering that New Jersey has more people per square mile

than any other state.

According to the World Bank Data's World Development Indicators, "New Jersey's 2008 population density of 1,168 people per square mile is more than ten times that of the country as a whole." More people results in more accidents.

Taylor continued, "For me I think the peace of mind is worth the money I pay."

Although the price may be justifiable, it is still expensive and concerning, especially for part-time working college students. Shannon Burke, a freshman at Monmouth and a Wisconsin native and was shocked when she found out the cost of car insurance in New Jersey.

When asked how she felt about the state's car insurance cost, Burke said, "My parents said that in order for me to have my car on campus, I would need to pay my own car insurance. Considering the cost of car insurance here, I don't think I'd be able to. Back in Wisconsin, I paid \$85 a month for car insurance. While I was looking at prices here, the lowest amount I'd be able to pay was \$125."

Madeline Walker, a freshman psychology student, said, "I worked all summer just to have enough money to pay for my car insurance while in school. I pay so much for car insurance that I don't have enough money to actually use my car and go out."

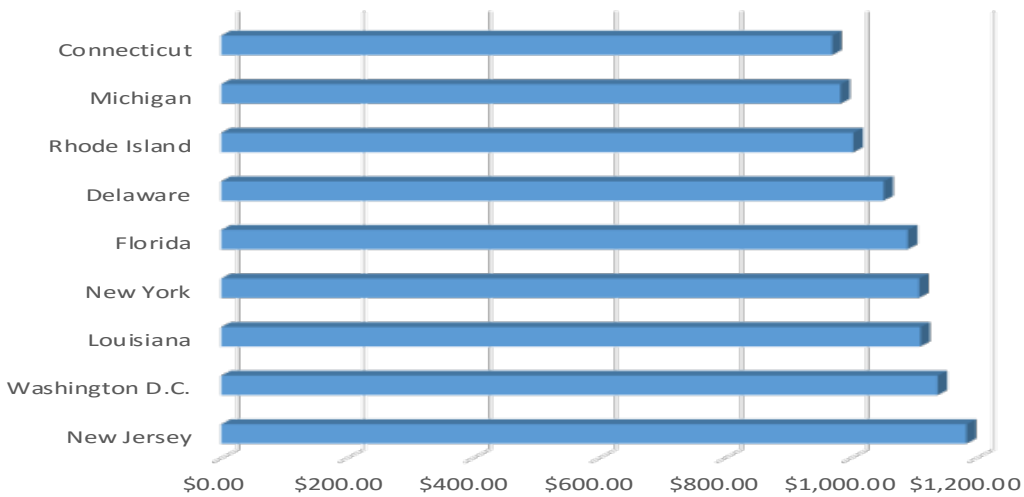
New Jersey is an extremely expensive state to live in, especially when it comes to car insurance. That being said, if you plan on purchasing a car, be prepared to spend a generous amount of money on car insurance.



PHOTO TAKEN by Jasmine Ramos

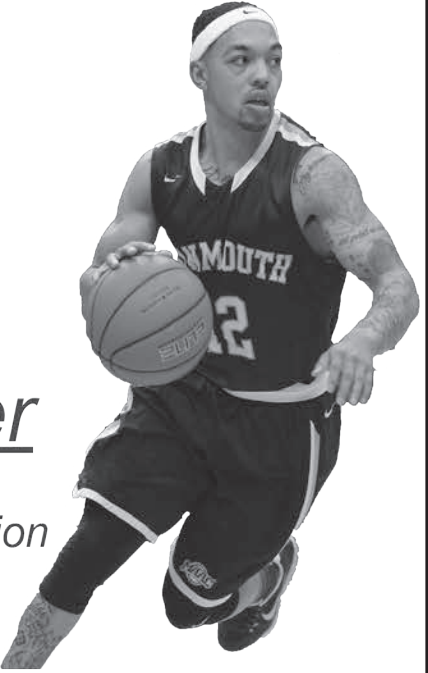




College students in New Jersey struggle to pay their car insurance, where the rates are the highest in the entire country.

Car Insurance Rates in 2011



GRAPHIC CREATED by Jasmine Ramos

New Jersey has been number one for highest car insurance rates since 2011. Some of the causes are a high volume of drivers and accidents claimed in the state.



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Chronicles of the Social Media Foodie

KERRY BREEN
HEAD COPY EDITOR

Videos across social media do their best to show new places, foods, and restaurants in the most flattering light. While some of these places may be fun to spend an hour or two, or try a new cuisine, sometimes they raise the question - are they really worth it?

In a world immersed in technology, we are constantly consumed and influenced by the content that is displayed across our social media newsfeeds. The videos of recipes and restaurants influence us to try different foods, which at times can be beneficial but also a waste of time.

As a student with a functioning Internet connection, a day does not go by without seeing at least one video advertising a fun new restaurant, and as a student

studying abroad in London, England, I realized that most of those interesting-looking places were within easy walking distance, or were just a few stops away on the local subway system.

The first place I tried was the most low-stakes option - Chin Chin Labs, a shop in the touristy Camden Market area that sells nitro ice cream all year round. While I didn't try their specialty ice cream - it was a February afternoon, just over forty degrees. I did try their hot chocolate, as advertised to me on an Instagram video that I had seen earlier in the week.

The first thing that made me think that Chin Chin's hot chocolate was going to be as good as social media had made it seem was the line, thirty or thirty-five people deep, that snaked out the door and down the block, forcing patrons to stand outside in the freezing cold. As I waited in line, a dozen or so people left, some of them holding drinks and others with cups of ice cream.

As they were leaving, I asked one couple whether their hot chocolates were worth the wait. One woman, Kara Harris, who lived in another section of London, nodded enthusiastically.

"It's so good," she said. "We waited in line for about twenty minutes or so. It's definitely worth the wait," said Harris.

Once I finally got inside, the cafe was packed to the brim with people. It seemed that everyone had been drawn in by the hype - maybe they'd seen the same online videos, or they were simply entranced by the line.

When I finally made it to the front of the line, I ordered my hot chocolate with marshmallows. The order that, according to Facebook, was 'life-changing' and 'the best thing they'd ever

tasted.'

The first step to this evidently magical hot chocolate was a generous pouring of constantly stirred hot chocolate. Next, a giant scoop - about the size of a typical chunk of ice cream - of marshmallow fluff, handmade in the shop, which was then toasted with a small flamethrower, like one that would be used to make creme brûlée. It was followed by a dusting of cocoa powder and then a small square of chocolate, bearing the name and logo of the café.

While the café certainly deserved points for preparation and presentation, it certainly wasn't the best hot chocolate I've ever had (that honor belongs to one that I had in a coffee shop in Copenhagen, which was topped with whipped cream and small shards of caramel). While it had all of the elements to be good, it was almost too much. The scoop of marshmallow, while reminiscent of the marshmallows that belong on s'mores, was too much - I could barely finish half of it. The hot chocolate itself was also a bit too thick, sharing the consistency of hot fudge than a drink.

However, for only four pounds (about five dollars), it was worth it. It tasted good but this excursion was overwhelming, and the crowded atmosphere made ordering a drink more stressful than it should have been.

The second place that I went to was also in Camden Market. This one I had been told to visit due to its wild variety of breakfast cereal. The Cereal Killer Café, the walls were lined with different kinds of cereal, from all eras and all countries.

This place was much less crowded, and it was much larger, about four times the size of the Chin Chin Labs. The doors and

windows of the entrance were covered in postcard-size selfies and photos of those who had visited prior, and a giant neon sign listed off some of their most preferred cereal brands.

Decorated with a neon-retro vibe, the place had a variety of mixed and matched tables, chairs, and other bits of furniture. None of it quite matched, which made for an interesting and almost kitschy aesthetic. Unlike the Chin Chin café, I hadn't been recommended a particular item - instead, the Internet had just pointed me towards the location for the aesthetic and variety.

"This place is fun," said Samantha Roth, a student studying abroad in London. "I don't think I'd come back, but it's a fun touristy place and I'm glad I at least took the time to visit."

I wound up trying a cereal that I had never heard of, apparently from Japan, with an unpronounceable name and chocolate coating. It was good, but nothing particularly special. The cafe was mostly highlighted online for its aesthetic, variety, and the play on words in its title.

Both places were good, and worth their prices, if not as picture-perfect as the Internet had made them appear. Chin Chin was too chaotic and almost too flavorful, though it had many satisfied customers and clearly was very successful. The Cereal Killer Cafe had never been somewhere that I had been optimistic for, so any good things were a pleasant surprise.

Back across the Atlantic, here at Monmouth there are many restaurants that depend on social media for their influx of business. Playa Bowls, Coney Waffle, Broad Street Dough Co., and The Bagel Nook are a few businesses that became extremely popular

amongst students due to their prevalent presence on social media.

Nicole Gallagher, a sophomore psychology student said, "My social media has influenced me to try some of the local business near Monmouth. I would have to admit that I think Playa Bowls is overrated. But, Broad Street Dough Co. is my favorite doughnut shop. I think that businesses with a strong social media presence either live up to the hype or just end up being a disappointment. Either way, I am more inclined to try their food from what I see on social media."

Social media is constantly promoting businesses and products to users. As a consumer population, we do not challenge the information that is presented to us but we accept it. Therefore, if Facebook is telling us we have to try a new restaurant, we are more inclined to believe it and want to try it.

Specialist Professor of communication, Mary Harris speaks about how social media inspires users to try new cuisines, "A few years ago, I was influenced to try the restaurant Seed to Sprout in Avon, NJ because of social media posts and a promo video I saw featuring their organic food. I am glad I did give it a try, despite not knowing anyone at the time who could recommend the eatery one way or another. The food was exceptional. Social media is a modern form of word-of-mouth, so it greatly influences the restaurants we learn about and are willing to visit," said Harris.

While not all restaurants or food fads will live up to everything social media promised they were, they are typically pleasant visits, and certainly worth the time to go out of your comfort zone and expand your palette.



IMAGE TAKEN from www.yelp.com
Videos on social media draw in crowds for business owners.

Have Your Best Semester Yet at Monmouth

MARIE SOLDO
STAFF WRITER

According to the Huffington Post, there are several ways to make the most of your college experience during any given semester. The first step is learning how to become optimistic rather than pessimistic. Rather than looking at the glass half empty, see it half full. Having a positive outlook will enable you to have the best attitude when facing any issue throughout the semester.

Take courses that excite you; have that one class that you look forward to every week. It is important to love what you study in college since you will most likely spend the rest of your life doing it, whether it is journalism, social work, or nursing.

Build a relationship with your professors and ask them for help when you need it. Don't be afraid to get involved with campus life and events, even if you are a commuter.

Professor of communication, Claude Taylor, touches upon the role that others play in one's college experience, "One of the best ways to make this semester the best semester is to connect with other students around campus and learn from each other. There is a lot to be learned from the experiences and backgrounds of other people, and college is one of the few places people can come to-

gether in a safe space of respect to learn about each other and the world we live in. There are such great memories to be made by making friends and talking to people. It may be in class, out of class or by being involved in organizations, but the key is to make time to connect with others in a positive way," said Taylor.

Lastly, for those who live on campus, do not be afraid to go off campus and explore, especially if you are from out of state. Every person has their own individual experience, but there are many ways to make this best semester of college yet.

From personal experience, a great way to make this the best semester of college would be to come out of your shell, be yourself, and talk to new people. Last semester, I worked as a building manager at the Oceanfirst Bank Center. That position required me to get to know different people and I had to speak up. It was a struggle for me at first since I am somewhat shy, but after a while, I became a social butterfly. I met lots of great new people from that position as building manager. It is crucial to put yourself out there to ensure that you will not only have an awesome semester but also make lifelong friends.

Another way to make this semester a great one is to not miss out on anything. Senior communication student, Gina Crowell said, "Definitely keep on top of your school work and extracur-

ricular priorities so you have as much time for yourself as possible. When you look back on college, you don't want to say 'what if' about anything. Even if you feel like you want to stay in or don't want to go to a certain school event, put on some fun music and get dressed nice and go anyway. You'll usually end up

having a great time." It is important to set time aside for yourself to relax and eliminate whatever stress you may have.

Communication student, Ayse Yayas believes that in order to have this semester be the best one yet, "Stay focused and get your work done but try not to worry too much. You should

focus on yourself and do what makes you happy whether that's going to the beach or going out with friends, just do whatever makes you feel the happiest and keep in mind that college is important but your mental health is important too."

Monmouth University's close proximity to the beach makes it easy for students to escape for a little to de-stress from their everyday obligations. Whether your stress level decreases from shopping at Pier Village or listening to the waves crash along the shore. For us Monmouth students, we have easy access to a little piece of paradise, which we often times forget to take advantage of.

Michael Small, a junior social work student said, "A great semester is subjective to whatever you want it to be. If your form of a 'great semester' is focusing on school, working hard to get straight A's, or making the best time here at Monmouth and being as social as possible. Regardless of how you make it as great as possible, make it a time that you can look back on and smile."

Life is what you make it, and so is college. Take advantage of all of the opportunities being presented to you during this time. Put yourself out there and get involved so that this semester and future semesters can add up to a memorable college experience.

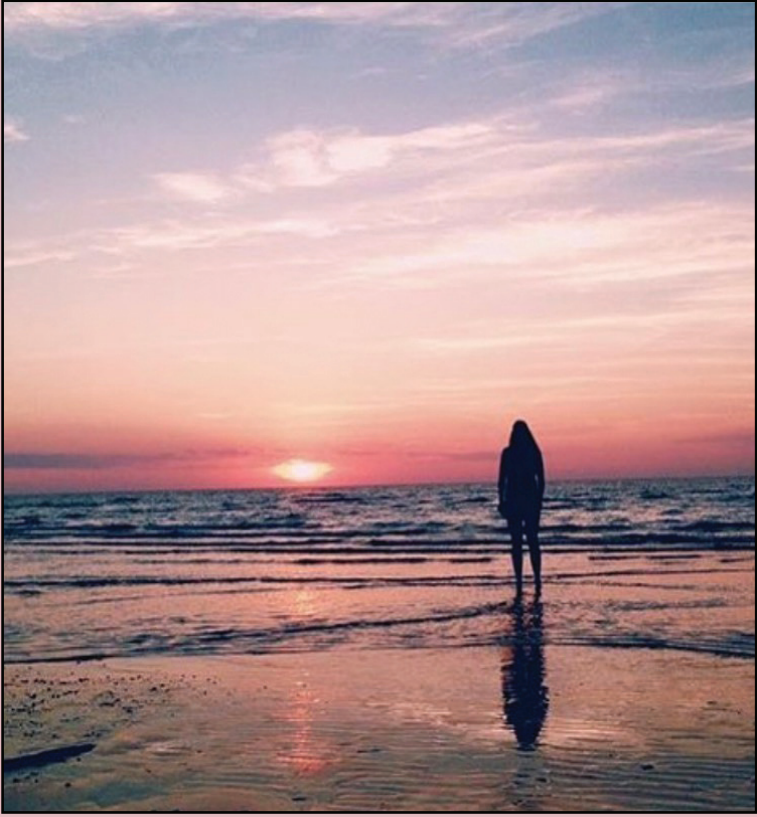


IMAGE TAKEN from thewishingwhale.wordpress.com
Relieve stress with a quick trip to the beach, which is less than two miles from Monmouth's campus.

An Inside Look at *The Merry Wives of Windsor*

ANNA BLAINE
STAFF WRITER

If any avid theatergoers are curious about the process of making a stage play, I recommend going to see an open rehearsal at Two River Theater in Red Bank. Having free open rehearsals for upcoming productions has been a way to welcome the Monmouth County community. This is an event that Two River Theater has opened to the public in the past and this tradition continues.

Last week on Monday, I had the opportunity to see the director, cast and crew rehearse for *The Merry Wives of Windsor* play followed by a Q&A with the audience. The most rewarding thing that I learned from watching this rehearsal is that it takes a lot of time, patience and effort to put on a performance. It is incredible to see the kind of work ethic and dedication that actors, directors and crew members have because they do what they do non-stop. They live and breathe art and it shows through

their passion for it.

The creative process of *The Merry Wives of Windsor* is interesting when you realize that only three actors, Nicole Lewis, Jason O'Connell, and Zuzanna Szadkowski, will be headlining the show. They will be playing several characters and switching between characters during scenes. The concept sounds pretty wacky, but the director Eric Tucker put the audience at ease by comparing his version of the classic play to a Coen Brothers film or a Quen-

tin Tarantino film. In his words, "It takes place in a dingy, seedy motel room."

The stage was set up to look like a motel room, with two twin beds and a nightstand, although a lot of the atmosphere was left to the imagination of the actors. Since the set was unfinished, it was a little difficult to gauge what the actors were trying to convey during some of the scenes, such as the lack of props onstage. From a viewer's perspective, it is strange to see an actor holding an invisible cup or sitting on a chair that is supposed to be a toilet during a rehearsal, but the actors are dedicated to the performance so it gives a lot of insight into what the craft of acting is. It's a transformative art form.

I was most impressed by the last scene the actors performed. Master Ford thinks his wife is cheating on him with Falstaff so there are all these accusations as he barges into the motel room thinking that he will catch his wife's infidelity. Simultaneously, the actress (Szadkowski) is switching between playing Master Ford and Mistress Page in the scene. Her mannerisms and voice changes were interesting. I liked that the roles were gender neutral as well. Actresses can play a male character and actors can play a female character, which is unique with three cast members playing multiple roles.

Another aspect about watching rehearsals is to see the director give out cues to the actors to enrich the scene. In return, the actors would also tell the director certain things they can change to add to the scenes or characters. It was a collabora-

"The idea is that we wanted this play to be like a canvas, shrinking it down to make it more intimate for the audience."

JOHN DIAS
Artistic Director at Two River Theater

tive relationship between the cast and director. Keeping in mind that this play is an updated version of one of Shakespeare's most beloved comedies, the language and the jokes was one of the challenges for the director. Tucker explained his vision for re-imagining the archaic jokes. He edits and rearranges scenes based on what the actors can handle. An idea he shared was to introduce an old, taxidermy squirrel named "Little Robin" that pops up in different scenes to add modernity to the jokes. John Dias, the artistic director at Two River Theater, talked about creating intimacy on the stage to make the play more relatable. He said, "The idea is that we wanted this play to be like a canvas, shrinking it down to make it more intimate for the audience."

The Merry Wives of Windsor will begin showing this Saturday, Feb. 25; the opening night performance is Friday, March 3 at 8 p.m.

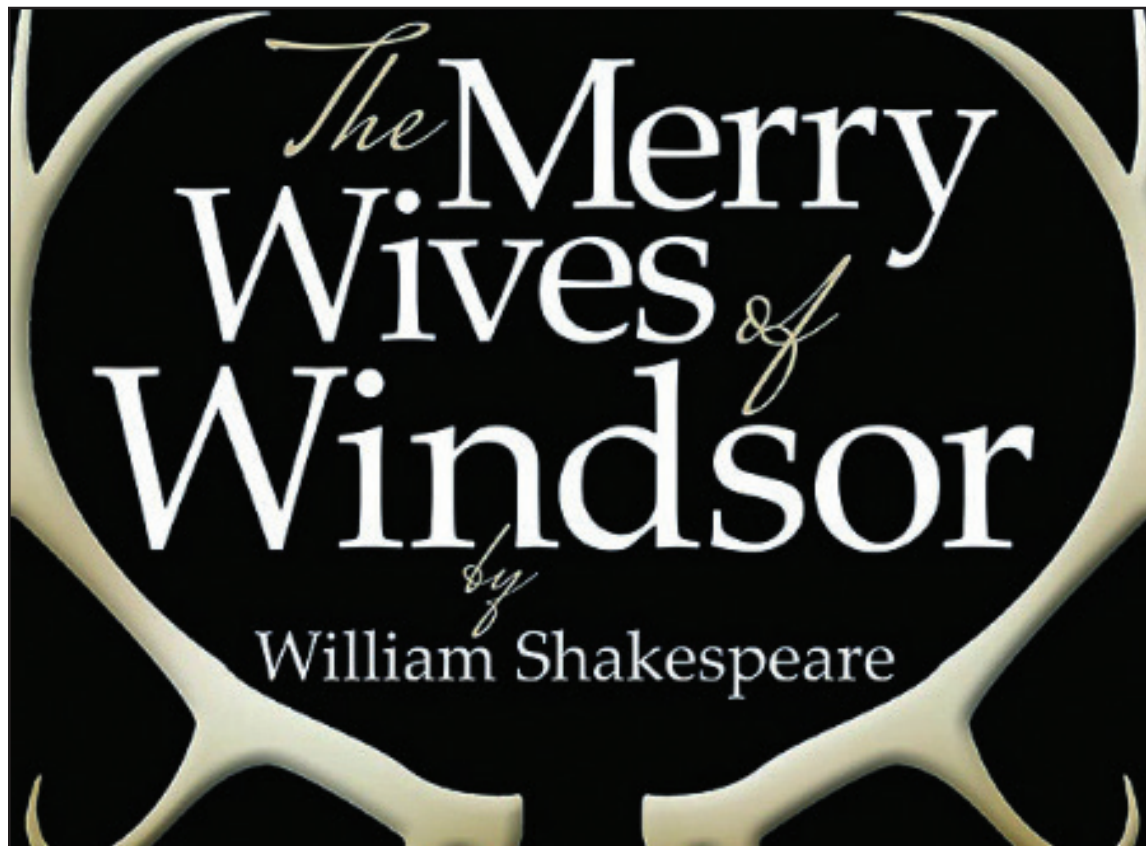


IMAGE TAKEN from www.welovebrighton.com

Set to premiere on Saturday, Feb. 25, Shakespeare's famous play, *The Merry Wives of Windsor*, will come to Red Bank's Two River Theater.

TYLER ROBINSON GETS SIGNED TO BLUE HAWK RECORDS

NICOLE SEITZ
COPY EDITOR

Tyler Robinson, also known as Teddy, is the first rap artist to be signed to Monmouth Univer-

sity's Student-Run record label, Blue Hawk Records. In the past four years that Blue Hawk Records has been operating, it has had a few rap artists represented on the various compilation

albums. These artists included J Piff (James Porricelli, senior music industry student), Jax the Geenius (Jamier Gee, music industry recent graduate), and Trevon Bailey (sophomore biology student).

Blue Hawk Records has primarily been a label for indie rock bands and singer/songwriters based on the artists who have been on the past nine compilation albums. Robinson auditioned to be on the applied music industry class' tenth compilation album a few weeks ago, and although the class did not see a place for him on the album, the e-board of the record label saw a great artist in the making.

"We are really excited to sign and work with someone who has already worked hard to make a name for himself as an artist," said Dave DePaola, a senior music industry student and president of the record label. "We're looking forward to advancing his career and marketing such a talented musician."

Robinson is a sophomore music industry student and was a member of the MU basketball team last season; he was a big part of the iconic "Bench Mob" that became known nationwide. Robinson has played various events on campus since he began to focus on his career as a musician.

During his freshman year, Robinson was studying crimi-

nal justice and just recently changed his major to music industry. This new course of action was actually inspired by his inability to continue playing basketball because of his injuries. Music has always been a part of Robinson's life. He said, "I've been writing forever and I grew up around music. When I told people I wanted to be involved in music, they thought I was kidding."

Now, Robinson has really taken off with his career. He has one mix tape out entitled Say Less: The Prequel, available anywhere you can get music. He has also opened for some big acts including Wale at Norva Theater in Norfolk, VA, and for PnB Rock in Morganville last summer.

Recently, artists such as J Cole, The Weekend and Drake have influenced Robinson. However, he believes it is important to "stretch your ear" and find influence from all kind of music. Robinson even explained that he felt like an "old soul" growing up because he always listened to old reggae music and 90's artists like Wu-Tang Clan.

Robinson creates the majority of his own beats for his tracks, but has also collaborated with other artists such as Ty Jackson. He uses programs like Logic and Garage Band to put together tracks, but also uses piano parts for the synth in his music.

Last semester, Robinson took

a group piano class with Dr. Gloria Rotella, the Director of Music Education and Applied Music Program. He said, "I owe a huge shout out to Doc! She taught me everything I know about piano and that has really helped me with my own music." Teddy has explained that with his piano parts, he likes to "vibe out" and fun with it.

Robinson has been working on a lot of new music lately and tries to play as many shows as possible. He hopes to get back in the studio and record some new songs soon. Robinson is looking forward to working with Blue Hawk Records this semester. He states, "I'm really pumped about collaborating, playing shows, making music videos, and really continuing to market myself and the label."

Aja Armstrong, a sophomore music industry student and the secretary of Blue Hawk Records, said, "I have personally made it a goal of mine to bring diversity to the record label," she continues, "when I was a part of the applied industry class, I fought to have Trevon be a part of the album. It's so exciting now to work with such a talented and versatile artist."

Blue Hawk Records has many great ideas ready for Teddy and already has some shows on campus in the works. Follow Blue Hawk Records on Facebook, Twitter and Instagram, and follow Teddy on Instagram and Twitter @iamteddymusic.



IMAGE TAKEN by Anthony Cosentino

Tyler Robinson is the first rap artist to be signed to MU's Blue Hawk Records.

Joey Affatato Shares New Music on *The Ramparts Rebel*

NICOLE SEITZ
COPY EDITOR

Joey Affatato, senior music industry student and vice president of Blue Hawk Records, has been a part of the Monmouth University music scene since the beginning of his freshman year in the fall of 2013. Now he has some amazing music to share with us on his latest album. Affatato's first band in college was The Ramparts Rebel, which included himself and his uncle's band, Crypt Keeper Five.

This album is self-titled *The Ramparts Rebel*, and if you have ever had a chance to see Affatato play live, you will be blown away about how some of your favorite hits are re-created on this album. As a frequent goer of Affatato's shows, I was honestly surprised and super pumped by the artistic magic that I heard in the songs that I often hear live at his shows.

While he explained how he composes his music, Affatato said, "When writing an album, I usually start off by writing songs stripped down on my acoustic then eventually, I'll come up with a cool hook or catchy melody and I'll go off that. Then, I'll demo the songs out until they sound good enough to bring to the studio to record." This album definitely sounds like it was carefully put together and well practiced.

The opening track begins with a Green Day-esque bass riff that brings you back to 2005 and makes you feel so angsty in the best way possible. This whole

track is just angry and honest, which is very refreshing compared to the many happy, go-lucky, love songs that some people may be used to now a days.

The second track on the album is "Faults," which is a go to song for Affatato when he plays out. The perfect example of a hooky, fun, but still angsty song. Sometimes you can't help but scream the chorus at the top of your lungs and pronounce it, "MY FAAA-AA-WALT!"

The next few tracks have a much more serious vibe. You can tell from the feel of the songs and the lyrics that these are real stories and real life lessons put together into these 3-minute ballads. When I first listened to the lyrics of "By My Side," the third track on the album, I began to tear up because I felt like I could feel every emotion that was put into that song and it was just so relatable.

By track five "Emily," we get back into the classic Punk Rock feel with gang vocals screaming, "Hey Emily!" and the imperfect guitar tone with upbeat drums and overall punk vibes.

Track six is the only acoustic song on the album. "Brings Me Down" was actually a song that Affatato had recorded with Blue Hawk Records as a part of their fourth compilation album. On Blue Hawk Records, he recorded this song full band with The Crypt Keeper Five. However, on this album, the acoustic rendition allows Affatato to really showcase some of his amazing vocal skills. During one of the last choruses, he decides

to sing acapella and the tone of his voice is really beautiful and adds a great dynamic to the whole song.

The intro to track seven, "Honey, What Was Your Name?," is very reminiscent of a Blink-182 song from later in their career. The vocals and over all vibes of the song remind me a little bit of John O'Callaghan, the lead singer of The Maine, and something off their album, *Pioneer*.

Track eight, "Breakdown" is probably one of the most powerful songs on the album, in sound and lyrics. This is a track I had never heard before from going to Affatato's shows, so it was a shock to hear something that just made me feel so much emotion and tension, in a good way. The song is mostly this blurred sounding guitar and very clear vocals. This style really allows the listener to hear every word and really hear the story.

The last track is titled "Irene," cleverly named after the hurricane back in August of 2011. The intro bass riff sounds just like you're in a movie where a big storm is about to come, like the eerie calm before the storm. "Irene" is another crowd favorite at Affatato's shows and the recreation of it on the record certainly does not disappoint.

Over all the album is AMAZING! Although Joey Affatato is primarily labeled as a "Punk Rock" artists, this album still finds a way to give you all types of sounds and feelings. From edgy and angsty, to deep



IMAGE TAKEN by Nicole Govel

Joey Affatato, senior music industry student, debuted his self-titled album, *The Ramparts Rebel*.

and meaningful.

The lyrics really tell a story. Affatato states, "I'll write lyrics and keep changing them until they're the exact words I want people to hear when they listen to my music." The words really do speak to you when you listen to the album. Every line has meaning and every song is another lesson learned. The

greatest part about music is that it is a way to express ourselves creatively and Joey Affatato certainly does that.

The Ramparts Rebel is not Affatato's only project. His new band The Carousers, who are signed to Blue Hawk Records, have been in the studio and are looking forward to dropping their new EP for you soon.

Six Top Vocal Groups Perform Acapella at MU

PRESS RELEASE

The Center for the Arts at Monmouth University has announced that tickets are on sale for "Doo Wop Explosion II," a March 4 concert event that showcases several generations of top vocal talent from Philadelphia, New Jersey, and NYC's boroughs inside our flagship performance space, the Pollak Theatre.

A sequel to the first successful Doo Wop Explosion event in 2016, the Saturday evening serenade

transforms the enhanced Pollak Theatre — a room that boasts nearly 700 new seats, improved sight lines, and a newly enlarged stage area — into a street corner from the old neighborhood. It's that magical musical laboratory where the harmony-based vocal traditions of the urban African American communities coalesced into an exciting new sound in the postwar era; one that would soon come to be embraced by young audiences and performers of many different ethnic backgrounds.

More than anything else, the music known as "Doo Wop" draws its passionate power from the awe-some glory of human voices working in perfect harmony. It is delivered acapella-style without benefit of instrumental accompaniment, and graces everything from the most heartbreaking love ballads and soaring songs of devotion, to the crazy rhythms of the wildest early rock and roll. More than mere artifacts from an oldies jukebox, the sounds of the great vocal soul groups continue to inform and in-

spire many of today's top pop acts.

Headlining the powerhouse program of six premier groups will be Pookie Hudson's Spaniels, inheritors of a legacy that began with their late colleague, Spaniels lead singer Pookie Hudson, and the signature swooner that defined the entire doo wop era, the 1956 million-seller "Goodnight Sweetheart Goodnight." Originating on the streets of Brooklyn, Vito & the Salutations scored regional hits in the early 1960's with their recordings of "Gloria," "Unchained Melody" and "Your Way." Rick Anthony has been handling most of the group's leads for the past 15 years, as the original Vito is no longer with them. The group also contains long time member, Shelly Buchansky, who sang on "Unchained Melody" and many of their other hits.

While musical memories will fill the air, the evening is hardly all about nostalgia, as several next-generation acts aim to prove that the Doo Wop tradition remains in good hands. Returning for an encore appearance at the Pollak is Philly's Quiet Storm, a group that's attracted a coterie of fervent fans (known as "Storm Chasers") who follow them from gig to gig — and another group from Philadelphia, A Perfect Blend who have been singing since 1990, and had previously won the talent contest on the nationally syndicated "Showtime At The Apollo" TV show. Piscataway's own Re-Member Then, who memorably backed the legendary Larry Chance at the 2016 show, will demonstrate the stuff that's made them two-time winners of the

Acappella Showdown competitions at the Meadowlands. They're joined for the first time by The Copians, an all-star outfit drawn from former members of several standout Philly vocal organizations.

The follow-up explosion continues a partnership between Monmouth's Center for the Arts and our friends Charles and Pam Horner of Classic Urban Harmony LLC, the musicologists and collectors who curated an acclaimed 2015 salute to the sounds of Asbury Park's West Side, inside the Pollak Gallery. This is music that's too vital to keep confined to a museum, however, as the Horners return to campus with a celebration of people-powered soul in all its living, breathing, versatile glory; one that carries the "remember when" into the here and now.

Tickets for Doo Wop Explosion II are priced at \$25 and \$45 (with a Gold Circle seating option of \$55), and can be reserved through the Monmouth University Performing Arts Box Office at 732-263-6889, or online at www.monmouth.edu/arts. Gold Circle tickets also allow access to a meet and greet reception with the artists, to be held prior to the 7 p.m. concert (please note that the scheduled lineup for the March 4 event is subject to change).

Tickets for other upcoming Performing Arts events — including another acapella group Sweet Honey in The Rock (February 24), and the return of the vocal ensemble Bravo Amici (April 2) — are also on sale now. To schedule interviews, please contact Kelly Barratt at 732-263-5114.



IMAGE COURTESY of The Center for the Arts at Monmouth University.

Tickets are now on sale for the "Doo Wop Explosion II" concert on March 4.



MOMENTS AT MONMOUTH



LEFT:
STUDENTS ATTEND CABARET
FOR A CAUSE TO BENEFIT
BROADWAY CARES: EQUITY
FIGHTS AIDS.
(PHOTO COURTESY OF SUSAN
SCHULD)



RIGHT:
STUDENTS COLLECT
FOOD DONATIONS FOR
LUNCHBREAK FOOD
PANTRY IN RED BANK.
(PHOTO COURTESY OF
BRIANNA MERRIMAN)



LEFT:
PATRICE BASTON AND
TRACK TEAM COMPETE AT
THE OCEANFIRST BANK
CENTER.
(PHOTO COURTESY OF
PATRICE BASTON)



RIGHT:
MEMBERS OF 'BINARY
TRIO' TEAM FROM
RIGHTANSWERS@
MONMOUTH COMPETITION
RECEIVE RECOGNITION AT
THE MEN'S BASKETBALL
GAME.
(PHOTO TAKEN BY AMANDA
DRENNAN)



WHAT'S YOUR FAVORITE PART
ABOUT THE SPRING SEMESTER?

COMPILED BY: AMANDA DRENNAN



Darius
Senior

"Knowing it's almost summer."



Cassandra
Sophomore

"Recruitment."



Jake
Sophomore

"Lacrosse season."



Phoebe
Sophomore

"Springfest."



Courtney Werner
Assistant Professor of English


"Getting to teach a 491, because it brings
things I care about into perspective with
advanced students."


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Guardian’s Club Hosts Guest Speaker

DALLY MATOS
CONTRIBUTING WRITER

The Guardian’s Club hosted a talk with author and veteran Julia Torres on Wednesday, Feb. 19. The criminal justice club hosts talks a few times a month with different professionals in the industry to help students learn about the different fields in the criminal justice system.

“She is a remarkable person, and is a great role model for all of our students in terms of what you can accomplish and going for your dreams,” said Nicholas Sewitch, a professor in the criminal justice department on why he chose Torres to speak at Wednesday’s meeting.

The talk consisted of Torres discussing her life, and instilling the message in all those attending to seize every opportunity available.

Torres enlisted in the Army Reserve the summer of her freshman year at Rutgers University in order to make some money.

Torres wanted to prove others wrong and show that women could be truck drivers, and chose that as her specialty in the Army Reserve.

After graduation from Mason Gross School of the Arts, she worked in portraiture for six months until deciding to make a career change. Her sergeant from the Army Reserve recommended she apply to the Middlesex County Prosecutor’s Office as an agent and got the job instantly.

She began reading cases until she read a case about a female undercover agent which sparked a curiosity that led to another career change.

When the Persian Gulf War came around, Torres volunteered to go and drive trucks for eight months. Upon returning, she went to the police academy and had her eyes set on working in Hudson County.

At the time, Torres explained, Hudson County had one of the highest crime rates in the state. After getting hired in narcotics, she did undercover work buying drugs and collecting it for evidence.

Torres said that one of the hardest parts about being undercover was having to turn in people she had grown close to. “They weren’t all bad guys, some had just gotten mixed in with the wrong crowd,” she said.

She continued to do this for

months until she was chosen for a special task where she would be infiltrating the illegal underground gambling scene in Paterson.

She explains that this was one of the most interesting and excruciating points in her career, playing a persona for months at a time. “I loved the storytelling of all the different experiences she went through while she was undercover,” said Alexis Tremper, a first year communication student.

While dabbling in acting, Torres met a producer at an audition years later who encouraged her to write a book, which made her have to come to some truths with her daughter about her past.

She was date raped by an ex-boyfriend, sexually assaulted in the military and even admitted that the reason she enlisted was because she wanted to end her life, and said that she couldn’t write anything without her daughter knowing first.

She then went on to publish two books, the first entitled “Still Standing” about her life in the military, and the second “Bolder and Braver: My Undercover Story” about her undercover work as a police officer.

Monmouth students of all



PHOTO TAKEN by Dally Matos

Guest Speaker Julia Torres spoke about her criminal justice career at the Guardian’s Club event.

academic majors were in attendance as she showed an episode of the television series based on her illegal gambling infiltration case.

“That was my favorite part,” said David Hernandez, a junior criminal justice student.

“She was very brave throughout her career and she didn’t let anything come in between her and what she wanted to accomplish. She was never afraid to break the mold,” said Sewitch.

“She’s fearless in the respect of her ability to jump into dangerous situations; I was really

struck by that. Think about her military experience, being one of the first women over in the Middle East in a combat situation, about her going into deep undercover, she really is an intelligent person with great judgement.”

Ultimately, she ended her presentation by reminding the students to pursue their passions and be open to everything life throws at them.

She inspired Hernandez, who said that he made her much interested in detective and undercover work.

CommWorks and MOCC Partner for Spring Events

COURTNEY BUELL
CLUB & GREEK EDITOR

Members of CommWorks and the Monmouth Oral Communication Center (MOCC) will be co-sponsoring two events this semester, which includes a women’s march, and a social justice performance event.

The women’s march will be on Mar. 8 in honor of International Women’s Day, and will begin at the University Bluffs and end in front of Wilson Hall. The march’s cause is primarily to demonstrate women’s involvement in society and to establish their voice and their equal role in it. The march will also be hosted by Students Advocating Girls Education (SAGE) and other organizations will be in attendance.

The second event will be called, “This is What Democracy Sounds Like,” and will take place during Monmouth University’s annual Scholarship Week in April. The event will touch upon various literature and spoken word that has helped shape and improve human rights in the nation.

The event is intended to both enlighten as well as educate the students at Monmouth on human

rights issues, such as injustices to women, the LGBTQ community, African Americans, Immigrants, and Indigenous people.

In addition to these topics, members discussed that the event will also touch upon the existence of white privilege, and other contemporary issues that are current in today’s society. Members of both MOCC and CommWorks are using this event as a platform to perform, and raise their voice on issues that need to be heard.

Members of both organizations planned the event to be outdoors in front of Wilson Hall. While performers mostly consist of club members, anyone will be welcome to share and perform both original works as well as work written by notable authors, poets, politicians and more.

Performances will be structured in chronological order, with each piece recited in order of the year it was written. This will be done to express the passing of time and the progress reached along the way.

An excerpt from the Declaration of Independence as well as the United States Constitution will be read as the first performance. Performers will travel through America’s history, touching upon

the people who helped progress the nation and improve the lives of others.

President of MOCC and senior communication student Stephanie Brady said, “Our mission is to educate and improve public speaking, and being able to showcase this skill through events like this one is really special because not only do we get to speak, but we get to speak about topics we are passionate about.”

It is for the same reason that senior communication student and MOCC member Daniela Climenti is passionate about this event. She believes that as a woman, events such as this one are important because they give people a platform to raise their voice and be heard. “MOCC strives to help people find their voice, which is what makes this event so amazing, not just for women, but for everyone involved,” said Climenti.

It is inclusion rather than exclusion that these clubs hope to promote. Bringing people together in a safe and educational environment for some free entertainment is just one of the ways both MOCC and CommWorks hope to deliver such a message.

Senior communication student



IMAGE TAKEN from Pixabay

Members of MOCC and CommWorks brainstormed two events to hold for the spring semester.

and President of CommWorks, Asia Byrd said, “As President, I’ve always wanted our organization to have an element of social activism. I believe that reaching out to people and covering difficult topics through performance is a better way to help people understand what is happening around them.” “This is What Democracy Sounds Like” is not just for the student body. Faculty is also encouraged to watch and listen, and maybe even perform.

It is this inclusivity that the clubs wish to demonstrate to convey that

people need to work together and be open in order to help each other. Both organizations hope for success as they continue to plan for the event in the next coming weeks.

Dr. Deanna Shoemaker, Director of Corporate & Public Communication (CPC) Graduate Program and faculty advisor of CommWorks said, “An event like this one speaks to the heart. People react to performance differently than they would to other types of activism, and addressing serious issues in a positive environment can really influence social change.”

Club and Greek Announcements

Tau Kappa Epsilon	CommWorks	Student Activities Board	The Outlook	Surf Club
The brothers of TKE will be having their annual event in Pollak theatre tonight at 10 p.m. Tickets will be sold at the door. For more information please contact President Joshua Freeman at s0997943@monmouth.edu	Interested in performing? 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.	SAB will be having an escape room event on Saturday, Feb. 25 from 7 - 11 p.m. in Anacon Hall on the second floor of the Rebecca Stafford Student Center. Admission is free. For information contact Gina Gelettiei at s0960325@monmouth.edu.	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 experience necessary.	The Monmouth Surf Club will be hosting a Surf Film Festival on Feb. 28 in Pollak Theatre at 7 p.m. Volcom will be sponsoring the event and there will be free Surf Taco. For information contact Ryan Gallagher at s0931061monmouth.edu

Technology: The Good, The Bad, and The Controlling

ETHAN BARON
MCT CAMPUS

It's no wonder titans of tech are locked in an epic battle of the bots, racing furiously to produce the best virtual assistant. Their respective help-bots--Apple's Siri, Google's Assistant, Amazon's Alexa and Microsoft's Cortana--promise consumers one of the most valuable commodities in the world: free time.

Due to the sudden acceleration of artificial intelligence and advancements in speech recognition and big-data storage, the technology behind virtual assistants is rapidly spreading from phones and electronic devices to cars and homes, and the truly useful helper is approaching fast. The four companies are fighting for the biggest share of a market expected to grow to \$12 billion by 2024.

"There's a tremendous amount of promise for these agents to help and assist with many different tasks that we face every day," said Ross Rubin, Principal Analyst at Reticle Research. "The more the agent can help you with, the more value it holds."

The ultimate goal is our own personal genie in a bottle that awakens with a word or touch to liberate us from all of our daily mundane tasks, organize our days and nights, and free us from the stress of endless days that have become so terribly busy. But that's not going to happen quite yet.

Today, the aid these virtual assistants provide remains fairly limited. Most users of Google Home and Amazon Echo

devices--which host Assistant and Alexa respectively--stream music, play audiobooks, and control smart-home devices, according to surveys by San Francisco analytics firm VoiceLabs.

Still, the virtual agent's foundation in Artificial Intelligence (A.I) means the more it learns about a user's preferences and behaviors, the better job it can do. So, while experts predict a handful of firms will dominate in this field, most agree that Apple, Google and Amazon will be major players, with Microsoft in a lesser role. The one thing they're split on is whether consumers will be served best by one bot, or more.

"People want one assistant, they don't want two," said Jan Dawson, Chief Analyst at Jackdaw Research in San Jose. "You want one assistant to be very readily available wherever you are."

However, the various assistants will likely end up somewhat specialized in their expertise, with Google's Assistant, for example, excelling in providing knowledge and managing schedules, and Microsoft's Cortana leading on gaming, as per VoiceLabs CEO, Adam Marchick. In a few years, many people will use two or three different assistants, Marchick predicted.

The industry stands at a critical moment, because the first highly effective help-bot to get a foothold in a consumer's home, phone or car will likely stay, creating a barrier to competitors, Marchick said. In order for a virtual helpmate to run your life, it needs to en-

gage with the providers of all the services you rely on, from your calendar app to your Uber ride. Those providers must either partner with the company operating the assistant, or design their app to integrate with the assistant. So, Spotify will stream music upon request via Alexa, and Honeywell's smart-home thermostat, via Assistant, will bump up the temperature 15 minutes before Grandma's expected arrival.

For providers, "If there is a competitive advantage to be gained, then absolutely, they will do it," said Brett Sappington, Senior Director of Research at Market Research Firm Parks Associates.

For all the major players, virtual assistants provide important data that fuels the A.I that powers and improves them, making both the assistants and the products they live in ever more marketable. For Amazon, Alexa is an enthusiastic purchasing agent for the e-commerce that drives the firm. For Google, Assistant is a turbocharged vacuum for the data the company collects to sell ads targeted directly at users.

Underlying the projected expansion of virtual assistants is the 'voice first' approach to personal technology, said Brian Roemmele, a Los Angeles tech entrepreneur and expert in voice computing. Voice operation keeps hands free and it's faster, he noted, because speaking conveys information more quickly than typing.

So far, both Google and Amazon have focused largely on home-based assistants. Google's new Pixel phone hosts Assistant, but it has an uphill battle because Apple has far more

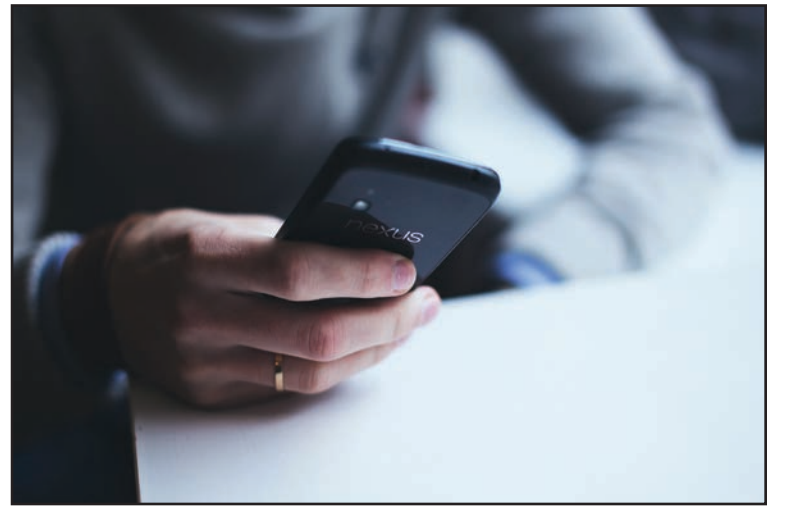


IMAGE TAKEN from syracuse.com.

Virtual Assistants like Alexa spearhead the virtual assistant world as they look toward the future of virtually assisted vehicles.

phones equipped with Siri on the market, said Tim Bjarin, an Analyst with San Jose market research firm, Creative Strategies.

Amazon has sold more than 8 million Echo devices since rolling them out in late 2014, according to Consumer Intelligence Research Partners; most people want their virtual assistant on their phones, Bjarin said. "When you're driving, that's critical, or if your hands are busy," Bjarin said. "The phone will continue to dominate as the vehicle for delivering the virtual assistant."

Putting these robo-helpers into cars' onboard systems has become a priority for major firms, including Microsoft, which seeks to extend the reach of its PC-based Cortana through the "connected-vehicle" platform it announced this year.

In January, Nissan announced it would integrate Microsoft's platform into its cars.

Siri already can be used in a car via a phone or Apple's CarPlay system, or in cars sold with Siri integration built in. Hyundai is bringing Alexa and Google's Assistant into some of its cars so, for example, an owner could start their car from their living room.

While building the supreme help-bot is clearly a priority for many major tech firms, experts say the software today lacks the knowledge base to take the next big leap: to enable virtual assistants that can predict our needs to serve us better. "Some of it is just raw amounts of data and understanding about how the world works and what humans expect," Reticle's Rubin said.

Which companies rise to dominance depends both on the capability of their bots and the draw of the gadgets that house them. "The story has not been written on what success is going to be in this space," Sappington said.

Student Raises Money For Syrian Refugee Children

Syrian continued from pg. 1

manitarian outreach goals," she shares. Miller also encourages others to get involved and give back however they can. "I chose to take an artistic route and create things to sell, but there are many other ways to raise money," said Miller. "People can raise money through events, food, and countless other ways."

The message that Miller wants to spread through her activism is that people shouldn't be afraid to stand up for what they believe in or for what they are passionate about. Also, instead of being cynical or heartbroken when you read the news, find a way to do something. Doing anything is better than nothing. "There is no such thing as a small impact, small is only the start to something bigger if you set your heart and mind to it," expressed Miller.

Miller has shown her passion for giving back not only from her "Keychains for Children" project, but also from her great involvement in campus activities. Miller is the Secretary and Head of Public Rela-

tions for the Monmouth Youth Activists Group (YAG). YAG is a club which focuses on ways to make a change in the world.

"This club has already done so much for other people," said Miller. "All and any passions are welcomed and I must thank the club for giving me a way to create change with awesome people."

"This whole project that Carly is working on is really a testament to her global awareness," said Ryan Tetro, an Instructor of Political Science and Sociology and advisor for YAG.

"A project like this helps to remind us all that these issues are happening and we can't just ignore them."

Tetro continues to explain that, regardless what people believe politically, we are all human and there should be a unifying bond amongst all of us.

Tetro said, "Regardless of what side you are on in politics, people should be able to agree that there is a global issue that needs to be addressed."

"I think, especially in this day and age, politics and beliefs can muddle our decisions on human outreach and other forms of volunteering," said Miller. "However, I felt it was my humanitarian responsibility to do something for those in need, despite politics."

Miller and many others in YAG and all over campus are advocating for the innocent victims of the turmoil in Syria. Politics are not a factor here, love for one another and understanding are the primary goals.

If you are interested in purchasing a keychain Miller's email is s0917649@monmouth.edu.



PHOTOS TAKEN by Carly Miller.

Carly Miller painted the above keychains and is currently selling them for \$2 to aid Syrian refugee children.

"A project like this helps to remind us all that these issues are happening and we can't just ignore them."

RYAN TETRO
Instructor of Political Science

How to Reclaim Your Life from the Stress of College

DANIELLE ROMANOWSKI
STAFF WRITER

College is a time to find yourself, figure out what you're passionate about and explore all of life's options, but this is something that is easier said than done.

Between going to class full time, working part time and being involved in clubs on campus, it is difficult to remember to take time for yourself.

Endless to-do lists and class assignments control the majority of our time in college, but it is important to pencil in time in our planners for ourselves in order to take control over our schedules.

By taking advantage of free time, learning our limitations, and prioritizing ourselves, we can make the most out of our college years and reclaim our lives from our busy lifestyles.

Free time can be rare for some college students; how that time is spent can really affect the rest of our day.

Most of the time students end up mindlessly scrolling through social media or binge watching a show on Netflix for hours before getting back to the limitless work that is still piled in the corner we

left it. Samantha Marella, a senior business student, said, "Being a senior is a lot of work. Between my classes, internship, part time job and sorority, I'm always on the move. Sometimes it feels like I'm just on a nonstop cycle and I need to actively make time for myself and do things that I enjoy."

Marella shared, "Some days I like to wake up an hour earlier so I can go to the gym or cook myself breakfast. It's the small things like that that really help break up my crazy schedule and make me feel like I'm in control of my day." Free time can be really beneficial in helping us accomplish what we *want* to do, instead of what we *have* to do.

Another issue many students face is the overwhelming stress that a heavy workload can have. Kristine Simoes, a specialist professor of communication, offered her advice to college students who are overwhelmed with their chaotic course load.

Simoes said, "I know a lot of my students struggle with managing their school work, being involved on campus and looking for a job while they try to enjoy their college years."

"My advice to everyone who

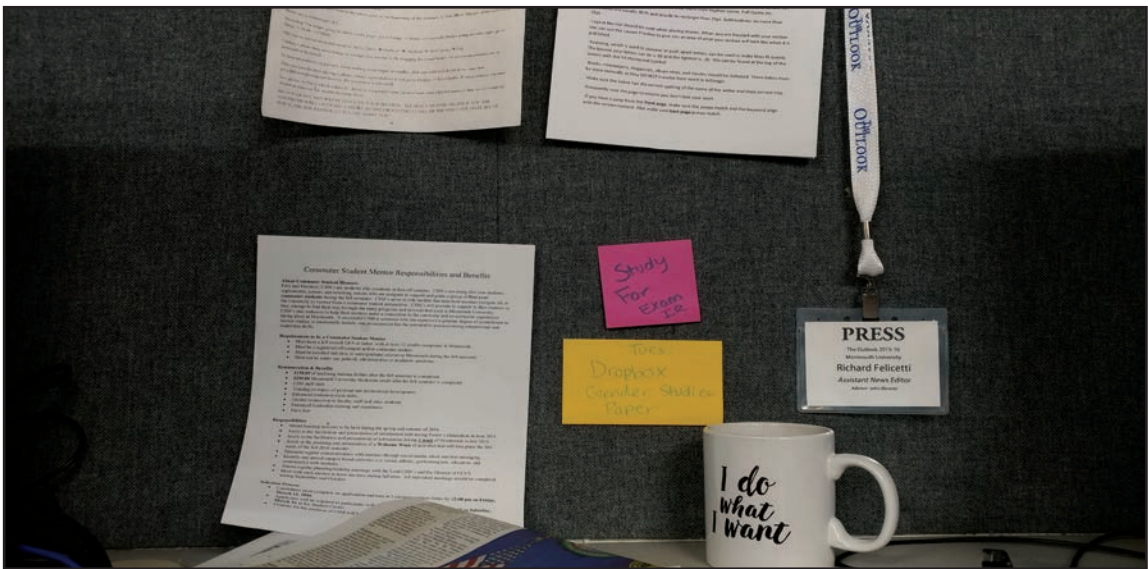


IMAGE TAKEN by Alexandria Afanador

By creating time for yourself amidst a busy schedule, you can balance your schedule better, advised communication student, Nicolette Pezza.

comes to me about this is to take your day an hour at a time. Don't get so wrapped up in everything you have to do that you don't enjoy doing it." Simoes continued.

It is also important to realize your limitations and understand that it is okay to say no to picking up another shift at work, or someone's share of the group project when you already have a lot of your plate. Spreading your-

self too thin is a danger to those who have busy schedules and it is important to be aware of how much you are taking on to avoid any unnecessary work.

Making to-do lists with assignments and errands that need to get done is something all students have done in their college years, and by using this same idea for goals you want to accomplish can help students get their minds on track and reclaim their lives from their crazy schedules.

This idea sparked the creation of junior communication student, Nicolette Pezza's blog: The To You List.

On her blog, she inspires students to take time for themselves to become the people they truly want to be, despite a busy schedule.

Pezza commented, "I think the most important thing about balancing a busy schedule is to also take time for yourself. For my social media and PR class I created a blog called To You List and it's centered around being the best version of yourself. I think in college we often get so focused on schoolwork, jobs, and extra curricular activities that we forget even taking 30 minutes a day to do something we genuinely love is just as important."

Just by spending your free time doing something you love, learning that it's okay to say no, and to take an hour of your time each day for yourself, you'll be able to break the cycle of a non-stop schedule and reclaim your college years.

"My advice to everyone who comes to me about this is to take your day an hour at a time. Don't get so wrapped up in everything you have to do that you don't enjoy doing it."

KRISTINE SIMOES
Specialist Professor of Communication

Internships: A Glimpse Into Your Future

KAITLIN MCGUIRE
STAFF WRITER

Many students try to push off the responsibility and task of getting an internship, but that experience is more beneficial than some people think. An internship is a preview of what someone's future career will be like in a specific field. It could be a business, a public relations firm, or student teaching.

Whatever your calling may be, it is extremely important to figure what you want to spend your life doing, and what it is like to work that job.

Some may be wondering how to go about the process of obtaining an internship. For many instances, the process depends on the company or firm itself. Students should initiate searches on Google to find businesses and companies that appeal to them.

Collect as much information that you are able to, and familiarize yourself with the work they have done in the past.

Some websites provide a phone number or email address for students to reach out and connect with employees. Other sites have information about internships explaining the time span of the internship, what the intern would be doing and learning, the skills and education they require or prefer, and so on.

It may not seem like much, but, writing a cover letter and making sure your resume is perfect, and properly sent in are crucial steps.

When going in for an interview, it is best to have questions prepared to ask the company as well. They could be simple, such as their favorite part about

working in the company, how long they have worked there for, what a typical day is like for an intern, and any other information they did not touch upon.

Lexi Swatt, a Monmouth alumna who is currently a post-graduate assistant for the Young Athlete team at *Bleacher Report*, said, "I made bullet points of information I found out about the company and then I made a set of questions I wanted to go over. Whatever company did not fully appeal to me, I crossed it off my list, and moved on. Make sure that you intern for a company that you know you will enjoy and have the same mindset and goals as they do. It really makes a difference."

Another piece of advice would be to make sure you inform yourself about the company, their values and beliefs, and their clients. In an interview, or even in your cover letter, you can convey the information you educated yourself on, and connect it to what you can bring to the table or what you hope to expand your knowledge on while working there.

Shannon Newby, a senior sociology student, explained, "I had to call places to get my internship, and I really wanted this specific place and position. I kept keeping in contact and following up, really showing them that I care and was passionate about interning for them. It worked out, and I have been at the same company for six months."

Don't be afraid to keep checking in on the process. The more you show them you care, the better chance you will have of getting the internship.

Internships may be scary in the beginning, or seem like an

immense amount of pressure, but remember everyone goes through it. They are beneficial and a positive growth process.

Chad Dell, an associate professor of communication, advised, "Internships can provide important career training. Even more importantly, they are a terrific networking opportunity. Some 80 percent of jobs come because of someone you know, so expanding your network of contacts increase the likelihood that you'll find that perfect job."

Dell continued, "I had a student intern at *CBS Sports*; through contacts she made there she found out about a job at the *Bleacher Report*, and was hired before the end of the semester. Networking is crucial, and interning is a great way to expand your network."

Networking is the key to getting a job, especially with the competition in today's job market. The more people you know and make connections with, the more it will benefit in your favor. After an internship, add the employees on LinkedIn and make sure to stay in touch with them.

Having an internship is the best way to receive hands-on experience while figuring out if the job you have always pictured yourself working is really the right choice for you. You will learn many things about yourself, and grow as an individual in your field.

Maybe the internship is not what you planned it would be. If that's the case, you still have time to change your major, or try something else. Career Services is available to help and advise any student. Don't procrastinate; your future will be here before you know it.



IMAGE COURTESY of Lexi Swatt.

Networking at an internship enables you to make connections that can lead to a career, as Monmouth alumna Lexi Swatt shows.

Baseball Opens New Season Against Florida Atlantic

JOHN SORCE
SPORTS EDITOR

Coming off a season where they finished 30-27 overall and tied for second in the conference with a 16-8 mark, the baseball team was picked to finished third in the Metro Atlantic Athletic Conference (MAAC) in the Preseason Coaches' Poll.

As they do every year, the team opened up their season with a trip down south. This enables the team to get some games in under their belt while playing some good competition in some good weather.

"We are going to challenge our guys right away," said Dean Ehehalt, who is entering his 24th year as the team's head coach. "We're going to play some teams that have winning traditions and play in some good venues. That is something we have done for a long time. We are behind the eight-ball when it comes to being game-ready, but so is every other team in the northeast. We just go down there and play and see where we are at."

"It's great to be outside and play in some warm weather, but this is going to be a test for us," said senior third baseman Grant Lamberton. "Those guys down south have been practicing outside all winter and we are excited to compete with them."

Lamberton is one of four players who were named to the Preseason All-MAAC team along with seniors outfielder Dan Shea, first baseman Shaine Hughes and right-handed pitcher Ricky Dennis, who



Senior right-hander Ricky Dennis was named MAAC Pitcher of the Year in 2016 and was selected to the Preseason All-MAAC Team this spring.

was named the MAAC Pitcher of the Year in 2016. All four players were First Team All-Conference players last season.

"It's definitely an honor to be recognized by the coaches in the MAAC," Lamberton said. "Pre-season stuff is something to be proud of, but we still need to come out and prove it during the season."

Having those players back this season will be important, as they will be relied on as a part of a veteran core that the team has coming back.

"I really think our offensive fire-

power is the strength of our team, based on who we have coming back," Ehehalt said. "I think we have improved defensively in several areas and I do think that the strength of our team right now is somewhat balanced. Grant, Danny and Shaine really give us a lot of stability at the top of the order, and we have some other guys too who are going to contribute behind them. I think we are going to be very good offensively, we'll be solid on the defensive side and I really think we are going to get better as the year progresses."

Ehehalt has developed a winning tradition in West Long Branch. He earned his 600th career victory in 2015 and has won 30 games in a season eight times, including last season.

"Dean is definitely one of the big reasons that I came to this school," Lamberton said. "He's been my mentor since I have committed here and I have had some hardships in my career. When I was struggling during my sophomore year, he stuck by me and he has turned me into one of the best players that I can possibly be."

The blue and white opened their season against Florida Atlantic University (FAU) over the weekend and lost all three games. Dennis got the ball on opening night and threw four innings allowing seven runs (three earned) on six hits while Shea went 3-5 with a homerun and drove in four runs. Freshman shortstop Danny Long became the first true freshman to start a season opener for Monmouth since March 5, 2010, when Danny Avella started at third base at San Diego State.

"Early in the game, we were unable to execute defensively and with pitch execution, and that's never a good combination," Ehehalt said. "FAU is way too good to give them additional outs. They took advantage of everything tonight and the score shows that."

After a 6-1 defeat on Saturday, the offense woke up on Sunday. Monmouth scored 10 runs, including seven in the fourth inning. Long belted his first career home run, a three-run shot to left, to cut the Owls lead to 10-5. Senior outfielder Tom Jakubowski drove in Lamberton with a single to right field and then freshman outfielder John LaRocca drive in Hughes on a ground out to make it a 10-7 game. Senior outfielder Chris Gaetano took a 1-2 pitch and drilled it over the right field fence to cut the deficit to one. Florida Atlantic added two more runs and went onto win 12-10.

Monmouth returns to the field on Friday in Greenville, SC when they take on Furman for the first of a three game series at 4 p.m.

Back-to-Back Regular Season Titles for Men's Basketball

JOHN SORCE
SPORTS EDITOR

Already up by fifteen points, junior guard Austin Tilghman put up a prayer from about 75 feet just before the halftime buzzer sounded. The ball smacked the middle of the backboard and fell through the net, sending OceanFirst Bank Center into a frenzy.

It was that kind of night for the men's basketball team as they overwhelmed Niagara 93-75 on Friday night. Monmouth secured the Metro Atlantic Athletic Conference (MAAC) regular season title for the second straight year with the win and also secured the top seed in the MAAC Tournament, which takes place from March 2-6 at Times Union Center in Albany, NY.

"Any time you win the league,

that's pretty cool and that says a lot for these young men right here to come every night and in a tough league like the MAAC, to win the championship and be up four games," Head Coach King Rice said.

Monmouth also became the first team in D1 basketball to secure a postseason berth. By claiming the regular season title, MU has guaranteed themselves another trip to the National Invitation Tournament (NIT). Last season, they advanced to the second round and fell to George Washington, who went onto win the tournament.

When Monmouth won the regular season title last season, most of the sellout crowd of 4,194 stayed for a post-game speech from Rice. Neither occurred this time, as this group has their



PHOTO TAKEN by John Sorce

A graphic was displayed on the scoreboard after the men's basketball team clinched their second consecutive MAAC regular season title on Thursday, Feb. 16.



PHOTO COURTESY of Karlee Sell

Senior guard Je'lon Hornbeak has scored in double figures in six straight games, including 16 points against Niagara on Thursday, Feb. 16.

sights set on higher expectations. They want to become the fifth team in program D1 history to make the NCAA Tournament.

"We are happy about it because this was one of our goals, but it wasn't the main goal," senior guard Je'lon Hornbeak said. "We just kind of check this and keep moving forward."

"It's the first step of our major goal," senior point guard Justin Robinson said. "We wanted to get to this point so that we solidified postseason play. But in the end, this is not where we want to be and we're not cheering like we're done, because we still have goals to accomplish."

Robinson, who was named both MAAC Player of the Week and Lute Olson National Player

of the Week on Monday, led the way with 27 points in only 22 minutes. He made seven three-pointers for the second game in a row, he made eight in his previous game, and shot nine of 13 from the floor.

Rice is never surprised by Robinson's accomplishments anymore. "Here's the thing - Justin has his 40-point game (Feb. 13 at Siena) and he's in the gym the next morning getting a *hard* workout in," Rice said. "This is what our guys do and when you have weapons like this on your team, you just get out of the way so they can play."

Hornbeak scored 16 points and added five rebounds, reaching double digits for the sixth game in a row. Senior guard Josh

James had a career-high 10 rebounds. The current Monmouth senior class has 80 wins, which is the most in school history in a four-year span.

Monmouth has won the MAAC regular season title in back-to-back years for the first time since joining the league in 2013. The only other time they won back-to-back conference regular season titles was in 2003-04 and 2004-05, when they were members of the Northeast Conference (NEC).

The Hawks return to the court for their final home game of the season when they welcome Siena to West Long Branch on Friday night. Tip-off will be at 7 p.m. and the game will be nationally televised on ESPN2.

Women’s Lacrosse Suffers Setback After Opening Win

CHRIS FITZSIMMONS
STAFF WRITER

The women’s lacrosse team suffered two closely contested losses losing to Temple University 18-16 last Wednesday and Rutgers University 12-11 on Saturday morning.

Wednesday’s slate against the Owls saw the Hawks take the late lead only to have it erased and given up by a Temple 5-0 scoring run. Saturday’s game featured Monmouth attempting the late game comeback by registering the final five goals, but falling short in the end.

The Hawks scored first against Temple thanks to freshman attacker Nicole Ceraso, who followed up her eight-point performance last week with a seven-point game against the Owls. Both teams proceeded to exchange goals until Temple pulled ahead by scoring three unanswered goals. Monmouth eventually reclaimed the lead when senior captain mid-fielder Claudia LaMarca scored her second goal of the game putting the Hawks up 9-8. Temple, however, would not go into the half quietly as they tied the game with 27 seconds remaining.

Temple broke the tie within three minutes coming out of the half taking a 10-9 lead only to see it vanish by senior attacker Olivia Higson, who scored her fourth and subsequently fifth goals of the game to give Monmouth the lead. The Hawks tallied three more goals to give themselves a 15-12 advantage with 9:26 to go.

The Owls proceeded to stage the comeback this time scor-



PHOTO COURTESY of Bill Ryan
Freshman attacker Nicole Ceraso leads the MAAC with 20 points and 10 assists and is tied with 10 goals through her first three collegiate games.

ing six goals to Monmouth’s one over the game’s final nine minutes to win the game in the end 18-16. Temple held the advantage in the shots overall, taking 40 to Monmouth’s 27. Twenty-two of those 40 shots for Temple came in the second half, compared to Monmouth’s nine.

“I was proud of our effort today despite the outcome,” Monmouth Head Coach Eileen Ghent said. “We improved since Saturday and look to continue to improve even more for our upcoming game. We’re back to

work tomorrow with Saturday’s game on our mind.”

Monmouth once again scored first on Saturday thanks to Ceraso, but Rutgers answered powerfully by making a five-goal run to give themselves the 5-1 lead. The run was brought to an end by Cearso, who scored her second of the day. But once again Rutgers answered by scoring two more times before the half to give themselves the 7-2 lead.

Rutgers recorded two more goals coming out of the half and Monmouth found themselves

facing a sizable deficit, 9-3 with 17 minutes left to go. Rutgers was never able to extend their lead by more than six goals in part due to sophomore goaltender Riley Brager’s career high 11 save game. Monmouth’s offense flashed a 5-0 run over the last nine minutes but it was too little too late as the Hawks dropped their second of the season to Rutgers with a final score of 12-11.

“I thought Rutgers came out ready to play from the first whistle,” Ghent said. “We struggled in the first half, leaving us playing catch up throughout the second half. It was good to see us be able to bounce back and make big plays when we had to, but coming up just short stings. We are moving on and looking forward to making improvements for our home opener on Wednesday.”

Cearso was named Metro-Atlantic Athletic Conference (MAAC) Rookie of the Week for the second straight week. She netted a total of four goals and eight points last week against George Washington and continued to impress this past week. She added three goals and a total of seven points against Temple and three goals and five points against Rutgers, which brings her season total to 10 goals and 20 points.

Monmouth plays their first home game of the season tonight 6:00 p.m. as they welcome Bucknell. The Hawks are looking to bounce back from the losses as they play in their first home night game in program history on Hesse Field at the Great Lawn.

Women’s Basketball Drops Two Games

MATT DELUCA
STAFF WRITER

The women’s basketball team fell to Marist 76-66 Saturday night in Poughkeepsie, NY.

Sophomore guard McKinzee Barker led the Hawks in scoring with 16 points and senior center Christina Mitchell had a double-double with 12 and 10 rebounds. Freshman guard Rosa Graham was the only other Hawk in double figures with 11.

The game was tightly contested in the opening minutes, as both teams traded baskets, making the score 12-10 at the first media timeout. Monmouth took the lead on a Barker three, and she hit another to give the Hawks a 16-12 lead with 1:41 left in the first. Marist went on a 7-0 run to take a 19-16 lead after 10 minutes.

The Red Foxes hit a three early in the second to open a 22-16 lead, but both teams would continue to trade baskets, with the score 30-23 at the 4:56 mark of the second quarter. Monmouth got within four, but Marist once again found a response, opening their lead up to 36-28 with 2:42 remaining in the half. Freshman guard Kayla Shaw connected on a three to cut the deficit to five, and then senior guard Tyese Purvis drove inside and finished on a layup to make the score 36-33. Marist rattled off the last five points of the half to make the score 40-33 after 20 minutes of play.

The teams traded baskets early in the third, and it was a layup from Mitchell that made it a one possession game, 42-

39, with 7:27 left in the quarter. About a minute later, after the teams exchanged scores, Shaw hit one of her own, being fouled in the process. She hit the resulting free throw, making the score 47-44 at the 6:07 mark. That would be the closest the Hawks would get for the rest of the game. The Red Foxes closed the quarter strong, holding a seven point lead after three quarters.

Monmouth got within five

on a Barker jumper, but Marist once again found a response, opening up a 65-58 lead at the final media timeout. Monmouth could not climb back in it, as Marist sealed the game late on five free throws, making the final score 76-66.

“We played with a lot of energy tonight which was good to see,” Monmouth Head Coach Jenny Palmateer said after the game, “but we just didn’t shoot the ball well.”



PHOTO COURTESY of Monmouth Athletics
Sophomore guard McKinzee Barker tied a career high with 16 points against Marist on Sunday afternoon.

For the game, the Hawks shot 35 percent from the field, 23 percent from three, and 42 percent from the foul line. The Hawks as a team missed 23 three-point attempts and 11 free throws. Monmouth turned the ball over just seven times in the contest.

“Marist hit a lot of threes in the first half,” Palmateer added, “and when we would get stops we couldn’t capitalize on the other end. We were right there for most of the game, being on the verge of making that one shot that could give us that energy and push us over the edge, but we were never able to hit it.”

The loss is the second straight for the Hawks, who were looking to rebound from a 75-61 loss to Manhattan Thursday evening at the OceanFirst Bank Center. Barker led the Hawks with 11 points, and Shaw added 10. The Hawks saw Manhattan shoot 58 percent from the field and 53 percent from three, which was the highest from any Hawks’ opponent this season.

“We struggled on the defensive end tonight and on top of that Manhattan hit some really tough shots,” Palmateer said. “We weren’t able to overcome that tonight.”

Saturday’s loss to Marist dropped the Hawks’ record to 12-14 on the season, with a 7-10 record in MAAC play. Monmouth looks to snap its two-game losing streak Tuesday night, as they travel to face hOURglass rival and conference leader Rider. Tip is scheduled for 7:00 p.m., and the game can be found on WMCX 88.9 FM.

SIDE LINES

Bowling: The bowling team finished second out of 13 teams at the 2017 James Brown Invitational at over the weekend at Towson Lanes in Towson, MD. Senior Kaitlyn Reth claimed the individual title with games of 204, 228, 248, 180, and 201 over the five-game span, leading to an average score of 212.2. Junior Jackie Evans and sophomore Hal-ey Solberg also finished in the top ten. Evans finished seventh with a 197.4 average while Solberg finished eighth with an average of 196.8. Reth and Evans both earned their fifth top-10 finishes of the season and junior Julie Bianco led MU with a 254 high game in traditional match play. The Hawks went 9-3 as a team during the three-day event. The blue and white return to the lanes on Friday, March 3 when they host the Hawk Flight Invite at King Pin Lanes in Egg Harbor Township. The tournament takes place through Sunday.

UPCOMING GAMES

Wednesday, Feb. 22
WLAX vs. Bucknell
Hesse Field at the Great Lawn
West Long Branch, NJ 6:00 p.m.

Friday, Feb. 24
Baseball at Furman
Greenville, SC 4:00 p.m.

*MBB vs. Siena**
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.

*WBB at Manhattan**
Draddy Gymnasium
Riverdale, NY 7:00 p.m.

Saturday, Feb. 25
Indoor Track & Field
Fastrack Last Chance
Ocean Breeze Athletic Complex
Staten Island, NY TBA

MLAX at Delaware
Delaware Stadium
Newark, DE 12:00 p.m.

Baseball at Furman
Greenville, SC 1:00 p.m.

Sunday, Feb. 26
Baseball at Furman
Greenville, SC 1:00 p.m.

*WBB vs. Niagara**
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.

*MBB at Iona**
Hynes Athletic Center
New Rochelle, NY 4:00 p.m.

Wednesday, March 1
*WBB vs. TBA**
MAAC Championships
Times Union Center
Albany, NY TBA

WLAX vs. Drexel
Hesse Field at the Great Lawn
West Long Branch, NJ 3:00 p.m.

Thursday, March 2
*WBB vs. TBA**
MAAC Championships
Times Union Center
Albany, NY TBA

**conference games*



Senior outfielder Dan Shea was one of four Hawks named to the Preseason All MAAC Team, which is more than any other team in the conference.

Full story on page 18

PHOTO TAKEN FROM MONMOUTHAWKS.COM