



THE OUTLOOK

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Health Services Warns Campus of Increased Influenza Cases

MEHDI HUSAINI
ASSOCIATE NEWS EDITOR

The current flu season is particularly severe, causing increases in hospitalizations and cases of pneumonia across the United States, according to the Center for Disease Control (CDC). Monmouth University has started to see cases of both Influenza A and B on campus, with approximately two dozen cases reported this year.

The University's Health Services released an alert to the student body regarding the observed increase in cases of influenza on campus on Mon., Jan. 22. The e-mail alert was forwarded to employees and the University student body by Mary Anne Nagy, Vice President for Student Life and Leadership Engagement.

"Periodically, the University will communicate with the campus when [administrators] believe there is information that is important for them to have for their personal safety and well-being," said Nagy. "People of all ages are getting the flu... there are some folks that are unfortunately losing their lives because the cases of the flu they have are so intense."

Monmouth University Health Services is working with New Jersey Department of Health and Senior Services (NJDOHSS) to identify, track, and monitor flu strains and activity on campus, according to the

e-mail alert.

Kathy Maloney, Director of Health Services, said that personnel in the Health Center are sending patient nasal swabs to the NJDOHSS for full confirmation regarding influenza strains. So far, she says, 24 cases have been seen on campus.

"We are also sending samples of patients with influenza-like illness (ILI) who test negative for influenza so those samples can be further tested for other respiratory viruses," said Maloney. "In fall 2017 we had a rare strain of Adenovirus B-7 that caused severe respiratory symptoms in several students. We are actively working with NJDOHSS to see if that strain is also still circulating."

Health Services is taking extra precautions during this time to make sure that the spread of diseases is minimized. "The Health Center has asked any patient who comes in with a fever or cough to don a respiratory mask," said Maloney. "Our healthcare providers are also donning masks when caring for patients."

The flu is marked by symptoms such as fever, cough, sore throat, and headache, and is spread when airborne via coughing or sneezing. Cases of the flu can, in more extreme cases, cause hospitalizations and pneumonia, according to the alert.

The health alert, according to Nagy, was a way to let students and staff know to take the proper precautions regarding the current flu epidemic. Campus-wide measures have been taken to best

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PHOTO TAKEN by Alexandria Afanador
If you are feeling ill, the University urges you to visit the Health Services Center located in Birch Hall.

Debate Team Earns Nine Awards in California Tournament

KERRY BREEN
SENIOR/NEWS EDITOR

Members of the Monmouth University Debate Team reached the final championship round and two other debaters reached the semifinal round, and in total, earned nine team and indi-

vidual speaking awards, at a tournament hosted by Southwestern College from Jan. 19 – 21.

Landon Myers, a sophomore political science student, and Eric Schwartz, a freshman political science student, reached the final championship round

as they debated whether the federal government should establish national health insurance in the United States, the topic of the 2017-2018 National Debate Tournament/Cross Examination Debate Association (NDT/CEDA) season. They lost the round to a team from the University of Nevada Las Vegas. Both Myers and Schwartz also received individual speaking awards.

"The topic for this year is about National Health Insurance, but that topic is as broad as you choose to make it," Myers said. "For example, one of the arguments I run is about Accountable Health Communities, which are federally run programs that address people's social needs, like housing and food insecurity, to better their health."

"It was extremely exciting to advance as far as we did, especially because I'm a freshman with no debate experience prior to this year," said Schwartz.

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PHOTO COURTESY of Sabrina Saenger

The University Debate Team traveled to California for their recent tournament, taking home nine awards.

University Alumnus Brings Grammy Preview to Pollak Theatre

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

Bob Santelli, University alumnus and Grammy Museum Founding Executive Director, took to the stage of Pollak Theatre to give a backstage look of the logistics behind and the history of the Grammys.

Santelli, who was a member of the class of 1973, has quite the resume, considering he served as the vice president of education and public programs for the Rock and Roll Hall of Fame and Museum, held the title of artistic director of the Experience Music Projectspoke as part of the University's lecture series, and is even an author of several music-inspired novels.

His visit was presented by the Bruce Springsteen Archives and Center for American Music as well as the Wayne D. McMurray School of Humanities and Social Sciences.

The alumnus was introduced by University President Grey Dimenna, Esq.; Santelli quickly captivated the audience and commanded the stage.



PHOTO TAKEN by Nicole Ingraffia

Monmouth alumnus Bob Santelli took to the stage of Pollak Theatre to explain his involvement in the Grammy Awards.

He told the audience that he darted to the lecture from New York City where his expertise was necessary to the planning of the renowned Grammy Awards.

Santelli's appearance was

strategically timed so that he could convey his most recent experiences and backstage insight of the 60th anniversary of the Grammys, which aired this

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Campus Warned to Take Precautions During Flu Season

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prevent the transmission of the virus. Conversations with Administrative Services and Custodial Services have already taken place, said Nagy.

Nagy stressed that the main outcomes of the discussions are the implementation of extra cleaning and sanitation procedures, as well as moves to in-

where they're going to get run down and get sick," said Nagy, explaining that the addition of extra staff can prevent this from happening.

Maloney encourages the Monmouth community to be careful in day to day situations by remaining cognizant of the virus spreading.

"Avoid touching [the] eyes, nose, and mouth. This is how

ing conscious of hand-washing as well as spreading germs by sneezing or coughing.

Weisburg was also adamant that students make sure they get vaccinated if they have not done so already.

"There's no reason why there shouldn't be one hundred percent compliance with the flu vaccine," he said. Weisburg stressed that it is a safe way to

"People of all ages are getting the flu...there are some folks that are unfortunately losing their lives because the cases of the flu they have are so intense."

MARY ANNE NAGY
Vice President for Student Life and Leadership Engagement

crease awareness about personal hygiene, such as in the fitness center. She also discouraged sharing personal items such as bottles and cigarettes, which are more prominent in the student population than University employees.

Nagy detailed that she had a productive conversation with Maloney of Health Services to discuss the logistics of bringing in more personnel to the Health Center to supplement those already working.

"I also want to be careful that the staff that's already there is also maintaining their own personal health so that we're not overworking them to a point

germs are spread," she explained. "Clean and disinfect surfaces and objects that may be contaminated." Maloney also stressed that students should take care of themselves by eating and resting properly.

"Hand washing is a simple act that is not often associated with the prevention of outbreaks like the flu," said sophomore nursing major Nancy Brown, "It is a quick, effective, and proven to be the number one intervention in stopping the spread of infection."

Jeffrey Weisburg, Ph.D. a specialist professor of biology, suggests students take preventative measures this flu season by be-

up one's immunity against the virus, regardless of what certain critics might say. While the flu shot is not 100 percent effective, it can help with prevention of the virus. Nutrition and rest are also very important to staying healthy.

Maloney explained that the Health Center is ready to help both students and employees during this time for no cost with no appointments needed. Personnel are willing to prescribe anti-viral medication if patients are seen within 48 hours of the onset of symptoms and will provide documentation to excuse them from work or classes to reduce the spread of the virus.

Off-Campus Incident Results in Six Charged; Damages Under Investigation

KERRY BREEN
SENIOR/NEWS EDITOR

An off-campus party involving Monmouth University students was broken up by Deal police officers in the early morning of Jan. 17.

According to a press release provided by Deal Police Department Sergeant Brian Egan, officers were dispatched to the Neptune Avenue address at approximately 12:30 a.m. for a "fight in progress" that involved approximately 50 people.

According to the press release, many party attendees were observed fleeing the area, and two subjects were "in need of medical attention." Deal First Aid was also dispatched to the scene, but both people refused medical attention.

A further investigation by the police department found that underage party attendees were consuming alcohol inside the residence. Six people were charged with serving/making alcohol available to underage persons, as well as maintaining a nuisance.

they're seeing, and opportunities," Clay explained. "From an off-campus complaint incident perspective, my office will receive information from the local communities. I'll hear from neighbors about properties, in the same respect I might hear from students, occasionally, about an issue that they're having off-campus with their community."

He explained that to resolve an issue, he might reach out to students named in a complaint in an effort to determine what had occurred, as well as attempt to guide the students to repair relationships with neighbors and the surrounding community, and help them understand why those sort of behaviors are not to the student's benefit.

"It's really a matter of my try-

ing to help the students understand their rights and responsibilities as tenants," Clay said. "Off-campus and commuter services is not about charging or judging [sic]. It's more about advising, guiding, educating, [and] advocating for our off-campus population. It's really dependent upon the incident itself."

According to the press release, police are still investigating the fight, as well as several broken windows, damaged side-view mirrors on three nearby cars, and a broken mailbox in the area. The officers to arrive on the scene were Sergeant James Ammaturo and patrol officers Nick Dowling and Chris Mirrione.

All parties were released on a summons pending a court date.



IMAGE TAKEN from News.psu.edu

After police were called to a fight involving Monmouth University students, six were charged with furnishing alcohol to minors. Other damages are still being investigated.

Aspire High Youth Development Program to Inspire, Educate Students

JOY MORGAN
ASSISTANT NEWS/ENVIRONMENTAL EDITOR

Over 60 adolescent students will be coming to Monmouth University to receive mentorship from Lambda Theta Alpha (LTA) Latin sorority, and the National Council of Negro Women (NCNW) this Feb. 3 as a part of the Aspire High Youth Development Program.

Students ranging from ten to 17 years old enrolled in program will be joining University students who are in LTA and NCNW for a Saturday of non-traditional learning. They will be learning more about the process to get to college, healthy relationships, proper health care, and financial literacy.

"This [learning] will be achieved through interactive games like jeopardy and other upbeat and exciting opportunities," said Jaz Caban, a senior criminal justice student and social media manager of LTA. "We want the students to have fun, and we are very excited to be a part of helping them grow and move towards higher education."

The mission of the Aspire High Youth Development Program is "to develop the physical, mental, and emotional wellness of adolescence ages 10-17 through non-traditional methods of learning that will allow them to gain a sense of social responsibility, identify their personal purpose, acquire exemplary leadership skills, all while discovering their highest potential," according to the program mission and Lilian Perez, the founder and CEO of the Aspire High Youth Development Program.

Perez is a sister of LTA from the Alpha (meaning first) chapter of this sorority. Monmouth LTA and NCNW members work with representatives of the program, as well as various sectors at Monmouth to develop a meaningful experience for the students when they are on campus.

"We have gotten a lot of support from different departments here," said Caban. "For example, we are going to be giving away these 'School of Science and Biology' highlighters to all of the students, [which] were donated from the biology department, and information about Monmouth from the Office of Admissions."

"At the conclusion of the event, all participants will receive a parting gift containing fun items including markers, pens, pencils, and literature about Monmouth University. These items are not only great reinforcements from the lessons learned during the Aspire High Youth Development Program, but also, it provides the child's parents and families with exposure to these types of resources, if they are not already aware of them," said Gilly Scott, the Advisor for LTA and The Coordinator of Service Learning.

Scott continued, "According to Dr. Halfon, 'Parents who saw college in their child's future seemed to manage their child toward that goal irrespective of their income and other assets,'" quoting a 2015 study. "With this in mind, the sooner

younger populations and their families are exposed to college campuses, the more likely college or higher education is in their future."

The children that are enrolled in this program are students living in economic disparity and are under-privileged and disadvantaged by either household income and size ratio, living conditions, or being of the first generation to move forward into higher education.

"It is really exciting to get to help these students learn more about how to get to college, considering a lot of these kids parents and siblings never went, and generally that means they won't get either. This program helps provide the kids the tools but literally and educationally to prepare them to move forward into higher education, regardless of their disadvantage," said Caban.

Monmouth has a similar program to develop under privileged students known as Equal Opportunity Funding (EOF), this program funds students to come to college after a thorough evaluation of the student.

Erica Deweever, a senior business management student said, "being a student at Monmouth through EOF truly changed my life. It is programs like this and Aspire High that are very inspiring to me. There are a lot of bright minds and students with great potential, it is moving to see organizations on campus focus on giving back and fostering that potential into reality of an equal future in higher education."

"NCNW is extremely excited to collaborate with LTA for this event. We have been trying to bring students from other schools to tour the University for quite some time and we are overjoyed that it is finally coming to pass. Giving back to others and the community is one of the main goals of the club and we are happy we get to participate," said senior criminal justice student Joe Johnson, the President of the National Council of Negro Women.

The NCNW has contributed members to be mentors for this event and also also donated the t-shirts for the kids and staff to wear throughout the day. These shirts say "Girl Power" for the female students, and "M Power," (like empowerment) for the male students and are uniform with the previous events in this program.

Johnson continued, "I just want to thank all the entities involved in making this event successful. Thank you so much!"

Scott adds, "The Aspire High Youth Development Program is an incredible opportunity that supports children from the local community. This event has two positive outcomes, among many others. First, it provides children from the local communities with a fun opportunity to engage and learn valuable life skills from the women of Lambda Theta Alpha Latin Sorority, Incorporated and other leaders from the Monmouth University Community.

Second, it provides these children with an opportunity to see a college campus and explore the possibilities available to them in the future."

Debate Team Brings Nine Awards Home from CA Tournament

DEBATE cont. from pg. 1

“We went up against an incredibly strong team from UNLV in the finals and lost. I knew I would most likely break into the playoffs because of the tournament’s size and my success in larger tournaments, but I didn’t expect to go as far as we did.”

Alexis Vasquez, a sophomore political science student, and Chris Diolosa, a senior political science student, went 5-1 in the preliminary rounds and reached the semifinal round.

“At the tournament, I prepared my case with the Monmouth Debate Team and anticipated arguments that would be used against our evidence for advocating health care reformation in the United States,” said Diolosa.

“The tournament was a lot of fun because the Monmouth Debate Team has been preparing for this tournament since September. Competition was tough because debaters from all over the country attended the tournament.”

Vasquez and Diolosa also won individual speaking awards,

along with sophomore communication student Claudia Di Mondo, senior political science student Ryan Kelly, and sophomore political science student Alec Guilluan.

All who won individual speaking awards were in the novice division. According to Myers, the speaking awards are distributed based on composure and organization while debating.

“Making it to the final round is extremely difficult,” said Myers. “The last round was close and I learned a lot by competing against the University of Nevada - Las Vegas team as they were a great team too. Making it to the final round was exhilarating as it is such a challenge to make it that far in a tournament.”

Tournament competitors included debate teams from University of California Berkeley, the University of Southern California, the University of Miami, Arizona State University, and Cal State Fullerton, among others. In total, ten universities competed at the tournament.

“At the tournament, there were five pre-elimination rounds,”

said Myers. “Each round takes roughly two hours. My partner and I were able to achieve a winning record of 4 – 1 during the pre-elimination, giving us the second seeded spot in the elimination rounds.”

In the preliminary rounds, each team of students arguing on the affirmative side for three rounds, and then the negative side for three. Teams that compile a winning record in the preliminary rounds go on to the playoff rounds, which were held on Sun., Jan. 21.

“I debated both sides of the Single Payer Healthcare debate at the tournament in San Diego,” said Schwartz. “It was a good experience, because I felt like I knew more about the topic, having already debated in two tournaments this year.”

This was the fourth tournament that the debate team competed in this year. Previous tournaments have been held at Rutgers University, West Point, and Monmouth University; in February, the team will compete at the New School in New York City.

“The team did really great at this tournament despite some stiff competition,” said Joseph Patten, Ph.D., chair of the Department of Political Science and Sociology and associate professor of political science.

“We’ve been going out to California for the last six years, either in Sacramento or San Diego. Patten added. “One of the great things about debate is you get to travel around the country. It was really interesting because we were staying four miles or so

from the Mexican border, near Tijuana. It’s interesting to see what’s going on near the border, especially with immigration issues playing such a prominent role in our politics.”

In total, 18 Monmouth debaters attended the tournament, broken into nine teams of two debaters each. Monmouth graduates and debate team alumni Dan Roman, Matt Toto, and Danielle Doud helped judge and coach debaters at the tournament.

“It’s been a great year,” Patten said. “We have around 35 debaters on the team, and it’s nice that we’ll be able to go to five tournaments. We are a really deep team this year in that we have a number of teams that can break into the playoff rounds on any given weekend.”

"The Monmouth Debate Team has been preparing for this tournament since September. Competition was tough because debaters from all over the country attend."

CHRIS DIOLOSA
Senior Political Science Student

Financial Literacy Program for High School Students Successful

KERRY BREEN
SENIOR/NEWS EDITOR

The second semester of a high school financial literacy program, created and implemented by the Leon Hess Business School (LHBS), has been deemed a success by the University as it completes its second semester.

The program, which is designed to augment the personal financial literacy requirement for New Jersey high school students, was created by Janeth Merkle, MBA, MM, Associate Dean of LHBS, in the 2016 fall semester.

The program currently involves five high schools in Monmouth and Ocean counties, with more than 130 students participating after being selected through a competitive process. The selection criteria is developed by the University and the partner high schools. Seven University students also participate in the program, which is run by Merkle and Jeffrey Christakos, MBA, CPA, CFP, a specialist professor of accounting.

“I joined [the program] this year,” said Christakos. “I have spent much of my professional life in the financial planning area, so I thought that I could add value to the program. I am very grateful for the opportunity that I have been given to make a positive impact in the lives of our participants.”

According to information provided by Christakos, the program is designed to “empower and encourage high schoolers to be better prepared to control their personal finances to meet their life goals,” as well as providing University students with an opportunity to actively engage in applied learning through local community projects.

The workshops are provided to high school students in all grades for no cost on a weekly basis. LHBS covers the cost of the workshops, as well as the transportation of students to the

University campus. The program was also partially funded by the New Jersey Manufacturers Insurance Group.

The weekly modules are taught by both students and faculty, and cover a wide variety of topics, including financial planning, budgeting, and personal financial management, as well as introducing high school students to a university environment. Each session is three hours long.

The students involved in the project are Katarena Brannick, Joseph Breen, Joseph Madaio, Vincent Miele, Gregory Nardiello, Kylie Seka, and Casey Selleroli. The students serve as instructors, teaching workshops alongside a faculty member. The students were recommended to the program by Walter Greason, Ph.D., Dean of the Honors School.

“Due to my work on financial literacy in their required HS310 course, they asked if I would recommend any students to participate,” said Greason, whose course “Business and Economic Development of the United States” taught about the impact of political and economic decisions on the structure of society. “Basic financial literacy is the first step towards responsible citizenship in the twenty-first century.”

“I served as a student instructor for the program this past semester,” said Breen. “The program gives students hands-on experience in areas such as budgeting and investing that will help them build a foundation in financial thinking and planning. Additionally, the concluding case study gave the students a means of not only reflecting on what they had learned, but applying the skills they had obtained.”

According to the program’s website, there are six modules taught. The first, “Goal Setting,” covers topics including discussions of short term versus long term goals, the Specific, Measurable, Attainable, Relevant, and Time Bound



IMAGE TAKEN from www.monmouth.edu

Specialist Professor Jeffrey Christakos (fourth from left), Dean Donald Moliver, and Assistant Dean Janeth Merkle are surrounded by Monmouth University students who assisted in the financial literacy program: (from left) Joseph Breen, Joseph Madaio, Casey Selleroli, Gianni Mazzone, Kylie Seka, Katarena Brannick, Greg Nardiello and Vincent Miele.

(SMART) model. Students also complete a goals worksheet. In the second module, “Career Planning,” students learn about planning for the future, exploring their interests, and how to be aware of potential opportunities and experience. In the third module, “Higher Education,” students learn about the benefits and opportunities provided by a college education, but also of the potential problems with hidden costs, student debt, and tuition.

The fourth module covers the importance of budgeting, as well as the components of a sound budget strategy, and includes the preparation of a personal budget. The fifth model, which explains investment and the “powerful concept” of compound interest. The sixth and

final module explains the pros and cons of using credit cards and loans, as well as the difference between “good credit” and “bad credit.”

“Although some of the material may not have been relevant to the students now, it was important to open the door for them to see what their financial future could look like,” said Selleroli, who led classroom discussions during the program. “We try to interact with the students as much as possible... All of the modules that were taught involved situations that everyone faces at one time in their life.”

The 2016 pilot program was redesigned to include the above modules, as well as more interactive and engaging activities, according to Merkle’s com-

ments in a University press release.

According to Christakos, the program will be offered again during the fall 2018 semester.

“We are looking to add additional high schools, as well as offer more courses,” he explained.

“I think the high schools were happy to offer such a program to their students, and the students hopefully enjoyed coming on campus to learn about what we had to offer,” Selleroli added. “The program will definitely be continuing in the future.”

The high schools currently participating are Asbury Park High School, Jackson Liberty High School, Keyport High School, Long Branch High School, and Manasquan High School.

THE OUTLOOK

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Game of Loans:
A Look at Student Debt

EDITORIAL STAFF

Years ago, having a college education was a rarity; today, a bachelor's degree is almost necessary when seeking employment. According to the U.S. Census Bureau, one-third of the adult population has a bachelor's degree or higher for the first time in decades.

However, high demand for employees with a degree has left graduates disenchanted with their education and often even unemployed, as well as in large amounts of debt from student loans.

As more students turn their tassels and turn towards their futures, it's difficult to launch when weighed down with such a heavy monetary burden.

"It takes money to make money," one editor explained, "but what happens when the money invested doesn't match up to the money obtained?" Many believe that the student debt crisis is overwhelming and that nothing is being done to help; instead, matters are being made worse.

Student loans can be problematic at conception, as some editors have argued that the process to apply for loans can be extremely confusing. "I think a lot of high school students are unaware of what it means to take loans; it's something they should think carefully about before signing their souls to Free Application for Federal Student Aid (FAFSA)," an editor explained. Many of the editors who have student loans were not fully aware of the process and signed because they needed the loans to attend college.

One editor said that without loans they wouldn't have the ability to attend school, and are grateful for that, but also struggle with

payment. "Of course, especially because in the field that I will work in (social work), the mean salaries are not as high as other jobs, so I hope that my income can keep up with monthly payments to pay off the loans. Student debt has increased significantly, as most people have seen," the staffer said. Americans now have more than \$1.4 trillion in unpaid education debt, according to the Federal Reserve.

Another editor argued that student loans hinder young adults from fully becoming responsible and financially stable. "It keeps emerging adults from becoming more active contributors to the economy if they have to allocate their income to monthly payments, and affects their quality of life. Also, the possibility of taking ten or more years to pay off student debt may be off-putting to those that want to attend school but are lower-middle or lower-class, because there is only so much financial aid that can be allocated."

On whether the student debt issue should be labeled a crisis, the editors all agreed that it is in fact, a national crisis that is not granted any relief.

In addition to how quickly students are pressed to pay back loans post-graduation, the interest incurred on top of the loans is what really makes payments nearly impossible. "I like that loans have it so you don't have to worry about paying them back until after you graduate. What I hate is that the second you graduate you have to start paying them back....," one editor said.

The editor continued, "One of the biggest factors that is causing such high interest rates is because of how many students are taking out loans and how many more are estimated to do so... If more students were

taking alternative paths after high school and not taking out the loans, we could see a steady decrease in those rates over time."

Editors offered more options for easing the crisis. One editor said, "In my opinion, university administrators are paid too much. Why should they [administrators and faculty] be paid six figures and leave students with the tab?"

Some editors offered an explanation of how we can live with the student debt crisis, even if there isn't a way we can immediately fix it. "We have to start at the most basic level and begin making the proper investments into our children and their education early on," one editor said.

Another editor felt similarly and commented, "I think collectively we have to understand that it's unfeasible to have to make kids start repaying their debt as early as they do. Higher education should be something we encourage and incentivize in the U.S. to remain competitive on the national scale, and the increasing costs of schooling and the unreasonable systems surrounding student debt aren't really the way to go."

According to a recent study by *NerdScholar*, high school graduates in the U.S. left more than \$2.9 billion in free federal grant money unused over the last academic year.

An editor concluded, with that sentiment in mind, "So many beautiful minds are not given certain life changing opportunities solely because they cannot afford tuition. Student debt is a sin against humanity. I think that it is unfair how higher education is priced and the availability to education for many in our nation. It certainly feels like a trap."

Editor's Note:

A reader has brought to the attention of the paper that in last week's front page story titled, *University Institutes Publish Health Study*, when the paper reported that the director of the Polling Institute declined to comment after repeated attempts and issued no reason for doing so, it might appear that the Institute was trying to cover up wrongdoing or ineptitude. To our knowledge at the paper neither of those conclusions would be the case. *The Outlook* merely meant what it wrote, that the director chose not to cooperate with the paper and discuss the role of the Institute insofar as it relates to the story. The paper regrets if any reader interpreted the statement otherwise. *The Outlook* would like readers to understand that the paper points out when sources decline to comment so that readers are aware that the reporters did their due diligence in pursuit of useful information and the absence of that source was not due to an oversight by the paper.

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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 (email outlook@monmouth.edu) by 5:00 p.m. Saturdays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

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Endless Possibilities of Travel Destinations

CARLENE SANTOS
CONTRIBUTING WRITER

Italy, Britain, France, Germany, Austria: the possibilities of travel destinations are endless. When picking somewhere to travel, one may think that planning a vacation or trip is a lot of work. Sure it can be exhausting, but once it is all planned out, enjoyment of your trip can actually begin.

When you arrive at a certain place, the possibilities of activities are truly endless. The food, the sightseeing, and the people you travel with will make your trip complete. If you do not like the idea of getting on a plane, a road trip to anywhere would be just as great of a trip. A nearby state, or just an hour or two away to somewhere you’ve never been still counts.

Wherever the interest comes from, the trip should be something that will be remembered. Deciding on where you go truly depends on personal preferences. Temperature is one of the biggest decisions of a trip and how you map out your time there. One can either be pulled to the warm weather days of Mexico or the chilly mornings of Canada.

Personally, I prefer the heat of tropical islands and other warm places before the cold. I like to make the best of my trips and try to do things that will be memorable to me.

Every trip I go on my goal is to try something new; either food or activities. I find the most fun branching out with excitement

and curiosity in my heart. By the places I’ve traveled to you can obviously see that. Some of my favorite destinations I’ve traveled to are Spain, California, the Bahamas, and the Dominican Republic. Because these are my top four travel destinations, I will always suggest them to someone who is looking to travel.

With all of those destinations, I have managed to stick to what I want as well as trying something new. I went hiking to natural pools in Spain, saw new sights in California, swam with dolphins and seals in the Bahamas, and ventured to local hotspots in the Dominican Republic.

There are also places that I have always dreamed of traveling to. My top three places I want to experience are Greece, Australia, and Dubai.

Monmouth offers an incredible study abroad program with destinations such as Australia, England, Italy, and Spain. Students may go for the duration of a whole semester, or just for a month during the summer program. Monmouth makes it easy by sending you with other Monmouth students which can ease the transition. The Monmouth study abroad program also provides living situations so you do not have to stress over locations.

The program also makes it easy by not raising our tuition for being abroad. It is the same as an on campus student. Plus, the study abroad office keeps up with you and does not ever



PHOTO TAKEN by Brett O’Grady

Even though senior Brett O’Grady studied abroad in Florence, Italy, she was able to travel to over ten countries. In this photo, she is seen visiting The Cliffs of Moher in the southwestern edge of the Burren region in County Clare, Ireland.

let you feel like you have been forgotten. The office communicates with students and keeps them updated with on-campus happenings. This office is also available to help students and their family with any questions or concerns that may arise at any time during the semester.

Studying abroad is an amazing opportunity to get your credits while being in a new environment to explore and create memories with students and locals alike.

With any trip, you should do the research for each destination, and try to plan out your time wisely. Spend one or two days with tourist attractions and other days doing things out of the ordinary. This way you get the full experience of visiting a place and not just the main attractions. I find it more like going to New York, where the most popular tourist attraction is Times Square.

Having seen Times Square dozens of times and having little

to no patience when it comes to the overly crowded areas, I now prefer to venture out to smaller and less crowded parts of the city. There, you can still find amazing and interesting, different foods and attractions that most individuals would not think to look for.

No matter where your next destination is, look for something you have never done before in a new location; it will absolutely make your time more exciting and memorable.

Today’s Hookup Culture

JASON AQUINO
DELIVERY ASSISTANT

If you are having trouble finding a snack to have with your Netflix Original, the odds are you can get one through your refrigerator - or through your direct messages. You may

want that “sweet treat” to chill with you, but you are split between the happiness that it might bring and the shame you will feel afterwards for indulging.

Hookup culture stems from not wanting to have a serious, romantic relationship, but still wanting the personal connection.

These casual relationships have become the norm for younger generations.

I think it is natural to want an intimate experience with someone under the right conditions. It is alright to want to leave the emotional baggage at the door. The nuts and bolts of hooking

up appear to be simple. However, before you enter through the door, it’s best to know what kind of person they are. Learn a little about their interests and who they are as a person.

Do they like sports, or do they prefer watching anime? Are they shy, or are they extroverted? The more you are on the same wavelength with the person, the more you have a chance of actually enjoying their presence. Having conversations about these topics can help increase your level of comfort with each other and create less awkward situations.

And, perhaps this could turn into more than a one-time thing. A real, meaningful relationship may develop.

If meeting a person “in person” is too intimidating, it can be more convenient to hookup with someone with the aid of online applications. Tinder, Grindr, and Bumble are options that allow users access to each others’ profiles in order to swipe an opportunity for a chance in the bedroom. This is especially useful because each profile has a biography you can read to let you know if you are compatible.

When you “match” with a person you like, all you have to do is arrange a time and a place to meet up. The best part about meeting people online is that after they have left, you can continue to swipe right. There is little emotional attachment to the individual.

However, there are problems with today’s hookup culture. The idea is that both partners partaking in it should agree to each other’s time and have fun. But it

is not for everyone. People may also flirt to the point where it becomes excessive.

If you or someone you know participates in hookup culture, it must be done with consent and respect. This holds true for any type of relationship.

Some people want a relationship that is more romantic. This “real” culture, if you will, is believed by some to be no more than a fairytale since the hookup culture appears to be dominant. However, I believe it is possible to have a more “real” connection with someone.

A person can only experience having a dessert so many times before they get sick of it and begin to prefer the more “broccoli” of bonds -- something more nutritional for the soul. Eventually, someone may want to take it slow and settle down.

If your crush is known to hook up with people, that doesn’t mean he or she won’t appreciate a bouquet of flowers from you and then desire something more serious.

You can choose which lifestyle suits you the best. The hookup culture and real culture are two sides of the same coin, and there are audiences for both sets of customs. If you have a sexual partner in mind, don’t be afraid to let them know you’re interested in them.

Don’t be afraid if no one seems to be interested in having something serious, either. Odds are, you’re one conversation away from accepting a rose. So get out there, make a profile, and swipe right!



PHOTO TAKEN by Caroline Mattise

Dating apps like Bumble and Tinder encourage today’s casual hookup culture.

Partisan Gridlock Leads to Government Shutdown

NICHOLAS COSCARELLI
POLITICS EDITOR

After Congress failed to pass an extension of appropriations funding, the government shut-down at midnight on Sat., Jan. 20.

By Fri., Jan. 19, the Extension of Continuing Appropriations Act, 2018 (H.R. 195) was under consideration to extend funding through Feb. 16. The bill passed the House on Jan. 18, but a cloture vote in the Senate failed 50–49, with 60 votes required to end a Democratic-led filibuster shortly before the midnight expiration of the previous continuing resolution.

This ongoing resolution included a six-year authorization for the Children’s Health Insurance Program (CHIP), which had not been funded since October 2017, and it delayed several healthcare taxes from the Affordable Care Act.

However, Democrats preferred a shorter resolution lasting a few days, intending for hearings to negotiate an extension of the Deferred Action for Childhood Arrivals (DACA) policy.

“The recent government shut-down is a product of a strategic interaction between Democrats and Republicans,” Stephen Chapman, Ph.D., an assistant professor of political science, said. “This began with Trump ending the DACA Executive Order that came under Obama,



IMAGE TAKEN from PolitiFact

Traffic cones are set up outside of the U.S. Congress after the Jan. 20 government shutdown.

allowing Trump and the Republicans to use it as a bargaining chip,” he explained.

Senate Majority Leader, Mitch McConnell (R-KY) accused Democrats of keeping “the government shuttered for American troops, American veterans, American military families.”

Soon after the shutdown began, Senator Claire McCaskill (D-MO) proposed a bill that would ensure that the military would be paid and receive death benefits during the shutdown.

However, McConnell objected, saying to “restore funding for the entire government before [that] becomes necessary.”

“Both parties were steadfast in their disagreements on the continuing budget resolution,

thereby causing the government shutdown,” Chapman said.

“Democrats capitulated to reopen the government with the promise of a Senate vote on DACA, but this issue will arise again as the budget resolution runs out on [Feb. 18].”

As the shutdown became more imminent approaching the midnight deadline, a White House official announced that the Trump Administration hoped to mitigate the impacts of the prospective shutdown.

Unlike in previous shutdowns, the local government in Washington, D.C. continued operating through the shutdown, due to a provision enacted in the previous year’s appropriations legislation, the Consolidated Appropria-

tions Act, 2017.

National Park Service (NPS) facilities generally remained open, although staff were still furloughed and some areas of parks were closed due to lack of staff.

On the first day of the shutdown, the NPS estimated that about a third of its 417 sites were completely closed, including the Statue of Liberty and Liberty Bell. However, national monuments in Washington, D.C. remained open.

Other agencies stayed open by using unspent funds from sources other than annual appropriations, or using fee revenue. The United States Patent and Trademark Office (USPTO) remained open during the shutdown be-

cause it had access to fees already collected in prior years.

The Environmental Protection Agency (EPA) announced that it could stay open for a week, and workers from the Department of Energy (DOE) and Department of State (DOS) were told to report to work on Mon., Jan. 22.

“It appears the Trump administration is willing to move somewhat on their hardline position, with talks of allowing 1.8 million Dreamers a path to citizenship,” Chapman said

However, he notes that it may be difficult to determine how much Democrats or Republicans will compromise with the upcoming midterm elections in November.

“I think a lot of members of Congress will try to appeal to their bases as the elections approach,” Alexis Borrino, a sophomore primary education student said.

“I think Republicans will try to run of how they tried to not give ‘amnesty’ to undocumented immigrants, and the Democrats will play up how they fought for DACA recipients.”

On Mon., Jan. 22, a deal was announced to reopen the government the following day.

The Senate voted 81–18 to end debate and proceed to approving new temporary funding, which will expire on Feb. 18. The House subsequently passed the bill, and the President signed it later that evening.

160 Voices: The Nassar Trial

NICHOLAS COSCARELLI
POLITICS EDITOR

Larry Nassar, a former USA Gymnastics doctor, was sentenced to up to 175 years in prison on Wed., Jan. 24.

Circuit Court Judge Rosemarie Aquilina opened her courtroom to numerous survivors, parents, and coaches who had been affected by Nassar’s counts of sexual abuse. 160 women came forward to recount their assaults by Nassar.

“The monster who took advantage of you will wither,” Aquilina said to one victim who gave her testimony at the trial, “...as you get stronger, as you overcome—because you will—he gets weaker and he will wither away.”

Katherine Parkin, Ph.D., Vice President of the Faculty Association and a professor in the Department of History and Anthropology, explained that the charges levied against Nassar differ from most other sexual assault allegations.

“That Nassar was able, with the power of the Michigan State University and the gymnastic governing bodies, to assault these victims under the cover of being a doctor is distinct from some other sexual assault patterns that we’ve seen,” Parkin said.

“In some ways, this was a relatively easier one for the victims and for observers, because there is no expectation that the teenage girls and adult women willingly sought out abuse from a doctor,” she explained, bringing light to the fact that many other sexual assault allegations are dismissed or undermined.

“Harvey Weinstein, Jerry Sandusky, and most of the other criminals had no pre-



IMAGE TAKEN from CDN-Images

A collage of a few of the many women who gave their testimonies at Nassar’s trial on Wed., Jan. 24.

tense for touching or assaulting the bodies of others, while it is necessary for a doctor to touch patients,” she explained.

Prior to his four-day sentencing, Nassar wrote a letter saying that he was unsure if he could “mentally” endure four days of listening to his victims’ statements.

“You may find it harsh that you are here listening, but nothing is as harsh as what your victims endured for thousands of hours at your hands, collectively,” Aquilina told Nassar after reading his letter.

“You spent thousands of hours perpetrating criminal sexual conduct on minors. Spending four or five days listening to them is significantly minor considering the hours of pleasure you had [at] their expense and ruining their lives,” she said.

Arianna Guerrero, a gymnast assaulted by Nassar, said during her statement that when she was 13-years-old, Nassar told her he

had to look at the size of her pubic bone in order to determine if she had stopped growing.

“You seem to have a hard time looking at me now, but you didn’t when I was half-naked on your table,” Guerrero said to Nassar during her testimony.

Tiffany Thomas Lopez, a softball player assaulted by Nassar while she was at Michigan State, said during her testimony at his trial that she tried to confront two other trainers; she told them that she had been molested by Nassar about ten times.

When Lopez told one of the trainers specifically what Nassar did to her, she “turned bright red” and told Lopez that she was being inappropriate.

After confronting other trainers at the University, Lopez said that they made her feel as if she were crazy for denying treatment from Nassar, because he was a renowned doctor and should be grateful for being treated by him.

“The army you chose in the late ’90s to silence me, to dismiss me and my attempt at speaking the truth, will not prevail over the army you created when violating us,” Lopez said to Nassar in her testimony.

Marie Anderson, a swimmer assaulted by Nassar said during her testimony that Nassar assaulted her number times, even with her parents present in the room.

“My parents, who had my best interest at heart, will forever have to live with the fact that they continually brought their daughter to a sexual predator, and were in the room as he assaulted me,” Anderson said.

Jordyn Wieber, a gymnast and Olympic medalist assaulted by Nassar said during her testimony that admitting she was a victim of Nassar was the hardest thing she had to confront.

“I thought that training for the Olympics would be the hardest thing that I would ever have to

do. But, in fact, the hardest thing I would ever have to do is process that I am a victim of Larry Nassar,” Wieber said.

“What is...clear in this case is that the women coming forward have been doing so across 20 years,” Parkin said.

“We are not necessarily in a new phase of victims having a voice or speaking out, but rather, we are in a new phase of those in authority and those with power being held accountable by those who are now willing to assert that this is unacceptable,” she explained

Parkin said that athletes confronting their encounters with sexual assault will hopefully empower others to confront their own: “Young girls grow up watching these incredible athletes like Mary Lou Retton, Shawn Johnson, or Simone Biles.”

“This helps us empathize with their experience, because if we wish we were them, it’s a lot harder to then think this could happen to them,” she added.

Additionally, Parkin explained that women in the workforce are often left “invisible” when they, themselves, admit or attempt to encounter their plights of sexual assault.

“Hopefully we can start to extend that empathy to those cleaning hotel rooms, working in factories, or picking crops in the fields across this country.”

“It is only when citizens of their community, state, or this country decide that being able to abuse ones’ power should not be allowed, that we will gain public oversight of an insular culture that protects abusers from accountability,” Parkin said.



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VALENTINE’S DAY DONE RIGHT

ALEXA HARIS
CONTRIBUTING WRITER

St. Valentine’s Day. Always on Feb. 14 and always involving love, red, chocolates, and flowers. Like it or not, this romantic holiday is right around the corner. Here are some ideas for you and your special someone, whether they are your significant other or even just a friend.

The first step in deciding what kind of date you want to plan, is to reflect on your relationship. Is it you and your gal pals celebrating your love for each other or is it a burning crush on a classmate? Once you have done that, think about the other person’s personality and what they would want to do. If you can’t think of anything, food is always the answer for everything.

Go to their favorite restaurant, but call ahead with a reservation and or a special request.

You could go to this restaurant any other day, however, asking to see if the chef can change a dish slightly or for printed reservation cards would add to the night and show your significant other that you have tricks up your sleeves.

Sometimes eating at home can be even more romantic. Ask your love interest to dress up and to arrive when you wish, just in time for dinner. Since you are not eating out, it is important to create the environment you want.

Candles and flowers on the floor leading to the cloth covered table, your kitchen island, or even your dorm desk can be the basic romantic notes that keep the night singing love. Pre-plan the food. Homemade? Take out? Heart shaped pizza? Maybe the two of you could whip up a meal together. It doesn’t matter whether or not you are master chefs.

We all may not have the money or ability to do a hot air balloon ride with chocolate and champagne, but there are still other avenues. If your partner has an interest in the arts,

art galleries can do the job, especially if it’s their favorite kind of art or artist. A private ceramics lesson could also be fun to create something together, besides the fact that you’re basically Demi Moore and Patrick Swayze from Ghost.

For nearby, try some art galleries in Asbury Park or if your tank is full, make your way to the heavily acclaimed Whitney Museum in Manhattan or the interactive Grounds for Sculpture in Hamilton, New Jersey. For theatre, Papermill Playhouse is known to generate both raw talent and standing-ovation worthy performances.

When going out, the world of romance is your oyster. The options are limitless! If the weather permits this year, a picnic at Weltz Park in Oakhurst or even at Sorrentino Park down the street from campus would be fine. Decorate with balloons of your choosing, make sure to use a tablecloth of some kind, or a vase of flowers and LED lights. More unique ideas include playing classic retro games with your date, or a friend, at Yestercades.

Stop at the local animal shelter to share love with cats or dogs. At the Monmouth County SPCA, the both of you or your group of friends can receive some short training to socialize with these furry animals. Let’s be honest, it is also so heartwarming to see your partner petting an animal.

For more community service inspiration, maybe purchase a meal for a homeless person. It is always great to give back to the community. Another interesting date would be going under the pretense that you and your significant other are an apartment or home seeking couple. Probably recommended for more serious relationships or those who can make the most out of it. Together you can dip your toes into domestic life affairs and spend the day across towns doing something you may never have done.

Consider heading to a local thrift store and put together

wacky or rather fashionable outfits under \$10 to add a competitive edge to the date. Also, let us not forget our college loans; Groupon is your best friend!

If your boyfriend or girlfriend is far away this time of year, have no fear, long-distance relationships can sometimes be even sweeter than others. Plan their day. Seriously, you already know their schedule and where they are, so plan something cute. Send them an itinerary what to do, what to wear, where to go. Maybe you both clicked together over a peanut butter and jelly sandwich; ask them to make and eat one with you as you video chat.

More props if you send them the ingredients to cook a dish or order their favorite takeout meal to them, it is all about what you can do to make the day more romantic and special. Maybe there is a scenic view nearby, ask them to head over in that direction to show you. You can even reach out to their friends to help out with forming a scavenger hunt of love notes from you.

Try to send out a physical Valentine’s Day card in time. Another virtual date idea would be to play video games if you both are gamers or watch a show in sync using the app Rabb.it. Maybe start and end your day together with a similar note by watching the sunrise and sunset in each of your surroundings. Part of what makes long distance relationships sweet is the anticipation to be back together, consider brainstorming a bucket list of things you want to do together. Remember, distance makes the heart grow fonder and that the same moon and stars you see each night, are what your love see each night before going to bed. The possibilities are endless!

If you are into simplicity, keeping things low key, can be the key to someone’s heart.

When asked about the basics, “Grabbing a Slurpee to sit at the corner and discuss life” is the



PHOTO TAKEN by Campbell Lee

Valentine’s Day is a great way to show your significant other how much you care.

answer from junior computer science student Emerson Hidalgo. Knock off a movie from your never-ever ending list or catch a new flick at the theater. Recreating your first date would not only bring back memories of when everything was exciting and sweet but can have both of you reflect on how much as a pair you have grown.

Bookworms, here is one for you; read a book to each other taking turns or even highlight lines that stood out to you and have your significant other read them. Fill out a “How well do you know me?” quiz you each created. Sometimes the basics are all that you need to celebrate the day. It is, after all, just another day with your partner.

Some lovely add-ons to make the day more memorable are to ditch the typical Hallmark’s Valentine’s card, pick out a love letter written by those from the past like Napoleon or lines from Shakespeare’s plays as your card. “We just write each other a letter,” assistant professor in art history Corey Dzenko stated with a smile. If

you are a couple who don’t mind a break in routine or are simply adventurous, try or do something new altogether. Make sure to do something tasteful and in tune with your partner.

College students gather round! Head to the dollar store, pick up a deck of cards to create a personalized “52-Things-I-Like-About-You”. Other simple DIYs can be found on Pinterest as well. With even leaving a lovely note in a place they might not expect will always be a pleasant surprise. “Creating a playlist is always good, even for my friends,” sophomore art student Diana Richard recommends. Let it be known, flowers and candles are always a nice touch. And always vocalize your feelings!

Any of these dates and gestures are totally up for grabs for any other day you spend with your love, what makes these suggestions or other ideas of your own is how you customize the date to send love sparks. The thought you put into your significant other will show. Happy Valentine’s Day to all.

The Life-Saving Benefits of Donating Blood

MELISSA BADAMO
STAFF WRITER

The importance of donating blood is underestimated by some and disregarded by many. Donating blood is more significant than people realize; those in need of surgery as well as those with severe diseases and injuries are the primary recipients of donated blood. In fact, your own classmates may one day be in need of a blood transfusion.

Monmouth University offered a blood drive on Tues., Jan. 23 and Weds., Jan. 24, located in Anacon Hall of the student center. Here are just a few reasons why donating blood should be considered by Monmouth’s own students and staff.

First off, the most significant benefit of donating blood is helping others in need. In fact, taking only ten minutes out of your day to donate can help save multiple lives and inspire others to donate as well. Not only is donating blood beneficial to the recipient, but it can also be very rewarding to the donor. According to the American Red Cross, your blood pressure, hemoglobin count, and body temperature will be checked before you donate; you can think of it as a free check-up.

Afterwards, all donors can help themselves to a variety of free snacks; now that’s an offer you can’t refuse! Not to mention, there’s no refusing the feeling of accomplishment gained after knowing that you can make a world of difference in so many people’s lives.

Donating blood is especially important to senior software engineering student Matthew Drew. Regarding his experience at the blood drive, he shared, “I’ve donated blood so many times... everyone can do it, and I had a great time.” Donating blood can have a personal val-

ue to some, including a friend of Drew’s, who relied on blood donations for a heart transplant. It is especially rewarding to donate blood knowing that you are giving back to a close friend or family member.

Freshman accounting student Sandra Chen also takes time out of her day to save a life in the form of blood donation. “So far, I’ve donated blood four times,” reported Chen. “The Central Jersey Blood Center has a loyalty program, where every time you donate blood, you get points.” These points can be redeemed online for a variety of

prizes such as gift cards and T-shirts. Not only is donating blood beneficial for those receiving it, but you can also get rewarded for your selfless act. Upon joining the community on The Central Jersey Blood Center’s website, you can gain points after donating, for taking an online follow-up survey, and for donating on bonus days, which usually fall on holidays.

Specialist professor of biology Dr. Jeffrey Weisburg delved further into the importance of blood transfusions. He explained that those with hemophilia, a condition that prevents

the normal clotting of blood, “need transfusions that just contain the clotting factors. There are other [components] that they take from blood, not just red blood cells.”

When asked about his position on donating, Weisburg responded, “It is very important... I think everyone should who is able to should donate.” Everyone who has the ability to donate their own blood holds the power to save so many lives.

If you wish to donate blood and be a lifesaver, take advantage of the next blood drive opportunity. On Tues., April 3, Monmouth will be hosting a blood drive from 11:00 a.m. to 6:00 a.m. in Anacon Hall of the student center.

On Tues., June 5, a mobile bus will be available from 11:00 a.m to 5:00 p.m. As long as you make sure you eat well before the donation and meet certain eligibility requirements, such as the weight minimum of 120 pounds, you can arrive to the donation knowing you will save a life. If you are unable to donate, do not fear! You still have the opportunity to make a difference by encouraging others to donate, as well as joining the community and becoming a volunteer at a blood drive near you.



IMAGE TAKEN from iStock.com

Donating blood is a great way to do something good for someone who really needs it.

MONMOUTH UNIVERSITY LECTURE SERIES: A "GRAMMY MOMENT" WITH UNIVERSITY ALUMNUS BOB SANTELLI

GRAMMYS continued from pg. 1

past Sunday evening on Jan. 28, and was presented by CBS.

An average of 36 million people worldwide tune in their televisions each year to experience the magic of the Grammys in the comfort of their own living rooms.

Suprisingly, ratings took a stumble this year-- a big stumble.

According to ABC News, just under 20 million had watched Sunday's show.

Viewers in the high millions are the expected response to the biggest, most anticipated night of the year in music; apparently this year, a lump sum of those millions decided to dedicate their attention elsewhere.

Before beginning his lecture, sophomore communication student Victoria Roberts sat in her seat, eager to hear what Santelli had to say.

"When I saw the flyer, I knew I had to come sit in the audience," Roberts said.

"I can't wait to hear his experiences from the entertainment industry, especially since he graduated from here. It makes it seem like my dreams are equally in reach as his were."

The crowd hushed and Santelli's voice took the lead.

"It's been 15 years since the Grammys have been in New York City," Santelli said, but turned his attention immediately when a familiar face in the crowd caught his eye.

He squinted in the direction of what stole his focus.

"I see my brother here." He said while pointing him out with his index finger, wearing a huge smile.

"Really?" Santelli joked. "Second row, seriously? Don't you see me enough?" The audience joined in and chuckled in unison.

The spirit of the room increased upon this action and set the tone for his lecture.

This first impression was able to reveal the relatable, humble, genuine, and charismatic qualities the man in the suit holding a microphone.

He continued back to business

and regained focus.

"I am going to provide you with a primer, basically the A-B-C's of everything Grammys," Santelli told the crowd.

"So, when you tune in on Sunday, you will have a greater appreciation and understanding."

Santelli began by explaining that it took a "very long time" for the award show to become "hip."

"1958 wasn't THAT long ago when you think about it," he said. "During that time, people were still listening to music recordings on clunky gramophones."

A contest was held during the very early stages of the then nameless event with a nameless award.

In hopes to find a name that made the most sense, they requested submissions from the general public.

"Some little old lady from New Orleans coined the name 'Grammy' inspired by the gramophone. She sealed the deal on naming the award," Santelli said.

"She literally won, like, five bucks. And then probably a recording of a song."

The crowd chuckled and Santelli joined in, but he reassured the audience knew he was definitely not joking.

"Now, it is the most prestigious music award," he emphasized.

"It is prestigious enough to attach the words 'Grammy Nominee' to their name, even if he or she never win a Grammy."

Santelli used the example of the late musical legend, Elvis Presley.

Presley never won a Grammy for his pop music that captivated any audience.

Instead, he was awarded for his gospel records.

Who would've thought?

What separates the Grammys from award shows like *The American Music Awards* and others similar, is the vigorous process of deciding the nominees.

The Grammys has a team composed of over 22,000 creative professionals.

Musical masters are hand selected and are installed into an organization called "The Recording Academy."

In simpler terms, this is the or-



PHOTO TAKEN by Nicole Ingraffia

Despite having a train to catch, Santelli takes a knee to answer questions from senior communication student Tyler Shackles.

ganization that works extensively together to produce the groundwork for the slates of nominees for each category.

Those 22,000 individuals, each with their own area of renowned expertise, are then divided into 12 chapters depending on their location.

These chapters of The Recording Academy are widespread throughout the nation to make analytics flow as smoothly as possible.

Within these 12 groups, only about 14,000 are considered the "voters."

They work silently, but efficiently.

"Those who decide which artist will receive nominations have to understand the creative process," Santelli said.

"They have to be in the industry. A songwriter, a script writer, a sound engineer... It needs to be a mix."

These are all people who

would be on voting committees.

"And like all committees," Santelli continued, "There is arguing and disagreement. There is a lot of thought and reasoning."

Think about a group of your friends or enemies sitting in one room to discuss an award like, "Album of the Year." Sounds like a fight waiting to happen, right?

Transitioning topics, the Alumnus adjusted his glasses and expressed his excitement about returning to the Big Apple after over a decade of the Staples Center in Los Angeles being the home to the last 15 shows in a row.

Santelli shared with the crowd that he only had two minor complaints about relocating for the 2018 show.

"Madison Square Garden doesn't have a coat check," he said.

"And as we all know, the weather on this coast is unpredictable. The chances of snow are large, which calls for obvious concern for our guests."

Santelli went on to explain that the portion of the Grammys that airs on TV is only a small portion of the musical event compared to its totality.

"There's a pre-show to award other industry professionals."

"In reality, that's an insane amount of time for women to be in their high heels, guests to be carrying their coats around, and when snow is added to the mix, it just adds extra stress to all of us."

Speaking of stress, in addition to a risky change in location, every four years the Grammys is pushed up two weeks due to the broadcasting of the Winter Olympics, who have priority over the show; this was the case for this year's event.

This was one of the handful of years that had to sacrifice two very crucial weeks of planning. It may seem dramatic, but every second counts to ensure a seamless night of entertainment and celebration.

"Currently, we are still running over time by three minutes and six seconds," Santelli explained.

"The next step is working through the script and seeing what words we can drop until we

cut it down, second by second."

Santelli ended his lecture with a 20 minute compilation of "Grammy Moments" video clips.

A Grammy Moment can be described as an occurrence you will usually only be able to witness on the Grammy stage.

A moment that sticks out to Santelli is when Elton John and Eminem performed together and held hands concluding their duet.

It was so memorable because at that time, Eminem was known for his homophobic lyrics and open expression of hatred towards the LGBTQ+ community.

Right before he concluded his lecture, he allowed the audience to raise their hands and ask a handful of questions.

A member of the audience asked the last question, where he requested Santelli to recall a time where an artist was supposed to perform but never came through.

Santelli pondered and reflected on the unpredictability of the Grammys.

"The main thing that comes to my mind when I hear this question is the death of Whitney Houston," Santelli said, altering the question so he could better respond.

"The day before the 2012 Grammys, Jennifer Hudson was at rehearsal, gushing about how much she admired Whitney's music," he recalled. "An hour later, we received a phone call that she had passed away."

Santelli told of Hudson's cries of shock and sadness and somehow, under 10 hours, Jennifer Hudson was able to convert her performance to a beautifully sadening tribute to honor Houston.

Santelli transitioned this into a heartfelt "thank-you" and invited the audience members to join him for a cup of coffee in the lobby before he hopped on the last train back to NYC.

The audience erupted in applause; Monmouth is truly lucky to have an alumnus as loyal and genuine as Bob Santelli, as he greeted everyone who lined up to shake his hand, without letting on that he should have been on the train a long time ago.



PHOTO TAKEN by Nicole Ingraffia

Bob Santelli (right) poses with current *Outlook* Entertainment Editor (left) Nicole Ingraffia. He shared that like Ingraffia, he spent his senior year at Monmouth University with the same role of editing the Entertainment Section of *The Outlook*.

"CALL ME BY YOUR NAME"
CALLS FOR AN APPLAUSE

MARK MARRONE
STAFF WRITER

Starring: Timothée Chalamet, Armie Hammer and Michael Stuhlbarg.

It's Jan. 4 in Trenton, New Jersey.

Most of the day has been spent shoveling because of a massive snow storm that covered the sidewalks and streets.

In the evening, I went sledding with my old pal and we got a thrill ripping down a padded down staircase in a toboggan.

The next day, nearly all the streets were plowed, which presented an ample opportunity to attend a movie, which I was so badly craving to do.

It was a 40 minute drive to get to the theater, which was tough in 20 degree, limb-numbing weather.

The wind was gusting around my car, but luckily the heat hasn't broken yet.

At the theater, I sit in *Call Me by Your Name*, which is set "somewhere in Italy" during the hot summer.

The blistering sun beams from the summer sky.

People walk around the cobblestone streets in loose short clothing.

Dips in the lake are encouraged throughout the day to keep cool. Bike rides are a nice way to get around town, with the cool breeze running through a cyclist's hair.

Can I get on a plane to "somewhere in Italy" now?

Set in the early 1980s, someone who vacations with his family "somewhere in Italy" is Elio, played by Timothée Chalamet.

Elio does what most kids do in any easygoing town: playing F.R. David on a walkman, dancing at the outdoor club some nights, having a cigarette and scotch once in a while, and cooling off with a drop in the lake everyday.

But things change for Elio when Oliver, played by Armie Hammer, lives with his family for six weeks to intern for Elio's father, played by Michael Stuhlbarg.

Slowly, Elio becomes attracted to Oliver and the two bring more heat to a scorching Italian summer.

Beautifully shot by Sayombhu Mukdeeprom with a nice soundtrack, *Call Me by Your Name* focuses on trying to find an answer through all the confusion and takes it's time with slow pacing.

Also, may I point out, the film is nominated for three Oscars, which include awards such as Best Picture and Best Actor for Timothée Chalamet.

Wherever "somewhere in Italy" is, Mukdeeprom has gotta let us know. Mukdeeprom's cinematography transports the viewer to a calm environment that oozes summer.

The small Italian town has rustic architecture and tight alleyways as the sun beats down on the gray cobblestone streets. A short bike ride outside the town and one will see the sprawling lakes, where the crystal clear water glistens under the shining moon.

It's an environment made for summer perfectly captured by Mukdeeprom that woos the audience, especially in the chill of winter.

The soundtrack compliments Mukdeeprom's camera-work with bumping eighties hits and dreamy piano tunes.

When the camera focuses on an electric outdoor dance floor or Elio with his headphones on, expect the stylings of Bandalero to take control of your hips.

Then for a bike ride along the winding plains or walks around the open backyard, your mind will drift in a state of comfort with pieces composed by artists like Bach.

In addition to the songs picked by Robin Urdang, there are two original songs written and sung by Sufjan Stevens.

Stevens' whispering songs come down the stretch and seamlessly capture the atmosphere. If you can't make it to the theater, at least buy the original soundtrack.

At the center of the cinematography and soundtrack is Elio, who battles internally and externally, because of his uncertainty about his sexual-



IMAGE TAKEN from whereyouwatch.com

In a journey of self-discovery, not only does Elio look at women differently, but he "can't even eat a peach."

ity. Elio initially seems to be like any other seventeen-year-old boy who chases around girls on hot summer nights.

However, once Oliver comes into Elio's life, everything drastically changes.

Not only does Elio look at women differently, but he can't even eat a peach.

The discovery of Elio's sex-

uality overwhelmingly provides a lot of questions for the teenager, like how to conduct himself or if his way of life will be accepted by others.

As for Elio's admiration for Oliver, it at first feels unrequited.

Elio wants to profess his attraction to Oliver, but he's not sure if he'll accept it.

After the two spend time together and get closer, Elio doesn't know how far it should go.

In the early stages of finding one's sexuality, there is of course a plethora of questions: *Will I be accepted among friends and family? Is this who I really am? How should I live my life? Should I keep my sexuality a secret or open?*

In addition to these questions, there's the thought process of handling one's first love: *How far should it go? How much should I invest into a relationship? Can I get through a broken heart?*

It feels like an endless marathon of a *Sixty Minutes* interview, spinning through one's head, but inevitably, life doesn't hand out answers.

One must go through an age of self discovery to find themselves and that's what Elio en-

counters.

It's hard to answer all the *Sixty Minutes* questions, thus Elio's understandable confusion.

Considering this is a pivotal moment in Elio's young life, the pacing goes slow to take in his thought process.

There's no sense of urgency, drama or climactic scenes.

It feels like everything happens to Elio naturally. The story line mirrors the relaxed atmosphere.

Sure frustration and sensual tension builds, but it occurs smoothly.

It's nice to sit back and have no forced drama or big arguments.

This is an organic look into a young man discovering an unknown part of himself.

Following *Call Me by Your Name* it was back into the blistering chill, but a part of me felt warm.

Yes, the journey to a sizzling Italian summer helped, but Elio's story took a piece of my heart.

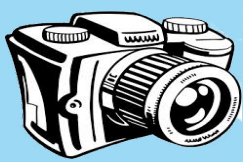
It was calming to follow Elio's story. There were some tears and laughs, but Elio's journey to realization felt satisfying in the end.

MARK'S REMARKS:

"It's nice to sit back and have no forced drama or big arguments. This is an organic look into a young man discovering an unknown part of himself."

MARK GIVES *CALL ME BY YOUR NAME* 3 OUT OF 4 STARS





MOMENTS AT MONMOUTH



LEFT:
A GORGEOUS SUNSET FROM
THE BOARDWALK OF PIER
VILLAGE, REMINDING US
THAT SPRING IS ON THE
HORIZON.
PHOTO COURTESY OF: AMY
PINARD



RIGHT:
DISAFFILIATED MEMBERS
OF ROH GAMMA HELP
TO GUIDE POTENTIAL
NEW MEMBERS TO THEIR
PERFECT ORGANIZATION
DURING PANHELLENIC
RECRUITMENT. (FROM
LEFT: DEMI DENTES,
TIANNA FOUGERAY,
JACKIE
THOMPSON).
PHOTO
COURTESY
OF:
DEMI DENTES



LEFT:
SENIOR GUARD AUSTIN
TILGHAM SCORED A TEAM-
HIGH 20 POINTS IN THE
67-56 WIN OVER SIENA ON
THURSDAY NIGHT.
PHOTO TAKEN BY:
KARLEE SELL



RIGHT:
MONMOUTH STUDENTS
HAD THE OPPORTUNITY
TO ATTEND THE
BROADWAY SHOW
ONCE ON THIS
ISLAND WITH A TRIP
SPONSORED BY MU
PLAYERS.
PHOTO TAKEN
BY: KERRY
BREEN



Don't see your picture this week?
Check back in next week's issue for more Monmouth students' photos!



*Who do you want to win the
Super Bowl?*

COMPILED BY: NICOLE RIDDLE



**Freddi Lake
Junior**

"I don't like either of them. I want Justin
Timberlake to win the halftime show."



**Roni Cervelli
Sophomore**

"I want the Eagles to win."



**Jason Aquino
Junior**

"I'd put my money on the Eagles."



**Heather Halczli
Junior**

"Hm, I'm going to say the Patriots."



**Erin Brehn
Disability Specialist, Disability Services**
"I want the Eagles to win."

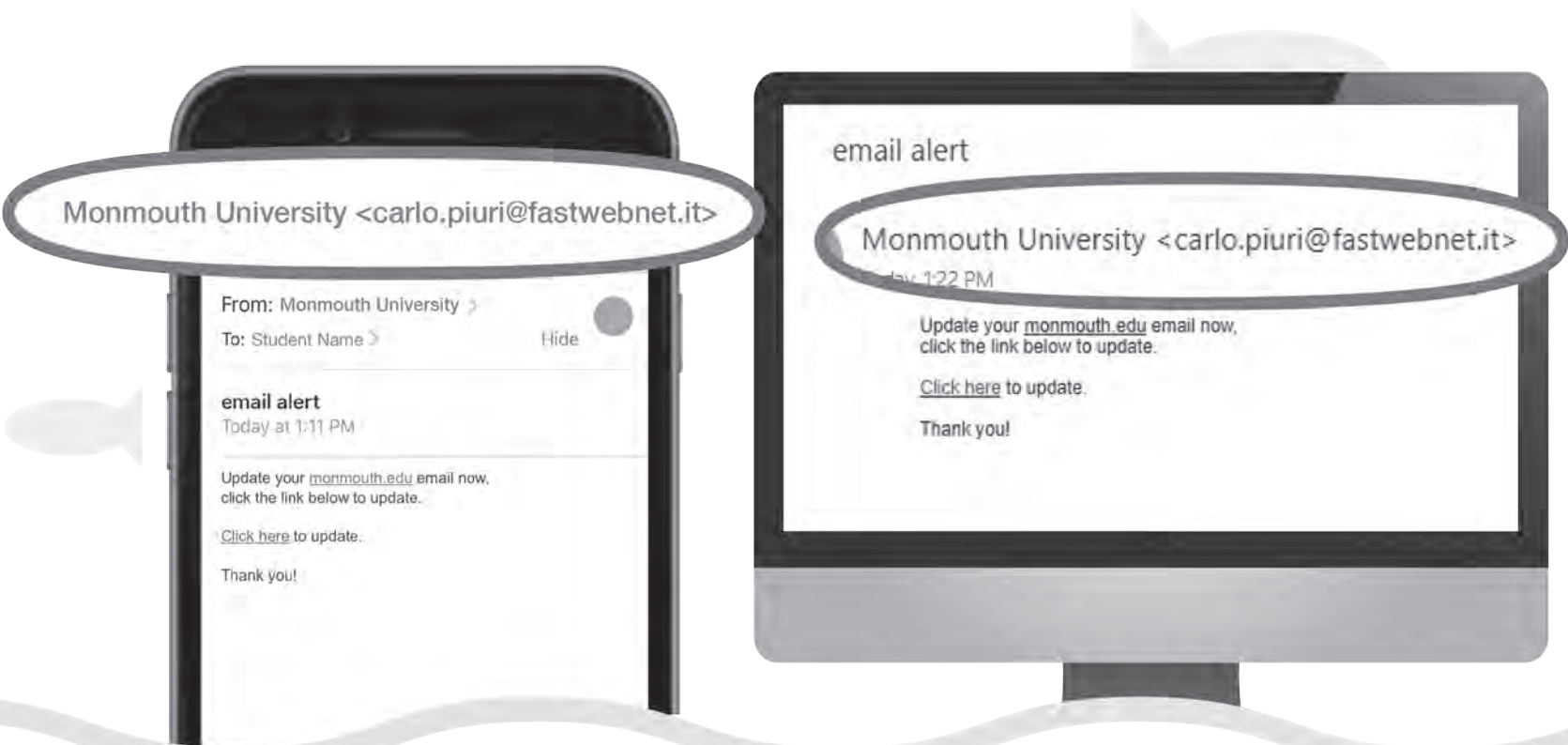
Don't get caught...

Learn the signs of phishing attacks

Phishing schemes seek to compromise our systems or gain access to your personal data.

The images below are examples of phishing attack that occurred on January 27, 2018.

1 Messages that may look legitimate but are not.



2 Incorrect URLs even though it looks like our site.



Some other signs indicating phishing attempts are ultimatum, no signature or contact information, too good to be true offer and spelling/punctuation/grammar errors.

Please contact the Information Management Help Desk at 732-923-4357 (HELP) or by e-mail: helpdesk@monmouth.edu if you have any questions.

Information Management will never ask for your login or password in an e-mail!

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Spring Into This Semester With SAB

KENDALL LOTOSKY
CONTRIBUTING WRITER

The Student Activities Board (SAB) is dedicated to creating events that enrich the college experience and encourage on campus involvement. Through membership or attending the club's events, students have the opportunity to mingle and

enjoy free programming that features exciting activities and freebies. Crystalyn Espinal, the Assistant Director of Student Activities, believes that it is important for students to take advantage of SAB's programming to get the full college experience. "Students should attend the SAB events or even become in-

involved with the club because both ways offer an opportunity to be a part of something fun, make friends, and just get away from the pressures of school and studying," said Espinal. This semester the club has been working to bring unique and exciting events to campus as seen through some of the club's past and future events. Winter Wonderland was held in Wilson Hall from 7 to 10 p.m. There was an iceless ice skating rink, stuff n' fluff penguins with SAB shirts, snow globe making, hot chocolate, and snacks. Psychic Night took place this past Thursday from 6 to 10 p.m. There were four psychics to tell you what your future holds. Emily Marsh, a junior business administration student and SAB e-board member who organized the event said, "I've been wanting to bring an event like this to campus for a while and it was really cool to see the student body so excited for it and attend it." The Do-nut Stress will include a station to decorate your own donuts with different icings and toppings. There will be free coffee as well as four coffee caricature artists that will draw a portrait of you out of the coffee. Lastly, there will be do-it-yourself coffee tumblers for you to create all on your own to take home. If you're stressed and need

donuts in your life, you "donut" want to miss out on this event. SAB plans events to relieve the stress of deadlines, exams, and all-nighters for college students to help them express themselves through university-sponsored events and trips. The following events are planned for this semester: The Martin Luther King Co-Sponsorship, Do-nut Stress, Monmouth Arcade, Around the World cultural event, Devils Game, Coffeehouse Concert, and New York City trip. Once the temperature starts to rise on the East coast, SAB will be hosting a concert on the quad, beach clean-ups, Earth Day festivities, and Wipeout. There will also be several events dedicated to raising awareness for disabilities and charities on campus. The organization hosts events that cater to every individual's interests. "Each event is 'big' in their own way and offers something different to students. They have trips, concerts, comedy, game, awareness/community service, and other types of events planned...I would say just stop by them all," said Crystalyn Espinal. Not only does SAB offer exceptional experiences for current students but members are able to gain valuable skills for their future career endeavors through the possible leadership

positions. Amber Galati, a sophomore accounting student and e-board member said, "SAB is a club that gives you so many opportunities to grow as a person. Being a general member last year, I was able to get a glimpse of how events run on campus. Now being the Comedy Chair and the Travel and Tour Chair, I get first-hand experience on planning events for the student body." Galati continued, "Being on e-board enables me to network with other clubs to bring bigger and better events to campus. SAB has a hand in many of the events here and it is touching to leave my footprint on this campus with the events I have and will put on in the future. Just after a year and a half on being in SAB I have grown out of my shell and have really found my niche here at Monmouth." SAB offers endless opportunities for students to make memories and connections during their time here at Monmouth. If you are interested in getting involved there are general members each week at 3 p.m. on the third floor of the Rebecca Stafford Student Center. Also, make sure you pick up an event calendar to stay up-to-date on all the university happenings this spring!



PHOTO TAKEN by Amber Galati
The Student Activities Board (SAB) brings fun and exciting events to campus for students.

Do it for the Culture: An Alternative Break

ALEXA OLAH
STAFF WRITER

The Alternative Winter Break Program, led by International Student Advisor, Corey Inzana returned on Jan. 7, from their nine-day service trip to Haiti. Monmouth University students spent part of their winter break in Canaan, Haiti working on construction for an orphanage, church, and school. Students say the experience was rewarding and applicable in many ways. Mary Kate O'Rourke, a senior psychology student has now been on the Alternative Break trip two times. In preparation for Haiti, O'Rourke considered the lessons she had learned a few months prior when she was in Nicaragua on the Alternative Summer Break trip. However O'Rourke explained, "When I got to Haiti, I was not prepared. I was prepared as I was safe and with great company, but my eyes were not prepared." It took days to adjust to the cultural and geographical differences of Haiti but the love she experienced there, helped her to become acclimated. On this trip, students stepped outside of their comfort zone in both big and small ways and often displayed great selflessness. Celine Powell, a freshman education and history student said, "One moment I will never forget was when the kids started chanting my name to sing." She explained that she was hesitant but in that moment, realized that it wasn't about herself. "I sang for them and danced and the joy they had on their face made me tear up," Powell explained. Nicholas Verzicco, a junior business administration and finance student recounted his experience working with the kids in Haiti as well. Verzicco said, "To see little children probably around four or five, like my niece and nephews, helping us move rocks and having fun was just eye opening." The trip was filled with new and eye-opening experiences for students and advisors alike. Co-advisi-

or of the Alternative Winter Break trip to Haiti, Beth Brody attended this trip as her fourth Alternative Break Trip as a faculty advisor. "Over the years, I have witnessed incredible sacrifice, generosity, strength and love from our students," said Brody. She explained that this most recent trip was particularly moving for her. On her last day at the orphanage, she witnessed a student remove his socks and sneakers to donate to one of the children at the orphanage. Brody continued, "This student did not even have an extra pair of shoes with him while at the orphanage, but going barefoot for an hour until we got back to our house was not an issue for him. In fact, all 15 students on this trip gave away some of their clothes and shoes without a second thought." It has been commonly noted that most students come home

transformed, with a renewed understanding of what is truly important. "The transition back to life in New Jersey is difficult. I go through it myself. But the students are now friends forever, relying on each other, reminding each other of how to make their mark in the world and continue to help those who can't help themselves. To me, there is no other program on campus that transforms our students to this degree - they all now have it in their hearts and minds to find a way to help make someone's life a little bit better, whether it be around the world or here at home," said Brody. The Alternative Break program truly provides students with an eye-opening experience to expand their cultural horizons and embrace a deeper sense of appreciation for the little things we take for granted each and every day.



IMAGE TAKEN from Monmouth University Twitter
The Alternative Break Program in Haiti gives students the opportunity to give back to the global community and gain cultural experiences.

Club and Greek Announcements

Students Advocating Girls' Education (SAGE)

SAGE is dedicated to equal access to education and the betterment of the campus community through social justice, gender equality, and feminism. SAGE hosts a number of events on campus to raise money and donate to organizations and communities which improve access to quality education for women and girls, both locally and globally. They also increase campus awareness of social issues and current events pertaining to women's rights. If you are interested in joining, please contact the club president, Kaitlin Allsopp, at s1034953@monmouth.edu.

S.P.E.C.T.R.U.M

The LGBTQ+ club, Sexuality, Pride, Education, Community, Truth, and Unity (S.P.E.C.T.R.U.M) will be hosting their "Expression" festival today Jan. 31 in Anacon Hall on the second floor of the Rebecca Stafford Student Center from 7:30-10:00 p.m. Ticket are \$5 for students and \$7 for guests. All proceeds will be donated to the Ali Forney Center. Make sure you stop by!

NSSLHA

The National Student Speech Language Hearing Association is a organization where aspiring speech-language pathologists can learn more about the field from current graduate students and professionals guest speakers. Meetings are typically held at the Monmouth University Graduate Center on Route 36. If you are interested or want to learn more, email NSSLHA President Stephanie Parada at s1171150@monmouth.edu.

Hawk TV News

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

Super Santonastasso

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

For those of you who have (somehow) not heard of Nick Santonastasso yet, I'd like you to take mental note of this statement before he becomes a household name: He is *hands down* the most influential young adult and will hold this title for generations to come.

Upon hearing his story, you will stop making excuses for yourself and start each day with the ambition and positivity Nick showcases each day of his life.

I first met Nick about three years ago; my mom informed me that this young man—that appeared on the screen of my phone while scrolling through videos on my Facebook feed—was apart of our family through marriage. I remember I nodded my head and said, “sweet,” as I scrolled past the footage.

Looking back on that moment, I truly had no idea that this social media figure on my screen and I would form the incredible bond that we have today.

Flash forward to last summer, My phone buzzed in my back pocket, signaling the “text message” notification.

New iMessage From: Nick.

I opened the alert.

Guess who's moving to Florida???

Nick Santonastasso informed me he just made the biggest decision of his young life and career—to pack up all of his belongings and buy a one-way ticket to Florida.

I stared at my phone and reflected on every moment I had the opportunity to experience with Nick; words alone cannot begin to convey what it is like to experience the motivation that Nick exudes just by being in his presence.

The last time I saw Nick was the night before he moved. We met up for dinner so we could say our see-you-laters before he embarked on his new journey to chase his ambitions all the way to Tampa, Florida.

He sounds like your average 21 year old, but trust me—it would be a disservice to identify him as just that. So what's the catch?

Born and raised in Bayville, NJ, Santonastasso was born with an extremely rare syndrome called Hanhart, which is the incomplete development either body parts or

organs. For Nick, he was born one arm and no legs.

The life expectancy of those who are affected is short; statistically, he should not even be alive, considering he was given only a 30 percent chance to live. There are only 12 individuals recorded in medical history at the time of his birth that were born with Hanhart.

“Of those 12, only four survived,” Santonastasso said. Doctors predicted Nick wouldn't make it past his 1st birthday; this was first of many presumptions he overcame.

Santonastasso has single handedly curated a lifestyle tailored to his needs in order to focus on his abilities—not his disabilities.

But it's not as simple as it sounds. In middle school, Nick fell into a depression and despised the fact that he was born this way. At the time, Nick's right limb's bone was growing faster than his skin, which limited him to physical activities. he then made the brave decision to amputate a portion of that limb in order to join the wrestling team.

Santonastasso later went on to become the 106 pound varsity wrestler for Central Regional High School where he defied all odds pinned against him.

“I couldn't understand why I was getting standing ovations, even when I lost,” Santonastasso explained. “Parents in the crowd would approach me to tell me that their son or daughter never wanted to try new things until they saw me wrestle on that mat.”

That ignited a wildfire in Nick that will never cease. This is the first time he realized the impact he had on others by simply living his life to the fullest; he began to wonder how many people he could impact on a larger scale if he shifted his focus to solely that mindset.

If his name is starting to ring a bell, it may be because in high school, he went viral for pranking people on the social media app called Vine. He would dress up as a zombie in department stores to frighten the shoppers and capture their reactions on cellphone footage to upload on Vine.

This was a pivotal stage for Nick because he wanted to find a purpose unique to him behind his condition.

His father, Michael Santonastasso, explained, “Since he was

little, he was always finding ways to make his situation positive. I knew pranking probably wasn't going to last long, but we loved to see him succeed in whatever he put his mind to.”

As his father expected, pranking people ultimately became unfulfilling to Santonastasso, but he continued to do it. He had a substantial following and a crowd to please.

Considering his already-prominent social media presence, he filmed a prank and appeared on an episode of “The Walking Dead.” When he finished filming, he began to reconsider his options and realized his self-value. In turn, this ignited a whole new passion.

“I knew I could be so much more than just a ‘prankster’ or a ‘zombie,’” Santonastasso said, “and that's why I wanted to shift my career path in a new direction. I wanted to try fitness.”

Upon transitioning his area of focus, the response was uncertain when he started posting pictures and videos of him working out; his current followers were confused at his new content.

“The first year didn't go well,” he explained, “I was motivational because of my condition, but it wasn't impressive. I don't think people knew how serious I was about it.”

It took almost two years of dedication and training in order for Santonastasso to be taken seriously by those in the work-out world, but that perseverance paid off. With his new-found passion taking off, he realized another ambition of his: Key note speaking.

A mission he prioritizes is to instill in people that there should be no excuses when it comes to pursuing dreams and that the only limits you have are the ones you put on yourself.

“The most successful people fail all the time. Every single day,” He explained, “Being fit will never go out of style. Social media and pranking people will. I realized my potential and I want other people to realize theirs.”

In order to fully commit to his vision he moved to Florida where He immediately began to prepare for the “Iron Bay Classic,” a body building competition, where he followed a strict diet and engaged in intense physical training daily.

Just two weeks away from mak-



IMAGE TAKEN from Nick Santonastasso's Instagram
Santonastasso has become an influential figure on social media with a following of about 400,000.

ing his competitive body builder debut, he flew out to Las Vegas' “Mr. Olympia” expo to meet fans and surround himself with professionals in the body building field.

After the expo one day, Nick found himself in a gym close to his hotel to gear his focus back on training, ironically sharing the space with someone who was there to do the exact same.

That “someone” happened to be Dwayne “The Rock” Johnson. Nick was minding his own business and focusing on his workout, when he was interrupted by a member of Johnson's security team. “Dwayne would like to meet you personally,” the man in a suit informed Nick.

Santonastasso describes this moment as “humbling” upon learning that they were mutual fans of each other.

Two weeks later, the day of Nick's body building debut, Johnson posted a photo on his instagram where he thanked Nick for sculpting his perspective that much more on life.

With almost 400,000 followers on Instagram to date, Santonastasso finally found confidence on

this path he chose in order to follow his dreams and creating his own empire that he named, Raw Mettle Enterprises.

Ultimately, it began as an organization name for his key note bookings, but Nick soon created strategic plans lined up in all fields, such as educational programs, modeling, book sales, a clothing line, and much more to come.

Only a short time after curating Raw Mettle, Nick was able to solidify his vision by speaking at the same IMG Expo in New Orleans, where he took the same stage as Gary Vaynerchuck, who can be described as the pioneers in that has mastered and cultivated social media marketing.

So, where can you expect to see Nick a year from now?

His manager, Ratmir Rafikov, 24, envisions successes such as a *New York Times* Bestselling book, translated so that Nick's story can be appreciated on an international level, a well-established educational program, and Raw Mettle Enterprises along with Nick's last name being a household name.

Turn That Frown Upside Down: How to Improve Your Days

EMILY CONDRON
STAFF WRITER

While living in a time where every moment is so fast paced, whether it be school, work or your personal life, there can be certain instances where happiness begins to wane. Many lose sight of what happiness actually is and how it can be achieved in even in the smallest moments.

Attending college is difficult, especially for those who find themselves consumed in an overload of work. However, there are ways to enjoy subtle, but important, times.

For example, Chibuzo Amonu, a freshman nursing student, said, “Someone taking the time to simply say hi makes me happy, even if the day was not the best.” Colleen Finnigan, office coordinator of the Department of Education always has her student workers smile and say hello to anyone who walks in the door. “You

never know how someone's day is, and if you saying hi makes them even a little bit happier, then it's worth it,” she said.

Another way that you can turn your day into a better one yourself is by making others around you feel better. Matthew Jones, a freshman computer science student, uses this tactic in his life on a daily basis. “I find happiness in putting a smile on someone's face because if they are happy, why shouldn't I be,” he said.

Even though work has settled in and many students are already tired, putting in the minute or two to make someone smile may brighten up how you feel during that time.

For those who remain more concerned with self-made happiness, without the help of another person, doing a daily activity may be the route to take. Whether you find the sunrise enjoyable or even just having a cup of coffee, make it a point to continuously have it present in

life.

Corey Wrenn, Ph.D, Director of the Gender Studies Program, said, “Every morning I feed the neighborhood birds, squirrels, and chipmunks. It's a simple thing, but watching them fill up on peanuts, sunflower seeds, and other treats really fills me with joy (and entertains my cats).”

By making a point to feed the animals everyday, Wrenn creates her own happiness and, in turn, it fills her life with positivity rather than negativity.

Discovering what makes one enjoy life is something that many struggle with, but once successful at it, it is life changing.

So, here is the challenge for this week: find one thing that increases positivity within yourself and do it every day for a week. Not only will you be happier, but you will feel better and may even make others surrounding you feel better as well.



PHOTO TAKEN by Amber Galati
An action as simple as buying your friend a donut can brighten someone's day.

THE FEMINIST MACHINE

RAYMOND ROMANSKI
CONTRIBUTING WRITER

What is the biggest threat to feminism today?

“Complacency,” said Claude Taylor. Professor of communication and Advisor-In Residence for Academic Transition and Inclusion. Some course topics of his include race, class, underrepresentation in the media, and gender inequality.

The ever-shifting political landscape today has erupted with numerous advocacy movements; Black Lives Matter protests, the rise of veganism, climate change supporters, and hundreds more. However, there is one movement that is stronger than ever before: feminism.

Like a mighty locomotive, the supporters gather in swarms; singing alongside a choir of hundreds of voices, adorning clever slogans on T-shirts, and parading together throughout the nation. You would think an army was invading your city. Despite the sheer number of women (and men), why should we focus on this movement now more than ever?

Dr. Corey Lee Wrenn, Director for the Gender Studies club, and published author, answered, “[Feminism is] the notion that everyone should have equal opportunity regardless of gender identification. People should support feminism because equality is linked to better individual health as well as social stability and prosperity.”

“The core of gender equality needs to be stressed,” Taylor affirmed.



IMAGE COMPILED by Matt Aquino
TOP IMAGE Taken from diviyaliveshere.com / BOTTOM IMAGE TAKEN from vfa.us

Equality for men and women is the main ideology of feminism.

“As a male feminist, as an ally, I don’t think I’ll ever be able to fully understand the issue. Practicing empathy is vital to understand.”

“Modern feminists today are fighting for access, inclusion, and recognition; not visually recognized, but being heard as a member of a culture,” she continued.

Now, more than ever, the need for feminism is lively. The political whirlwind has inspired much controversy and activism. U.S. President Donald Trump has been accused of sexual misconduct 19 times. Simultaneously, Ivanka Trump has been vocal about certain feminist issues. In a climate

like today’s society should constantly be aware.

“The women’s march last year was the biggest protest in American history and the huge turnout this year (in tandem with the #MeToo campaign) demonstrates that this is a sustained protest and women are ready for a revolution,” said Wrenn.

“I think the Trump administration is interesting because they’ve had a backlash to feminist thinking,” said Taylor. “This first year, has had major pushback.”

Simultaneously, New Jersey Governor Phil Murphy passed an executive order requiring equal pay for women in the workplace.

Whether we see tangible legislation, is up for debate.

“Equal pay is very difficult to legislate,” said Wrenn. “Stating on the books that women and men should make the same amount for the same job is a no-brainer and an important first step, but the problem begins with socialization and is complicated by institutional discrimination. Equal pay isn’t the problem so much as is the deep undercurrent of American misogyny.”

Jane Lai, President of the Sexuality, Pride, Education, Community, Truth, Respect, and Unity (S.P.E.C.T.R.U.M.) club, explains a few ways to participate in feminism.

nism.

“We explain this concept through show, not tell. As a club, we are not a class lecture. We actually place the ideas learned in class into action, and create fun, activist-driven events that represent a variety of marginalized groups without leaving anyone out.”

Lai explained that even if you choose to raise money for girls’ education, attend a lecture on trans activism, or even listen to a friend who going through sexual assault, you are taking part in feminism.

Feminists advocate and educate in hopes of changing areas where redress is needed; gender equality, sexual misconduct and assault, maintaining reproductive rights, intersectionality cases, and even maternal leaves.

To understand the spectacle of millions of women marching in harmony, and the strife they face from adversaries and legislatures, we must examine the number of valid claims presented. Celebrities, such as Jennifer Lawrence, Beyoncé Knowles, John Legend, and plenty more have endorsed this movement.

The Feminist Machine; persistent, expanding, efficient, influential, and compassionate. A mechanism that is as cohesive, driven, patient and yet, so restless, as this one, should not be trifled with.

Unifying authors, doctors, bloggers, professors, government officials, scientists, celebrities, and average people, the Machine charges full speed ahead, like a locomotive, into revolution. All aboard.

THE WORLD THROUGH A LENS

CORAL COOPER
ADVERTISING MANAGER

Through our own lens we see the continuously changing world; we see the green leaves on trees, the blue ink of a pen, the curved shape of a cloud, and the light through a clear window, but some see the way colors and shapes fill a still frame and want that moment to be captured as it is in that moment.

A junior graphic design student, Sebastian Rebelo studies photography as a minor, says he always enjoyed taking photographs. “There’s something about capturing an exact moment in time that you can’t do with other mediums, that makes photography different. My inspiration for taking photographs has always been just for the love of taking photos. Sure, my techniques have changed as I gain experience and develop a sense of style that is unique to my photos, but I always shoot things that capture my eye and make .”

Although Rebelo’s technique has shifted due to his experiences, he still feels inspired to simply capture a moment he always know what a specific moment felt like.

Art and Design Chair and Professor, Dr. Andrew Cohen explained how photography has positively affected his life. “Photography allows me to get closer, connect in a deeper manner with people. My work focuses on transformation which I document as the mundane, unceasing human condition. I enjoy ‘street photography’ which keeps me alert to my surroundings. It requires being inconspicuous, observing the moment, and looking for the special in the mundane unfolding of the day,” Cohen revealed.

Cohen is also intrigued by documentary photography. “Over the years, and ongoing, I have documented some orphanages in Vietnam. Telling their story in a creative way is a rewarding experience. Photography opens the doors to countless stories. Telling the story is key, photographing in a creative manner, sensitive to all that is unfolding-- how light adds to the moment, the composition and movements-- makes the work enjoyable and keeps me going,” said Dr. Cohen.

Through Cohen’s earliest work in India, he completed his Ph.D. from University of Chicago and his book *Temple Architecture and Sculpture of the Nolambas*, along with other articles. “During this phase my photographic work was completely practical and not focused on the creative possibilities offered by the camera. Then, over the years in various situations, my approach to photography progressed into a creative obsession.”

Cohen explained that, although the photography was for a specific academic purpose, it went beyond passion. “Now, sensitive to light, color and movement, photography serves as my means to understand people and environment.”

Ira Wagner, adjunct Art and Design professor taught himself exposure, which involves regulating the light per unit, developing black and white film, and how to make enlargements in the darkroom.

“My interest in photography started way back in junior high school. I delivered the newspapers and saved my quarters until I could purchase a camera. I bought a Minolta (later acquired by SONY) Srt100 around 1970 which still works.” Wagner

would allow students to use this camera in his black and white photography course.

Although Wagner photographed as he traveled in Europe and the western parts of the United States, photography courses widened his work exposure, helped with technical skills, and allowed him to be apart of fine art photography.

Wagner described one of his inspirations for photography as “the urban and industrial landscape.”

Similarly to Wagner’s city muse, Cohen also found the urban scene enticing. “I spent two years photographing [the change in landscape of the Bronx] and used a view camera, taking 4x5 inch color negatives,” Cohen said.

Cohen photographed the aftermath of Hurricane Sandy which was published in the National Geographic, and a book featuring his work is to be released this year. He also spoke about his most recent pieces. “Photography has become intrinsic in the way I experience the world, particularly the places I love to explore. I am currently working on several projects which allow me to be an urban explorer.”

Wagner identified qualities a photographer should have, “One needs to develop a vision and then the confidence or drive to be true to that vision. Not everyone is going to like your work. Consider the criticism but it is important to keep working even when you might feel frustrated or uninspired or even question the value of what you are doing. The reward and satisfaction has to come in doing the work.”

Erin Dolan, a sophomore graphic design student with a photography minor, noticed how

photography granted her the ability to examine the world around her more closely. “Taking time and really looking at things in science, english, writing, and focusing on the details is something really important in art in searching for meaning in life.

Photography has become apart of common routines. We sip a cup of coffee and share it with the world on social media or we catch a sunrise and quickly post it for friends to see; we’ve integrated

the art of photography into how we communicate with one another. If the concept of capturing an image as it is forever is more for the creative necessity than for others, then perhaps photography as a practiced art is something you should expand on.

For any new photographers, Rebelo offers some perspective; “They should take photos of thing that they like, and in time they will develop their skills and be able to take great photos.”



PHOTO TAKEN by Coral Cooper

Photography and art can change the way people perceive the world.

Men’s and Women’s Track and Field Win Home Meet

SOPHIA GALVEZ
STAFF WRITER

The Monmouth Hawks track and field team returned to their home track at the OceanFirst Bank Center this weekend on Jan. 26 and 27, while some of the Hawks traveled to State College, PA to compete in the Penn State National Invitational.

While in State College, the men and women’s track team broke three school records. Graduate student Chris Marco and senior Allie Wilson broke school records in the mile, while senior Damoah Kutu-Akoi broke a school record in the 60-meter dash. The women’s distance medley relay (DMR) team of juniors Amber Stratz, Chandi Piiru, Brianna Stratz, and Wilson also won and broke records at the Penn State National Invitational.

Wilson ran the mile in 4:47.22, placing sixth and Marco ran the fourth fastest time in program history with a mile time of 4:06.49. Kutu-Akoi placed second overall in the 60-meter dash with a record breaking time of 7.54, she also placed third in the 200-meter dash with a time of 25.07. The women’s DMR team won with a new school record of 11:26.

Sophomore Ryan Rafferty finished fourth in the 1000-meter run with a time of 2:28.43, and qualified for the IC4A Championships. Fifth year Dylan Capwell ran the 800-meter in 1:48.47, placing second behind last year’s 800-meter runner up.

Senior Bryan Sosoo came in fourth in the 60-meter dash with a time of 6.76 seconds as well as placing seventh in the 200-meter dash with a time of 22.29 seconds. Junior Bryan Cabral placed fourth in the open 800-meter run by finishing in 1:53.81. Fifth year Malcolm Chavis placed third in the 400-meter dash with a time of 49.35 seconds.



PHOTO COURTESY of B51/Mark Brown

The women’s distance medley relay team set a school record with a time of 11:26. The team was made up of Amber Stratz, Chandi Piiru, Brianna Stratz and Allie Wilson.

For field events, senior Corey Murphy finished as the top collegian in the shot put event with a throw mark of 60’8.5”. In weight throwing, fifth year Tim Wilson placed forth with a toss of 65’6.25.

Although records were broken in State College, the Hawks were also at home participating in the Monmouth Winter Collegiate Invitational.

The Hawks performance in the field events were nothing short of impressive. Fifth year Casey Sturts won the women’s pole vault by clearing 11’3.75”, junior Chloe Angelini won the high jump with a height of 5’3”, junior Allison Taub won the shot put with a mark of 44’7”, qualifying her for the Eastern College Athletic Conference (ECAC) Championships, while junior Onnie Coles finished second with a throw of 40’7”.

Senior Kennisha Okereke placed first in weight throwing with a throw a 57’6.5” and senior Alicia Hester threw a 54’6.5”, placing her in second. Both girls surpassed the qualifying mark of the ECAC Championship. Senior Vincent Santarsiero won the men’s weight throw with a mark of 55’2”.

Sophomore Brandon Davis and junior Andrew Tummino both finished as the top collegian finishers in the shot put with IC4A qualifying throws of 54’8.25” and 53’8.5”.

Junior Ashley McKinnon and sophomore Mariah Hubbard both finished as top collegian finishers with jumps of 38’75” and 37’5.” For the men’s high jump, sophomore Ben Pierce won by clearing 6’2.25.”

Junior Darius Howe won the triple jump with a mark of 46’4.75”, beating his fellow junior teammate, Michael Pepper, by half an inch.

The Hawks did just as well in the track events. Freshman Iyanna Jenkins won the 60-meter dash in 7.88, beating fellow sophomore Emily Schroeffer (8.03), sophomore Dayna Luma won the 800 meters with a time of 2:29.3, and senior Nick McFarland won the 1000 meters and qualified for the IC4A Championships with a time of 2:30.02.

Freshman Tim Jacoutot finished the 200-meter dash with a time of 22.72 seconds, winning the event, senior Jake Howell won the mile with a time of 4:26.29, junior Eric Moul won the 400-meter dash in 51.70 seconds, and sophomore Viviane Orleans won the 60-meter hurdles in 8.92 seconds.

In the 60-meter dash, it was a close call between freshman Joseph Miguerson and sophomore teammate Pete Guerriero. Miguerson won the event with a time of 7.01,

just beating out Guerriero, who ran a 7.06.

“We knew we need to move ourselves forward in every way this week and make the most of the opportunity in front of us, both at home in a smaller meet and for our group at Penn State facing national caliber competition,” Head Coach Joe Compagni said. “We have a lot of work to do still, but in most areas we took strong steps forward for sure.”

This upcoming weekend of Feb. 2 and 3, the Hawks will be split up again. Some of the team will be going to Boston to compete in the Crimson Elite at Harvard University, some will compete at the Scarlet & White Invitational at Boston University, and some will compete at the Villanova Invitational at the Ocean Breeze Athletic Complex in Staten Island, NY.

Monmouth’s Club Hockey Team in Midst of Season

ANDY STUDNA
CONTRIBUTING WRITER

The Monmouth University ice hockey team is currently in the midst of their season, posting an overall record of 2-15-1-3 (W-L-T-OTL) and a conference record of 2-8-1-3. The team is part of the American Collegiate Hockey Association (ACHA), which is made up of

about 300 schools and is currently in their third season as a member of the Colonial States College Hockey Conference (CSCHC). Some of their opponents within the conference include Princeton University, Seton Hall University, and The College of New Jersey.

The ice hockey team is a club team that is not affiliated with the National Collegiate

Athletic Association (NCAA). The few schools around the country that are Division I and Division III that are affiliated with the NCAA for hockey are able to provide ice skating rinks to play in that are located on their own campuses. Monmouth University does not have an ice skating rink on campus and is not eligible to host an NCAA hockey game;

however, there is a passion for hockey within the school that fuels the need for a club team.

The Hawks are led behind the bench by Head Coach Gregg Amato, who is in his sixth season of involvement with the team. Before Amato’s time, the team was in Division III of the ACHA and they are now in Division II. The club has also seen improvement through their move into the CSCHC from the Mid Atlantic Collegiate Hockey League (MACHL) prior to the 2015-2016 season. The move was made in order for the Hawks to become more competitive by facing schools that are similar in size and compete level.

“I’m happy with the progression of our guys,” Amato said. “We’re trying to win a conference championship against the New Jersey teams.” Despite posting a losing record through most of this season, it is evident the club has seen improvement during Amato’s time.

One of the team’s leaders is graduate student Anthony DeFede who is the current captain and is in his fourth season with the club. As team captain, DeFede noted the chemistry of the group. “We’re a very close team, we start practicing in August and the season doesn’t start until September, so we have all that time together beforehand.”

The team’s effort to create a good atmosphere in the locker room continues during the season. “We’re with each other

five, six times a week, so we’re a very close group,” said DeFede. The Staten Island native has tallied eight goals and six assists so far this season, leading the team in scoring.

In terms of the Hawks’ current season, they sit last in the CSCHC. As of Jan. 22, they are 18 points behind the University of Scranton, who are in first place in the conference. While the Hawks’ record shows they have struggled throughout the season, Amato has noted that it is a year of transition and he is looking for guys to step up.

“Like every team every year, you’re going to graduate a handful of guys, and you just have to adjust,” Amato said. [In particular he noted the play of three freshman defenseman: Chris Falzone, Jack Morris, and Brandon Rymarzow.] They have all taken on big minutes in their first season and will be looked upon as anchors on the back end for the duration of their time on the team. While there is some “new blood” on the team, Amato is still confident in the group’s ability to compete every game. “We have some high skill, high talent guys still in the dressing room, so they’re stepping up now,” he said.

The Hawks’ next game will finish their season with three home games. During that three game stretch they will be facing Rutgers University, the New Jersey Institute of Technology, and The College of New Jersey.



PHOTO COURTESY of Andy Studna

Monmouth’s club ice hockey team playing Seton Hall at their home arena, the Jersey Shore Arena in Wall, NJ.

Men’s Basketball Goes 2-1 in Five Days

ZACH COSENZA
SPORTS EDITOR

Men’s basketball lost to the Rider Broncs 92-82 on Monday night after the Hawks beat the Siena Saints and the Marist Red Foxes.

The Hawks were down as much as 20 early in the second half but they battled back to be down as little as five twice late in the game. The Broncs were able to hold the lead after making late free throws.

“Tonight I told my kids that I don’t like losing, but I was more proud of this team right here because we could have hung our heads,” Head Coach King Rice said. “We got down, their crowd got loud and I thought one, maybe two more plays and we could have gotten over the hump but they made big shot after big shot so credit to them.”

Senior guard Austin Tilghman recorded his second straight double-double, having 18 points and 11 assists. Freshman guard Ray Salnave led the team with 19 points and added five rebounds. Freshman guard Deion Hammond had another stellar game, scoring double-digit points for the fourth straight game.

“We were just moving too fast, and Coach Rice is always telling us we have to slow down sometimes,” Salnave said. “Some people will credit the fact that we’re young so maybe we have to take things a little bit slower but we were just moving too fast, we just gave them the



Senior guard Austin Tilghman earned two double-doubles in back-to-back games against Marist and Rider. The performances earned him the Metro Atlantic Athletic Conference Player of the Week.

ball a couple times in the first half.”

On Sat., Jan. 27, the Hawks won their second game in a row, defeating the Marist Red Foxes 91-78 at Nassau Coliseum. Tilghman had a double-double, having 24 points and 12 rebounds. He also had six assists and three steals. Hammond

matched Tilghman in points with 24 himself with five three-pointers.

“Tonight, these two guys [Hammond and Tilghman] down the stretch really carried us, and then Deion and Austin got us those quick seven and we could breathe again and we were able to win the game,”

Rice said.

The Hawks would lead for most of the game before Marist went on a 11-0 run in the second half to give them the 64-62 lead with 6:19 left. The blue and white would retake the lead after a Tilghman jumper, a steal, and two made free throws in the span of 27 seconds. Monmouth

would keep the lead thanks to three Hammond three-pointers and late free throws.

On Thurs., Jan. 25, Monmouth defeated the Siena Saints 67-56. Tilghman led the way for the Hawks, scoring a team-high 20 points and seven rebounds. Hammond added 17 points, and sophomore guard Louie Pillari had ten points in only 16 minutes played.

“When you have a big group leave and you got a bunch of new kids, to get them to understand the level of this league is a hard thing to do,” Rice said. “(Siena Head Coach) Jimmy [Patsos]’s team really fought hard today, you have to give those kids a lot of credit.”

The blue and white were down at halftime 30-29, but a junior forward Diago Quinn jumper 27 seconds into the game would give Monmouth the 31-30 lead and they would not trail the rest of the way.

“This whole week we emphasized defense and I thought we really had a good week of defensive practice,” Tilghman said. “We came out and we were struggling a little bit and they were all over our glass and in our paint. We kept our composure and stayed together and really fought. This was a game that we needed.”

Up next, the Hawks (7-14, 3-6 MAAC) will play two home games, first against Fairfield on Fri., Feb. 2 at 7:00 p.m. and then Niagara on Sun., Feb. 4 at 2:00 p.m. The games will be available on WMCX 88.9.

Women’s Basketball Falls to St. Peters and Manhattan

MATT DELUCA
STAFF WRITER

Coming off of their largest victory of the season, the Monmouth women’s basketball team dropped two games on the road, both by double digits.

The first loss came Friday night, as the team fell 67-47 at Saint Peter’s. Senior guard Rhaiah Spooner-Knight scored 11 points and added eight rebounds, while junior guard McKinzee Barker also contributed 11 points and five rebounds. No other Hawk reached double figures in the contest.

The Peacocks took an early five-point lead after the first quarter, 17-12, as Barker accumulated seven points in the first 3:25. Monmouth only scored six points in the second quarter, however, as the Saint Peter’s lead ballooned up to 12 at halftime, 30-18. The Hawks only made six field goals in the half, shooting 23 percent through 20 minutes.

Saint Peter’s continued their run in the second half, as they led by as many as 19 points with 7:32 remaining in the third. After 30 minutes of play, the Peacocks held a 50-33 advantage. They wouldn’t let up in the fourth quarter, as they led by a game-high 21 with 7:45 left, eventually winning by 20.

Barker’s 11-point performance was the fourth time she reached double figures this season. Junior center Erica Balman had three blocks in the contest; her 40 blocks on the season leads the Metro Atlantic Athletic Conference (MAAC). For the game, Monmouth shot 27 percent from the field, only converting 15 field goals.

“This is a difficult game to find positives,” Monmouth Head Coach Jody Craig said. “I have



Sophomore guard Kayla Shaw led the team with 20 points including three three-pointers in the 63-53 loss to Manhattan Sunday afternoon.

to give credit to Saint Peter’s, because they came and shot the lights out. They were really ready for this game, and it didn’t seem like we came with the same intensity and focus that we needed.”

The team then traveled to Manhattan on Sunday afternoon, where they fell 63-53 to the Jaspers at Draddy Gymnasium. Sophomore guard Kayla Shaw led Monmouth with 20 points, hitting three 3-pointers. Sophomore guard Rosa Graham was the only other player in double figures with 15 points.

The game was tied early in the first quarter, but the Jaspers used a 7-0 run to double up the Hawks late in the first quarter. Two Barker free throws made the score 14-9 after ten minutes. Off of nine

points from Shaw, Monmouth outscored Manhattan 12-6 to take a 21-20 lead into halftime.

The Hawks hit a three early in third, but the Jaspers embarked on a 13-2 scoring run to go up by seven. Manhattan controlled the rest of the quarter, as they scored 26 points in ten minutes to take a 46-38 lead into the final frame. With Manhattan leading by 11 points early in the fourth, Monmouth climbed back into the contest on a 13-0 run to take a 51-49 lead with 5:29 remaining. The teams traded baskets, and the Jaspers were able to jump out to a four-point lead with under three minutes remaining. Manhattan closed strong, outscoring Monmouth 14-2 to win by ten.

Spooner-Knight scored in dou-

ble-figures for the 13th time this season, which leads the team. Shaw reached double figures for the 11th time this year, and the 30th of her career.

“We have to learn to execute on both ends of the floor for 40 minutes,” Craig said, “although we were better and put ourselves in a position to win today, we had key turnovers and missed defensive rotations late which took that opportunity away.”

The pair of losses dropped the Hawks to 5-15 on the year, and 3-6 in conference play. They hope to bounce back in their next game as they host Rider on Saturday at the OceanFirst Bank Center. Tip-off is scheduled for 2:00 p.m., and the game can be found on ESPN3 and WMCX 88.9 FM.

UPCOMING GAMES

Friday, Feb. 2
Track & Field
Crimson Elite
Cambridge, MA 2:00 p.m.

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

M Tennis vs. DePaul
New Shrewsbury Racquet Club
Tinton Falls, NJ 7:30 p.m.

Saturday, Feb. 3
*WBB vs. Rider**
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.

Track & Field
Scarlet & White Invitational
Boston, MA TBA

Track & Field
Villanova Invitational
Staten Island, NY TBA

Sunday, Feb 4
*MBB vs. Niagara**
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.

M Tennis at Fordham
New York, NY 6:00 p.m.

Monday, Feb 5
*WBB at Siena**
Alumni Recreation Center
Loudonville, NY 7:00 p.m.

**conference games*



LEADING THE PACK



The Men's and Women's Track and Field teams both won the Monmouth Winter Collegiate Invitational on Friday and Saturday. The teams also posted impressive marks at the Penn State National Invitational.

SEE STORY ON PAGE 18

PHOTOS COURTESY of B51/ Mark Brown