



THE OUTLOOK

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A Sit Down With President Grey Dimenna

The President Talks Wilson Hall, the Importance of Students, and his Future at Monmouth



President Grey Dimenna gets comfortable in his new office on the second floor of the historical Woodrow Wilson Hall.

DANIELLE SCHIPANI
EDITOR-IN-CHIEF

Grey J. Dimenna was named the President of the University on Feb. 28. He started his Monmouth career on Feb. 20, 1995, as Vice President and General Counsel and retired

July 31, 2013. Since the transition from former President Paul R. Brown, President Dimenna has had some time to reintegrate into the University community. *The Outlook* sat down with him to get a deeper look into his past, present, and future.

How long do you anticipate

being the Interim President?

The trustees have said that they don't want me using the title "Interim President." [Rather] they want me to use the title "President," because, as they said, I am the President and I have the full

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Academic Affairs Staff to Receive Safe Zone Training

JAMILAH MCMILLAN
MANAGING/NEWS EDITOR

A noticeable increase in rainbow colored stickers on office doors and desk stations may soon be observed, as nearly 30 deans, vice provosts, and other individuals within Academic Affairs will be receiving Safe Zone training on May 2.

Safe Zone training is performed at colleges and universities across the country in order to create awareness and develop allies for students in lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) communities, according to *thesafezoneproject.org*.

The first Safe Zone training at the University transpired in 2015 through a group of trainers from the Gay Alliance, according to Dr. Nancy Mezey, Associate Dean of the School of Humanities and Social Sciences and a Safe Zone trainer.

The initiative to train more individuals within Academic Affairs was a joint effort spearheaded by Dr. Laura Moriarty, Provost and Vice President for Academic Affairs, and recommended by the Presidents Advisory Council on Diversity and Inclusion.

"I think that Academic Affairs, taking the first shot at this as a group, really speaks volumes to how inclusive we want to be, and we sort of set the tone for what happens in departments and units. So I think that this is a really good thing for us to do," said Moriarty.

Vaughn Clay, Director of Off-Campus and Commuter Services, was trained to teach others about Safe Zones with Mezey in 2015. He will be assisting her and two other trainers on May 2.

"At the training we will talk about different topics within the LGBTQ+ community, we will look at language, perceptions, perspectives, and how we view not only that community, but our role in that experience. What we can do is become more sensitive to different people, or rather people who are different," said Clay.

"The trainings are exercises and information provided in an interactive presentation. I won't just stand up there and say that I am an expert. I am sort of a conduit in trying to help share the information with the community," Clay continued.

Plastered on Clay's door is a Safe Zone sticker that signifies that he has completed Safe Zone training,

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New Course Takes Students to Maximum-Security Prison

MEHDI HUSAINI
ASSISTANT NEWS EDITOR

As part of a collaboration between the Departments of Sociology and Communication, as well as the New Jersey Department of Corrections, the University will be offering an extension to its current, Investigating the School-to-Prison Pipeline course through an additional class that will allow students to regularly visit a maximum-security prison in Trenton starting in Fall 2017.

The program currently falls under the larger umbrella of the University's Academic Exchange Program, and aims to help students learn more about mass incarceration through direct interaction with incarcerated people, according to Dr. Johanna Foster, Assistant Professor of Sociology. Foster

hopes to get students thinking about several aspects of mass incarceration, including the political dynamic, gender inequalities, and institutionalized racism of the system.

"It's a two course sequence, and in the first course, students on campus learn about the history and the current conditions of prisons, and get some practical preparation to go inside prisons," said Foster. "Those students who complete that class now will be eligible to join the second class which will be at New Jersey State Prison in Trenton."

A new section of the first course will be offered during the summer semester to give opportunities to other students who wish to be part of the group of students that will visit inmates in the fall.

Dr. Eleanor Novek, a professor

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Dr. Eleanor Novek (right) and Dr. Johanna Foster have turned their experiences teaching at state prisons into a new course that will be offered in the fall.

PHOTO COURTESY OF Dr. Eleanor Novek

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President Grey Dimenna Speaks With The Outlook

A Look Into the Life of the Newly Appointed President



PHOTO TAKEN by Alexandria Afanador

President Grey Dimenna sat with *The Outlook* for a personal interview to discuss his new position at the helm of the University.

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authority of the President just like any other President has had.

Right now, the plan is that I will be President until June 30 of 2018. The trustees will start to begin the process very soon of looking for a new President. That process usually starts in the spring. They usually set up a search committee, which consists of faculty, trustees, administrators, an undergraduate student and a graduate student. The search committee takes all of the applications, usually anywhere between 70 and 100, and they go through them.

The committee narrows them down and gets to a point where somewhere around 12 to 15 applicants exist. Then they ask for references and again narrow the number down to eight people. They then meet with those eight people at an off campus site in order to preserve confidentiality. That takes place usually late November early December. Then there are usually four candidates that we take to campus usually in the latter part of January. They spend two days and an evening on campus and they meet with everyone you could think of.

There is then a survey that the people who meet with the candidates fill out and the committee collects the surveys and narrows down who they would like to be final candidates and reach an agreement regarding salary and things of that nature. The new President typically starts July 1, which is the start of our fiscal year.

Is this June 30, 2018 date concrete?

My time here could be shorter or could be longer, I hope it is not longer because I promised my wife that I would be finished by June 30, 2018. The June 30 date is my best guess right now.

Have you always wanted to be President of a University?

No I was very happy as Vice President and General Counsel. Being President is a 24/7 job. If you do it right, you are always

doing something. You are always going to events, whether it be student events or events in the community. It is a lot of work. During my whole time as General Counsel there was one time when someone nominated me to for a Presidential search at another institution here in New Jersey and I let my name go forward. However, this didn't go very far and I heard things that I didn't like so I withdrew.

Why do you think you were chosen for the position?

I think I was chosen because whenever you have a change of presidents, particularly when it is sudden, people can get worried. There are a couple of reasons I was chosen. Number one is that during my 20 years as General Counsel I developed a good relationship with the Board of Trustees, so they knew me and they trusted me. I think, and I don't want to sound like I am bragging, but I think they thought highly of my skills.

The second reason is that they wanted someone who was familiar with institution and who knew what Monmouth's mission and goals are. I think the trustees felt that someone who was familiar with Monmouth would be more accepted by the community and that has really panned out because my reception since I have been here has been overwhelmingly positive. So many people have been so happy to see me come back and have said thanks for coming back.

What is one thing you would like to tell the campus community that they may not already know about you?

Besides being the funniest man on campus? I think what I would want the students to know is that during my time as General Counsel I always told my staff that "Students come first." This does not mean students are always right, but what that means is that students come first – this is their institution, and if they weren't here we wouldn't have an institution. We should do whatever we can to make their experience here positive and transformative – to

borrow a word from the strategic plan – because that's why we are here.

I always regretted as General Counsel that I didn't get to spend as much time with the students as I would have liked because I really enjoy spending time with students. That is one of the best parts about this job[...] We had a legal intern program in our office where students who were interested in becoming lawyers could intern and that was probably the way I got the most contact with students.

The program was very educational. I made sure the interns were not allowed to do any kind of office work. Instead they were drafting policies and participating in meetings. They were doing the kinds of things that lawyers would be doing. The feedback that we got from doing that program was overwhelmingly positive. I keep in contact with some of those former students to this day. Two of them my wife and I jokingly refer to as our adopted daughters and we travel with them and celebrate birthdays with them. So that is one thing that students don't know about me, that my core belief system is that students come first.

What do you plan on your relationship with students being like during your time here?

I want to be as visible as possible, particularly with students. I was told earlier that I was in the Rebecca Stafford Student Center more than a lot of presidents have been in the past year or two. I have been going up to students and introducing myself. I took part in the most recent Mondays at Monmouth program, which is prospective students so when they came to Wilson Hall here I was talking to parents and students.

Recently, I ran into a prospective student who was here visiting on her own for the second time and her mother was about to take her picture and I got in on the picture. We started talking and I told her why she should come here. I later ran

into them again and we started talking. I asked them if they had ever seen my office and they said they had peaked in the door.

I told them to come up and I showed them the office and showed them the conference room. I found out she was interested in biology so I walked her down the hall and had her speak to Michael Palladino, Vice Provost for Graduate Studies and Former Dean of the School of Science, and she took her on a tour of the new science building and it turns out that she is coming to Monmouth; I found out from admissions last week.

What areas of the campus do you think are strong?

We have a very strong faculty. They are so dedicated to our students. I love our small classes. A strong upcoming area of our community is our nursing and health studies area. We are going to be starting an athletic training program and an occupational therapy program in the coming years. We are also starting something that came out of our strategic plan and it is called the Institute of Health and Wellness, which is very exciting, and will pull together all the various health professions and serve as a resource for the surrounding healthcare community.

I think our academic programs and our student center focus are our real strengths. And my job as President here for the next year and a half or so is not to make any huge shifts here at Monmouth but to basically keep the progress that we have seen moving forward. I want to keep the good things about Monmouth going. I think we have a great strategic plan, a great campus, and a great institution. I want to keep it moving forward so that when the next president comes in he or she can hit the ground running and can move it even further ahead.

Do you plan to follow Former President Paul R. Brown's initiative to educate the campus on Woodrow Wilson?

The Wilson Hall controversy is something I heard second-

hand since it happened after I retired. That is something I plan on speaking with in the office of Equity and Diversity soon. I think Diversity is extremely important.

While I was General Counsel the Office of Equity and Diversity reported to me. Diversity and non-discrimination are issues that are very important to me. In fact, *The Outlook* had a reporter in London around the time that I had just gotten here asking questions about gender-neutral bathrooms. Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, and I discussed that and the answer was obvious; no we aren't going to change our policy.

What the federal government is doing is not any requirement on us. We are free to do whatever we want in that area and Monmouth is an inclusive environment community and we are not backing away from that.

What are some of your hobbies?

I ride a Harley Davidson; I ride bicycles a lot and I rode over 5,500 miles on them during the 2016 calendar year which was my first year of retirement. I started taking lessons and learning how to play guitar. The one bad thing about taking this job is that I don't have the time to play the guitar anymore. I also love spending time with my wife, Nancy. She is my best friend and is a wonderful person. That's the other bad thing about taking this job is that I don't get to spend enough time with her as I would like. She is being very supportive though.

Where did you grow up?

Schenectady, NY and Vestal, NY is where I mainly grew up which is right outside of Binghamton where I went to college. Basically I spent a lot of time in upstate New York camping and doing a lot of outdoor activities. It was very suburban.

Where did you go to college?

I went to college at Binghamton University in Binghamton, NY. It is near the Pennsylvania border about an hour outside of Syracuse and then I went to law school at Syracuse University.

Do you have any children?

I have one daughter and she lives in the Los Angeles, CA area; she went to Rutgers. I also have a stepdaughter who lives in Arizona.

What advice do you have for current college students?

My advice would be to take courses that strengthen your communication skills, both oral and written. With any job you get, the ability to speak coherently and to persuade people of a position as well as the ability to write persuasively is key. People that can do that have a real leg up in whatever profession they go into and I did not do that as much as I should have when I was in college. Another piece of advice is to get involved on campus. That is another thing that I didn't do as much as I should have. It is great for building your resume, but also helps you develop as a person.

Any final thoughts?

I have been having a blast so far. It is a lot of fun to be the President and speak to the students more and I look forward to the rest of my time here.

\$27,000 Raised on Giving Day

KELLI GALAYDA
STAFF WRITER

An estimated \$27,000 was received in donations from alumni, students, staff, parents, and friends of the University on their third annual Giving Day – a day dedicated to raising scholarship funds for potential University students.

The first Giving Day was on March 24, 2015, which also marked the 20th anniversary of Monmouth becoming a University. “Monmouth Giving Day gives the Monmouth community a chance to come together and make a lasting impact on current and future students,” said Michele Whitlow, Director of University Engagement and Giving Day Planner.

In addition to the scholarship fund, donors also had the option of giving to a specific department, creating the opportunity for donors to give back to the department that means the most to them.

According to Whitlow there were a number of opportunities for individuals to get involved with the Day. “Giving Day was all about giving back to Monmouth and making an impact. People could have done that through our website or in person at the Rebecca Stafford Student Center - we had live music, prizes and games happening there all day. We also had ‘Phil the Pig’ happening on that day, which encouraged student involvement. Second – we loved seeing people post about it on social media. It’s always neat seeing people get excited about Monmouth,” said Whitlow.

Students also got involved in the donation efforts. Andrew Betto, a junior psychology student, contributed through his position at the University Phon-a-thon, a department dedicated to making phone calls to raise money for the University. He said, “I was given the opportunity to receive phone calls from generous alumni who wanted to donate to Monmouth University and let them know how grateful everyone here at Monmouth was for their gifts.”

Alexis Mason, a junior psychology student, joined the efforts through her off-campus job as well. She said, “I worked with ‘Phil the Pig’ to get students involved in Giving Day, and then later that night I worked with the Phon-a-thon to call alumni and friends of the University to help them get involved and help them give back to the University, which means a lot for student scholarship and all of the different programs that we have here.”

Whitlow shared her enthusiasm this year’s student involvement. “I love seeing the Monmouth community gather together to make a huge impact. Seeing students get so involved this year was also incredibly exciting,” she said.

While the biggest impact was made on-campus, off-campus community members joined the fundraising celebration as well including Broad Street Dough Co and Dunkin Donuts.

“This year’s Giving Day was very successful,” said Jason Kroll, Vice President for External Affairs. “I want to thank all of our contributors, but I especially want to single out this year’s record number of student-donors. Their understanding of the critical role that giving back plays in Monmouth University’s stability is a key to our continuing success,” he continued.

Safe Zone Trainings Continue at University



PHOTO TAKEN by Jamilah McMillan

Approximately 30 members of Academic Affairs will receive Safe Zone training on May 2, in an initiative lead by Laura Moriarty, Provost and Vice President for Academic Affairs

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The symbol denotes that students can expect his office to be a climate supportive of LGBTQ+ students and identities.

Future trainees like Lynn Reynolds, a registrar, are excited for the educational components of the training. “I hope to gain a greater understanding of how others feel,” said Reynolds.

“I can’t walk in someone else’s shoes, so I don’t always realize how my words or actions are perceived by someone else. I believe this training will allow me the opportunity to see things from another perspective, which I believe is very important,” Reynolds added.

According to President Grey Dimenna, providing Safe Zone training at the University is an important initiative. “Although I did the training when I was Vice President and General Counsel, I

am going to do so again,” he said. “I am also going to strongly urge my Cabinet (the Vice Presidents) to take the training as well if they have not already done so.”

Safe Zones are necessary for the LGBTQ+ community, according to Jane Lai, Vice President of S.P.E.C.T.R.U.M (Sexuality, Pride, Education, Community, Truth, Respect, and Unity at Monmouth) and sophomore English and journalism student.

Lai said, “Many students tell me how in the past, they have been harassed, beat up or kicked out their houses for coming out. For being themselves. For them, being their full selves becomes a danger to both their mental, and physical well-being.”

“I think Safe Zone training is about bringing people together. Safety is a priority, especially for students who struggle on a daily basis, either figuring out their

identity or trying so hard to hide it,” Lai continued.

Moriarty, who like Dimenna was trained already, will be trained again as well. She said, “You can never be trained too much, and it is always good to be more on the cutting edge, and have an understanding of all the different kinds of issues. Back when I was trained there wasn’t the bathroom issue, and now there is a bathroom issue,” Moriarty continued.

According to Dr. Nicole Parsons-Pollard, Vice Provost for Academic Affairs, the Safe Zone training will be a form of education for the entire University. She said, “I think when you have that symbol on your door or on your desk people will understand what that symbol means, because it has the word Safe Zone on it. I think that that is an indicator about us as an institution...and I think that [the stickers] alone will provide

some dialogue.”

Lai appreciates the efforts made by the University to make the campus more inclusive, by way of the gender-neutral bathrooms; however, she concludes that there is still more that can be done. “At the University, there seems to be a huge lack of courses in this content area, as many just dabble upon the topic of LGBTQ+ communities. Unless you are enrolled in a gender studies, social work or sociology class, that education is often nowhere to be found,” said Lai.

“I think every person should be able to experience a welcoming environment on campus,” said Parsons-Pollard. “And it is incumbent upon us to provide for those who work here and chose to come here to be educated, and opportunity to be able to learn about one another so that we have an environment that is warm and welcoming to everybody.”

New Course Brings Students to NJ Prison

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Dr. Eleanor Novek, a professor of communication, spoke about the importance of having the program as a two-part sequence. She said, “As long as it’s in your head it’s theoretical—you have one kind of understanding. When you see the kinds of facilities that prisons are, and when you meet people who are incarcerated, you get a very different view.”

Novek speaks from 15 years of extensive personal experience as a volunteer teacher at prisons, and is adamant that firsthand experience challenged one’s expectations and prejudices.

“The school-to-prison pipeline program has opened my eyes to the impact incarceration not only has on the inmates but correction officers and the families of those incarcerated as well,” said Alyssa Behr, a criminal justice major, who stressed the importance of applying this material to real life experi-

ences.

“The United States is the world’s largest jailer,” said Foster. “A quarter of all the world’s prisoners are housed here [and] it’s an entirely racialized project so we have overwhelmingly people of color and people of low income who are incarcerated.”

Novek hopes the class raises awareness about the integration of freed prisoners back into society. She explained how an ex-inmate’s record can follow him or her around for years and impact opportunities for a lifetime. She said, “[Mass incarceration] is a major human rights issue. People are not receiving equal justice; it’s a civil rights issue when people have served the penalty that society has given them and [are still] not free of the collateral consequences.”

“A lot of people on all sides of the political spectrum recognize [mass incarceration] as a huge drain of resources. There are other ways of dealing with community safety... from policing all the way to prisons that could be done differently, more

humanely, and cheaper,” Novek continued.

“It is important for people not to be afraid to interact with incarcerated individuals in order to remove the divide between the inside and outside... so more people can understand [and] contribute to restructuring the system,” said Elizabeth Carmines, a junior political science and sociology major.

“The biggest hurdle was just it takes a lot of time to get [a program like this] approved,” said Foster. She added that there was some significant legal red tape that had to be navigated through, including consistent communication from the University and the Department of Corrections in order for Monmouth students to be able to take part in these organized visits.

“What we would really like to see is Monmouth participating in ways other colleges and universities already have, and that is offering credit to students on the inside and supporting formerly incarcerated people as they try to come back

to campus,” continued Foster. This entails bringing in extra funding and conversations with University administration about why incarcerated people deserve these opportunities.

Novek explained how students are the future of political and moral thought, and how programs like these can change their perceptions. “The main piece for me is the human contact. [Students] have absorbed so much about the ‘otherness,’ the ‘dangerousness’ and the ‘evilness’ of criminals and people who are locked up that when [students] encounter them, they see humanity,” she said.

The course codes for the Summer 2017 class with Foster are CO-398-B02, SO-398-B01, and CO 598-B01, Investigating the School to Prison Pipeline Part 1.

The course codes for the Fall 2017 class with Novek are CO-398-04, SO-398-02, CO 598-01 and PS-598-01, Investigating the School to Prison Pipeline Part 2.

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‘Tech’ Your Gadgets at the Door

THE OUTLOOK STAFF

Particles of chalk dust in the air and textbooks covered with Book Sox’s on rows of desks have become a distant memory of the typical classroom for many college students. Chalkboards have been replaced by projectors and the need for lugging heavy textbooks across campus is no longer necessary with the endless information available on smartphones and tablets. The ubiquitous nature of technology has begun to spark much debate on the integration of these devices within the classroom.

Both educators and students are torn between the restrictions and benefits that device usage will bring to the classroom experience. Technology has impacted every facet of our everyday lives including the ways in which we gain and process knowledge.

The use of PowerPoint presentations, conducting research online about course material, efficient note taking, and the ability to connect and collaborate with fellow classmates on assignments outside of the classroom were seen as beneficial aspects of technology use within the classroom by editors.

However, some of the staff did believe that the use of a smartphone or laptop during a lecture could impede the learning process. Although, we are considered to be a generation of ‘multi-taskers’ utilizing technology in class while listening to a lecture was deemed as a distraction for several editors.

One editor claimed that if fellow classmates are using technology for non-course related activities it had a negative impact on their learning process. “If a student is on a different website during class another might look over and their attention could be taken off class and transferred onto whatever the other student is doing,” said the editor.

Some staffers believed that tech-

nology helped them take notes faster and further their discovery of the topics being discussed in class. “It (technology) allows you to learn beyond what a textbook could provide. This means movies, PowerPoints and other ways that tech helps provide a better learning experience,” said *The Outlook* editor-in-chief.

One editor believes that classroom facilitated technology use will ultimately prepare students for their future careers. Since our culture is immersed in the digital world and resources, it is imperative that students gain a firm grasp on these concepts and skills prior to graduation. Compiling presentations, website building, audio recording, Microsoft Word, and Adobe Creative Suite are all programs that will be utilized in future courses and careers. Exposing this technology to students in a classroom setting allows them to familiarize themselves with the software.

According to the Monmouth University website, the institution fully supports the use of technology in the process of teaching and learning. The faculty are encouraged to implement technologies into their courses.

According to some editors, many of their professor forbid the use of technology within their classroom and are in discord with the University’s efforts. Many feel that professors make up their own rules in regards to smartphone and laptop usage in their classrooms.

“I have had many professors that have forbidden phone usage and even some professors that won’t let you use your laptop for note-taking or have stipulations for using your laptop during class,” said one editor. These stipulations include having to sit in the front row if you are using a laptop or tablet or requiring students to hand in their cell phones at the beginning of class. One editor claimed that a professor offered extra credit as an incentive for students to turn

in their electronic devices.

“I think that not having my phone on me definitely helped in learning and staying focused because I did not have the temptation to look at it,” said one staffer. The inability to go 20 minutes without a smartphone might be a cause for concern according to one editor.

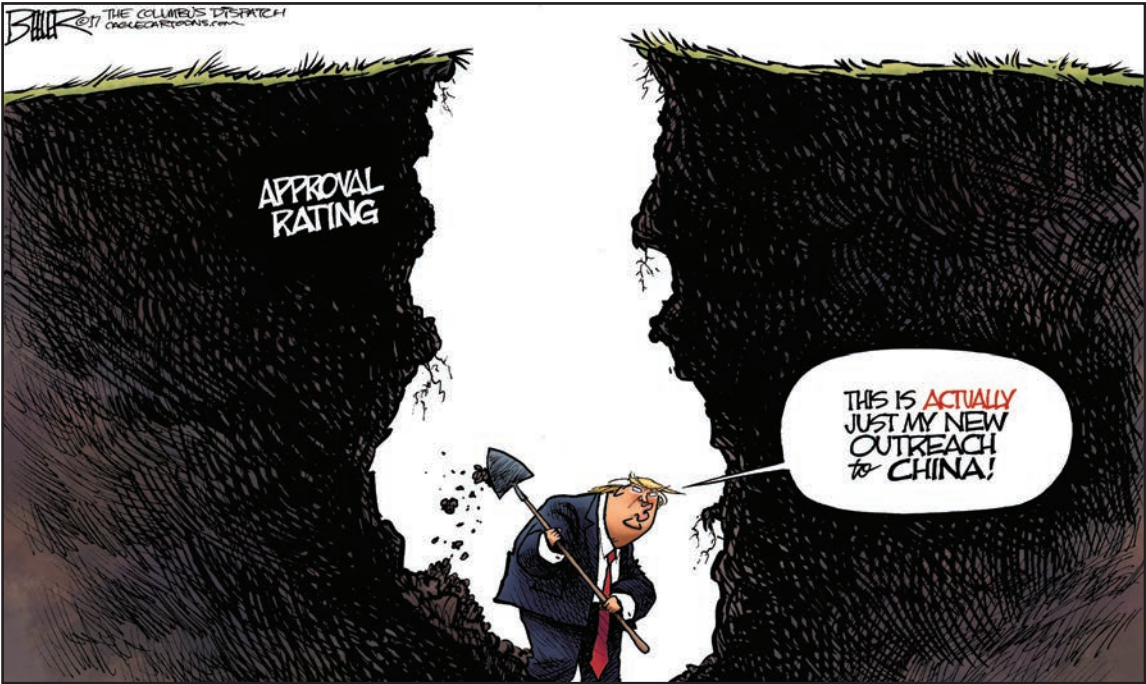
The editors are in agreement that the use of technology within a classroom setting can attribute to the engagement and disengagement of students due to its interactive and distracting nature. The incredible programs that technology offers sometimes act as a distraction and impede the learning process. However, knowledge of these tools is necessary due to our culture’s immersion in technology, therefore, the classroom is the best place to facilitate and encourage this usage.

One editor believes that technology engagement is only negative depending upon the user. “If you use it to text and check social media, you aren’t using technology to its fullest effect. If you’re using it as an aid in class to take better notes or look up confusing materials, that is what it is really for,” she said.

Monmouth might be in full support of the use of technology in learning, but many instructors opt to not embrace this digital shift in learning. In all areas of life with the constant advancements being made on technology, there continues to be debate on whether or not these advancements engage or disengage students.

One aspect of academia that should never falter was stated by one staffer: “Discussion and engagement between peers and professors should be priority over technology.”

These instruments might aid in the learning process, but *The Outlook* agrees that what we learn from one another by engaging in discourse is much more valuable than anything a Google or Bing search could ever convey.



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The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers.

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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ALEXANDRIA AFANADOR
PHOTOGRAPHY/CO-FEATURES EDITOR

Although *Parks and Recreation* may have ended almost two years ago, the cast of hilarious and uplifting actors have brought about tears, joy, and many life lessons that are still valuable and applicable. Leslie Knope, Ron Swanson, Tom Haverford, April Ludgate-Dwyer, and the rest of the Pawnee Parks Department crew have offered some of their most coveted life lessons to society.

Leslie Knope has taught us all to be opinionated on everything. Whether it be a social norm, politics, or just a hairstyle you may or may not want, the fearless gal that she is has always taught her peers that being opinionated is never a bad thing. Today’s society is filled with news resources and outlets, social media, and many other platforms for us to become educated about whatever it is that we are even the slightest bit curious about; it’s time for us to research and be vocal and bold now more than ever.

April Ludgate-Dwyer has shown us, first-hand, that taking that random internship is completely worth it. In the beginning of the series, Ludgate is found as the most conniving and least dedicated worker in the department, but, as the show progresses, the audience is able to really see that her simple summer internship has lead her in the direction of her lifelong career.

Monmouth has an abundance of opportunities to offer its students. We constantly receive emails from Career Services and departments all over campus about internships, job opportunities, and volunteer hours that are at our disposal. Career and networking events happen frequently and are known to grab hold of hawks by the handful. Taking advantage of these opportunities is up to us.

Going hand in hand with that, being inspired by others is easy, but don’t forget to be inspired by yourself. Leslie Knope is the pioneer of getting inspired by women in powerful positions, but that does not stop her from being most inspired by her own accomplishments. She even goes so far as to say, “I am big enough to admit that I am often inspired by myself.” She has proven to us that inspiration is key in getting things done in life, but looking at your reflection in the mirror and being motivated is the most rewarding of all.

It’s easy to be intimidated by the many esteemed faculty members at MU, and it’s even easier to get lost in the mix of it all. Looking to your advisors, professors, and even your peers for inspiration is simple and

Monmouth proves that everyone has something to offer. Don’t forget to look back on your accomplishments with pride; just to be given the opportunities that you have means you have something to be grateful for an proud of.

Another lesson *Parks and Recreation* teaches us is about friendship. A relationship like Ann Perkins and Leslie’s is all we can hope for in life. Leslie is known for her crazy antics and many anniversaries with her best friend Ann Perkins such as Galentine’s Day, Salad Day, Ben Day, Karaoke Day, and Museum Day, along with many others that are celebrated throughout the year together. While we may never have as many holidays and anniversaries like Leslie does with her friends and co-workers, we can certainly learn a thing or two about friendship from her.

On campus, there are tons of different groups, organizations, Greek life, and clubs to find your niche. Within one of those groups could be your own Ann Perkins. Leslie always reminds us, “You know my code...ovaries before b-ovaries. Uteruses before d-uderuses.” Over anything else, finding a friendship as loyal as Ann and Leslie’s is a top priority.

When everything seems like it’s going downhill, don’t abandon ship, just “treat yo’ self.” Tom and Donna take part in an annual celebration of treating themselves to the life of a lavish superstar, whether that be the food they eat, the clothes they buy, or even elbow bedazzling. Most college students are as Tom would say, “ballin’ on a budget,” but that doesn’t mean we can’t still treat ourselves to something here and there.

Getting something big for yourself like new shoes, clothes, or if you just need a little pick me up like an extra cup of coffee or ice cream after a long day. Treating yourself is important to keeping up your happiness and overall well-being. So, don’t forget to do as Donna and Tom and, “Treat yo’ self 2017: the best day of the year!”

Lastly, and one of the most vital concepts of the show, caring is something that Leslie has proven to us and shown us throughout the duration of the show. We live in a society where it’s normal not to care. Often, it is deemed as ‘cool’ to not care about important things in life. Look for the good in what we hear in the world just as Leslie does. “What I hear when I’m being yelled at is people caring loudly at me,” she says. Caring is healthy for us as individuals; we are able to feel a full range of emotions in our day to day lives. We need to take advantage of that.

Whether you need to care more, treat yo’ self, or inspire yourself everyday, remember what the cast of *Parks and Recreation* has taught its viewers and be the Leslie Knope of whatever you do.

Benefits of Service Trips

A Personal Look Into the Guatemala Service Trip

LEIRY PAULINO
CONTRIBUTING WRITER

On my first day at Monmouth University, Dr. Christopher Hirschler, an associate professor and chair of health and physical education, recommended the course Guatemala Public Health. At first I thought the class was not for me because of concerns I had about the safety of traveling to Guatemala. However, everything changed fall 2016 when I took the class Health in Developing Countries. This class, taught by Dr. Kiameesha Evans, a specialist professor of health and physical education, emphasized the desperate needs of people living in other countries and how we can make a difference.

Later in that semester, I decided to apply to Guatemala Public Health, which was one of the best decisions I have ever made. On Mar. 11, as I looked upon Guatemala from the airplane window, I was in shock with the beauty of the land. As we began the journey into this amazing country, my concerns decreased because I felt safe and welcome at all times.

Nine students, seven health studies students, one psychology student, and one social work student, along with Dr. Hirschler spent eight days in Guatemala; I could not have been happier being part of such amazing group. We worked towards the same goal- to bring happiness and health education to women and children at a domestic violence shelter in Xela, Guatemala.

We also worked to improve the lives of families by building bunk beds. Some may think, ‘beds?’ Yes, beds! Families of six or eight

people were sleeping in one bed. By building beds we were supplying a long-term solution that instantly improved quality of life.

A five-year-old boy asked me, “Are those beds for us? I have never had a bed of my own. My brother and I will always have this bed.” When he saw his bed he was so happy that he could not stop asking questions. His sparkling smile and wide eyes showed me how important our work was and how much the families valued our contributions.

The women at the domestic violence shelter, Nuevos Horizontes (New Horizons), described the impact that domestic violence has on the women and children of Guatemala. To illustrate, we all had health topics to present; self-defense, self-esteem, stress management, yoga, and children’s literature. I translated for the students that presented self-defense. The women clearly wanted to be able to defend themselves and their children. Some were nervous which was understandable, but some were eager to practice.

During the presentation, Rosa*, a woman at the domestic violence shelter, told me she wanted to demonstrate something that her ex-husband did to her and she wanted to know how she could escape a situation like that. I was grateful that she trusted us enough to share her experience, and I was horrified imagining the pain she felt when what she demonstrated happened to her. However, I was glad to be part of a group that was motivating and teaching women to be more than their past and to have confidence in their ability to be able to defend themselves in the future.

Additionally, we went for a tour

at the national hospital of Xela and distributed water, toilet paper, and soap to 100 patients. At this hospital, people often wait many hours and don’t receive the basic necessities. I saw the patients using their own toilet paper as a pillow in the emergency room.

It broke my heart to see the misery, but even in those conditions, people were so grateful the basic necessities we delivered. It showed me how this small contribution could impact their life.

I learned so much from this trip. I discovered abilities and passions I didn’t know I had and I learned about the history, culture, and people of Guatemala. It is amazing to see with your own eyes how others live every day and how a country so beautiful, and so incredible can have so much suffering.

The only thing I regret is that I did not take this class sooner; Dr. Hirschler’s experience and knowledge will make your Guatemala experience unique. This class and the experience Guatemala not only changed my life, but also the lives of those at the domestic violence shelter and members of the different communities we visited.

A positive change in your own life and in the lives around you is an extremely rewarding experience. There are so many opportunities at Monmouth to get involved and make a difference. After experiencing this myself, firsthand, it is something that I would recommend to any student. That is my advice to you: discover, learn, help, and enjoy just like we did. Get involved in something that has a positive impact—you won’t regret it.

**indicates a name change*

Bringing Back Childhood Habits

KIERSTEN BECHT
CONTRIBUTING WRITER

Growing up sucks. There, I said it. Having to juggle school, work and friends can be exhausting and oftentimes, it leaves you yearning for the past in which you had little to no responsibilities and even the smallest moments could bring about immense joy.

As a child there was no greater feeling than receiving something in the mail, be it a birthday card, party invitation or a letter stating who your teacher would be for the upcoming year. While I am still guilty of being excited over receiving mail, that excitement fades once I realize the ‘surprise’ in the mail is nothing more than my bank statement (yikes) or perhaps a textbook shipped from Amazon.

Whether we want to acknowledge it or not, we have outgrown our childhood years and the realities of adulthood have either smacked us in the face or are looming ahead in the near future. The most crucial part, however, of becoming a mature adult and figuring out who you are or wish to be, is to never let go of your inner child. Let’s take a trip down memory lane, recall some of the best childhood memories, and figure out how we can still incorporate them into our daily lives as college students.

Nap time

Remember the days when taking naps was not only encouraged, but enforced? Why did I ever take such an opportunity for granted? Yeah, learning the alphabet, colors and simple addition and subtraction was hard work, but by no means was it as stressful as daily college life is now.

If you find yourself struggling to stay awake in class as your eyes slowly start to roll back and the sound of your professor’s voice be-

gins to fade away, do yourself a favor and make nap-time (or even better a good night’s sleep) a priority. If your schedule doesn’t allow for the luxury of a 60-minute nap, I am firm believer and endorser in the 20-minute power nap.

Gym class

Gym was not just a class; it was a lifestyle. Growing up, I was the poster-child of a gym class hero, Skechers and all. Perhaps growing up with two older brothers instilled in me a competitive nature but you better believe I was the queen of the four square courts and showed no mercy when it came to kickball. The best part of gym class as a kid was the fact that I was getting an exercise without even realizing it because of all the fun I was having. Nowadays, making time for exercise can seem like a chore, but it doesn’t have to be.

If you want to reawaken the inner gym-class hero in you, show off your competitive side and fit in a fun exercise, look no further than the intramural sports program at Monmouth. While Monmouth offers typical sports such as soccer, basketball and/or softball, they also offer more unique choices such as home run derby, wiffleball and flag-football, giving you no excuse not to try one out and get your exercise in.

Birthday Parties

Birthday parties were the best growing up because they were a chance to hang out with all of your friends, gorge yourself on pizza and cake *and* you got a goodie bag; it doesn’t get much better than that. Nowadays birthdays usually involve going out to dinner or throwing a small get-together. Don’t get me wrong, both of those options are great, but they certainly don’t stand up to the Chuck E. Cheese or Good-Sports parties of the past.

If you really want to reawaken your inner-child, opt for a non-

conventional birthday this year and gather a group of friends to go bowling with or head to Sky Zone and revisit your 10-year-old self; I promise that you will not be disappointed.

The Glory Days of Disney Channel

Every day after school I used to sprint home from the bus-stop, grab a Capri-Sun and Ritz-Bits and pop down in front of the TV to gawk over how cute Dylan and Cole Sprouse were in “The Suite Life of Zack and Cody.” After I got my fill of childhood heartache, I would grab my CD player and jam out to Hannah Montana while practicing my spelling words for the week.

Since then, the quality of *Disney Channel* shows has gone down tremendously. Cult classics such as “Lizzie McGuire,” “Even Stevens,” and “That’s So Raven” have been replaced with shows such as “Dog with a Blog,” which doesn’t even make sense, but I’ll save that for another day. If you are feeling super nostalgic and need a break from the end-of-the-semester induced stress, get some people on your floor together and indulge in a classic *Disney Channel* marathon. This is a great way to branch out and get to know other people before the semester comes to an end, all while reminiscing on the television shows that shaped our childhood.

As college students there is so much pressure to maintain a balance between school, work, and a social life. I get it, #adulthood can be a real pain sometimes, but that’s not to say you have to give up all the joyous parts of childhood in order to face the real world. All it takes is a little imagination and creativity to re-invent your favorite childhood memories and get to experience them all over again with a new perspective.

Conservative Health Care Reform in Jeopardy

GABRIELLE IENTILE
STAFF WRITER

After deciding to pull the bill that aimed to repeal the Affordable Care Act from consideration on Mar. 24, President Donald Trump and House Republican leaders have reintroduced the American Health Care Act.

“Obamacare” is considered to be one of the Obama administration’s most memorable domestic accomplishments, and one that Trump, during his campaign, would be easy to repeal. However, the bill lacked the votes it needed to pass, as it was opposed by the conservative House Freedom Caucus.

Following the failure of the legislation, House Speaker Paul Ryan said, “We’re going to be living with Obamacare for the foreseeable future,” according to *The New York Times*. President Trump also said that he was going to move on to other issues.

On Mar. 28, the White House put the American Health Care Act back on the table. In an interview released on Sunday, Trump said that negotiations to replace the Affordable Care Act were still in effect. According to *Business Insider*, Trump said, “But that wasn’t a definitive day. They are negotiating as we speak.”

“I don’t know what has changed,” Massachusetts Democrat Jim McGovern said. “The bill went down because it was too bad for Republican moderates and not bad enough



IMAGE TAKEN from NBCnews.com

House of Representatives members fail to garner enough votes to pass the American Health Care Act.

for their conservatives.”

Pulling the bill was a significant defeat for the Trump administration, and follows several other unsuccessful battles, such as the travel ban, which was blocked by the courts, the resignation of the national security advisor Michael T. Flynn, and increasing tensions with allies Germany, Britain, and Australia.

Trump’s approval ratings are also among the lowest a president has experienced at this point in the presidency.

The Republican bill aimed at doing away with tax penalties for people without insurance, decreased

federal insurance standards, repealed hundreds of billions of dollars in taxes that the Affordable Care Act instilled, and cut federal funds of Planned Parenthood for a year.

The American Health Care bill would have also left 24 million more Americans without insurance in 2024, and would drive insurance premiums up, especially for older citizens.

Representative Jim McGovern said that, “Republicans are killing the requirements that insurance plans cover essential health benefits,” according to the *New York*

Times. These include emergency services, maternity care, and mental health and substance abuse treatment.

Dr. Joseph Patten, associate professor of political science and sociology, said, “Republican leadership was caught in a vice between very conservative members who viewed the bill as “Obamacare lite” and were opposed because they are mostly philosophically opposed to a federal role in healthcare and more moderate Republicans who were concerned about the political impact of sponsoring legislation that kicks 24 million people off healthcare.”

Dr. Laura Jannone, Coordinator of the School Nurse Program, agrees that, “the contested parts were leaving 24 million more Americans without insurance.”

Dr. Jannone also disagreed with defunding Planned Parenthood for a year, as she was a member of their board and believes that the services they provide to American citizens are imperative to reproductive health.

Emily Nielowocki, a sophomore psychology student at MU, doesn’t agree with the Republican bill because it defunds Planned Parenthood.

“People don’t only go there for abortions,” Nielowocki said. They are also important for women’s health.

Trump said in an interview that he is willing to work to reform health care with bipartisan support: “If we don’t get what we want, we will make a deal with the Democrats and we will have in my opinion not as good a form of healthcare, but we are going to have a very good form of healthcare and it will be a bipartisan form.”

Dr. Patten said that the lack of support on repealing the Affordable Care Act “is a body blow to President Trump in that he was more outspoken against Obamacare than any other issue during his political rallies.” He continued, “It’s also very unusual for a Republican House to block a Republican President so early in his presidency.”

MU Poll Finds More Trust in News Than Trump

BRENDAN GREVE
CO-POLITICS EDITOR

A new poll published by the Monmouth Polling Institute on Mar. 29 found that the President of the United States, Donald Trump, is less trusted than the media. The national poll that can be found on the Monmouth Polling Institute website titled “POTUS Less Trusted than Media, ‘Fake News’ comes from all Sources” compared trust in Trump with three major news outlets—*ABC*, *MSNBC*, and *Fox*.

This poll comes at a time when the state of politics in the country is one of division. Monmouth’s last national poll published on Mar. 22 said that 75 percent of Americans felt that the country is divided on “our most important values.” Three weeks later, this still seems to be the case despite unification efforts by the Trump administration.

The media or Trump’s criticism of it seems to play a role in this division. “Fake news” has become a hot topic and Trump has not been afraid to show and tell how he feels about the media. Trump’s slamming of the media was a frequent occurrence during his presidential campaign to discredit his critics. He has continued this tactic so far in his presidency to defend against criticism from stories like the Russian meddling in the 2016 election accusation, the travel ban, and many others. He sent out two blistering tweets towards the media on Saturday, Apr. 1.

According to *USA Today* he tweeted toward Chuck Todd, one of the moderators on *NBC*’s “Meet the Press,” “When will Sleepy Eyes Chuck Todd and @NBCNews start talking about the Obama SURVEILLANCE SCANDAL and stop with the Fake Trump/Russia story?”

He also tweeted towards those

covering the Russia story, “It is the same Fake News Media that said there is ‘no path to victory for Trump’ that is now pushing the phony Russia story. A total scam!”

These are just some examples of Trump’s criticisms to the media, which he frequently does via Twitter. According to the Director of the Monmouth Polling Institute, Patrick Murray, “Trump’s relationship to the media hasn’t helped himself of the media. It is hurting both his image and the media’s image as well.”

Murray’s comments reflected in his most recent poll, which found that 81 percent of participants agreed that Trump has had a worse relationship with the media than most of his predecessors. The poll reported that 58 percent of Americans say that Trump’s relationship with the media has hurt his image while 51 percent say that the relationship has hurt the media’s image. These percentages are out of the 801 participants interviewed nationally.

In terms of trust in Trump compared to the media, the poll found that 28 percent of Americans would trust Trump as an information source compared to *ABC News*. For the more liberal leaning *MSNBC*, 33 percent of Americans trust Trump over the news network. For *Fox News*, which is more conservative leaning, only 17 percent trust Trump more while 37 percent trust the news outlet more. Of the participants, 36 percent trust both *Fox* and Trump equally.

However, many are skeptical of polls and the media since most polls and media outlets predicted a victory for Democratic Nominee, Hillary Clinton, in the 2016 Presidential Race. When asked about the inaccuracy of the polls during the election, Murray said, “2016 was unique.” He said that polling was actually not off by a lot but “There is a small group that distrusts government so much that they would not participate in polls.”

Assistant Professor of Political

Science and Director of the Masters of Public Policy program, Dr. Stephen Chapman, said, “There is definitely a partisan effect at play with the latest MU poll, as they discuss in their press release attached to the poll. When answering a question, respondents tend to use heuristics (mental shortcuts).”

He explained, “If the respondent is a supporter of Trump, they are probably more likely to trust him as well as conservative leaning outlets; the opposite is true for more liberal respondents.”

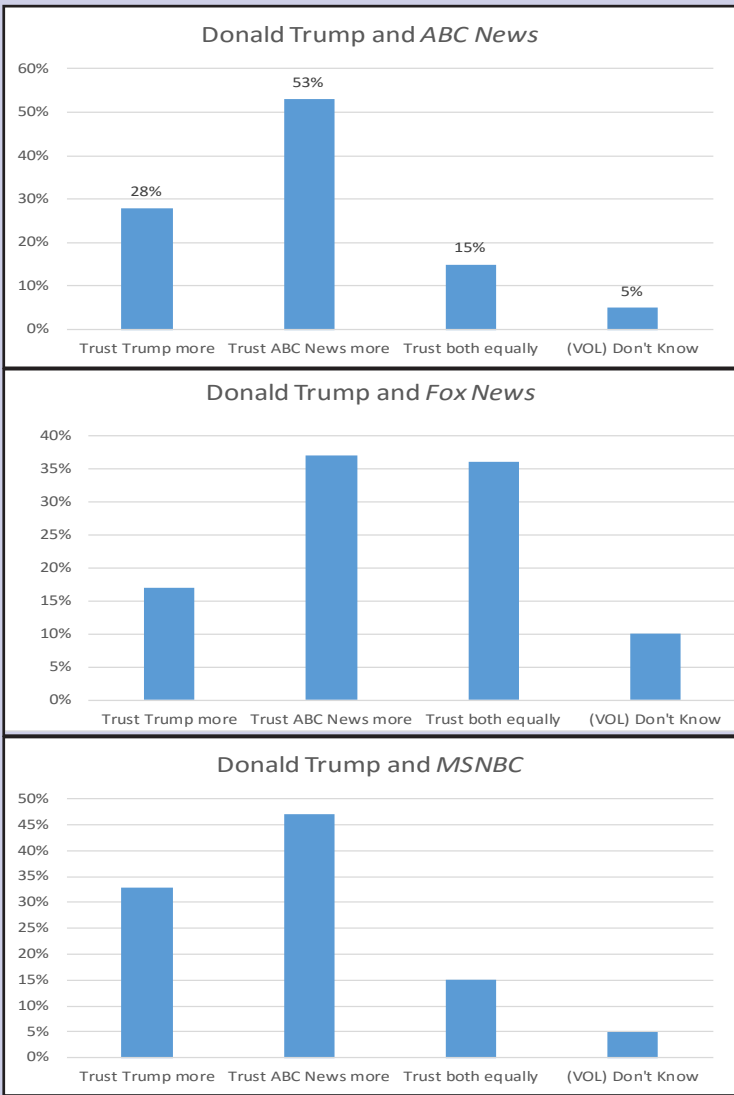
He continued, “This is also consistent with the media outlet questions in that an outlet like *MSNBC* will be more trusted by liberals and conservatives with *Fox News*. This is a very common phenomenon in survey research.”

Senior political science student, Danielle Frasseti said, “In my opinion the 2016 election ruined American journalism... it no longer has any credibility.” She continued, “It’s the same media and polls that predicted Hillary would win, they were super against him during the election and they still are. The media is so biased.”

A former intern for State Senator Jennifer Beck and senior political science student that wished to remain anonymous said, “I believe Trump has kept many of his campaign promises thus far while being generally misunderstood and misconstrued to the general public by the media.”

The student continued, “The relationship between the administration and the American media is unprecedented and polarizing. Rather than explaining his legislation in an unbiased and strictly fact-driven matter, members of the media painted on words such as ‘Muslim Ban’, and ‘racist’ to misconstrue the purpose.”

Angela Ryan, a senior political science student and intern at Congressman Chris Smith’s Washington D.C. office, said, “Working on Capitol Hill this semester I notice



GRAPHICS COMPILED by Jasmine Ramos

Monmouth University’s most recent poll showed that President Donald Trump is less trusted than media outlets.

that sometimes the full story is not always reported. I have more of an advantage to see what really goes on here in D.C. and how things really operate.”

She continued, “If you were to watch *Fox* and *CNN* side by side, which is what offices here do, you will notice that the same topic will be reported but it would seem as if it is a completely different issue or story.”

Murray said that some Trump voters are not accounted for in polls because their votes were not based off ideology. He acknowledged the part of America that switched from Obama in 2012 to Trump in 2016 actually have something in common.

He said, “What the Obama and Trump voters have in common is that they voted for change, they want their voice heard.”

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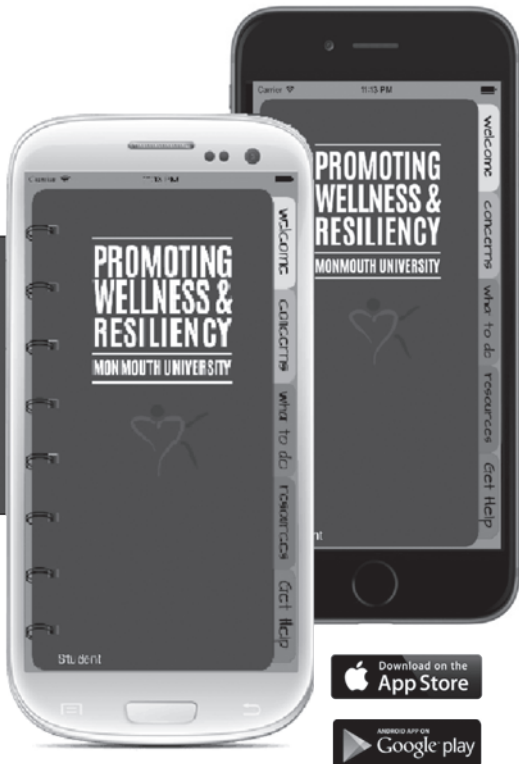
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Combating Road Rage

LAUREN NIESZ
CO-SENIOR/OPINION EDITOR

We have all been in situations where we are, let's say, less than thrilled with the performance of other drivers on the road. It is extremely easy to revert to anger and engage in road rage. Someone cuts you off and before you know it you're laying on the horn and screaming profanities.

Road rage has an obvious negative connotation. Road rage could cause you to start driving horribly, matching the initial driver you got mad at. If you have road rage it's not exactly the healthiest trait to indulge in.

According to the American Psychological Association, road rage is associated with many life-long diseases such as hypertension, heart disease, heart attack, and many more.

These diagnoses make sense when looking at the link between them because road rage is a spurt of aggression and anger, which is a clear giveaway in rise to high blood pressure. High blood pressure leads to hypertension and many heart issues as a result. Road rage really is not worth this possibility in health complications.

Christopher McKittrick, a psychological counselor at Monmouth, said, "Some psychologists believe that road rage is a primitive response engrained in trait personality while others think it is a misplacement of unresolved anxiety, stress, and frustrations



IMAGE TAKEN from Pexels.com

Road rage can lead to distracted driving, which puts others in harms way, according to psychological counselor, Christopher McKittrick.

from other avenues of life."

Our fear of possibly getting into an accident results in rage due to the possible threat being made to our safety while driving.

"By addressing stress and anxiety in healthy and constructive ways, it helps to reduce one's susceptibility to road rage while increasing protective factors and enhancing coping strategies," said McKittrick.

Coral Cooper, a junior English and commuter student, said, "In some cases road rage could mean we're alert enough to express anger at other drivers and could result in quick responses to their poor driv-

ing. Sometimes road rage reactions go too far and result in physical altercations between drivers. There's a few times we're I have been in a vehicle and the other car was just as enraged and both cars stopped in moving traffic to threaten the other. At that point, it's just foolish."

Cooper brings up a positive point of road rage; at least when we get mad at irresponsible driving it means that we are being alert drivers. If we are not being alert, other drivers who are driving poorly could cause an accident.

McKittrick added to what Cooper suggested, "While it is possible that

road rage can increase one's awareness, mindfulness, and vigilance to driving, it often is unchecked and leads to distracted and/or aggressive driving."

Rob Panasuk, a senior English and commuter student, said, "I think road rage definitely counts as distracted driving; being angry behind the wheel is very dangerous." Panasuk brings up an important idea that road rage is truly an act of distracted driving. When you're angry you're really not focused on what is ahead of you—you're in your own head that is swirling with anger and other various emotions.

Dr. Vaughn Clay, Director of Off-Campus and Commuter Students, gave advice as to what his office would recommend for driving students, "Try to eliminate the distractions while you're driving, to give yourself enough time to reasonably get to campus so that you don't have to rush or speed, and to be a little more patient."

It is important to be fully present while driving and avoid distractions to operate a vehicle safely.

He continued, "We shouldn't feed feed into the need to really be the first one wherever we are going; from a driving perspective, second isn't bad. We're not in a race."

If we all make the conscious decision to be alert and cognizant drivers, this would ease the issue of road rage altogether. Driving is an act that requires full attention. Some of us are better at giving that attention than others, so if that means that we need to find a way to accept that without giving into anger, we should find that way.

In the future, try to refrain from screaming profanities at a driver that speeds in front of you and attempt to realize that you are taking out your frustrations on another human being. A solution to road rage is simply the exercising of the virtue of patience. If we are more patient and if we brush little issues when driving off our shoulders, we can become happier and healthier drivers.

“Just Venmo Me” Millennials’ Preferred Payment Method

MARIE SOLDO
STAFF WRITER

Venmo is one of the most popular apps used by millennials, according to an article published by *Business Insider*. The app comes in third alongside Snapchat, GroupMe, and SoundCloud. Venmo, which created in 2009, is owned by *PayPal* and it is a way to send people money efficiently and instantaneously to anyone, anywhere.

Venmo allows you to link your bank account to the app, but don't worry because within the app there is data encryption, which keeps all your financial information safe. Once it has been linked, you can choose a friend or family member to send the money to. Going to grab a bite with friends but don't have enough cash on hand for your meal? Venmo your friend who covered the rest for you. Want to send a family member some birthday cash? Venmo them any amount with a cute birthday message. Ever had to borrow money and need to pay someone back? Venmo them.

Claude Taylor, a professor of communication is highly interested in what the app means for the future. "I support the general idea of virtual payments, but I am also very concerned about the continued erosion of privacy that go along with it." Taylor continues, "It is even easier for retailers and big data companies to track how much money you have, how you spend it, and who you may give it to. Yes, it is super convenient and fast to go cashless, but I wonder if the digital currency trade-offs are worth the increasing loss of privacy."

Natalie Toro, a junior Biology student, only used the app once to buy a shirt from a friend. "My friend thought it was safer to use, so she wouldn't lose any money through

the mail. I would rather use my credit card or cash. If anyone were to take my phone and see the app, they could just transfer my money at any time. So I used it only that one time and deleted it."

This simple and easy payment method is favored by young adults due to its convenience and social aspect. College life can be difficult and it is easy to forget your wallet or cash, so Venmo is useful when those moments occur.

Joy Morgan, a junior communication student, said, "Venmo is popular among millennials because people don't normally have their credit cards or cash on them. If you go out to eat with friends and do not have the money, a friend can spot you and then you can Venmo them."

While the app is efficient and easy to use, there are other reasons why it is so popular with

millennials. Venmo allows you to do a lot more than just pay someone back; it has a very social media-like aspect. You can send messages, emojis, and see personal information about your fellow Venmo users, like what they purchased, who they send money to, and even who they are dating.

As if Venmo isn't already popular enough, the app's creators and *PayPal*'s CEO, Dan Schulman, are coming up with ways to make it even more prominent. By 2018 or 2019, Venmo users will be able to make purchases both online and in store.

So, in the meantime, if you share an Uber with friends or don't have enough cash for an acai bowl at Playa Bowls, Venmo has you covered and it always will have you covered.

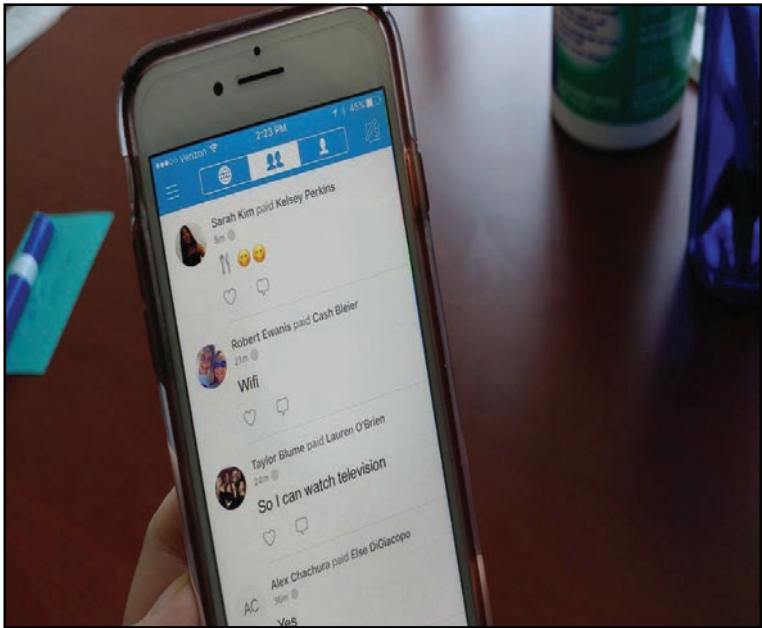


IMAGE TAKEN by Alexandria Afanador

PayPal's Venmo is a form of social media payment that allows people to pay their friends with ease.

Spring Ahead: The Effects of Daylight Savings Time

CHRISTINA TERMYNIA
CONTRIBUTING WRITER

It comes around two times a year, and the spring is when we dread it most: daylight savings time.

We bask in the joy of having that extra hour of sunlight during the winter. "When daylight savings comes around, I lose motivation to go to 6:05 p.m. classes, due to the sun and warm weather," said senior business student, Taylor Carson.

While, we cower at the idea of losing that hour of sleep there is a silver lining. "I don't like losing an hour of sleep, but I put up with it for an extra hour of daylight," said senior business administration student, Jordan Maly.

Many struggle to get back on a healthy sleep schedule, and while an hour may not seem like much, it really does matter. For us college students, that is one less hour to finish homework, relax, and spend time with out family and friends.

"When the clocks go forward, it is so hard to readjust," said a senior accounting student, Samantha Palumbo.

"I fall asleep later than usual, and wake up earlier and it just wears me out. It definitely makes paying attention harder," Palumbo continued.

What many do not realize is the fact that our sleep patterns not only affect our energy level, but affect our mental and physical health as well. Those who consistently do not get enough sleep put themselves at risk for heart disease, stroke, depression, obesity, and many other harmful conditions.

Meanwhile, those who do get quality sleep are less likely to develop these conditions, and also have some added benefits. Sleep helps your brain 'recharge' in a

sense, so those who take care in getting enough of it have better memories, can concentrate more easily, have lower stress levels, and most obviously, don't feel tired all day.

This raises one major question: How can one readjust their sleep schedule when the clocks "spring forward"?

According to The National Sleep Foundation, seven to nine hours of sleep is necessary to feel well rested, and we should slowly tweak our schedules in order to get it. One thing to remember is that while sleeping in on weekends is tempting, it is not healthy. Instead, you should go to bed earlier and wake up at the same time you normally would.

While this may sound simple, falling asleep is what may be the hardest part for many. An article from *CNN* suggests: not eating anything a few hours before you plan on going to bed, putting your phone away, turning off the television, making your bedroom a cozy space, having a bedtime ritual, and journaling before bed. These simple tasks that may seem trivial are the key to getting quality sleep because they help you relax and prepare your body for sleep.

Daylight savings time might not be to blame for one's lack of energy, but unhealthy sleep patterns usually cause a person to feel lethargic.

So, while getting used to the time change may seem impossible, it certainly is not. It takes pretty easy work to get the most rewarding result, a good night's sleep. Scheduling a set time for bed and avoiding all-nighters will ultimately increase one's energy and cure the effects of daylight savings time. Losing an hour doesn't mean that we also have to lose our rest.

MU Hosts Annual Black Maria Film Festival

NICOLE INGRAFFIA
CONTRIBUTING WRITER

The 36th Annual Black Maria Film Festival was held on Thursday, Mar. 30 at 6:30 p.m. in Pollack Theatre.

The festival takes its name from Thomas Edison's film studio, called the "Black Maria" (pronounced "Mariah"). It was the first film studio of its time, built in 1892, and still remains; it is located in West Orange, NJ.

Associate professor of communi-

cation Donna Dolphin took the microphone and introduced the festival to the audience. She was pleased to announce that the University has hosted Black Maria 27 consecutive years.

Dolphin said that after the festival, people often come up to her to comment the love they had for the amateur films. "That's a big mistake," Dolphin explained. "These films are made by emerging artists and accomplished artists. They're anything but amateur."

The lights dimmed, the chatter

from the audience came to a halt, and Dolphin made one concluding announcement. "If you are uncomfortable with anything you see, sit still and relax. Soon enough, you will see a film that will blow your mind," she encouraged. "This is work that challenges us to connect to what we are seeing and what we are hearing." The lights faded to black and the festival began.

The festival consisted of nine short films, but in the whole collection, there is 50. The films presented were documentaries, anima-

tions, experimentals and narratives. Each of these genres has the common goal of addressing struggles within contemporary society, such as the environment, race and class.

Each film succeeded in portraying these struggles.

"Nine Months in the Bronx Documentary" was the first film. It highlighted a 22-year-old woman who was pregnant and feared that the Administration for Child Services (ACS) would take her baby away upon being born. Mili Kakabu, a public defense lawyer in the film, explained that the ACS always drug test babies born by mothers of color in the Bronx, and if anything suspicious surfaced, the baby would be sent to an orphanage.

The next film was titled "Decision" and it was animation in black and white. It was about a person debating on which button to press and being pressured to make a choice. The goal was to promote awareness about anxiety. The chilling music blended with a heartbeat in the background contributed to achieving the goal of the film.

A narrative called "Roxy" was next, which told a story of an older prostitute who lives in a camper known as a "sex mobile." The filmmakers chose to shine a light on a disturbing issue by highlighting one woman's humanity. It differed from the rest of the films because it was spoken in German.

"I love the Black Maria Film Festival because the films that are presented are of the type where the images, not the story of the characters, are the purest gateways to

feeling," said Julian Garcia, a junior communication student and curator of the cinema club. Garcia was not able to attend this year's festival, but has thoroughly enjoyed the ones in the past.

Brian Foye, a senior communication student, did not know what to expect walking into the festival, but knew exactly how he felt leaving. "The filmmakers did a great job capturing the audience's attention," Foye commented. "I became more and more interested with each story."

Audrey Conforti, a freshman health studies student, was really impressed by the films she saw. "It was eye opening to see what other people's realities are like," she said. "I would definitely come back next year and bring my friends." Conforti explained that she felt empathetic towards the films as she learned of each struggle and thinks it would be beneficial if everyone got the chance to watch.

Unfortunately, Pollack Theater was not even close to being full; it would have been nice to see a bigger audience to experience the eye-opening experiences that were shown in the films. However, there is always next year to make a change.

The film festival is still traveling around the country, so to see some mind-blowing cinema with a purpose, go to www.blackmariafilmfestival.org for tour dates. To submit an original film for a chance to be featured in next year's festival, please email info@blackmariafilmfestival.org.



IMAGE TAKEN from Ibifoundation.org

The 36th Annual Black Maria Film Festival was presented at MU on Mar. 30.

Kong: Skull Island is No King

BRIDGET NOCERA
STAFF WRITER

Hard-nosed U.S. Army Colonel Preston Packet (Samuel L. Jackson) describes fighting the legendary ape Kong as "dealing with a monster from a bygone era." King Kong certainly has a colorful, illustrious past onscreen, but *Kong: Skull Island* adds nothing new or exciting to its history. Dull, clichéd, and overly cheesy, the film strives to establish a new era for Kong, but unfortunately fails.

The film, directed by Jordan Vogt-Roberts (*The Kings of Summer*) and written by Dan Gilroy (*Nightcrawler*), Max Borenstein (2014's *Godzilla*), and Derek Connolly (*Jurassic World*), follows a band of mismatched 'heroes' and their journey to the uncharted Skull Island to find what secrets it holds. After receiving funding for the expedition during the final days of the Vietnam War, government official Bill Randa (John Goodman) and scientist Houston Brooks (Corey Hawkins) create a team to tag along. This group includes military escorts led by Packet and his goofy squadron of young men, photojournalist Mason Weaver (Brie Larson), and mapping expert and former British Special Air Service captain James Conrad (Tom Hiddleston).

It's obvious that *Kong: Skull Island* is Vogt-Roberts' first big blockbuster. The directing is nothing special, and he almost seems hesitant to try something new. While the fight scenes between Kong and his helpless enemies are mostly well done, they are intercut with cheesy slow motion that comes in and out of nowhere. Vogt-Roberts also fails to properly pace the film; At times it drags on unnecessarily. Vogt-Roberts shows some potential, but is further hurt thanks to the poor writing and his own possible reluctance

to go against studio executives to try something new.

While it might not seem it, big blockbusters still need solid writing to create a successful film. And yet, *Kong: Skull Island* mostly struggles because of its clichéd, boring script. The story is ripped from the pages of previous *King Kong* screenplays: some good guys want to save Kong, some bad guys want to kill him. Even the interesting introduction of the setting of Skull Island is not enough to make this story stand out.

The tone changes wildly throughout. The audience is expected to laugh at poorly constructed 'jokes,' and sometimes is meant to be sad and sympathetic to Kong and our protagonists. There are no new ideas amongst Gilroy, Borenstein, and Connolly; it is obvious that they are hoping nostalgia and audience goodwill will get the job done for them.

Similarly, the film falls prey to preoccupation with sequels. While the film still manages to standalone quite well, the end starts slyly winking at what could be a potential franchise. Fewer obsessions with franchises and future films could have made this current project more fulfilling.

The worst writing offense from Gilroy, Borenstein, and Connolly is exemplified in the characters that populate *Kong: Skull Island*. Despite an abundance of excellent cast members, none of their characters stand out or become fully formed. The audience is expected to care about the heroes, but without interesting personalities or backstories, what is there to empathize with? Even worse, most characters are obviously just there as bait. Every action film needs disposable side characters that could be killed off at any moment without consequence, and although there's nothing wrong with that, it was a redundant theme for Kong.

With the film's script, one can

imagine that the actors do not have much to work with, and this is absolutely true. Despite recruiting a variety of talented A-listers, the acting barely rises above mediocre or serviceable. No one is particular poor in the film, but there is no excitement in the actors' performances. They merely deliver the clichéd lines and call it a day, and the film falls flat because of it. Larson is fresh off an Academy Award win and gets absolutely nothing to do in *Kong: Skull Island*. The film wants Mason to seem like a tough, trailblazing feminist character, and Larson tries to establish that, but it just doesn't connect when she has nothing to do.

The worst is the terribly miscast Tom Hiddleston, who might be classically handsome and look great in a tight t-shirt, but he's no roguish action star. All of the charm audiences might associate with him through Thor's Loki is gone, and he is completely unconvincing as an Indiana Jones type of hero. Additionally, usually reliable players Jackson and Goodman sleepwalk through their roles. There's no spark to these characters or the performances behind them.

The only saving grace in the performances is, John C. Reilly as Hank Marlow, a former U.S. soldier who was abandoned on Skull Island for decades. This is because Marlow is the most fleshed out character in the whole film. He gets his own heartbreaking backstory, and has real motivations. It's a bittersweet reminder that the film could have accomplished

something great with some more creativity in their characters.

Despite a majority of jokes in the film falling flat, Reilly manages to cultivate some real laughs thanks to his performance. He gives Marlow a perfect blend of goofy and serious, and every scene with him is a treat.

Kong: Skull Island isn't completely irredeemable, which makes its flaws even more upsetting. One of the most important aspects of the film, Kong himself, is very well done. The Computer Generated Imagery (CGI) monster, and the other strange sea monsters he fights on the island, are larger than life. The action scenes

are exciting and effective when Kong is involved.

Of course, things

are not all perfect. The actual Skull Island setting is not memorable at all. The island could have easily been a faceless jungle for most of the film, despite the endless potential the setting allowed for.

The last element worth mentioning is the music, done by Henry Jackman, which is omnipresent throughout the film. On one hand, the music consist of quality choices that fit the period, including songs from The Rolling Stones, David Bowie, and various war related songs from prominent artists of the 1960s and 1970s. Yet, it seems that the impressive music choices are supposed to make up for the lack of excitement throughout the film. The director and Jackman hope that scene changes with 'cool' music cues will give the film some life, but this only succeeds the first few times, not through the entire runtime.

In the end, *Kong: Skull Island* is not the first great blockbuster of the year. It's a mindless, unimaginative take on a classic character that had every chance to create something new, and deliberately did not. Hopefully, the inevitable next reboot of Kong will be much more worthy of a king.



IMAGE TAKEN from www.mldkf.deviantart.com

New *Beauty and the Beast* is a Must See

COURTNEY BUELL
CLUB AND GREEK EDITOR

Disney's live action remake of *Beauty and the Beast* is both a visual spectacle, and a treat for fans of the original. The film is true to its animated predecessor, follows the storyline of the animated film almost scene for scene, and contains just the right amount of nostalgia and Disney magic.

While *Beauty and the Beast* stays almost identical to the original, both visually and narratively, Director Bill Condon manages to incorporate some modern concepts while simultaneously keeping the whimsical, old-fashioned camp of musicals that one would have seen in the 1960s. Belle (Emma Watson) is still a non-conformist in her small village, and years for adventure and excitement in 'the great wide somewhere.'

Watson's Belle contributes a much quirkier and low maintenance nature to the role. She tucks her skirt into her waist to reveal her bloomers, and is generally aloof and unimpressed by Gaston's (Luke Evans) advances through her walk about town.

It can be argued that Watson's Belle is intended to be an individual and a feminist. She refuses to be degraded and objectified by both Gaston and the villagers and depends on her own resourcefulness and wit to seek out her missing father. She shrugs off being mocked by the villagers in her town for teaching children to read and building her own washing machine.

Despite these strong characteristics, what looks to be a female heroine who is smart, inventive and

confident at the start of the film loses its conviction once she enters the castle. Despite refusing to be bullied or talked down to by the Beast, Belle's performance becomes nearly stagnant and one-dimensional. This would have been a great opportunity to see more character development. Writers Stephen Chbosky and Evan Spiliotopoulos could have adopted a more modern approach to telling the story of a Disney princess who can be independent and heroic.

Out of all of the characters in the film, it is the Beast (Dan Stevens) that stays truest to the animated character. He is both brooding and wounded, but possesses a sensitivity and tenderness that has the potential to leave audience members hoping for his curse to be broken to relieve his pain. Stevens is incredibly convincing as the Beast, and despite his transformation as the Beast mostly being compiled through CGI and motion capture puppeteering, it cannot be denied that the piercing and fiercely emotional blue eyes of the Beast are his. They add an element of humanity and vulnerability that gives the beast his human likeness.

While establishing realistic chemistry between a man with a buffalo's head and a teenage girl seems like no easy feat for a live action film; the two share an intimacy that is both innocent and tasteful. Their relationship is founded on their mutual understanding of what it is like to be an outsider, and their sympathy for others is ultimately what bonds them together.

From the moment Belle enters the castle, the living furniture make numerous appearances. While the effects are believable and aesthetically

pleasing, and the characters are full of life despite their current form as fixtures, the film misses the mark.

While the intention was no doubt to bring a sense of magic and enchantment to the castle, the hyper realistic talking furniture can sometimes be more frightening and off-putting than cute, fun and friendly. This is something one can only imagine comes from trying to put animated talking clocks, candelabras, and wardrobes in a realistic setting.

Sir Ian McKellan and Ewan McGregor do justice to the roles of Cogsworth and Lumiere, especially in 'Be Our Guest.' The production quality overall is beautiful, and contributes to the charm of Belle's world.

The film has some great musical moments, thanks to composer Alan Menken. The original soundtrack is included in it, as well as some new songs from both Belle and the Beast. These songs don't do much for the film and are easily forgettable. While refreshing, they don't really stand out from the classic songs from the animated original.

While both *Beauty and the Beast* occupy their roles well, Gaston is the breakout role of the film. He completely adopts the swagger, confidence, and bravado of the animated character, and further adds dimension to the role. His performance could stand up against a Broadway performance, and in numbers such as "Gaston" and "Kill the Beast", he brings a level of professionalism and theatrical emotion to a musical that it badly needs.

These numbers nod to the ferocity in choreography and performance

in Broadway showstoppers such as *Les Miserables* or *Newsies*. Josh Gad's LeFou compliments Gaston very well, and increases the talent caliber of these musical numbers with his presence. His humor and colorful character lighten the mood often throughout the film.

What seems to be a topic of controversy about the film is LeFou's openly gay orientation in the film. This is a non-issue because it is so subtle one may not even catch it unless they've been told. The scene in question is tasteful and innocent, and handles the subject maturely and respectfully, much like the rest of the film. This scene and character is definitely a step in the right direction to promote inclusivity and acceptance in Disney films and in life.

It is to be expected that some may not approve, but ultimately one can argue that for anyone who has an issue with two men ballroom dancing together at a wedding probably shouldn't see a film about the relationship between an animal and a teenage girl. It sensibly approaches the issue of accepting people who are different, refraining from labeling someone as 'the other,' and choosing to look past someone's looks or qualities and to get to know them better.

True to the animated classic, Belle knows more than anyone



not to judge a book by its cover, and

channels that philosophy into her lifestyle. The film also relies on the concept that everyone deserves a second chance, and an opportunity for redemption and a happy life. While these messages are important and complex, the way in which they are conveyed are not.

Beauty and the Beast is an energizing film that brings an element of innocence and joy to audience members who are looking for it. It shouldn't be taken seriously, and it is a fun and adventurous film for people of all ages. The film is on course to making \$180 billion in ticket sales worldwide, and was a box office hit in its first week. It is definitely the film to see for those looking for mindless entertainment. For anyone in the mood to have their spirits lifted, or feel nostalgic about

their childhood, *Beauty and the Beast* invites you to 'be their guest'.

IMAGE TAKEN from wallpapercave.com

Local Cold War Surf Contest Postponed

RYAN GALLAGHER
STAFF WRITER

The Cold War surf contest, a team-based surfing battle, was recently set to run in Asbury Park before the end of March 2017. However, according to *ColdWarSurf.com* the event organizers said, "after much discussion with the surfers, sponsors and organizers, it has been decided that it is in the best interest of the event, to push back the 2017 Cold War to late fall/early winter of 2017."

The second annual Cold War contest ran into inclement weather and improper conditions for months. *ColdWarSurf.com* said, "People have put in a lot of time and energy in putting the 2017 Cold War together and making this difficult decision. Sure, we are bummed, but at the same time, the team is excited to run the contest as fall turns into winter."

When the event does run, the surfers will again compete in front of the Asbury Park Casino as they are watched from beach tents or the boardwalk by crowds and judges. Surfing events like the Cold War require a 'waiting period,' or a scheduled bracket of time when the event could run. This competition's month-long, March waiting period did not offer the event directors a favorable day of waves for the contest.

According to *ColdWarSurf.com*, the event officially kicked off in the afternoon on Mar. 4 with the Cold War Ice Bowl. Surfers and skateboarders alike gathered at the Casino Skate Park before teams were chosen. Later that evening, the event's contestants, organizers and interested community members convened at the Asbury Wonder Bar to witness team selection. In a process similar to the NFL draft, team

captains and professional NJ surfers, Sam Hammer and Andrew Gesler picked their surfing soldiers.

The stage had been set. However, a sizeable swell needed to run through the area in order for the competition to be a successfully planned barrel-fest. And BAM—Winter Storm Stella. The excitement began to snowball and local surfers salivated at the thought of dark, Jersey tubes. This swell seemed to be the last chance for the event to run on time and as scheduled.

This made me curious as to what the surf would bring for the hardened NJ surfers. I ruminated on factors that could come to play for the event organizers as they met the decision to run the event or continue waiting. Obviously out of the loop, I employed the knowledge of one of the event's founders, Mr. Tim Donnelly.

"We decided the Mudhole in Asbury Park was the perfect arena," Donnelly said. "Contestants and the audience could watch from the beach or sit with a drink at the Watermark. But, we needed the right conditions for Asbury Park and were prepared to wait for that."

The Nor' Easter's track did not bode well for Asbury Park. Donnelly, Hammer, Gesler and the final co-founder, Rob Cloupe knew that other parts of New Jersey and the East Coast would work better for a storm like Stella.

"We definitely considered running the contest; however, it was just a logistical nightmare," said Donnelly.

Southern Jersey beaches handled Stella's northern winds better than Asbury. One by one, airports cancelled flights and roads along the eastern seaboard became much too treacherous to drive.

"Eleven contestants have to drive, while seven others would have to fly. It is not an easy task to get everyone together, especially during a big storm like this," continued Donnelly.

The contest's format demanded perfection and asked even more of the event planners than the first year.

"Last year's contest was strictly local. This year, the thought was to expand the playing field. We invited surfers from Maryland, North Carolina, South Carolina and Florida rather than only guys from Jersey and New York," said Donnelly.

Professional surfers like Vince Boulanger, Brett Barley, Cam Richards and Pete Mendia have all been invited and placed on either team Gesler or Hammer.

Local surfers are waiting for their chance as well. Guys like Sam Hammer, Mike Gleason and Pat Schmidt among others have seen the waves Asbury can produce when punched with the right swell pattern. Local or not, the Cold War would not be an easy victory for any man.

"Last year the heat lineups were predetermined, but this year the captains will pick the matchups on the beach," said Donnelly. "For the captains, it is almost like baseball strategy now. Similar to the way a team will send a right-handed batter against a lefty pitcher."

The contest will be fast-paced and serves to test the captains' matchup decisions. Surfers and contest-goers alike will be waiting and guessing at the surfing matchups, all while the thought of a monetary prize hangs in the salty, shivering stratosphere.

"The event is a fun time, but when you can win \$1,000 in a 20 minute heat, the guys are ready to slit each other's throats to win," said

Donnelly.

"We have *Surflife*, *Eastern Surf Magazine* and our own media outlets ready to send news regarding the contest at a moments notice," added Donnelly.

The contest also holds more than a dozen sponsors including companies such as Reef, Firewire, Nixon and O'Neill. With these partnerships, it becomes possible to make contest information readily available to everybody. These sponsors help to cover travel and boarding costs for the contestants as well as make contest information readily available.

Senior health studies student and avid surfer Tyler Sankey attended the first annual Cold War contest last year and plans on heading to Asbury when the contest does run. "I thought it was pretty rad, and a pretty cool setup. Wish they could have run it, but it'll definitely help them call it on a better day with more critical waves," said Sankey.

Even the professors at Monmouth have been keeping a close eye on Cold War updates. Naturally, everyone has a favorite athlete and there is no difference when it comes to this surfing competition. John Tiedemann is a long-time surfer and also Assistant Dean to the School of Science. "Favorite surfers? Well, there are a lot of Jersey's finest, but I have to go with my Ocean County boys...Clay Pollioni and, of course, Sam Hammer!" said Tiedemann.

Waves in Jersey can be quite perfect, however they are few and far between. So, it is no surprise that New Jersey surfers are excellent at waiting. The Cold War contest will be no different. When the surfers finally hit the water in Asbury Park, you can bet the wait will have been worth it.



IMAGE TAKEN from www.easternsurf.com

The local Asbury Park Cold War Surf Contest was postponed due to inclement weather.

Moments at Monmouth



LEFT:
JAKE EWALD FROM
MODERN BASEBALL AND
SLAUGHTER DOG PERFORMS
AT HAWK TV'S ROCK N' RAISE
(PHOTO TAKEN BY RAY
ROMANSKI)



RIGHT:
RELAY FOR LIFE EBOARD
FACILITATES THEIR TENTH
ANNUAL EVENT.
(PHOTO COURTESY OF EMILY
LOWINSKI)



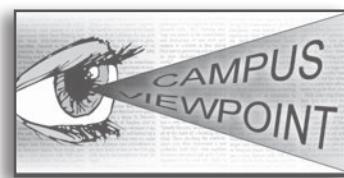
LEFT:
STUDENTS GET INDUCTED
INTO THE EDUCATION HONORS
SOCIETY, KAPPA DELTA PI.
(PHOTO COURTESY OF GINA
GELETEI)



RIGHT:
BLUE HAWK RECORDS
PARTICIPATES AND HAS BANDS
PLAY AT RELAY FOR LIFE.
(PHOTO TAKEN BY NICOLE
SEITZ)



LEFT:
JUNIOR ALLY AFANADOR AND
SENIOR JAMILAH MCMILLAN
PERFORM A SPOKEN WORD POEM
AT SPECTRUM'S OPEN MIC NIGHT.
(PHOTO TAKEN BY JANE LAI)



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COMPILED BY: AMANDA DRENNAN



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"How I Met Your Mother."



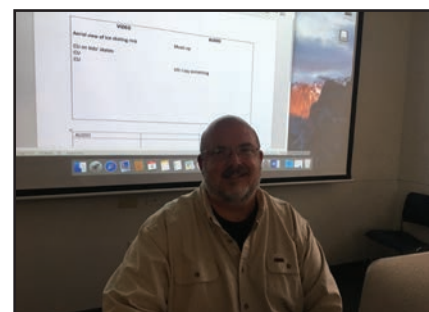
**Danielle
Grad Student**
"13 Reasons Why."



**Sophia
Sophomore**
"Orange is the New Black."




**Taniyah
Sophomore**
"Friends."



**Robert Scott
Communication Specialist Professor**
"The West Wing."


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HawkTV and WMCX ‘Rock N Raise’ for A Cause

ANTHONY PAPETTI
CONTRIBUTING WRITER

Hawk TV and WMCX held the sixth annual charity concert, Rock N Raise on Friday Mar. 31. The live benefit concert which supported The American Cancer Society, took place in the Jules L. Plangere Jr. Center for Communication in the Hawk TV studio.

The concert was also simultaneously broadcasted on air on WMCX. Rock N Raise allowed students to connect through music and a meaningful cause.

This year the music came from three local bands; Halogens, Shark Club and Drive, Kid, as well as a performance from Jake Ewald of Modern Baseball. These bands brought a variety of music to the event and gave the community the opportunity to not only come and rock out with them, but also get to see some of their own classmates perform.

Nick Manduley a junior communication student, member of Hawk TV, as well as of the bands Shark Club, and Drive, Kid said, “I was insanely excited to play at Rock N Raise. The headliner Slaughter Beach, Dog (Jake Ewald of Modern Baseball) is actually the guy whose music inspired me to start singing in the first place, so it means a lot to me that I get to open for him.

I also love that it’s all for a great cause like American Cancer Society, it goes to show



PHOTO COURTESY of Robert Scott

Drive, Kid played live and on screen in the Jules L. Plangere Center for Communication.

that music can really do good things for the world.”

The anticipation for this event was at an all-time high throughout the weeks leading up to the event, according to junior communication student and member of Hawk TV, Jillian Young. “We were so excited to have such a great lineup this year and we also planned to raise a lot of money for the American Cancer

Society so it was a really successful event,” she said.

One of the biggest highlights of the Rock N Raise event was that it brought together two communication clubs that do not always have the opportunity to work with one another.

Dr. Aaron Furgason, Chair of the Communication Department and WMCX faculty advisor shared his excitement for

how the event brings students together, “The Rock N Raise event benefits Communication students involved in Hawk TV and WMCX via the collaborative nature of the event.

Students from both organizations have the opportunity to work together on an event that is beneficial to their resume, as well as society via the fundraising to assist in the fight against

cancer.”

Michael Trapasso, a senior communication student and Sports Director for WMCX is one of those members who joins in on the excitement of collaboration. “As the person board operating the event back in WMCX studio, I got to hear everything, but unfortunately didn’t get to see anything.

It was exciting to hear music from some really talented artists who were there to raise money for a good cause. Also this event is cool because it is really the first time since homecoming that WMCX and Hawk TV came together for one big event,” he said.

The biggest act of the event was Jake Ewald of Modern Baseball bringing his acoustic solo act Slaughter Beach, Dog to the event. Modern Baseball is on a current hiatus so to be able to see one of their members was a large selling point of the event.

Throughout the event students could come by and pay the \$5 admission fee and receive raffle tickets. The prizes were of a great variety and ranged from free food at some of the events sponsors such as Bagel Guys and Scalas Pizzeria.

There were also gift baskets full of items from Monmouth clubs which included Hawk TV and The Outlook.

The whole event was an exciting time for all Monmouth Students to come together and enjoy great music and help fight a disease that affects everyone.

Say ‘Hola’ to the Spanish Club

COURTNEY BUELL
CLUB & GREEK EDITOR

After a two-year hiatus the Monmouth University Spanish Club is back.

The purpose of the Spanish Club is to increase Monmouth University’s awareness of the Hispanic culture by putting together a variety of events to promote student involvement.

The organization also encourages students to become involved with the surrounding Hispanic community through community service, and to provide opportunities for both language and social development for Spanish majors and minors.

The club has been very busy this year planning events for this semester and the next year as well.

On Apr. 4 the Club co-sponsored a salsa dancing workshop with latin sorority Lambda Theta Alpha.

The intention was to make memories and to teach the dance as well as the art behind the style and history of it.

Like the salsa event, the Spanish Club is working hard to create their presence on campus. They have recently created an instagram and have had multiple meetings to discuss what’s next.

Having a larger presence and involvement at the Foreign Language festival has also been a primary goal of the Club.

Dr. Julia Riordan-Gon-

calves, Director of Spanish and International Business and Spanish for Business Minor, and the advisor of the club, said, “We have a really great and motivated group. They are really passionate about the language and culture and they are doing really well at getting people interested.”

The organization wants to invite more guest speakers, and do more promotional advertising for events such as tabling, and promoting themselves through social media.

The Club also encourages all cultures and languages to participate in the event, not just Latin cultures; this is in order to unite, celebrate and educate attendees of the event on multiculturalism and the benefits of experiencing another’s culture.

Treasurer of the Spanish Club, and senior business administration student Alexis Knowles is excited about the future of the club, and is happy to be in an organization of people who share her interests.

She said, “Although the club is small now, I love it because we are all a group that have an interest in Spanish and enjoy the culture, food, and traditions.”

In addition to helping out with the Foreign Language Festival, the Club also wishes to hold Zumba events throughout the year.

Rooted in Colombia, Zumba creator Alberto Perez started the dance exercise by accident, when playing salsa and meren-

gue music at an aerobics class he was teaching, after forgetting his original music at home.

These classes will be offered at least once a semester and are open to everyone to join and participate, especially if they enjoy dancing, exercising, and experiencing a culture other than their own.

One of the primary goals the Club wishes to incorporate in their planning is inviting more culturally diverse authors to the Visiting Writers Series at Monmouth.

They hope to bring in more Latin authors in order to give perspective on what it is like to be of Hispanic descent. These authors will have the opportunity to share their work and their stories and enlighten the student body.

Club Vice President and junior Spanish student, Stephanie Vela wants to give people insight into her own culture and she believes the Spanish Club is the perfect place to do just that.

Vela said, “Growing up in a hispanic household and being a spanish major I’ve been very immersed in the Hispanic culture and I think it would be great for other people to learn about it as well.”

The Spanish Club welcomes all to join and are excited for everything they have planned in the future.

For more information contact any member of the Club and follow them on Instagram at mu_spanishclub.

Club and Greek Announcements

CommWorks

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.

Student Activities Board

The Student Activities Board welcomes students to attend their Around the World event on Saturday, Apr. 8 from 12 - 4 p.m. on the Residential Quad. Come for food, drinks, music, and a multicultural experience.

The Outlook

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

Outdoors Club

The Outdoors Club will be holding a Game Night on Friday, Apr. 7 at 8 p.m. in the Rebecca Stafford Student Center. Students can play games of all kinds and enjoy light refreshments.

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Stricter is Better?:

Being Raised by Strict Parents Leads to Efficient Adults

CLAUDIA LAMARCA
STAFF WRITER

Thinking back to high school, the memory of asking parents – “can I go over so & so’s house?” The answer for many was always, “do I know their parents,” or “can I speak with their parents?” etc.

Being considered ‘strict’ in ones parenting style can either have positive or negative effects on the child’s development, and how the child is integrated into the work force. On one hand, strictness instills adult-like morals and standards in children. On the other hand, strictness in child development can be negative because it makes children more rebellious or angrier.

Looking at strict parenting from a beneficial standpoint, some would say that it creates self-discipline, establishes the idea of responsibility and accountability, and also instills some sort of fear in that child to never want to disobey.

Christen Piersanti, a junior criminal justice student, explained her experience growing up, and how she believes it positively influenced her adulthood: “I was the youngest of three, so I wouldn’t say my parents were super strict, but they definitely laid the law down most times. Some examples of rules always set in place are, curfews, the people I hung out with, and my grades.”

Piersanti also stated, “My

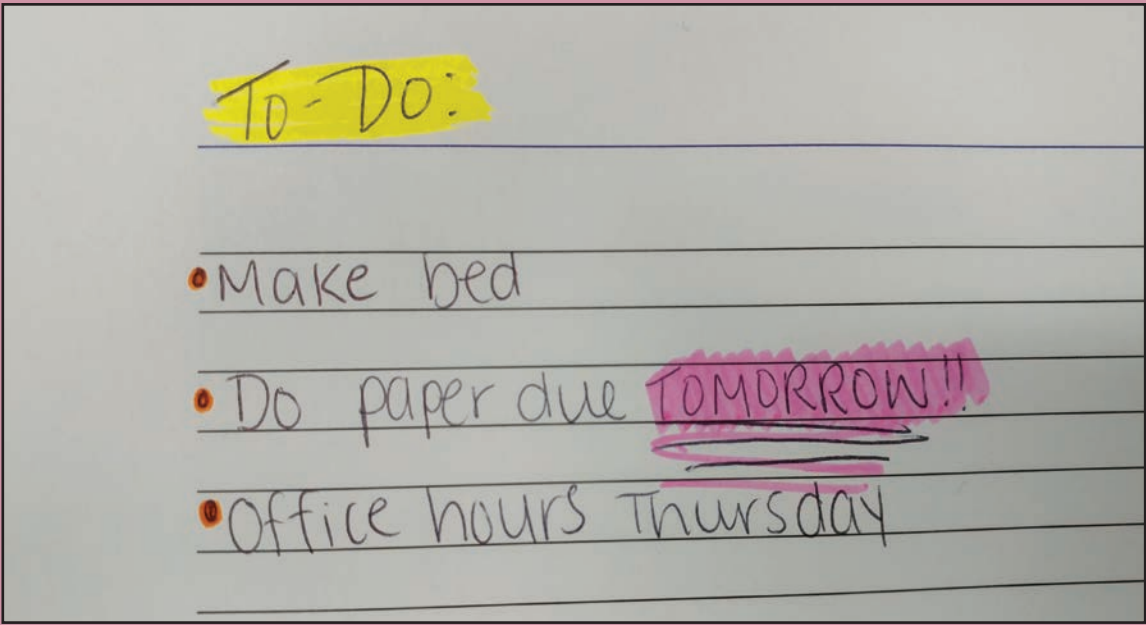


PHOTO TAKEN by Alexandria Afanador

Being raised by parents that are considered as overbearing or strict can force students to become self-reliant and organized as far as time management.

parents set expectations for me to achieve, which some people might think is absurd, but it gave me something to work towards – and something to achieve. I feel like their parenting style has affected me in such a positive way.”

“From little things, like making my bed every morning when I wake up, to bigger things like the curfew instilling in me to never be late; I think it has all prepared me for what is ahead and I hope to raise my children one day in the same type of way,” Piersanti continued.

While strict parenting may instill these great habits, there is also the side of this argument that claims that strict parenting can be extremely detrimental

to a children’s psychological state. An article from *Livestrong.com* argues this idea by stating, “control-freak parents often make every decision for their children and refuse to let them take on age-appropriate responsibilities. As a result, children despise their parent’s unfair and domineering behavior, and feel like they have no room to spread their wings.”

Dr. Janice Stapley, Departmental Advising Coordinator for the Psychology department, said, “there are so many variables that affect how we live our lives as adults, but certainly parenting has an influence.”

“In psychology literature, Diana Baumrind’s work on parent-

ing styles suggests that there are two dimensions of parenting ‘Demandingness’ (whether parents have high expectations for their children’s behavior) and responsiveness (whether parents are attuned to the individual needs of their child and his or her developmental status- some things are reasonable to limit for a toddler, but not an adolescent, and they are sensitive to the child’s cues, emotional state, temperament, etc.),” she continued.

“Two ‘parenting styles’ that come out of the combination of these are ‘authoritarian’ (low responsiveness, but demanding) and ‘authoritative’ (high responsiveness and demanding -- they are known for giving an explanation


for rules)” Stapley added.

Stapley explained that in mainstream American society, the latter style of parenting has had the result of adults who are able to be self-sufficient and goal oriented. Authoritarian parents have been known to produce adults who are more susceptible to the rebellious culture and in turn, not as self-sufficient.

This can easily be seen in students who move away to college and away from home for the first time. More often than not, it is the student with the strictest parents who are the wildest when they get a small taste of freedom. In contrast, the students that had the parents who were mildly strict, but allowed for expressive freedom, tend to be less wild and more goal-oriented.

Coral Cooper, a senior English student, was raised in a strict environment. “In public situations, I tend to speak quieter because I’ve grown up to respect other people’s voices and opinions over mine.”


It is interesting to see different viewpoints on different types of parenting. It makes one wonder how they might raise their future children in the future, and also it might open some eyes to how the way they were parented affects them daily. Behaviors and attitudes that were instilled in children at a young age undoubtedly cascade through everyday life in the future.



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Jersey City Street Art: Enrique Espinal

JASMINE RAMOS
CO-POLITICS EDITOR

At the center of his room, the folded desk is laid out with a colorful canvas in the works. The desk itself is stained with paint marks, making it one of a kind. With the lyrics of xxx-tentacion blaring through the speaker, the words are almost as overpowering as the smell of the paint markers.

Walking into his bedroom seems like stepping into an art gallery. The ‘artsy’ vibe of the room is predominant. Grey walls, with a red border rim outlining the room, glow in the dark stickers on the ceiling, and drawings by the artist are scattered on the walls. Open up his white closet door and there are various taggings of his name all over.

Canvases from various years, with different graffiti art hang in various angles. Even though each one has a different theme from one another, the canvases do not overpower each other.

Enrique Espinal, or as he likes to tag his artwork with, ‘Eaze,’ is one of many graffiti artists based out of Jersey City.

A recent high school graduate, Espinal works hard in various restaurant jobs in downtown Jersey City, trying to take care of his mom. When he finds free time in his busy schedule, he tags items and paints canvases.

His hard work and dedication to the arts is prevalent in his work—the details speak for themselves. There is a level of devotion and an amount of time that needs to be spent to create pieces like this—a couple hours to 2 days to be exact—and it is evident that Espinal has been doing this for years.

Espinal has had a passion for drawing since he was 6 years old. “I always thought it was something really cool, even though that sounds weird to



PHOTO COURTESY OF Jasmine Ramos.

In Espinal's room 14 different canvases from various years outline the walls of his room.

say.”

“From there, I tried to draw almost every hour and kept practicing. People began to tell me I was good at what I was doing, so that kept me motivated,” Espinal continued. The more he worked on his artwork, the more recognition he got as the years went by.

Espinal expanded his drawing into street art when he was about 12 years old, inspired by his cousin, Andres Espinal, also known as ‘DreTaylor.’ “Andres always walked around with a book bag full of markers and a book to draw with. From there, I was like, ‘let me try this on my own,’” Espinal said.

Andres Espinal commented, “he was my little cousin that I always bonded with, and this was something else that just got us closer. And the fact that he was just really good at it, made

everything better. I’m really proud of his work and style.”

Espinal was somewhat influenced by Andres’ work, but, Espinal said, “I have a character that I draw, that is similar to his. I adapted it to be my own. However, I don’t like looking at people’s artwork and letting that influence me. Of course, people get inspired from others, and there is no way around that, but I don’t try to do that too much. I like that my ideas come from me and I’d like to keep it that way.”

Through tagging buildings, Espinal never thought of it as damaging people’s property, but rather, it was displaying his work. He is torn between the thrill of art and the law.

“Knowing that it is something that you can go to jail for, or get in trouble with the law for is not worth the risk, and I don’t

encourage others to do it. But it is still very fun to do. The excitement of drawing your work on something that isn’t yours is fun.”

Street art has earned a bad reputation for the defacing of people’s property. Since the art form started in the streets of New York in the 70’s, it has been considered by many as degrading and vulgar.

However, according to an article in *Barranquilla Life*, the art form has a different feel in modern times. “What was once a stigma has now become youth creativity referred to as Urban Art, which is another way for them to say – Hey! You’re going to do it anyways – so let’s get behind it.”

Jersey City has tried to change the role of graffiti in the town over the last couple of years, especially with the growing popu-

lation of the town. Since 2013, Jersey City began its Jersey City Mural Arts Program.

Funded by the 2013 Clean Communities Grant, it encourages other local artists to showcase their art in a more positive light, and hopefully reduce graffiti on private property. Walking around Jersey City in 2017 makes it feel like walking through an outdoor gallery.

Police officers still take illegal street art seriously in Jersey City. Public Safety Director Jim Shea said in a statement after an arrest of a 23-year-old man on charges of graffiti art, “Graffiti is a quality-of-life issue that we take seriously.

We hope [the arrest] sends a message that we will aggressively pursue anyone who vandalizes private or public property.”

His mother, Maria Espinal, is not a huge fan of the graffiti art. “He is talented, but the idea of drawing on buildings is not something that I can get behind of. Both he and his cousin have gotten in trouble with the law and it isn’t something I enjoy happening for obvious reasons.”

Recently, he has turned to canvases rather than walls, “the canvases are a bit more detailed than what I draw on walls. The characters I’ve come up with have a ‘ghetto’ influence to them. From the people that I draw and the colors I use, it has that feel to it. It is what I’m surrounded by and that is what I like to draw.”

To the people who don’t appreciate the street art, Espinal has one thing to say to them. “They are misunderstanding what graffiti artists are trying to do.

And at the end of the day, they don’t appreciate graffiti art, or the arts at all.” With a response like that, it is clear to see that Espinal will not be stopping his artwork anytime soon.

APRIL 1ST IS NO JOKE: HOW STUDENTS AND FACULTY GET IN ON THE PRANKS

KAITLIN MCGUIRE
STAFF WRITER

April 1st is a day that many people dread and many wait for days or hours like children on Christmas day.

Many students at Monmouth University take pride in their pranks, and prepare for weeks, and even months before, making the plot against their friends, family, and even professors thicker with each passing second.

A senior sports communication student, Toni Lynn Taranto, said, “I have two younger sisters and one younger brother, so we take tricking each other very seriously.”

“The one I am most proud of is replacing my brother’s toothpaste with horseradish; the look on his face was priceless,” Taranto remembered.

Jokes are more fun when there are a bunch of people in on them. By having a group included in a joke, it also makes the person who is getting pranked take it more seriously.

A senior communication student, Gary Mortellite, said, “In high school, it was a group of like six or seven of us who planned the joke. My friend

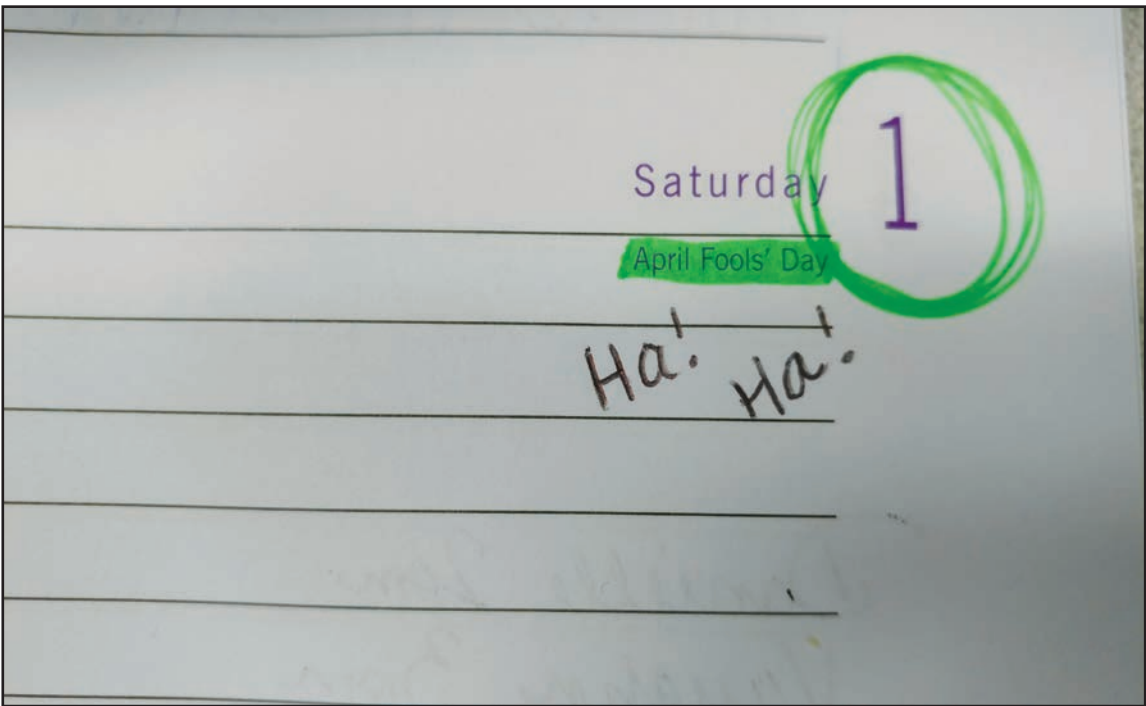


PHOTO TAKEN by Alexandria Afanador

Dr. Aaron Furgason recalled moving an entire dorm setup into the bathroom of Elmwood Hall for a prank when he was an undergraduate student.

Pete loved his Jeep. He never let anyone else drive it or really touch it. “

Mortellite continued, “On April Fool’s Day, when we were leaving during senior sign out, which he did not have that day, we texted him that someone

dented the passenger’s side of the Jeep. He was in tears. We kept it going for a while, and finally told him we were kidding. I’m pretty sure he almost had a heart attack.”

Students are not the only ones in on the fun; there are many

faculty members that love to play games.

Dr. Aaron Furgason, associate professor and Department Chair of the Communication Department, added to the limitless list of jokes and said, “In the days before technology

infiltrated life, a part of college life was pranks. Boredom equals pranks, whether it was April 1st or not.”

Furgason recalled, “A memorable prank was, a classmate and I moved a fellow students’ entire side of a shared dorm room and moved it completely intact in the same exact position, furniture, posters, desk, etc., in the showers of Elmwood.”

“We then made posters that said: ‘have you seen my room?’ with a picture of the room in the showers and posted them all over the dorms and tress near where he parked his car, so that when he returned from the weekend he would clearly see that it was his half of the room moved. The individual was not a roommate of mine or my accomplice, so it was a difficult prank to pull off,” Furgason said.

Jokes and tricks are entertaining, and humorous if they are in good fun. When someone takes the prank too far or does something that it not out of a good place, it is taking it too far. Not everyone has a good sense of humor, and some people might feel attacked.

Just remember to keep jokes light and in good fun!

Women's Lacrosse Improves to 2-0 in Conference Play

CHRIS FITZSIMMONS
STAFF WRITER

The women's lacrosse team remains undefeated in Metro Atlantic Athletic Conference (MAAC) play, eking out a 13-10 win over Marist on Saturday, Apr. 1.

Junior attacker Alexa Smith and freshman attacker Nicole

Ceraso each put on remarkable offensive performances. Smith netted a total of four goals and Ceraso, who was named MAAC Rookie of the Week on Monday, did her part with a team high five points on a goal and four assists.

"I think we executed the game plan," Head Coach Eileen Ghent said. "We worked on patience

on attack, using the whole shot clock when necessary. Things we are looking to improve are taking care of the ball and making sure we make good decisions when we have the ball."

Once again Monmouth was first on the scoreboard as Smith needed only 39 seconds to put the Hawks up one off an assist from Cesaro. Nine minutes

passed before the next goal was scored as senior attacker Olivia Higson gave the Hawks a two-goal advantage. Marist got their first in the 17th minute and by 11th minute, the game was knotted at a three apiece.

The Hawks had an outbreak of offensive over the next five minutes, scoring four straight goals to build a 7-3 lead. Junior midfielder Caroline Corbliss made her presence felt in that stretch of time as she was involved in three of the four goals. Marist continued to battle as they scored two goals before the half and the score stood at 8-5, Monmouth.

The blue and white wasted no time coming out of the half to build their lead as senior captain midfielder Claudia La-Marca added a goal in the 29th minute and then another in the 25th, both coming off a Cesaro assist. Marist and Monmouth exchanged goals over the next five minutes and with 20 minutes left on the clock it was 11-7, Hawks.

The Red Foxes did not simply fade away at this point and they responded to the tune of three unanswered goals to cut the lead to two. Junior midfielder Kate Ryan broke the spree for the Hawks, and with about 11 minutes to go it was 12-9, Hawks.

Both teams heightened their defense efforts as another goal would not be scored for 10 minutes. Marist was responsible for it, as they once again cut the lead to two with 1:47 on the clock. Monmouth however effectively ended the game by gaining possession of the ball

and Smith added her fourth and final goal of the game on an empty net to put the game away for good.

"It is so important because we haven't had a lot of wins at home and we've had a lot of games that we could have won, but just missed," Smith said after the game. "To win against Marist, who is one of the top teams in the league, was really important."

Monmouth easily won in the shot department and controlled the ball effectively on offensive, registering 32 shots to Marist's 22. However, Monmouth went 0-6 on free position shots compared to Marist's 1-3.

Also of note was sophomore goaltender Riley Brager who not only had another phenomenal performance but she was named MAAC Student Athlete of the Week. A communication major with a minor in marketing, she was named the winner after posting 12 saves and holding Quinnipiac to single digit scoring in last week's effort.

Brager commented on what the award meant to her, "It means a lot to me, because it is not only important to work on the field, but also important to work hard in the classroom. At the end of the day academics do come first."

The Hawks improve to 4-7 overall and 2-0 in the MAAC. They will take on Fairfield, who come into the game with a four-game winning streak, today at 3 p.m. in Connecticut. The last three matchups between the teams have all been decided by one goal with Fairfield winning two out of three.



PHOTO COURTESY of Karlee Sell

Sophomore goalkeeper Riley Brager made eight saves, including six in the second half, in Monmouth's 13-10 conference win over Marist on Saturday, Apr. 1.

Tennis Continues Season as MAAC Tournament Nears

CAROLINE MATTISE
COPY EDITOR

Tennis season is in full swing, with the Hawks entering the heart of their season. The men are looking to benefit from a challenging non-conference schedule as they head into the heart of Metro Atlantic Athletic Conference (MAAC) play. On the women's side, the team is looking to overcome a tough 4-3 loss to Niagara on Sunday afternoon, and add some wins to their record.

Men's Tennis

The men's tennis team may have struggled in their spring break matches against the University of Virginia (UVA), but that is to be expected when facing a team that is ranked third in the nation.

Men's Tennis Head Coach Alex Kasarov was pleased with how his team performed at UVA. "Both Nicky (Nicola Pipoli) and Shemy (Przemyslaw Filipek) had very competitive matches against the number one and two players from Virginia who are ranked top 10, top 20 in the country," Kasarov said. The Hawks were able to play two matches facing UVA over break after cancellations created an opening in the schedule.

After spring break, the team continued its challenging non-conference schedule with another trip down to Virginia to face Virginia Commonwealth University (VCU) on Saturday, Mar. 25 and the University of Richmond on Sunday, Mar. 26. In a close match against VCU, the Hawks picked up the doubles point including a 6-2 win at number one doubles over the nationally ranked VCU team of Daryl Monfils and Marten Jonsson.

Multiple players had strong performances against VCU, especially in the top three singles positions. "Ale Gomez at three singles came



PHOTO COURTESY of Monmouth Athletics

Senior Przemyslaw Filipek won number one doubles (6-1) and singles (6-2, 7-5) matches in the men's tennis win over Niagara on Sunday, Apr. 2.

back from losing a tough first set. He hung around and stayed in the match to win the second set and ended up winning in three sets," Kasarov said. However, it was not enough for the Hawks that day as they fell 5-2.

Nonetheless, the team had many positive takeaways from these non-conference matches. "It has been a tremendous experience for us to be able to compete against teams like

Notre Dame, Virginia, VCU, and North Carolina State earlier in the year," Kasarov said. These rigorous non-conference matches will give the team an edge in conference matches.

On Sunday, the Hawks cruised to a 7-0 win in their match versus Niagara to remain perfect in conference play this season.

The Hawks will have three more non-conference matches mixed into

their schedule as they prepare for the MAAC Championships.

"We look forward to competing against every one of the teams in the conference and we will give it our best shot. If the chips fall our way, that's great," Kasarov said.

Women's Tennis

After Sunday's close loss to Niagara, the women's tennis team is looking to build off their previous win against St. Francis on Saturday,

Apr. 1 and carry a good mentality into the upcoming week's matches.

"It was a great win against St. Francis and today was a tough match against Niagara, but we competed well," Patrice Murray, Women's Tennis Head Coach, said.

In these matches, it is vital for the team to clinch the doubles point. This happens when a team wins two of the three doubles matches. "The doubles point will always come back to haunt you, so that is something that we do need to focus on," Murray said.

"Winning the doubles point makes you win three singles matches," Murray continued. "But if you lose the doubles point, you have to win those four singles, which is tough." Getting this first point is key in gaining the upper hand in matches.

This season, Murray said she is looking to all of her players to step up and perform well. "Each player, regardless of the position that they are playing, has to produce. Every point counts the same," Murray said. Although Murray enforces that each individual player must perform to their own ability, she also makes it a point to remind them that the sport relies on team strength and support.

The Hawks fell short of reaching the MAAC Championships last spring, and have an uphill battle to the postseason again this year. "The loss to Niagara and the loss to Rider in the fall, which was an upset, is going to make it difficult to make it into the MAAC Tournament, but we will try our best to get there," Murray said.

Both the men's and women's teams will continue conference play when they face off against Siena on Saturday, Apr. 8. The women begin at noon while the men will compete at 2 p.m.

Baseball Drops Two out of Three at Canisius

JOHN SORCE
CO-SENIOR/SPORTS EDITOR

The baseball team resumed Metro Atlantic Athletic Conference (MAAC) play and dropped two out of three games against Canisius this weekend at Dem-ske Sports Complex in Buffalo, NY.

The blue and white opened their second conference series with a bang, putting up 17 runs for the second time this season as they downed Canisius 17-6 in the first of two on Saturday, Apr. 1.

Monmouth scored a run in both the third and fourth in-nings, but eight runs in the sec-ond and seven runs in the fifth is what propelled them to victory.

Junior designated hitter Pete Papcun led off the second in-ning with a double and scored on a single up the middle by senior outfielder Ryan Crowley, who scored on a triple by sopho-more catcher Clay Koniencki. A wild pitch allowed Koniencki to score the third run of the inning. Two singles and a walk loaded the bases for senior first base-man Shaine Hughes, who drove in two with a single to right. Monmouth scored their sixth run of the inning on a fielder's choice before Papcun delivered a two-run blast to right field, his third of the season, capping the eight-run frame.

In the fifth, freshman short-stop Danny Long, who was named MAAC Rookie of the Week on Tuesday, doubled home two runs after Koniencki and junior second baseman Jus-tin Trochiano walked to open the frame. Back-to-back walks loaded the bases for senior out-fielder Tom Jakubowski, who drove in a run with a single to left. Papcun then cleared the bases with a three-run double to

center field and later scored on a sacrifice fly.

Papcun went 4-4 and drove in six runs for the second time this season, while also crossing the plate three times. Hughes ended up going 2-2 with three runs batted in (RBI) and drew three walks, while Long finished the game 3-4 with three RBI and two runs scored.

"We swung the bats and got off to a big lead," Head Coach Dean Ehehalt said. "Pete has been real consistent lately. He has worked hard after fighting through a tough stretch early where he was pitched to a little

differently and he has adjust-ed his offensive approach and that's been a benefit to him."

Sophomore right-hander Jordan McCrum picked up his third win on the season after throwing 5.2 innings allowing six earned runs on five hits, walking four and striking out four. He threw 102 pitches and 60 strikes. Ju-nior left-hander Ryan Lillie recorded the save after throw-ing 3.1 hitless frames, striking out four and allowing only one walk.

The Hawks dropped the sec-ond game, a seven-inning af-fair, 4-3. After Canisius took an

early lead, senior right fielder Chris Gaetano belted a solo home run on a 1-2 pitch to right in the second, tying the game at one. Monmouth answered again in the top of the fifth when se-nior third baseman Grant Lam-berton drove in Crowley with a single to center field, knotting the game up at two.

Down by a run with three outs to go, Crowley delivered a game-tying homer to left, but Canisius scored the winning run with the bases loaded and two out in the bottom half of the frame.

The Hawks were unable to hold a late lead in the rubber game on Sunday, falling 11-10. They entered the bottom of the eighth inning with a 10-6 lead, but surrendered five runs in the frame. Monmouth retired two of the first three batters via strike-out. But the Golden Griffs re-fused to go down quietly. Down to their final four outs with a runner on first, a single, an RBI double, a two run single and an-other single that plated two runs on an error gave Canisius an 11-10 lead. It was Monmouth's second deficit of the afternoon, and it ultimately cost them the series.

"There's several areas where we need to get better at," Ehehalt said. "One area is play-ing steadier defense. We have a reputation of being a decent offensive team, but we need to take more ownership in making routine plays, closing innings down and playing in a non-hasty fashion."

The Hawks are now 7-16 over-all and 4-2 in the MAAC. They return to action this afternoon when they take on Princeton be-fore they hit the road again for a three-game weekend series with Siena. First pitch at MU Base-ball Field will be at 3 p.m.



PHOTO COURTESY of Karlee Sell
Junior designated hitter Pete Papcun drove in 10 runs in the weekend series against Canisius.

Softball Shuts Out St. Joseph's, Splits With Manhattan

ZACH COSENZA
ASSISTANT SPORTS EDITOR

The softball team defeated St. Joseph's in their home opener 5-0 on Wednesday, Mar. 29 and split a doubleheader against Metro Atlantic Athletic Conference (MAAC) rival Manhattan on Monday, Apr. 3.

Monmouth did not waste any time scoring in their home open-er, with junior outfielder Chloe Howerth scoring after a defensive error by St. Joseph's in the first in-ning. Howerth finished the game with a game-high three hits.

In the fourth inning, How-erth drove in freshman short-stop Deangie Jimenez on an RBI single to left. Later in the inning, junior infielder Morgan Balderas drove in junior outfielder Katie Baron on another RBI single.

In the fifth inning, senior in-fielder Rachel Shotzbarger battled through an 11-pitch at-bat and eventually sent an RBI single to center field, scoring junior catcher Alex Holzman. Sophomore in-fielder Nicole Wieczorek came off the bench and delivered a single that drove in sophomore outfield-er Jasmine Higa, who entered the game as a pinch runner. Riley fin-ished the game with a strikeout on her 100th pitch of the afternoon.

"Amanda pitched very well to-day," Head Coach Shannon Sals-burg said. "A lot of credit goes to her catcher Alex Holzman, who

has done a great job of working with our pitchers and understand-ing what they want to throw. They were smart today and it showed."

Riley was proud of her team behind her with several defensive plays that helped keep her shutout intact. "I feel like we came to-gether as a team and worked hard. Making plays we've been work-ing hard on in practice," Riley said. Riley finished the complete game shutout with six strikeouts and only two hits allowed.

Monmouth split a conference doubleheader against Manhattan on Monday, Apr. 3, winning game one 1-0. Riley threw her second straight complete game shutout, this time needing extra innings to win it. In the top of the eighth in-ning, senior first baseman Justene Reyes scored Baron on a hot shot to the shortstop. Riley finished the game with 12 strikeouts after al-lowing only five hits.

Monmouth dropped the second game of the afternoon, 9-1. Junior outfielder Katie Baron drove in the Hawks' lone run with a dou-ble.

The Hawks will be back in ac-tion this afternoon for a double-header against Wagner at MU Softball Park, beginning at 2 p.m. Monmouth will return to confer-ence play with doubleheaders against Rider in Lawrenceville on Saturday, Apr. 8 and at home against Quinnipiac on Sunday, Apr. 9.



PHOTO COURTESY of Karlee Sell
Junior right-hander Amanda Riley threw shutouts in each of her last two starts.

SIDE LINES

Men's Lacrosse: The men's lacrosse team won their third straight to open Metro Atlantic Athletic Conference (MAAC) play as they defeated Marist 7-2 on Saturday, Apr. 1 at Tenney Stadium in Poughkeepsie, NY. Senior midfielder Tyler Keen scored two goals and senior goalkeeper Nick Hreshko was named MAAC Defensive Player of the Week for the fourth time this year, recording 13 saves. The Monmouth defense forced Marist into 12 turnovers. Ju-nior attacker Bryce Wasser-man scored his 14th goal of the season and became the second player ever to score 50 career goals, joining Chris Daly. Keen leads the Hawks with 19 goals this season and has scored in nine consecutive games. The blue and white return to the field on Saturday, Apr. 8 when they take on the New Jersey Institute of Technology from Drew University at noon.

UPCOMING GAMES

- Wednesday, April 5**
Softball vs. Wagner
West Long Branch, NJ 2:00 p.m.
- Softball vs. Wagner
West Long Branch, NJ 4:00 p.m.
- M Tennis at Fairfield**
Fairfield, CT 2:00 p.m.
- W Lacrosse at Fairfield**
Fairfield, CT 3:00 p.m.
- W Tennis vs. La Salle
West Long Branch, NJ 3:30 p.m.
- Thursday, April 6**
Outdoor Track & Field
Mount Multis
Emmitsburg, MD TBA
- Friday, April 7**
Outdoor Track & Field
Sam Howell Invitational
Princeton, NJ TBA
- Saturday, April 8**
*W Tennis at Siena**
Loudonville, NY 12:00 p.m.
- Baseball at Siena**
Loudonville, NY 12:00 p.m.
- Baseball at Siena**
Loudonville, NY 3:00 p.m.
- Softball at Rider**
Lawrenceville, NJ 12:00 p.m.
- Softball at Rider**
Lawrenceville, NJ 2:00 p.m.
- M Lacrosse at NJIT
Madison, NJ 12:00 p.m.
- W Lacrosse vs. Canisius**
West Long Branch, NJ 1:00 p.m.
- M Tennis at Siena**
Loudonville, NY 2:00 p.m.
- Sunday, April 9**
*Softball vs Quinnipiac**
West Long Branch, NJ 12:00 p.m.
- Softball vs Quinnipiac**
West Long Branch, NJ 2:00 p.m.
- Baseball at Siena**
Loudonville, NY 12:00 p.m.
- M Tennis at Stony Brook
Stony Brook, NY 12:00 p.m.
- *conference games*



LAX TO THE MAX

Freshman attacker Nicole Ceraso led the Hawks with five points (one goal, four assists) in their 13-10 victory over Marist on Saturday, Apr. 1 and took home MAAC Rookie of the Week honors.