



THE OUTLOOK

MONMOUTH UNIVERSITY'S
STUDENT-RUN NEWSPAPER SINCE 1933

OUTLOOK.MONMOUTH.EDU

February 7, 2018

VOL. 90 No. 14

Student Accounts Compromised Following Phishing Scam

ZACH COSENZA
SPORTS EDITOR

Two waves of e-mails blasted to over 14,000 University members have been deemed a “harmful phishing scam,” according to Robert Carsey, Director of Server Operations. It is reported that at least 50 student mailboxes were compromised by the scam.

The e-mails told recipients to update their eCampus login information using an attached link, posing as a University-affiliated source.

The University has since urged the campus community to delete the e-mails, report any instances of opening the scam to the IT Help Desk, and change all Monmouth-related passwords for security measures.

Carsey stated that employees began receiving the first wave of e-mails on Friday, Jan. 26 at approximately 1:15 p.m., with the first Help Desk request regarding the e-mail being submitted at 1:22 p.m.

Only minutes later, the IT team began mitigating the blast. The mitigation attempts

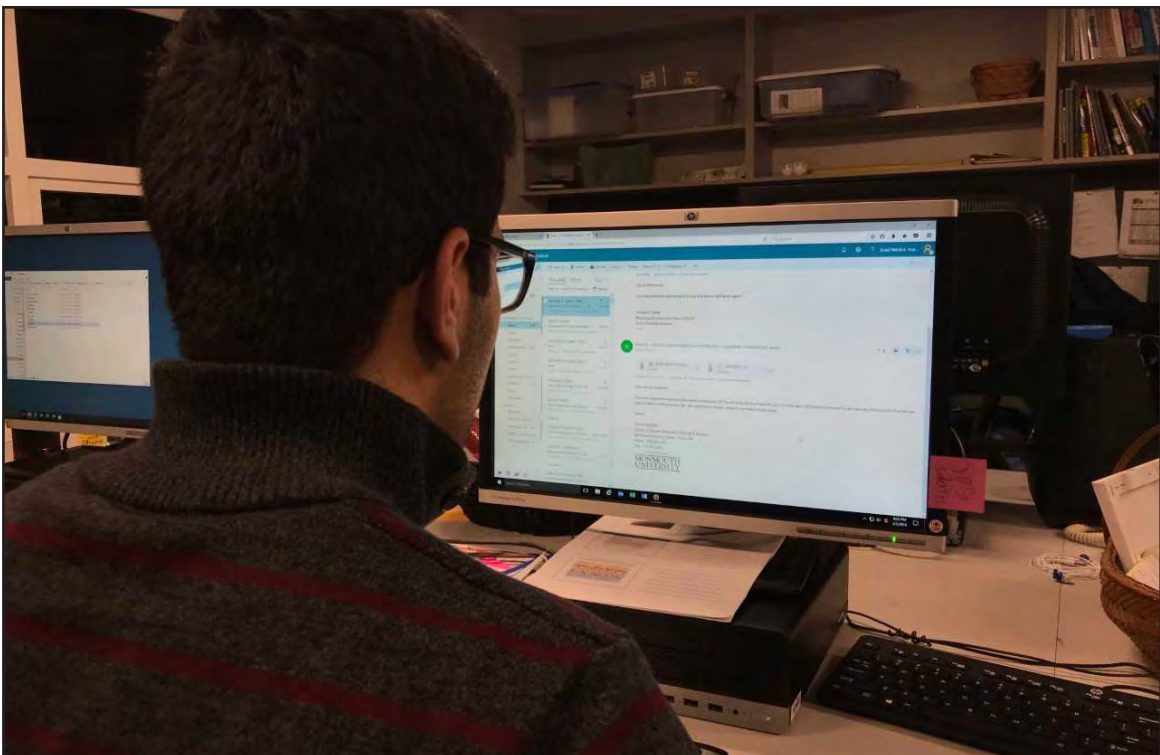


PHOTO TAKEN by Nicole Riddle

More than 50 student e-mail accounts were compromised after almost 14,000 mailboxes were targeted in a phishing scam this past weekend.

included deleting the e-mails from users’ mailboxes, blocking the link on the University’s firewall, and notifying users. The

mitigation process for the first wave of e-mails was completed by 2:00 p.m. that day.

“We didn’t give the phishing

attempt much credit because the e-mail itself was rather unenticing and our employees are generally very good at not

responding to such attempts,” said Carsey. “Combined with the fact that we removed the email quickly, we were satisfied this was contained. However, we took the unusual step of notifying employees because this was the first time a phisher had copied our real University login page.”

The second wave of e-mails began on Saturday, Jan. 27 at approximately 10:49 a.m. According to Carsey, the phisher obtained the login credentials of an account and logged in, and then sent the scam e-mail to all student mailboxes.

“Since [the second wave] was an internal Monmouth-to-Monmouth e-mail, there was no limit to the number of e-mails that could be sent, nor was it scanned for malicious links,” Carsey said. According to Carsey, they began the process of removing the e-mail from all accounts at 11:24 a.m. However, due to the amount of mailboxes targeted, the process took “some time.”

“Phishing is a scheme of deception where an attack that

E-MAIL cont. on pg. 3

African American History Month Commemorated

MEHDI HUSAINI
ASSOCIATE NEWS EDITOR

The University commemorated the start of African American History Month with its annual Flag Raising Ceremony on Feb. 1 in front of Wilson Hall.

The event was sponsored by the Office of Student Activities, the African American Student Union (AASU), and the National Council of Negro Women (NCNW).

Crystalyn Espinal, Assistant Director of Student Activities, described how each year’s Flag Raising Ceremony is “unique.” This year, student input was more focused on the beginnings of African American History Month.

According to Espinal, the original ceremony would have had observers gathered on the patio of Wilson Hall as two student leaders raised the flag with the help of Facilities Management.

Instead, Espinal implemented an impromptu mo-

ment of silence and encouraged all students and faculty to stand together with the student leaders as the flag was raised.

“It was just out of respect for those who have fought and represented the meaning of [the flag],” she said of the moment of silence.

Espinal went on to detail how the new format encouraged conversation between attendees afterward.

“I liked standing with the [club] officers and with facilities [management] and with our student leaders versus just up at Wilson from afar,” she explained.

“It symbolizes the public recognition of a national celebration,” said Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion and advisor to AASU. “I think the University took its cues from the national Black History Month rituals of a Pan-African black consciousness, which is what the flag represents.”

FLAG cont. on pg. 2

S.P.E.C.T.R.U.M. Hosts "Expression" Music Fundraiser

JOY MORGAN
ENVIRONMENTAL/ASSISTANT NEWS EDITOR

Sexuality, Pride, Education, Community, Truth, Respect, and Unity at Monmouth (S.P.E.C.T.R.U.M.) hosted an artistic event called “Expression” in the Rebecca Stafford Student Center on Wednesday, Jan. 31.

This event raised funds for the Ali Forney Center (AFC) and promoted an inclusive community on campus.

“Expression” was open to the public and accepted donations by ticket sales for the AFC, a non-profit organization based out of New York that exists to help homeless lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youths.

According to the AFC’s website, the mission of the organization is “to protect LGBTQ youths from the harms of homelessness and empower them with the tools needed to live independently.”

“I felt it was important to donate funds to the Ali For-

ney Center because being on the LGBTQ+ spectrum, as well as being out at a young age, already puts these kids/teens in jeopardy with families that may not be as accepting,” said Jane Lai, President of S.P.E.C.T.R.U.M. and junior english student.

“According to the Williams Institute [at the] UCLA School

of Law, the alarming statistic shows that around 40 percent of homeless youth are LGBTQ+ identifying,” Lai continued. “The Ali Forney Center is the biggest LGBTQ+ nonprofit for homelessness in the community. LGBTQ+ youth are already in a disenfranchised group and

EXPRESSION cont. on pg. 2



PHOTO COURTESY of Michelle Nuch

Teenage Halloween played in Anacon Hall on Wednesday evening, along with several other bands.

INSIDE:

NEWS

Peace Activist Visits Campus

Pg. 3

ENTERTAINMENT

Hostiles Has True Grit

Pg. 10

FEATURES

Student Spotlight: Joe Johnson

Pg. 16

INDEX

News	2
Editorial	4
Opinion	5
Politics	6
Lifestyles	9
Entertainment	10
Viewpoints	12
Club & Greek	15
Features	16
Sports	18



@theoutlook



@muoutlook



@muoutlook

African American History Month Events to Continue Through February

FLAG cont. from pg. 1

Taylor detailed the meaning of the flag's colors: green is used to represent a connection to the land in Africa; red symbolizes the blood of those who lost their lives in the Atlantic Slave Trade; and the black is tied to the people affected by historical injustices such as slavery and segregation.

Taylor emphasized that the focus of the event is to solidify the University's stance that supports having such a month-long commemoration centered on the idea of bringing certain aspects of the nation's history to light.

"At the end of the day we have students who identify as so many different cultures and religions, and when we stop traditions that celebrate even one of those, we are kind of digressing as a University," said Espinal. She emphasized that ceremonies like the flag raising are essential to allowing students to express their identities.

"The flag raising ceremony is important because it recognizes the hard work African Americans have put forth in this country and allows us to celebrate a culture that has not always been accepted in this country," said senior communication student Jihad Johnson, AASU's Social Media Coordinator. He believes that events like this serve to educate others about different cultures in order to unify members of the Monmouth community.

"The thing that has struck me about the passage of time between last year and this year is the

heightened awareness of disparity," Taylor said. He detailed how this celebration generates some controversy because some people believe that the victimization of African Americans should be left in the past, even though issues of disparity today, such as economics, healthcare, education, and law enforcement, are directly linked to the racialized history of the United States.

To fully benefit from University's observance of African American History Month, Espinal recommends students go on the trip to New York City with NCNW and AASU later this month. She also recommends the "Leaving a Legacy" sponsored by NCNW and AASU for positive conversations about the themes surrounding the month.

"The University should make space to facilitate discussions and analysis [of issues of race]," said Taylor. "I think we're doing better." He cited programs such as the biannual conference on race and ethnicity sponsored by the University as well as the race and ethnicities minor offered to students. "We should continue to reevaluate the instructional curriculum and the general education curriculum," he said.

Espinal has hopes to continue programming throughout the month until the Flag Lowering Ceremony on Feb. 28, which she says will be planned to make sure that the University community understands that the spirit of the commemorations should continue throughout the year.

University Mourns Loss of Fellow Hawk

KERRY BREEN
SENIOR/NEWS EDITOR

Dane Fante, a second-year business administration and communication student, passed away suddenly on Saturday, Feb. 3 at Monmouth Medical Center following an off-campus car accident.

According to a press release published by the Ocean Township Police Department, the single-car accident took place at approximately 2:40 a.m. on South Lincoln Avenue in Ocean. A preliminary investigation by the department indicates that the car, reported to be a 2006 Audi A8, struck a tree, resulting in injuries to both occupants.

The car was allegedly driven by Jose Rivera, a sophomore business administration student. According to *The Asbury Park Press*, Rivera was taken to Jersey Shore University Medical Center in Neptune to be treated for non-life threatening injuries.

Fante was pronounced dead at Monmouth Medical Center at 3:20 a.m. due to injuries sustained in the accident. Fante and Rivera were the only occupants of the vehicle, according to the police press release.

President Grey Dimenna, Esq., informed the campus community of the tragic incident at 1:33 p.m. Saturday afternoon.

"It is with deep sadness that I inform you of the death of one of our students," read his e-mail. "The University mourns the tragic and untimely death

of a member of our community and extends its deepest sympathies to his family and friends at this most difficult time."

"The Monmouth University community is deeply saddened by the loss of Dane Fante," said Dimenna in a later statement. "Dane was a second-year student studying communication and business at the university, but he was also a beloved son, brother, and friend. We extend our heartfelt condolences to his family, friends, and loved ones during this incredibly difficult time."

"This was just an awfully tragic situation," said Mary Anne Nagy, the Acting Vice President for External Affairs and Vice President for Student Life and Leadership Engagement. "Whenever there's the loss of life of any person, particularly a young person, I think it is very difficult for a community. It's particularly hard, I think, on young people, on the peers of the person who died, because you never think, at your age, that your life is going to end... it's hard, as a young person, to wrap your head around it."

According to Nagy, support services for students, faculty, and staff will be available at Counseling and Psychological Services and the Office of Student Life.

"Our counseling center has been involved, and is here, and I really want to make this very, very clear," said Nagy. "Our counseling center – and I spoke with Dr. Lee, our director, this morning, he's doing outreach to

as many students from an individual, or group, or class perspective as possible. And if that means I need to bring in extra resources, I'll bring in extra resources to do it. I think it's very important that students, all of us, have an opportunity to process this. Sometimes it's important to process it, not just among ourselves, but with some help."

One outreach plan that Nagy specified was coming in and "facilitating a conversation" with those who had been in classes with both Fante and Rivera.

According to Nagy, Rivera is still hospitalized, but she did not have any more information.

According to an e-mail sent by Nagy on Feb. 6, Fante's family will receive friends and relatives at the Bradley Funeral Home in Marlton, NJ from 5:00 p.m. to 8:00 p.m. on Weds., Feb. 7.

A mass of Christian burial will be held on Thursday at noon at our Lady of Good Counsel Church in Moorestown, NJ.

The family has requested that in lieu of flowers, memorial donations be made to Burlington County Animal Shelter.

According to Nagy, University flags will remain lowered for the next several days in memory of Fante.

Authorities have asked that anyone with information on the crash call the Prosecutor's Office Detective Kristian DeVito at 800-544-7443 or Ocean Township Police Sergeant Todd Gregory at 732-531-1800.

S.P.E.C.T.R.U.M. Music Event Raises Funds for AFC

EXPRESSION cont. from pg. 1

because they've been neglected by their parents/guardians really puts a burden on them."

"Expression" was a literary arts and music festival meant to showcase creative ability while "representing a marginalized identity," according to Lai. The event, which ran at the Rebecca Stafford Student Center from 7:30 p.m. to 10:30 p.m., featured live acts from bands Teenage Halloween, *free cake for every creature*, and Adult Mom, along with a live reading by Melissa Febos. Febos, an assistant professor of English, is the author of critically-acclaimed memoir *Whipsmart*.

"I think that an event like this is extremely important at a place such as Monmouth University because it not only gives students the opportunity to listen to a new band and become familiar with an author's work, but most importantly, it gives LGBTQ+ individuals the opportunity to share their work with people who may have not been aware of them in the first place," said Jesse Denniston-Lee, a sophomore social work student and member of S.P.E.C.T.R.U.M. "These kinds of creative expression events can help to support positive mental health and inclusion on campus by facilitating a space where students are able to be themselves without the fear of being judged by other people."

The bands and Febos have all publicly commented on and showed support for the LGBTQ+ community in previous interviews.

Katie Bennett, singer, songwriter, and guitarist for *free cake for every creature*, said, "I had such a positive experience playing at Monmouth

and I'm so grateful for and impressed by the warmth and apparent strength of the S.P.E.C.T.R.U.M. community. I'm especially proud to have played knowing that the money made went toward the Ali Forney Center and always will be an advocate for the lives of LGBTQ+ homeless youth."

Sasha Canan, Ph.D., an assistant professor of health and physical education, said, "Being an artistic event is great because it helps to draw more people. This helps because it

is a social event and increases the visibility of the LGBTQ+ community on campus. Sometimes we can feel a bit isolated. Having events like this where it increases visibility makes you feel like you are part of the community."

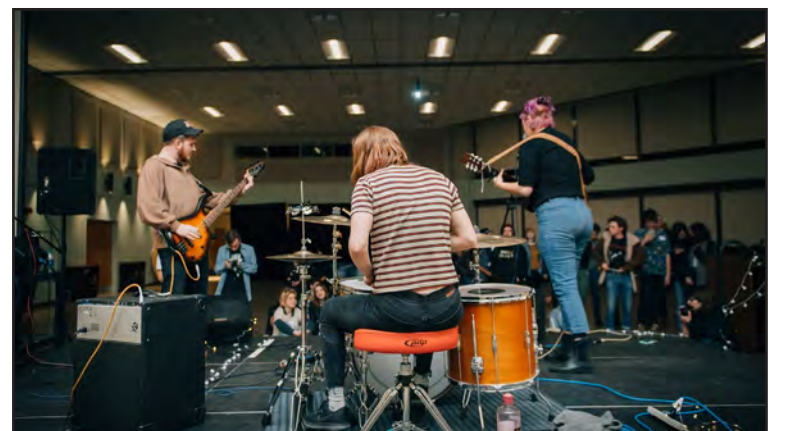
"I hope students take away that LGBTQ+ culture doesn't have to be exclusive and you don't have to identify on the spectrum to be apart of something fun like this this is a concert this is a book reading it brings the community full circle, it

doesn't leave anyone out," said Lai.

"Having open-access, campus-wide events celebrating student expression is important for building a sense of community and family which can often be lacking for LGBTQ+ youth who are disproportionately likely to experience stigma and rejection, [which can] lead to homelessness and mental health problems," said Corey Wrenn, Ph.D., Director of the Gender Studies Program and a lecturer of sociology.

Tyler Castro, a S.P.E.C.T.R.U.M.

executive board member and junior psychology student, said, "The event had a pretty significant impact on me and made me really proud of the work my club did. Seeing so many people come together to support a cause through the mutual love of music and friendship was really heartwarming. I think the event was an overall success and was a nice escape from outside stress we experience every day, and I definitely think that we'll be having more events like this in the future."



PHOTOS COURTESY of Michelle Nuch

"Expression" featured several bands and promoted an inclusive campus community, while raising money for the Ali Forney Center (AFC).

IT Department Warns Students of E-Mail Phishing Scam

E-MAIL cont. from pg. 1

is intended to look legitimate to purport individuals into revealing sensitive information like a password regarding the targeted website," said Jordan Vashey, a senior homeland security student who works with cyber security at the company CyanLine.

According to Vashey, in phishing scams attackers generate a template identical to the target system. In this case, the targeted system was the Monmouth University eCampus site. The templates, which can be used in e-mails by using hypertext markup language (HTML), can be duplicated and hosted on the hacker's system.

"If an attacker duplicated the eCampus template and hosted it on their system, e-mails can be sent out that look exactly like a staff member or professor at Monmouth," Vashey explained. "The target would then click a link in the e-mail that would redirect the user to the duplicated Monmouth University eCampus login. The user logs in, and it may even redirect you to the real eCampus and log in, making everything look perfectly normal."

According to Carsey, at least 50 student mailboxes have sent out junk mail e-mails, meaning that they have been compromised by the phishing scam.

"We have no way of knowing who clicked on the malicious link and gave their credentials to the phisher," Carsey said. "However, we can see when an e-mail account sends out junk mail.

For those accounts, the ability to send mail is automatically blocked after 100 [junk] messages, administrators are notified, and we administratively change that user's password. While immediately changing passwords on an account presents additional problems, it's necessary to avert more serious problems."

On Thursday, Feb. 1, an e-mail was sent to faculty warning them of the e-mail, pointing out that Monmouth student accounts had been compromised.

According to Carsey, the only repercussions of this event have been spam emails sent from University accounts. However, in other cases, online scammers have made attempts to access employee or student worker W-2 information, which includes addresses and Social Security numbers; other scams have attempted to deregister students from classes or send threatening e-mails to politicians.

Carsey also warned that students who use the same password for their Monmouth account and other accounts could see those other accounts compromised.

"Your username and password was logged when your browser performed a POST function to send your login to the database to verify whether it is the correct login information or not," said Vashey. "Now the attacker has your password, and is free to use [it] at their discretion."

"I'm not worried about my personal information being affected, because there really isn't a relationship that allows the in-

formation of one student to access the information of other students," said Harry Torrenegra, a graduate student studying software engineering who received the e-mail but did not click on the spam link. "They're all sectioned off from one another."

According to Carsey, these e-mails are not unusual for the University to receive. However, multiple layers of security mean that 70 percent of spam e-mails are blocked from reaching University servers.

"Incidents such as this one prompt us to review our processes and mitigation strategies. To date, several changes have been made and several more are being tested," Carsey added. "Securing our systems, and ensuring the integrity of our data, is a continual process that must match the tenacity of those trying to gain unauthorized access."

Carsey emphasized the importance of students being careful about what they click on in case of scams. While the current phishing scam e-mail was moved to the "Deleted Items" folder of student emails, there is still a risk of similar scams in the future.

According to Carsey, some of the most obvious hallmarks of a scam e-mail is the poor composition, alternate or incorrect spellings, and incorrect links.

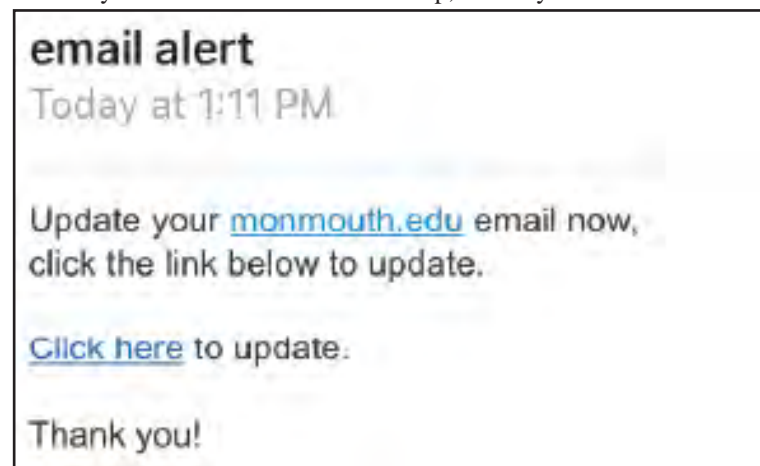
"Most phishing e-mails are poorly composed or use alternate spellings of words that we don't use here in the U.S.," Carsey explained. "These are easily recognized and ignored by most peo-

ple. In the current instance, the phishing e-mail was very short, didn't provide much context, and provided a link that appeared to take you to the Monmouth login page. It was the perceived legitimacy of the fake log-in page that seemed convincing."

Carsey recommended double-

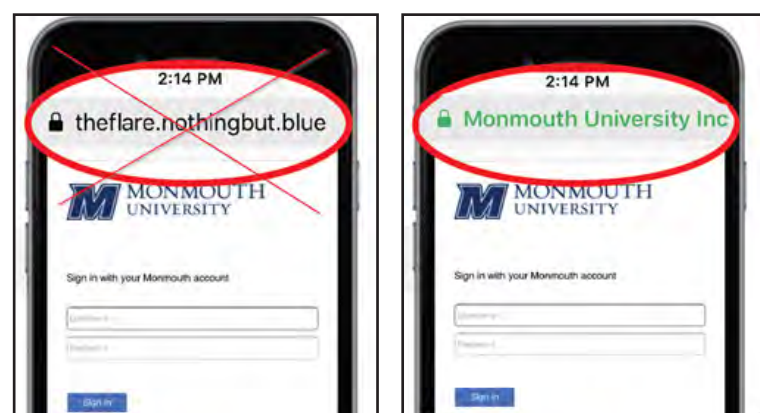
checking the URL of a site before entering credentials or personal information to confirm that it belongs to the company that is sending the e-mail.

"If there is any doubt about the legitimacy of an e-mail or link, please contact the Help Desk for help," Carsey stated.



PHOTOS COURTESY of Robert Carsey

The above scam e-mail was sent to the campus community on Jan. 26 and 27.



PHOTOS COURTESY of Robert Carsey

On Feb. 1 an e-mail was sent explaining the situation and provided brief tips on how to avoid phishing scams.

Peace Activist Ken Nwadike Visits Campus

JERRY TROTTA
CONTRIBUTING WRITER

Ken Nwadike, founder of the Free Hugs Project and peace activist, spoke to Monmouth University students and employees at Pollak Theare, recounting his story of becoming a motivational speaker.

The Free Hugs Project is a non-profit organization, founded by Nwadike, following his response to the Boston Marathon bombings in 2013.

"While viewing the devastation of the 2013 bombing of the Boston Marathon, I was determined to be a participant in the next race," said Nwadike. "I failed to qualify by just 23 seconds, so I decided to attend the event in a different way. I provided free hugs to runners as encouragement along the route."

The video was uploaded to YouTube and Nwadike made national headlines. According to the Free Hugs Project website, his videos have garnered 150 million views and he has been a guest on CNN, USA Today, BBC News, Good Morning America and Good Morning Britain. In addition, he has featured in The Huffington Post, The New York Times, and The Washington Globe.

Nwadike played one of the viral videos and the audience of approximately 50 attendees burst into smiles. "All that mattered was the love," said Nwadike, as complete strangers were running up to give him hugs.

Nwadike, however, had a change of heart. He felt that running races was getting redundant. "I wanted to inspire love in a place full of hate," he said, and decided to go to the front lines of violence during protests, riots, and political rallies to spread peace and love,

including the protests in Charlottesville, Virginia.

Nwadike played a clip of another viral video that displayed him standing in between police and protesters in Charlottesville. Speaking to a group of protestors, Nwadike said, "I see [police officers] as human beings, just like I see everybody on this side as human beings. We're all human. This man's uniform doesn't make him a robot, just like your uniform, your skin color, doesn't make you a criminal."

What followed was not peace, but a line of civil communication opened between protestors and officers. "It's about motivating one another to find a common ground," said Nwadike.

"I loved his whole attitude," said Eleanor Novek Ph.D., a communication professor who teaches the course "Creating a Culture of Peace." "It's important, in a time of great political division where people aren't listening to one another, it's really important for people to be able to see each other as human beings and give each other a hug. Or at least listen to what each other have to say."

"People like Ken reinforce my belief that anyone can have impact and influence if they step out of their comfort zone and are committed," said Claude Taylor, an Advisor-in-Residence for Academic Transition and Inclusion at Monmouth, who was in attendance.

"I am a strong supporter of civil discourse as a means to bridge differences," Taylor added. "However, there is an unreconciled legacy of racial oppression in the United States and it is sometimes very difficult to clearly identify the pathways all people, not just racial minorities, must pursue that will

lead to peace."

Much like his hero, Reverend Dr. Martin Luther King Jr., Nwadike had to work his way to the top. "I didn't trust police officers at a young age," he said.

At eight years old, he witnessed police rush his house and arrest his father for an "illegal activity" of which he would, respectively, not elaborate on. Shortly after, his mother moved him and his four siblings to LA.

Moving in and out of homeless shelters, Nwadike was recruited by his high school track coach to try out for the team. "He used to tell me you can run away from homelessness right now," said Nwadike, and he debuted with a 4:17 mile in his first race. He would later receive a full ride to college, sign a professional deal with Nike, and train for the Olympics.

"I have found Ken to be a very inspirational guy," said University President Grey Dimenna, Esq. "Giving back to me is so important, particularly when you have benefitted from someone or a particular program. Ken being homeless for much of his life was perfectly situated to work with homeless kids. When you have walked the walk, you can be a much more powerful mentor and spokesperson."

Nwadike would eventually become a mentor for children in homeless shelters where he promised the kids he would raise money for them by organizing a marathon on Hollywood Blvd – police told him it would cost \$500,000 to shut down the famous road. Refusing to let the children down, Nwadike turned to the media and following an interview with CNBC, raised the money for what is now known as the Hollywood Half Marathon.

The presentation concluded with a question and answer session and Nwadike handing out t-shirts to those who asked questions. Projected on the screen was one of Nwadike's signature quotes – "Encouraging opposite sides to respect each other as human beings is a major step towards peace."

After the event ended, Novek said that Nwadike stayed to have conversations with attendees, as well as giving them hugs.

"[The event] made my day, made my weekend," Novek added. "It was wonderful. I loved his whole attitude. I looked at him on videos and he's wading into a crowd with cops and shields and everything, and he's this little skinny guy in a t-shirt and a pair of old jeans, and the protestors are yelling at him, the Nazis are yelling at him, and he's just trying to

say 'I'm listening to you, I respect you, I love you as a human being'. It was just so uplifting."

"I absolutely loved this event," said Natalie Toro, a senior biology student who attended the speech after Nwadike approached her in the Student Center and told her about it. "I love the idea of promoting peace and love around the world, and his project was absolutely inspiring to me. I would love to be a part of his project someday."

"I told [Nwadike] personally after the show that he is doing great work and he is what our country needs right now," Dimenna added. "There are too many people who don't communicate with people they disagree with, and instead of listening and reasoning they are screaming and threatening each other. Ken understands the need for both sides to communicate."



PHOTO COURTESY of Natalie Toro

Natalie Toro, senior biology student, was just one attendee who spoke to Nwadike after the event ended.

The Outlook

Courtney Buell	EDITOR-IN-CHIEF
Alexandria Afanador	MANAGING EDITOR/FEATURES
Kerry Breen	SENIOR EDITOR/NEWS
Professor John Morano	FACULTY ADVISOR
Sandy Brown	OFFICE COORDINATOR
Danielle Schipani	GRADUATE ASSISTANT
Brianna McCabe	GRADUATE ASSISTANT
Zachary Cosenza	SPORTS EDITOR
Brett O'Grady	GRAPHIC DESIGN/OPINION EDITOR
Caroline Mattise	ASSOCIATE OPINION EDITOR
Mehdi Husaini	ASSOCIATE NEWS EDITOR
Joy Morgan	ENVIRONMENTAL/ASSISTANT NEWS EDITOR
Nicole Ingraffia	ENTERTAINMENT EDITOR
Nicholas Coscarelli	POLITICS EDITOR
Amanda Gangidino	CLUB & GREEK EDITOR
Campbell Lee	LIFESTYLES
Nicole Riddle	VIEWPOINT/PHOTOGRAPHY EDITOR
Karlee Sell	PHOTOGRAPHER
Amber Galati	PHOTOGRAPHER
Shannon Lawrence	PHOTOGRAPHER
Matthew Aquino	ASSOCIATE GRAPHIC DESIGN EDITOR/ADVERTISING MANAGER
Coral Cooper	ADVERTISING MANAGER
Brian Turczmanovicz	COMIC ILLUSTRATOR
Emerson Hidalgo	TECHNOLOGY MANAGER
Evan Mydlowski	TECHNOLOGY MANAGER
Davina Matadin	TECHNOLOGY MANAGER
Anthony Vives	TECHNOLOGY MANAGER
Cara Ciavarella	DELIVERY ASSISTANT
Kathryn Cahill	DELIVERY ASSISTANT
Jason Aquino	DELIVERY ASSISTANT

STAFF WRITERS

Lauren Niesz	Emily Condron
Bridget Nocera	John Morano
Evan McMurtrie	Chris Fitzsimmons
Namra Shueib	Matt DeLuca
Alexa Olah	Mark Marrone
Melissa Badamo	Sophia Galvez

Monmouth University's
Student-Run Newspaper
Since 1933

Plangere Center 2nd Floor, Room 260

Phone: (732) 571-3481
Fax: (732) 263-5151

Mailing Address:
The Outlook
Monmouth University
400 Cedar Ave
West Long Branch, NJ 07764

Website: outlook.monmouth.edu
E-Mail: outlook@monmouth.edu
Advertising Inquiries: outlookads@monmouth.edu

The Outlook Talks
#METOO

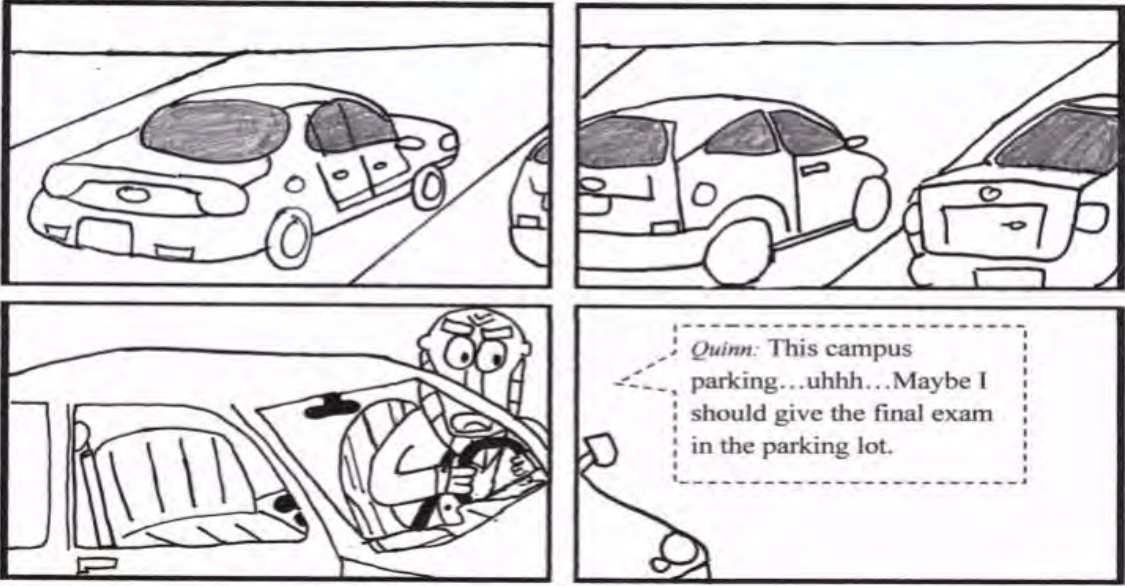
EDITORIAL STAFF

As the #METOO and “Time’s Up” movements continue throughout awards season, celebrities are often embracing forms of advocacy in their speeches and on the red carpet. Philanthropist and actress, Oprah Winfrey gave a rousing speech at the Golden Globe Awards in January; *Big Little Lies* actresses Nicole Kidman and Laura Dern spoke about the importance of speaking out and stopping harassment in the industry. Most obvious was the red-carpet protest – almost all attendees wore black, with some celebrities donning “Time’s Up” pins. The Grammy Awards saw similar forms of activism as stars wore white roses and the same pins. Janelle Monae spoke about the importance of undoing a culture that has created an environment for sexual harassment and assault; Kesha performed “Praying” with many other female figures in the industry. While these advocacy efforts have been visible at awards shows, some *Outlook* editors have questioned whether they are the most effective form of activism, and whether they caused real change. Only about half of the editorial staff members were aware of the efforts being made. Those who did not follow awards shows were unaware of the attempts at advocacy. One editor was aware of the Golden Globes all-black dress code, but was unaware of the white roses and pins at the Grammy Awards. “I feel like it was almost the focus of the Golden Globes, whereas it was not as big of a topic at the Grammys.” “I was not really aware of the advocacy efforts on the award shows because I do not watch them,” said one editor. “The only way I really

heard of it was by social media.” While the efforts made were celebrated on social media and were mentioned in some news cycles, some editors were unsure about how effective the on-carpet activism was. “I think it was effective in the sense of making [the issue] more talked about and making people more aware,” said one Outlook editor. “I don’t know how effective it was at a local level but it has to start somewhere. Big celebrities bringing issues to light helps people realize that this is a big deal and things need to change.” “At a local level, I’m sure it has made a difference,” added another editor. “How much of a difference is what’s questionable. Celebrities are ‘worshipped,’ so to speak, by everyday people. Some of their movies and TV shows have ‘cult’ followings. For an actor who is held in such high fashion among those who watch their shows, wearing a pin to advocate a movement or wearing a specific color to voice an opinion will definitely stick in their minds as something they should be a part of as well.” Another editor disagreed. “I do not think they always make the change that they hope they will. Celebrities are not as impactful as they once were, and no one really watches the Grammys/Oscars anymore. I do appreciate their efforts to make statements.” According to *The Hollywood Reporter*, the 2018 Golden Globe ratings were down five percent, a decline from 2017. According to *The Independent*, Grammy Award ratings hit a nine-year low, with a 24 percent decline from 2017. Another editor felt that celebrities were receiving too much praise for not doing much work, with one edi-

tor calling the effort “passive activism.” “I feel if their only effort was to wear a dress, then they should not be recognized as ‘saving the world,’” commented another. “I feel the celebrities that should get praised are the ones who actually do work with groups, go out in the real world and actually try and cause change.” While the local, real-world impact of celebrity activism is debatable, editors were in agreement about the importance of celebrities generally using their status to bring issues to light. “As each person consumes and interprets media, they unconsciously bring it into their daily lives and thoughts. If the actions seen by these celebrity activists got the consumer thinking, it is quite likely they might change even in the slightest on a local level. Some people who were already considering these movements might go to new lengths and be seriously touched, its all about the person and their previous exposure and predisposition,” said one staffer. “I think that the celebrities have the right platform to bring the movements to light, but at the end of the day they are not the average person,” added another editor. “I do not necessarily think that these celebrities can cause change at the local level. It will take another, more local activist to really get the ball rolling in the community. Editors also had several suggestions on how celebrities can continue to use their platforms to bring light to issues. Potential methods included going to marches and giving speeches at events, focusing on more charitable efforts, and not working with those who have “suggestive pasts,” as well as championing and rallying behind others in difficult situations.

Knowledge and Quinn by Brian Turczmanovicz



HOW TO SUBMIT ARTICLES OR LETTERS:

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.

All copies must include the author's full name and contact information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.

The Outlook
SUBSCRIPTION FORM

NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____ ZIP: _____
Daytime Phone: _____
Evening Phone: _____

☐ \$25 NON-ALUMNI SUBSCRIBER ☐ \$15 MONMOUTH UNIVERSITY ALUMNI

Mail this subscription to and payment to:
The Outlook Monmouth University

400 Cedar Ave. West Long Branch 07764
Or Call 732-571-3481 for Credit Card Payment

Serving the Monmouth
community
since 1933

THE OUTLOOK
http://outlook.monmouth.edu/

Follow us on:
Instagram Facebook Twitter
@MUOutlook

DISCLAIMER: All articles appearing in the Op/Ed section of *The Outlook* are solely the opinions of the authors and do not reflect the views of *The Outlook's* editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. *The Outlook* reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, *The Outlook* will no longer print anonymous articles.

DRESSING FOR THE DAY

JASON AQUINO
CONTRIBUTING WRITER

When I was in high school, some clothes just didn't fit my body and style. I looked at how the other guys dressed: t-shirts, sweats, hats -- casual wear. I was wearing the same things, but I wasn't feeling comfortable wearing them in public. I didn't want to adhere to the same, social dress code every day because it made me feel like I was just "sitting through" the day.

Schools celebrate differences in their students by judging their skills and talents, but it is hard to judge dress when everyone looks as "special" as a grain of sand. During my first year of high school, however, the morning announcer declared over the intercom that Feb. 11 was going to be the school's "Dress to Impress Day." Everyone was allowed to dress as sophisticated as they pleased. I knew Feb. 11 was the day I would dress sharp enough for me to be able to cut enough class for ten people.

It is not easy putting on a thick, brown suit jacket after gym class. Did I look good, though, or did I look great? I didn't care that the sweat on my hairline made me look like a seagull who earned a ribbon of participation instead of his flight license. I was on cloud nine.

During Language Arts class, my white dress shirt inhaled air as I tugged at the collar. My classmates and I were working on what we called "Do-Now's," worksheets that asked a few questions on what was covered



PHOTO TAKEN by Matt Aquino

It feels good to dress up occasionally and to be part of the view.

last class. That day, we also had a substitute teacher. He was an elderly man who busied himself with his *Monroe Township Newspaper* as we worked on our assignments.

He didn't have to teach us anything, so we started to read an article on *Lord of the Flies* that our main teacher left for us to read after finishing the "Do-Now." I tugged at my col-

lar some more. My friend Alex was absent that day, so I sat by myself next to the door of the classroom, humming to myself as I highlighted the text. Despite not having a friend to nerd out about Dragon Ball Z with, I was content with working solo for the day.

The teacher dipped his paper down and took a glance at the class. He scanned the crowd of

students at their desks to make sure they were behaving, and then his eyes landed on me. The white caterpillars over his eyes scrunched downward as he smiled. "You looking to go to a job interview?"

I looked back at him as some of my classmates turned their heads to both of us. My mind was still foggy from tripping at box-ball. I said the first thing

that came to mind. "Yeah, although I accidentally sent my cover letter to the *MT Newspaper*. Did it make the final print?"

The eyebrows went up. He skimmed the newspaper, and after a moment to himself, he chuckled, "Ah, there it is in the Letter to the Editor section. 'To Whom It May Concern'."

If wit was applicable to Dress to Impress Day, he would've been the best dressed one in the school.

I already applied myself to school as though it were a job, but it felt reassuring to know I would have had a good chance at actual employment due to dressing well. I was even more relieved when I was able to change into my sweats once I got home. Even though strutting around for five hours in a bulky suit was the equivalent of slow-dancing to the Bee Gee's, I had surely felt more alive than I had ever been, even if I almost passed out.

The students at Monmouth typically just wear leggings or sweatpants and throw on a hoodie. So, be that rare individual who dresses up and wear corduroys and an Oxford shirt. Dress up and feel the confidence flow.

There's a magical charm that comes with dressing formally. If you feel classy in what you're wearing, you receive a special form of self-empowerment. Your soul dances a little more, making you appear more vivified and rejuvenated. If you have the chance, try wearing that dress shirt or blouse to school one day.

Political Usage of Social Media:
A War of Words

RAYMOND ROMANSKI
CONTRIBUTING WRITER

How does a President interact with their citizens?

Franklin Delano Roosevelt once led the Nation through the Great Depression, reassuring his citizens with a series of fireside chats via radio. Richard Nixon holds the record for most Oval Office addresses on television. Donald Trump addresses his constituents with 140 characters through Twitter.

It seems that whenever he sends a tweet, news organizations flock to what he has to say. This phenomenon is due to the amount of weight a tweet of his possesses. In his first year as Tweeter-in-Chief, he has had so many precedents. He tweeted his proposal to end the Deferred Action for Childhood Arrivals (DACA) program, announced a travel ban on Middle Eastern countries, and informed the country of his two-week "working" vacation on a Bedminster, NJ golf course.

He has also remarked on Confederate statues being toppled, asking if Washington or Jefferson would be next. Former Sheriff Joe Arpaio was scurrilously pardoned via Twitter. One day after the Las Vegas shooting, the biggest mass shooting in American history, Trump tweeted the "FAKE NEWS" fabricated this event.

When a typo happened, the infamous "Covfe" incident, it was played off as a secret code word. But, even a typo gained national news coverage.

What alarms me the most is his candor when tweeting. He is unafraid to call people out by name and insult them, mainly, North Korea's Kim Jung Un. He has called the North Korean leader "short and fat", and appeasing Un with the nick-

name "Rocket Man". On Jan. 2, Trump tweeted a threat to Kim Jung Un: "...Please inform him that I too have a Nuclear Button, but it is a much bigger & more powerful one than his, and my Button works!"

There's no need for debate on that tweet. He is threatening nuclear war with a single message. Talk about peaceful, diplomatic negotiations.

Being the history geek that

I am, I can't help but compare this with the Cuban Missile Crisis in 1962.

For 13 days, the United States was in a state of terror because of Soviet missiles in Communist Cuba. Why the terror? Because of a nuclear war threat.

But, now, a message directly from the President's fingertips is challenging Kim Jung Un. That has to be a first. Trump is saying, "Hit me with your best

shot, chump. I've got bigger toys to play with." You don't need a degree in literature to interpret that message.

His tweets are often inaccurate. Facts are ignored. Grudges are maintained. For his first State of the Union on Jan. 30, he tweeted that he had the largest viewing audience in history and the highest ratings. Both claims were false.

Other examples include the scale of voting fraud in the 2016 election, his denial for the Birther conspiracy, and his denial of the 's***** nations' comments. For someone who is adamant on exposing the "fake news", he is quite hypocritical.

When I was in high school, there would be the occasional Twitter argument over sports teams or emotional situations. This is no way to communicate. Insulting people with frank remarks doesn't work either. But, this is now reality. A brash President runs the show with his thumbs.

I remember in my high school history classes, we read speeches like Lincoln's Emancipation Proclamation, Kennedy's Rice Moon Speech, Nixon's Resignation. Fifty years from now, students will be reading Trump's tweets in a textbook. That's concerning. A man this unpredictable, unfiltered, and arrogant needs to be kept in check.



IMAGE TAKEN from President Donald Trump's Twitter page

President Donald Trump is known for taking to his social media account to address political issues.

CEOs Invest in Employees' Healthcare

NICHOLAS COSCARELI
POLITICS EDITOR

The CEOs of Amazon, JPMorgan, and Berkshire Hathaway proposed a healthcare plan which they believe will lower costs for their employees last Tuesday, Jan. 30.

The three said that they wish to start “an independent company that is free from profit-making incentives and constraints.” Instead, they explain that they will be focusing on technological solutions in order to provide their employees with “simplified, high-quality and transparent healthcare at a reasonable cost.”

“The health care system is complex, and we enter into this challenge open-eyed about the degree of difficulty,” said Bezos.

“Hard as it might be, reducing health care’s burden on the economy while improving outcomes for employees and their families would be worth the effort.”

“Being in a healthcare industry, I find many people to be uneducated well enough about their healthcare benefits,” said Polina Amburg, specialist professor in the Department of Nursing.

“Employers looking to save money don’t always offer the best healthcare plans for their employees, she explained. “The cost of services, such as co-pays and deductible, often prevent people from seeking adequate and timely medical care. There is a great need for an affordable quality healthcare services.”

Amburg believes that the idea of some of the major companies creating a new healthcare industry is “excellent.”

However, she explains that it is not easy to measure the success of the proposition. “More information on details of the new healthcare plan proposal is needed to estimate its efficiency,” she said.

Recent analysis of health care spending in the employer mar-



IMAGE TAKEN from PolitiFacts

CEOs of Amazon, Berkshire Hathaway, and JPMorgan Chase announced a healthcare plan that they believe will help lower costs of healthcare for their millions of workers in the United States and increase efficiency.

ket found that prices are still soaring even though workers are using the same, or even fewer, services.

Moreover, total spending per person rose 15 percent between 2012 and 2016, according to the Health Care Cost Institute.

Additionally, price hikes for prescription drugs and inpatient services fueled the increase, jumping nearly 25 percent and 24.3 percent respectively.

“Amazon, JP Morgan and Berkshire Hathaway attempting to provide healthcare to their combined workforce of 1.8 million is worth watching,” Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology, and associate professor of political science said.

“It came out of nowhere, catching Wall Street, D.C., and industry observers off-guard.”

Mitchell explains how, because members of Congress are beholden to their donors and bases, healthcare in the United States is a difficult legislation to pass politically.

“First, Democrats and Republicans exhibit shocking yet consistent incompetence in the area of healthcare,” he said.

“Warren Buffet is correct, it is ‘the tapeworm in America’s intestines,’” Mitchell noted.

Additionally, Mitchell addressed the statistics which show that Americans pay far more for healthcare, than other countries do, yet receive far less in benefits and treatments for the higher price.

“Democrats prioritize Big Pharma and Big Insurance donors,” while neglecting the needs of the constituents whom they represent and serve, Mitchell explained.

“Republicans peddle ‘end of days’ Orwellian nonsense,” he said, referring to the GOP’s disparagement of government intervention in healthcare, labeling it as socialized medicine. “In short, political dysfunction, corruption and immorality open up opportunities for other actors,” Mitchell says.

Neil Trautwein, vice president at the National Retail Federation trade group, who lobbies Congress on healthcare issues, told the *Los Angeles Times* that the new venture won’t affect the torrid debates over healthcare already happening in Washington.

However, he explains, it could adjust the dynamics over the issue if the companies come up with complete innovative ideas.

“Imagine a world where, much the same as we might shop on Amazon’s site, we have information on physicians, how much he or she charges,” Trautwein said. “If you can make healthcare that easy, then you can squeeze a lot of unnecessary cost out of the system.”

In response to the trio’s proposal, stocks in drug- and health-insurance have plummeted, even though they have not disclosed details of their plan.

Investors guess that the initiative will eventually stifle sales growth and profit for others in the healthcare field.

Top insurer UnitedHealth fell three percent, which attributed to the more than 300 point drop in the Dow.

Likewise, other insurers like Cigna and Anthem dropped more than five percent—and CVS and Walgreens both declined more than four percent.

Another aspect Mitchell address is that “corporate competition for talent is intense.” “I hear about this on my regular trips to Silicon Valley,” he said.

“Amazon competes with Google [and] Apple... and JP Morgan competes with Goldman [and] hedge funds... for the best talent,” Mitchell explained.

“Salaries go further when they are not eaten up by healthcare costs. Amazon makes its money by cutting out ‘intermediaries’ and healthcare is larded with such actors, all of which donate to the political parties. Let’s hope Amazon and partners succeed.”

Gary Cohn, President Trump’s top economic advisor, told *CNBC* that the joint efforts by Amazon, Berkshire Hathaway, and JPMorgan is the same as what the Trump Administration did last October.

Through the president’s executive order, the administration aimed to allow small businesses to buy group insurance policies.

However, those efforts affected only small businesses; unlike the proposal set forth by the three CEO’s.

Buffet’s Berkshire Hathaway, which owns the auto insurer Geico, is a major player in the insurance and re-insurance business. However, it doesn’t currently offer health insurance.

“[Bezos, Dimon, and I] share the belief that putting our collective resources behind the country’s best talent can, in time, check the rise in health costs while concurrently enhancing patient satisfaction and outcomes,” Buffet told CNN in an interview.

“This is an exciting development that seems likely to lower health care costs,” Chris Hirschler, Chair of the Department of Health and Physical Education and associate professor of health, said.

Moreover, Hirschler explained that “given Warren Buffet’s involvement and his philanthropic pledges, [such as to] give away about 99% of his wealth.”

“I’m hopeful that his moral compass will guide their efforts and translate to better, less expensive, and more accessible health care,” Hirschler said.



IMAGE TAKEN from PolitiFacts

The Dow dropped more than 300 points; Insurer United Healthcare fell three percent after the proposal.

!!2018 STUDENT EMPLOYEE OF THE YEAR!!

• DOES YOUR STUDENT GO ABOVE AND BEYOND YOUR EXPECTATIONS?

• DO THEY HAVE EXCELLENT LEADERSHIP SKILLS?

• HAVE THEY MADE A POSITIVE IMPACT ON YOUR DEPARTMENT?

NOMINATE
YOUR
STUDENT EMPLOYEE
JAN 26 - FEB 23

NATIONAL STUDENT
EMPLOYEE APPRECIATION
WEEK
APRIL 8TH - 14TH

2018
STUDENT
EMPLOYEE
OF THE YEAR

FOR MORE INFORMATION
CONTACT
AIMEE PARKS
aedmunds@monmouth.edu
732-263-5381
Office of Student Employment
Bey Hall room 127

ADVANCED
SUMMER
REGISTRATION
BEGINNING
MARCH 5, 2018

Continuing students in good academic standing are invited to register **EARLY** for all the Summer 2018 sessions.

The WEBadvisor online listings of SUMMER COURSES are currently available.

Students will be able to self-register using the WEBregistration component of WEBadvisor. Students who have not yet obtained advisor approval will need to register in-person at the Registrar's Office.

Full details are listed in the information and instructions e-mailed to your MU e-mail account.


WEBstudent Screens for Registration:

- Course Schedule Information
- WEBregistration Approvals / Blocks
- Course Prerequisite Worksheet
- Search /Select and Register for Courses
- Register/Remove Previously Selected Courses
- Manage My Waitlist

Questions... contact
registrar@monmouth.edu
askanadvisor@monmouth.edu

2018 MUPD CRIME BLOTTER

732-571-444



MONMOUTH

mupd@monmouth.edu

1/19/2018 12:10 PM Cedar Hall PULA / Student Misconduct	1/20/2018 1:00 AM Elmwood Hall PULA / Student Misconduct	1/21/2018 1:00 AM Pinewood Hall PULA / Student Misconduct	1/21/2018 1:48 AM Maplewood Hall Simple Assault / Harassment / Student Misconduct
1/24/2018 9:05 PM Laurel Hall Poss. Para. / Student Misconduct	1/25/2018 11:39 PM Beechwood Hall Poss. Of CDS/Para./ PULA / Student Misconduct	1/27/2018 2:22 AM Lot 8 PULA / Student Misconduct	1/27-28/18 10:30-1:00 PM Mullaney Hall Burglary / Theft
1/29/2018 7:37 AM Lot 9 Burglary / Student Misconduct	1/30/2018 4:04 AM Elmwood Hall Damage to Univ. Property / Criminal Mischief	1/28-31/18 10:30 PM - 9:00 AM Off-campus Harassment	2/1/2018 7:00 PM Laurel Hall Terroristic Threats

LOOK OUT

for The Outlook

New issues released on shelves and online every Wednesday!





@MUoutlook
fb.com/theoutlook

New website design!



outlook.monmouth.edu

!!!STUDENT EMPLOYEES!!

DO YOU WANT TO RECOGNIZE YOUR SUPERVISOR FOR THEIR ABILITIES TO MAINTAIN A CHALLENGING AND ENTHUSIASTIC WORK ENVIRONMENT, PROVIDE GUIDANCE, ENCOURAGE INITIATIVE????


IF SO.....

NOMINATE YOUR SUPERVISOR

NOMINATIONS ARE DUE BY FEBRUARY 28TH

FOR MORE INFORMATION CONTACT STUDENT EMPLOYMENT BEY HALL 127 732-263-5381

BOOM!



EARLY / PRIORITY REGISTRATION

Begins on 03/29/18 with new activations every half-hour between 8:00 am and 4:30 pm

Information and Instructions e-mailed

Students will be able to self-register using the WEBRegistration component of WEBstudent.

Students who don't obtain advisor approval will not be able to self-register using WEB-registration and will need to register in-person at their academic department or at the Registrar's Office.

Full details are listed in the information and instructions which are e-mailed to your MU e-mail account in February and March.

WEBstudent Screens for Registration:

- Course Schedule Information
- WEBRegistration Approvals / Blocks
- Course Prerequisite Worksheet
- Search /Select and Register for Courses
- Register/Remove Previously Selected Courses
- Manage My Waitlist

Other WEBstudent screens that are helpful during Registration include:

- Academic Audit
- Student Schedule
- e-FORMS

Questions . . . contact

registrar@monmouth.edu
askanadviser@monmouth.edu

THE VERGE

MONMOUTH UNIVERSITY STUDENT ONLINE MAGAZINE

Not sure what you want to cover?

Check out our categories!

Current events: national and international news, politics, and technology!

Entertainment: movies, music, television, theatre, and video games!

Culture: health, travel, fashion, food, art, and books!

Opinions: editorials, opinion pieces on current events, politics, or whatever else you'd like!

JOIN THE VERGE!

Get involved with Monmouth University's online, student-run multimedia publication!

Publishable content includes written articles, podcasts, photographs, videos, and any other form of multimedia content.

Visit wordpress.monmouth.edu for more information and a look at our website!

Contact:
Marina Vujnovic, Professor Advisor, mvujnovi@monmouth.edu
Kerry Breen, Editor-in-Chief, s0967410@monmouth.edu

BREAKING THE DISTANCE

MELISSA BADAMO
STAFF WRITER

Maintaining long distance relationships, both friendly and romantic, is something that every college student can relate to. Most of us have friends who attend college in other states, and even friends who study abroad. As college students, we are always busy with homework, studying, sports commitments, and attending club meetings without finding time for communicating with friends who live far away. However, in this day and age, communicating with friends is easier than ever.

Freshman music student Bailey Cohen shared her methods of long distance communication. “I communicate with my friend who attends college in

West Virginia mainly through text messages or Snapchat, but I’m willing to try creative, unique ways of keeping in touch,” she said. Cohen also shared that a friend wrote his long-distance girlfriend a song to embrace their relationship while tackling the distance obstacle.

Freshman political science student Joshua Vidaurri finds different ways to keep in touch with friends and family from his hometown of Texas. He shared, “my friends still go to school in Texas, so we do group [video] calls as often as we can. I try to text them every day, but it’s hard because we’re all busy.” Group video calls are more fulfilling than standard texting because it is more intimate and makes it feel as if the person is right there with

you. This is one of the biggest things our generation is lucky to have that previous generations did not.

Although texting, video calls, and social media make it easy to communicate, there are plenty of other creative ways to keep in touch with your friends and/or significant other that do not involve digital communication. Writing letters to your friends may seem old school, but it can really brighten someone’s day, especially when we’re all used to communicating online. It’s a great way to make your romantic partner know that you care.

Anniversaries and birthdays are the perfect occasions to send gifts baskets to those who live far away. You can decorate it with candy, chocolates, flowers, and even picture frames of the two of you together to make it more personal. You can also spice it up a little by adding that creative, heartfelt letter to the front center of the basket. With Valentine’s Day around the corner, don’t be afraid to get creative and decorate your partner’s basket with heart balloons, plush bears, and red roses.



PHOTO TAKEN by Campbell Lee



PHOTO TAKEN by Campbell Lee

Visiting your significant other at school is a great way to show your significant other how much you care.

College students frequently feel torn when it comes to long-distance relationships and begin frantically asking themselves questions such as, Should I break up with them? Should I try to keep the relationship alive? Will long distance work for us? Before you begin to throw away your relationship because it seems “hard” or too “tiring”, you have to take everything into consideration.

Seeing your friends during the holidays is the best feeling after being apart for so long.

Professor of psychology Jennifer Trimarchi provided some advice on long-distance relationships. She explained, “If you can grow with the person, you are going to last. [In a relationship] we’re able to communicate with each other and share each other’s interests and personalities; there’s no judgement, there’s only support and love.”

If your relationship is built on love, trust, and support, then you shouldn’t let distance get in the way of that. In fact, you can even go the extra mile and surprise your significant other by buying a train, bus, or plane ticket to their college.

Whether the relationship is friendly or romantic, it’s important to keep in touch with those who are close to us. Don’t think of distance as an obstacle. Rather, think of it as an opportunity to strengthen your relationship; if you can tackle the issue of distance, then you can overcome any obstacle that comes in the way of your relationship. As they say, distance makes the heart grow fonder. Seeing your boyfriend, girlfriend, or best friend after months of being apart can make spending time with them so much sweeter.

Fending Off the Flu

AMY CZEREPAK
CONTRIBUTING WRITER

The flu is in full swing this year with the widespread epidemic reaching worldwide including our own campus. Although the demographics that should be most concerned are young children and the elderly, this year’s flu is no laughing matter. This article will help give you ideas on how to prevent the flu and keep it from spreading.

The first line of defense to any virus or bacteria is your own body’s immune system. Most people take a multi vitamin every day, but that isn’t always needed if you have a well-balanced diet. Eating healthy seems impossible when living on campus and eating at the dining hall, but there are options that can help strengthen your immune system.

Incorporating fruits and vegetables when offered can really add the necessary vitamins and nutrients your body needs. As for snacking, try to pick up snacks that contain organic fruits and vegetables to give you that extra boost of vitamins and minerals incase the dining hall pizza was a better suit for dinner that day.

Whether you eat at the dining hall, or on your own, it is important to practice hand hygiene. Washing your hands prior to eating, doesn’t

seem like a big deal but it can prevent bacteria and viruses from going from your hands to your food and then inside your body. Sophmore nursing student Marc Anatasico said, “Practice proper hand washing and applying preventative agents such as Purell and alcoholic hand wipes can be used to prevent the spread of the

flu.”

You never know what is crawling around on your fingers and hands, so make sure to clean them prior to eating, and avoid biting your nails throughout the day. If at any point you do encounter someone with the flu, remember to enhance your hand hygiene by using rubbing alcoholic wipes

or sanitizers after interacting with them. Assistant professor of nursing Patricia Sciscione , Ph.D., shared her advice. “The best way to prevent the flu is practice good hand hygiene, and to stay home when you’re sick. It’s not too late to get the flu shot,” she said.

Senior photography student Hunter Cox explains her own

personal strategies. “I always carry hand sanitizer with me at all times. Working in the studios is very hands-on so it is important to keep them clean. I also carry hand lotion because although hand sanitizer keeps your hands clean, it sure does dry them out,” she said.

This also goes for anyone who loves to work out. The gym is a great place to go to let off some stress and stay fit, which is a huge plus in boosting your immune systems strength. But with the amount of people walking in and out, touching weights, and sweating, there are tons of opportunities for viruses to spread. Wipe down any equipment prior to using it, and after.

If all fails and you do find yourself feeling under the weather, drinking water is first and foremost to stay hydrated and tea with lemon is good for soothing a sore throat.

The flu does take some time to pass before your body builds full immunity to fight it, so until then, lay low and put rest first. You’re probably upset someone gave you this horrid flu, so it is in your best interest to recover fully and prevent it from spreading to anyone. Don’t be the one to get your whole dorm or house sick, so remember to put your bodies health first, and protect those around you.



IMAGE TAKEN from pexels.com

Frequently washing your hands is the easiest and best defense against the flu.

“THE SHAPE OF WATER” DROWNS IN A CLICHE PLOT

MARK MARRONE
STAFF WRITER

Starring Sally Hawkins, Michael Shannon, Richard Jenkins, Octavia Spencer and Michael Stuhlbarg

At Nino’s Pizzeria, there was a large fish tank towards the back where customers could admire the beauty of salt water creatures. From yellow tangs to clown fish, I’d find myself gazing at them in the background rather than staring at an empty plate waiting for the sicilian pie to come out. Over the years, the number of fish have dwindled. The beauty that was once nestled in the back is now filled with a bunch of bottom feeders hiding in the pebbles.

There’s a special connection we can feel with the creatures who swim around in the water. Sure they don’t talk much or play fetch, but their presence is missed when they’re gone. I may have liked the fish that swam around in the tank, but Eliza Esposito,

played by Sally Hawkins, has taken her admiration for amphibians a little too far.

Eliza is a mute who works as a cleaning lady at a top secret government laboratory. She has a couple of friends in her support group, but Eliza is a single and lonely woman. While cleaning one of the facilities in the laboratory, scientists bring in a creature for observation. Although the scientists mistreat the creature, Eliza sparks a connection with it. The creature does not see the faults in Eliza many others may judge her for; he sees Eliza for who she is.

The Shape of Water holds the most Oscar nominations this year at thirteen. The nominations include *Best Picture*, *Best Actress* for Sally Hawkins, *Best Supporting Actress* for Octavia Spencer, *Best Supporting Actor* for Richard Jenkins, and *Best Director* for Guillermo del Toro.

Del Toro creates a unique environment while choosing a fresh approach for a main character. Also, there are strong performances by Sally

Hawkins and Michael Shannon. It’s a nice story, but the crux of the plot is cliché.

The world created by del Toro takes place in the late 1950s or early 60s. Outside of the laboratory, all the items feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are drawn close to them for an optimal viewing experience. The cars are slick and shiny with long, chrome plated Cadillacs dominating the streets. Although the set design by Paul D. Austerberry is glitzy, the dark underlying tones of the era are captured as well.

The Cold War is cynically taking a toll on Americans, as many wonder if they are living among the Communists. Additionally, racism brings out the true colors of those who may seem like respectable people. The production design and social themes transport us to the not so distant future for a love story that’s beyond belief.

The era might be familiar, but the main characters are fresh. Despite being a mute, Eliza is a strong woman who can take charge of a situation; there are many films that like to poke fun at the disability.

Frankenstein is a mute and he’s the scariest character we’ve ever seen, while the main zombie character in *Warm Bodies* is a mute too. Let’s not forget Mr. Bean, who annoyingly roams around England and looks like he has been hit by a train twice. *The Shape of Water* offers Eliza who carries her own weight by seizing her relationship with the creature, developing a strong core of friends, and handling pressure at work well.

All of these positive attributes in Eliza are what the

creature recognizes.

The creature sees the best in Eliza and looks past her disability. We all wish to have someone in our lives who looks past our faults and appreciate us for who we really are. It’s important to understand that there are people with disabilities who are judged for something they have no choice to live with. Eliza has accepted her place in the world and hopes for someone to love her for who she is.

When that someone comes along, a spark ignites in her and she takes full advantage of having a relationship with that person. Also, the creature can relate to her situation because he’s bullied by the scientists for the way he looks and acts.

Two imperfect people can make the perfect relationship. Both characters have overcome so much in their lives and finding that special someone makes life a battle worth fighting.

The performances by Sally Hawkins as Eliza and Michael Shannon as Strickland are also great features.

Hawkins plays Eliza, who does not talk for the film’s entirety. It’s challenging for an actor to convey such emotion without any words, but Eliza grips the audience’s hearts naturally. Eliza communicates through sign language, yet conveys feelings through facial expressions.

When Eliza rests her head on the bus window, gazing out to the bustling streets with a long look, we can tell a tough day is ahead of her.

Then there are moments where her happiness emulates off the screen with a twinkling smile or tap dance. Hawkins’ performance shows how one does not need words to con-

nect with the audience.

Michael Shannon’s character serves as the perfect foe to Eliza. As always, Shannon gives an intense performance as the leading figure in the study of the creature. Strickland is constantly stern and has a smug look on his face, even around his kids. Shannon plays the type of guy nobody would want to mess with. If I stole a cookie from Strickland’s jar,

I’d probably confess right when he’d look me in the eye. It takes a strong person to stand up to Strickland, which is why Sally Hawkins as Eliza is the perfect fit.

Although del Toro’s piece is a special adult fairy tale romance, the plot is standard. Girl gets lonely, girl notices a locked up guy, girl must get guy out of captivity, and so on. It was predictable from the start and the ending wasn’t too surprising.

The stakes feel high at times, but it always feels like the inevitable is bound to happen. The performances, setting and characters were fresh, but the storyline wasn’t.

At Nino’s Pizzeria, the salt water fish tank is a far cry from what it used to be. With only bottom feeders scouring through the pebbles, the tank is practically empty.

The same could be said about Eliza’s attitude towards life up until she meets the creature.

Eliza finds herself alone as an outcast of society for not being “normal.”

However, when in the presence of the creature, Eliza is full of life and feels loved. It takes the admiration of one person to bring out the best in others. When Eliza finds the creature, they define *The Shape of Water* because love takes many faces.

MARK’S REMARKS:

“The stakes feel high at times, but it always feels like the inevitable is bound to happen. The performances, setting and characters were fresh, but the story line wasn’t.”

2.5 STARS OUT OF 4



“HOSTILES” HAS TRUE GRIT

MARK MARRONE
STAFF WRITER

Starring Christian Bale, Rosamund Pike and Wes Studi

Somewhere out in the desolate deserts of America stands a tombstone that reads, “The American Western: 1903 to the 21st century.” 1903’s *The Great Train Robbery* marked the beginning of an era where audiences lined up to see cowboys gun down foes under the great big sky, but it’s hard to pinpoint when the genre officially died.

There have been unsuccessful attempts to revitalize it throughout the past eighteen years.

A notorious example is 2013’s *The Lone Ranger* that had a budget of \$375 million and flopped by earning only \$260.5 million when the dust settled.

With those results it’s clear: westerns have steered clear of people’s interest.

And why would audiences be interested in westerns today anyway?

Marvel has been spitting in the genre’s spittoon over the past decade with glittery CGI action and cash cow franchises.

Today, no one has the endurance to appreciate the stripped down grit of westerns, which is why audiences might overlook *Hostiles*.

Set in 1892, an Army captain, played by Christian Bale, escorts

a Cheyenne chief, played by Wes Studi, and his family through the treacherous landscapes of New Mexico to Montana.

Although slow in its pacing, *Hostiles* is a tough western that has a strong leading performance by Christian Bale, along with relevant messages, sweeping visuals and a unique score.

I have never been in a theater with a more antsy audience. Throughout the two hours and ten minutes, audience members were anxiously waiting for someone like John Wayne to hop on a horse, kill a bunch of outlaws, then wink at the camera.

At least ten people left the theater, while others were sifting through the important news of Kylie Jenner’s hidden pregnancy on their brightly lit phones. Clearly, *Hostiles* isn’t your grandpa’s western.

It’s a slow burn with few action scenes which mostly explores the process of a group’s willingness to stop painting other races with a broad brush.

If you come expecting Clint Eastwood to have a duel with Eli Wallach in the setting sun, I hope you’re at least sitting in a comfortable chair.

Eastwood isn’t around, but luckily Christian Bale is on the saddle. Bale’s lead performance as the Army captain feels realistic.

The captain shows little emotion and scorns any Native Americans

in his presence with a timid look or growling yell. Bale’s character has a dark past with the Natives, which is imminent with the dead gaze in his eyes.

This pent up anger in the Army captain is taken out on the Native Americans he kills and prisons every day.

While there isn’t so much gun slinging, the messages show how deep the roots of racial division are embedded in America.

The Army captain reluctantly accepts the mission to escort the Cheyenne chief because of his hatred towards Native Americans.

Along their journey, they come across a mother, played by Rosamund Pike, who also has sentiments towards the Natives.

Considering the film goes at a snail’s pace, *Hostiles* takes its time for the characters to chip away at the barriers of race.

Hostiles comes off as a typical cowboys versus Native Americans western, but by blending the Army captain’s entourage with the Cheyenne chief and his family, it shows how much effort it takes to understand the other side.

In today’s climate we instantly judge groups without giving the other side a chance.

However, the Cheyenne chief’s crew makes the effort to show the Army captain that there’s more goodness in their tribe than evil.

Not only do the characters face a long road to realization, but a

rough journey to reach the Cheyenne chief’s home.

Incredibly captured by cinematographer Masanobu Takayanagi, the vastness of the terrain shows how daunting the expedition is from New Mexico to Montana. The Army captain leads his crew through scolding hot desert plains empty with life.

In the darkness of night, the crew lights a blazing fire under the shimmering desert stars.

Then it’s on to the next day, where the group could drift through the tall green plains, where the sun casts a light of hope. Takayanagi’s camerawork gives this western true grit.

While the Army captain’s crew trudges through the rugged west, the score by Max Richter uses a unique instrument that embodies the cut throat landscape.

The yaybahar is an electric free acoustic instrument consisting of coiled springs and frame drums.

The instrument makes its cinematic debut by sending out chilling vibrations across the sweeping landscapes drenched in sunlight. *Hostiles*’ score feels distinct like its story.

With the yaybahar encompassing the sounds of *Hostiles*, this isn’t a western for everyone. A majority of audiences will feel bored because of its lack of action and sluggish pacing.

However, it’s a western that sticks out of the pack for its rel-

evant messages, strong leading performance, beautiful visuals and striking score.

Although it doesn’t have the making of a commercial success, *Hostiles* gives a fresh approach to the western genre. With more quality features like this, maybe the American western can knock over its tombstone.

As Sufjan Stevens sings in *Should Have Known Better*, “The past is the past/the bridge to nowhere.”



IMAGE TAKEN from filminks4u.is

Marrone rates “Hostiles” 3 out of 4 stars.

KYLIE JENNER WINS THE SUPER BOWL:

Confirms Pregnancy Rumors with Birth Announcement

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

After nine long months out of the spotlight, Kylie Jenner, 20, reveals the reason why she was missing-in-action from the public eye and social media.

She went from sharing every detail of her life and body to leaving her posts infrequent and vague.

Little did we know, Jenner was preparing for the “role of a lifetime” of being called “Mom.”

Her healthy daughter was born on Feb. 1, at 4:43 p.m.

She broke the news first with an Instagram post which, in summary, states that she was sorry for not including her fans in this journey with her and not addressing the speculation and rumors upfront.

Jenner then said that she knew she had to deal with this situation the “only way she knew how,” which, ultimately, was by being out of public view because it could cause both her and the baby stress.

Her full post can be found at the bottom of this column along with a photo of her during her pregnancy.

Jenner “officially” confirmed the news Feb. 4. This also was the date of Super Bowl Sunday, one of entertainment’s biggest nights, that her and her almost-year-long-boyfriend and rapper Travis Scott had welcomed a “beautiful” baby girl into the world.

An ironic time to debut such major news, but you know what they say, the Devil works hard, but the Kardashian-Jenner clan works harder.

Before the big announcement, there were countless theories and speculations by fans, entertainment outlets,

magazines, and tabloids.

Was Kylie the surrogate mother of half-sister Kim Kardashian’s newborn baby girl, Chicago?

Was this just a scheme plotted by Kris Jenner to rack up ratings for *Keeping Up With The Kardashians*?

Finally, all the hype has been put to rest and has been cleared up.

Now that the news of all news broke, we can finally get back on our normal sleeping schedules. Well, besides Kylie, who will be adjusting to her motherhood sleeping schedule.

Except now, everyone is going to have a whole lot less to gossip about--*especially* because Kylie is beating the tabloids at their own game: Publishing all the gossip herself.

The last question left on everyone and their mother’s mind was: What crazy name is this baby going to have?

Stormi. The answer is Stormi. With cousins North, Saint, Chicago, Reign, and Dream; and boy, my head hurts trying to remember all these tongue twister names, the Kar-Jenner family is notorious for unorthodox baby names.

Tori Collins, a junior business student, joked upon hearing the news of the baby’s name with a pun, “Its going to be Stormi, with a chance of Reign, in the north of Chicago.”

Clever, Tori, very clever.

In all seriousness, Kylie deserves a pat on the back for making such a mature decision to not disclose her pregnancy at such a vulnerable age and time in her life. She single-handedly proved, despite growing up in the limelight, you can keep a private life



IMAGE TAKEN from Kylie Jenner's Instagram

Kylie posts first glimpse of her daughter, Stormi, just days old as she grasps her moms thumb.

and leave intimate moments within a selected few.

Speaking of a selected few, where did Kylie find such loyal friends? Jordyn Woods, 20, model and best friend of Kylie, was featured in a *You-Tube* video that Jenner posted on her account titled, “To Our Daughter,” which showcased an 11 minute glimpse inside her pregnancy and supportive words from friends and family.

Woods said in the video, “When you’re 20 years old, you’re figuring out your life. You don’t know what you want. You’re an indecisive teenager becoming an adult”

Woods paused, then contin-

ued.

“But there was one thing your mom knew for sure. And that was you.” She said to the camera as if she was speaking to an older Stormi.

Valeria Siragusa, a senior health studies student, admires the “devotion Jenner’s friends possessed to keeping such a groundbreaking secret and doing so successfully.”

A downside that comes with this beautiful news Kylie shared with us is the fear that she has indirectly glamorized young pregnancy.

According to the website, 74Million.org, in 2017, it was stated that teen birth rates had plummeted to a record break-

ing, all-time low; It is going to be interesting to see if 2018’s statistics will be affected by Kylie’s bundle of joy. Perhaps taking the path of privacy will not be a factor in teen pregnancy rates.

Only a month into 2018 and Kylie Jenner solidifies her “King Kylie” title. Since entering back into the public eye, she has shared with us more in the last three days than she has in the last nine months. Will she continue her social media hiatus or come back full-swing to her Instagram throne?

Will the forecast call for an Insta-feed showered with Stormi?

I'm sorry for keeping you in the dark through all the assumptions. I understand you're used to me bringing you along on all my journeys. my pregnancy was one I chose not to do in front of the world. I knew for myself i needed to prepare for this role of a lifetime in the most positive, stress free, and healthy way i knew how. there was no gotcha moment, no big paid reveal i had planned. I knew my baby would feel every stress and every emotion so I chose to do it this way for my little life and our happiness.

pregnancy has been the most beautiful, empowering, and life changing experience I've had in my entire life and I'm actually going to miss it. I appreciate my friends and especially my family for helping me make this special moment as private as we could. my beautiful and healthy baby girl arrived February 1st and i just couldn't wait to share this blessing. I've never felt love and happiness like this i could burst! Thank you for understanding.

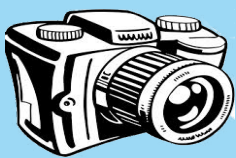


IMAGE TAKEN from Kylie Jenner's Instagram

Kylie confirms months of rumors and wonder with one simple post.

IMAGE TAKEN from Kylie Jenner's YouTube

Kylie posts a detailed 11 minute video with an inside look of the last nine months away from the media.



MOMENTS AT MONMOUTH



LEFT:
DR. MARTIN LUTHER KING JR. KEYNOTE SPEAKER KEN NWADIKE, JR. SPEAKING ABOUT HIS "FREE HUGS PROJECT" AT POLLAK THEATRE.
PHOTO TAKEN BY: AMBER GALATI



RIGHT:
SISTERS OF CHI Upsilon Sigma supporting the #GOREDFORWOMEN campaign to raise awareness for cardiovascular disease. (FROM LEFT: VANESSA ESPINO, MARLENY MEIJA, LIANY RODRIGUEZ).
PHOTO COURTESY OF: CHI Upsilon Sigma



LEFT:
TEENAGE HALLOWEEN TAKES THE STAGE AT THE S.P.E.C.T.R.U.M. EXPRESSIONS LITERARY AND MUSIC FESTIVAL.
PHOTO COURTESY OF: KENNY BIEBER



RIGHT:
THE WOMEN'S BASKETBALL TEAM PARTICIPATE IN "PLAY 4KAY" DAY FOR WOMEN'S CANCER AWARENESS.
PHOTO TAKEN BY: KARLEE SELL



Are you looking forward to six more weeks of winter?

COMPILED BY: NICOLE RIDDLE



Sabina Graziano
Junior

"No, I am not looking forward to six more weeks of winter, I'm freezing."

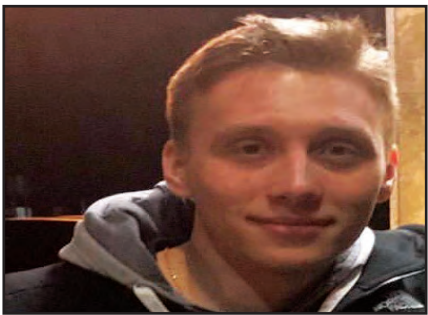


John Tracy
Freshman
"Not at all."



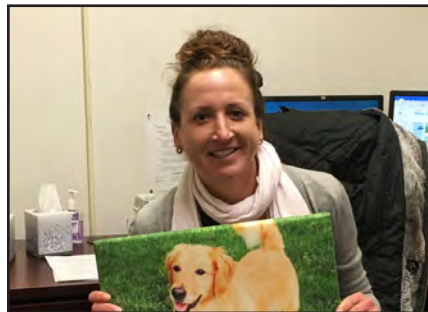
Taylor Klemm
Senior

"I am looking forward to fewer weeks of winter. I am much more motivated each day when the weather is nice and warm."



Artiom Efimenko
Junior

"I'm looking forward to fewer weeks of winter."



Katherine Rizman
Psychological Counselor
"Absolutely not."

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



It's your career. Master it.

Continue your studies by pursuing a graduate degree at Monmouth University! Programs include:

- ▶ Addiction Studies
- ▶ Anthropology
- ▶ Business Administration (MBA)
- ▶ Clinical Mental Health Counseling
- ▶ Computer Science
- ▶ Corporate & Public Communication
- ▶ Criminal Justice
- ▶ Education
 - ▶ Teaching, MEd, MEd and EdD options
- ▶ English
- ▶ History
- ▶ Information Systems
- ▶ Nursing (MSN, DNP)
- ▶ Physician Assistant
- ▶ Social Work
 - ▶ Traditional/Advanced Standing MSW
- ▶ Software Engineering
- ▶ Speech-Language Pathology

**INFO
SESSION**
February 15
6:30pm
Wilson Hall

*Application fee
waiver for all
attendees!*

Register today: monmouth.edu/info

**MONMOUTH
UNIVERSITY**

732-571-3452
  



**OPEN AND DELIVERING
11AM - 4AM**

FULL MENU AND
ORDERING ONLINE @
WWW.JRSDELIVERS.COM

meal deal

- 1 purchase a JR or WRAP**
- 2 purchase any side or dessert**
- 3 receive a FREE fountain soda or a bottled water**

EVERYDAY

from 11am - 10pm

NOW HIRING

Close to Campus - Apply in person

WWW.JRSDELIVERS.COM

732-229-9600

75 D Brighton Avenue
Long Branch, NJ 07740

732-345-0100

17 West Front Street
Red Bank, NJ 07701

monthly special

from 11am-5pm

1/2 PRICE SALADS

*excludes mandarin chicken & chicken blt *add-ons full price

**MONMOUTH
UNIVERSITY**

10% OFF

discount is now available for
in house and pick-up only.
From 11am-10pm must
provide Monmouth ID

Join

The Outlook

The Outlook is currently seeking help in the following departments:

- Staff Writers*
- Copy Editors*
- Photography
- Layout (Using Adobe InDesign CS6)

Students from *any* major are welcome to join, experience is *not* necessary.

Feel free to visit the office on Mondays or Tuesdays and/or contact the Editor-in Chief, Courtney Buell at s0972966@monmouth.edu.



Stop by the Plangere Communication Center and visit us!
Location: 2nd floor, Rm 260
phone: 732-571-8481
fax: 732-263-5151
outlook@monmouth.edu
outlookads@monmouth.edu

Spring Break 2018



Just
Add
Color

TAN UNLIMITED \$45

TIKI IMAGE .COM
▲SUN▲SPRAY▲SPA



**MONMOUTH
UNIVERSITY**

DIGITAL PRINT CENTER



For All Your Printing Needs

- Digital Printing
- Binding | Finishing Services
- Graphic Design Services
- Black | Color Copies
- Booklets
- Newsletters
- Invitation Packages
- Business Stationary
- Scanning
- Offset Printing
- Large Format Printing | Mounting | Laminating

and so much more!

Lower Level Wilson Hall - W1

P: 732.571.3461 F: 732.263.5139

E: mucopycenter@monmouth.edu

Visit | Order Online:

www.monmouth.edu/digitalprint

Log into the IEEE/ACM Chapter of Monmouth University

LAUREN NIESZ
STAFF WRITER

Students in Monmouth’s ever-growing Department of Computer Science & Software Engineering are fortunate enough to have the support of both their department and of their academic club, the Institute of Electrical and Electronics Engineers (IEEE)/Association for Computing Machinery (ACM) Chapter. This chapter has been tirelessly working on renovating its efforts and

getting more students involved this year. Under its new board leadership of President, William Jones, Vice President, Joshua Schlanger, Treasurer, Matt Drew, and myself as Secretary of the club is looking forward to a greater attendance rate and overall happiness in involvement. Not every chapter is perfect and, after a lot of meeting and deliberation about the future of the MU chapter, the board has concluded that the chapter is much like technology in general—ever

changing and evolving. One of the largest evolutions of this MU chapter and tech, in general, is its inclusivity. We are a small school; however, the chapter has a growing female presence. The women in the chapter are outspoken on the need for an inclusive and welcoming organization and are invaluable supporters of a club that meets the needs of all members. Megan Rapach, a senior software engineering student, and IEEE/ACM member said, “We’re lucky enough to have an executive board that’s super friendly and cares about what all group members think. Everyone’s input is heard and nobody is ever ignored during the decision making/event planning process.”

The females in the chapter are always looking for ways to include more women and get them interested in tech. With bright personalities and positive attitudes, the entire chapter is happy to see the chapter going in an upward direction. Rapach continued, “Being a female in IEEE, I have never felt that my opinions do not matter. Because IEEE is an organization in a predominantly male field, it’s important that the views of female members are as valued as the opinions of the men. In Monmouth’s IEEE club, there is no gender prejudice. All members are equally valued.”

Jamie Kretsch, Chair of the Department of Computer Science & Software Engineering and IEEE/ACM chapter advisor, claimed, “From just five or six years ago where attendance and involvement were sparse, the group has grown to be active and engaged. It’s exciting to see many more female students participating and taking leadership roles, and both male and female students supporting efforts to bring computing to middle and high school students.” The IEEE/ACM chapter likes to include all members and non-members in its activities. One event that the IEEE/ACM chapter hosted was a University “Game Night.” While this may sound like it was just a night for fun gaming (board games and electronic games); the goal of the night was to bring together folks that may not have spoken otherwise – new friendships and project partnerships were formed. The same goes for the kickball event the chapter held against the math department. Under the guise of friendly gaming, this event accomplished the task of getting the seemingly shy students on campus who love to game together to find others with like interests. Graduate information systems student and IEEE/ACM member, Michael Marmer, explained, “As a transfer graduate student coming into Monmouth,

I knew very few people. Joining IEEE has allowed me to connect with like-minded individuals, make new friends, find networking opportunities with potential employers and companies, and explore the field I am so passionate about in a multitude of different ways.” As ACM as an organization likes to reiterate, networking is important and it is a skill that is necessary for the professional arena. The MU chapter aims to strengthen these skills in its members and in its colleagues in turn. Practice makes perfect, and the MU chapter is slowly enhancing its students’ networking skills without them even being aware of it. “IEEE/ACM is a group that sustains itself; it doesn’t exist because some said it has to, but rather because these students care about it and each other and the amazing possibilities waiting for them around the corner,” Kretsch explained admiringly. There is a lot of building and growth just waiting to happen in the MU IEEE/ACM chapter, and with the newly elected board members and new semester(s) to look forward to, the MU chapter hopes to see their work on inclusivity really blossom and prove to be a beautiful garden of opportunity and diversity.



PHOTO TAKEN by Lauren Niesz
The IEEE/ACM chapter at Monmouth has been working to get more students involved to sustain the future of the computer science and software engineering club.

Raise Awareness with the Council for Exceptional Children

AMANDA GANGIDINO
CLUB & GREEK EDITOR

According to The Center for Disease Control (CDC), autism affects every one in 68 children in the US. The developmental disorder is increasing in prevalence each year, and without any known cure, those on the spectrum are in need of individuals that will work towards advocacy and educate the general public. The Council for Exceptional Children (CEC) at Monmouth University is working to do just that. As a professional association of educators, CEC is committed to advancing the success of children with exceptionalities through advocacy, standards, and development. Through volunteer work and events, members are able to directly interact with those that have special needs and inspire them to be confident in their abilities and redefining their disorder. Stacy Lauderdale-Littin, Ph.D., Department Chair of Special Education along with assistant professor Carol McArthur-Amedeo, Ph.D., act as co-advisors for CEC. “Joining our organization provides Monmouth University students with valuable learning experiences. Our members have learned how to interact with children with special needs, and with their families. They have learned about providing recreational activities for children. As they watch these children have a genuinely fun time at dances, they have learned the benefit of creating positive recreational experiences. They have learned that all children want to socialize with others, and that they deserve an enriching life both in and out of school,” said McArthur. CEC has helped Monmouth build healthy relationships with local organizations within the community through sponsorships and volunteer work. CEC works very closely with The Shore Center for Students

with Autism in Tinton Falls and The Schroth School in Ocean Township. In the past, the organization has hosted the annual Halloween Dance, Winter Wonderland Dance, Valentine’s Day Dance, Family Picnic Day, and an End of the Year celebration. The organization is also involved in community charity events, such as the Autism MVP walk. Stephani Grana, president of CEC and senior education student, said, “Making the students happy is ultimately the most rewarding part of being in this organization, and many of our current members have expressed that they agree with this statement.” Grana continued, “This organization is especially important to education majors and other majors that may entail working with children because it allows Monmouth students to gain hands-on experience with a different population of students and exposure to different types of learners that they may encounter in their future careers.” While the initial goal of CEC was

to provide a boost to an education major’s resume, the life-enhancing experiences have become more valuable for students than any talking point on an interview ever could be. “CEC gives students an outlet to network with each other and share common interests,” said Lauderdale-Littin. The Council for Exceptional Children is always welcome to new members of any year or major. The organization currently consists of a diverse group of individuals that offer additional insight from various disciplines, such as education, business, and psychology. If you’re interested in joining CEC, contact Stephani Grana at s0927700@monmouth.edu. Alexis Goswick, a sophomore health and physical education student said, “I am very excited about becoming a member of CEC! I enjoy working with children and this committee will give me the knowledge and experience that I can apply to make a difference in a child’s life.”



IMAGE TAKEN from Monmouth CEC Facebook Page
The Council for Exceptional Children is more than a resumé builder, but it is an organization that gives students the opportunity to raise awareness for autism on campus and in the community.

Club and Greek Announcements

Sociology Club

The sociology club at Monmouth works to take the concepts learned in the classroom and apply them to social activism. They focus on raising awareness of inequalities and social issues that affect all as students. They believe that every person has the ability to make a difference in the community. All student ideas are welcome as they work through issues of race, gender, ability, and more to create an open and inclusive space. In the past they have signed petitions against the Dakota Access Pipeline, which threatened the sanctity of precious indigenous people’s land; held American Sign Language classes; and educated students about sexual assault. With Sociology Club, every voice has a chance to be heard and they are devoted to addressing social issues that impact campus. The possibilities for what they will do this year are endless, so join them as they continue to work towards creating a campus environment that reflects the world we want to live in.

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.

The Outdoors Club

Hiking, camping, kayaking, horseback riding and more! The Outdoors Club (ODC) is the home of all things adventurous for those of all skill levels. ODC is committed to providing the Monmouth student body with exciting activities on and off campus throughout the year. There are upcoming activities schedules for trips to Escape Rooms, cabin camping, snow tubing, game nights and hikes, all free or at a low and student friendly cost. If you are curious or want to learn more, you can contact the club’s Vice President of Public Relations, Grace Roeder, at s1017227@monmouth.edu. Take a Hike!

Student Spotlight: Joe Johnson

ALEXANDRIA AFANADOR
MANAGING/FEATURES EDITOR

ALEXA OLAH
STAFF WRITER

We all have a million things on our plate, but, the way we handle them is always the way people will remember us.

The way Joe Johnson, a senior criminal justice student with a minor in sociology, handles his workload and still manages to give back to the Monmouth University community is how he'll be remembered.

Johnson remembers, "I only applied to three schools, Rowan University, Montclair State University and Monmouth. As I started receiving acceptance letters, the only school who offered me the most scholarship money was Monmouth. So, I chose Monmouth to begin my journey and have loved it ever since."

Originally from Edison, NJ, he has been an influential figure to remember at the University. He said, "The first club/organization that I got involved with at Monmouth was African American Student Union (AASU)...it was extremely difficult to look around campus and not see many people of color. In my high school, I was accustomed to people of different cultural and ethnic backgrounds, but when I came here it was hard finding people of my same race that I could connect with. So, I took it upon myself to join the club and see if there were people who had the same thoughts and interests as me."

Now, as the Vice President of the AASU, he has been getting involved in the things that interest him ever since and making an impact on the community including: President of National Council of Negro Women,



Joe Johnson is a hyper-involved senior who takes on responsibilities with care and compassion and hopes to inspire younger students.

Public Relations position for the Guardian's Club, member of the Mock Trial Team, he's a Resident Assistant, and was recently an Orientation Leader over the summer. The involvement most certainly does not stop there, he just went on the Alternative Break trip to Haiti, he is an executive board member of the Club Basketball team, he interns at the General Counsel of Monmouth University, and is a member of the President's Advisory Council for Equity and Diversity. His list of commitments and obligations is more than a mouthful. The hyper-involved senior is always looking to make a difference in people's lives and to make someone smile.

Siobhan McLoughlin, a junior psychology student and yellow squad partner with Johnson said, "Working with Joe this past summer during New Student Orientation was an amazing experience.

As his partner, I was able to see Joe in his element. Joe is someone who gives everything his all and has such a positive outlook on life. Joe's energy is infectious and that would show when working with the first years."

She explained, "When we would get our new session of students, right off the bat Joe was cracking jokes and making the students laugh and feel comfortable. By ten minutes of having our squad any session, he would know everyone's name and know something about them. Joe was able to make meaningful connections with the first year students that carried into the academic year. During a session, I never saw Joe not talking to a student or hanging out with the students."

Katherine Browne, Coordinator for Transitions and Leadership Programs said, "Joe is a very enthusiastic and passionate student leader. His pride for Monmouth and enthusiasm

for making all students feel welcome here made him a great asset to the New Student Orientation team this summer. Joe is definitely someone the incoming students could look up to and was a great example of what it means to be a Monmouth Hawk!"

Although it may seem that simply by his resume and list of responsibilities, Johnson must be a professional public speaker, but, he said, "Many people do not know this but, I have struggled with public speaking for quite some time due to my speech impediment and those two organizations challenged me to step out of my comfort zone and speak in front of crowds. They made me realize that it is acceptable to be yourself and never conform to what others may think of you. Orientation specifically was a great experience because waking up everyday and being able to see all the incoming first year students and knowing that they are about to start their journey here at Monmouth was

something special."

As Johnson reflects on all of the things he has accomplished and became connected with, he said, "Some things that Monmouth has to offer that other universities do not have is a real sense of community. At Monmouth, you are more than just a number. When you start to get involved, and take risks in different clubs/organizations you begin to expand your social network. I have met some of my closest friends by joining clubs/organizations." He continues, "The faculty at Monmouth has a strong attachment to academic success. Professors genuinely care about students' progress and needs."

Michael Fazzino, a sophomore communication student and orange squad leader from New Student Orientation said, "Joe's a great guy, he always brings so much enthusiasm and energy into everything he does and it rubs off on everyone working around him."

On being a student leader, Johnson said, "It is being a resource for students who may not know where to find their class or those who need advice with a relationship, or those who've had a stressful day and just want to talk. I enjoy taking leadership positions because I want to be the person that is able to answer any question a student may have. My advice is for everyone to take up a leadership role even if it is small because opportunities open up soon after."

Looking to the future, Johnson says that he is ready and believes that Monmouth will always be with him. "I still have professors and other students who will continue to guide me even after my time here at Monmouth has ended. It is a joy to know that people have your back no matter which direction life may take you."

It's the Write Thing to do: Why Writing is Important

DEANNA MORREALE
CONTRIBUTING WRITER

Why is it important to write?

The importance of writing is simple yet equally complex. Just one of the reasons a person might write is for personal satisfaction or fulfillment. Writing is an art form, meaning that it can be used to release and portray feelings that might go otherwise unsaid.

I am a believer in the concept of keeping a journal and documenting personal thoughts. It is healthy to make note of how you feel daily. Keeping record of these moments is important to keep an open and clear mind.

Granted, it can be very difficult to find time for writing when we have grown accustomed to moving so fast. We, as a society, sometimes forget to take a moment and appreciate all we have, let alone document it.

Deadlines, exams, work, studying, the list is endless. As college students, we can barely find the time to breathe. Everyone struggles with finding the time to stop and write, but taking every moment you can get makes it worth it. Whether it be scribbling down a few sentences before bed, or writing a note in my phone as I walk to class, writing down a passing thought is pacifying.

Disclaimer, you don't need to be a poetic genius to write! Especially if you are writing for pleasure, simply let your mind articulate your words to the page or your screen.

Lorna Schmidt, Director of Ad-

vising for the department of communication said, "People will miss out, when they go back through genealogy, handwritten notes, even business notes, and the truly personalized."

Alexa Laspada, a sophomore accounting student said, "Basic writing skills are important in the world today because much of the world consists of communication through technology such as e-mails and messaging. Whether you are looking to apply for a job or to secure a promotion, proper grammatical skills or required to sound knowledgeable. The basic skills of writing are also needed to write in a comprehensive and easy to understand manner. Using professionalism and getting our point across in the same way can be challenging without basic writing skills."

On the other hand, writing is also important for other reasons. Life is short and things happen in the blink of an eye. Like a photograph, writing can capture a moment in time. Writing allows you to descriptively remember details that would be forgotten otherwise.

Unfortunately, the world we live in today relies heavily on assumptions and miscommunication; these common miscommunications can be noticed in several different environments. For example, in relationships, a partner might not vocalize his/her emotions in the right ways or even at all. Fear of being judged or harshly interpreted can cause a person to withhold the things they want

to say.

Even in the workforce, adults are trained not to vocalize their everyday thoughts for professional reasons. When the only option is to physically write down your thoughts, I urge you to do so. Simple pen and paper can release the stress of any weight you may carry around on your shoulders. After all, writing is one of the most powerful tools.

How might this involve writing skills?

Aaron Furgason, Ph.D., Chair of the Department of Communication said, "The world would be a terrible, terrible place without the *New York Times* because of its long, firmly deep thinking writing on a trillion different topics. During the Super Bowl I watched commercials and read the *New York Times* when the game came back on; it took the whole game to finish. I read the paper every Sunday."

"In today's information overload world, it's vital to communicate clearly, concisely and effectively..." according to MindTools online. Concerning professionalism, writing skills are essential to be taken seriously and properly understood. It does not matter which field you choose to enter, the ability to write is a key tool in succeeding.

Employers even admit to this. After all, "No one wants to do business with individuals who cannot express themselves clearly, cannot write accurately, or would not be able to listen effectively to instructions and briefs," according to the University



PHOTO TAKEN by Nicole Riddle

Finding the chance to write throughout your day can help you in the long run.

of East London.

From a professional standpoint, the ability to write is more than important. Employers will assume that you have the basic necessary writing skills upon hiring.

Why are writing skills necessary today, even more so than ever before?

This can be answered in two ways. From a professional standpoint, we need an assumed set of writing skills to properly communicate our plans and goals. Improper structure in an email to coworkers, for example, is highly frowned upon.

It is undoubtable that tools like spellcheck allow us to become lazy and forgetful in regards to writing. In general, people cannot be fully blamed for the decrease in writing skills. A lot of the improper writing

habits have developed from the machines and technology we use and rely on every day.

I also think we fail to utilize every aspect of our iPhone, unless it involves Instagram, Twitter, Facebook, etc. Every iPhone has a built-in note app, that serves as a notebook on the go. So, if pen and paper is too outdated for your liking, remember that you can keep journals stored in the cloud! (iCloud, that is...)

Again, I urge you to write at any given chance. Remember that life goes by fast and things go forgotten. Writing offers a look inside how we might have felt at a specific point in time. Keep a tiny notebook paired with a pencil in your purse, on your nightstand, or even in your car. After all, you never want to miss a fleeting moment to write down a thought.

Students Talk "Sylvia"

KARA D'ANTONI
CONTRIBUTING WRITER

Having a "ruff" semester? Come see *Sylvia*!

The Monmouth University Theatre Department proudly presents: *Sylvia*, a hilarious play about a man, his dogs, and all the antics that come with their unbreakable bond. *Sylvia*, written by A.R. Gurney, is set in modern Manhattan, where Greg (Mark Cayne) and Kate (Samantha Truglio) decide to move after 22 years of marriage and their children have gone off to college.

Greg, a financial trader, goes to the park on his lunch break and meets Sylvia (Kara D'Antoni), a sassy, spunky stray dog looking for a new home. The two connect immediately, however Kate does not approve of housing a dog at this point in their lives.

Along the way, Greg and Kate encounter several characters that try to help them through their new lifestyle with Sylvia. First, Tom (Christian Lombino) a fellow dog park goer with a good-looking golden named Bowser.

Next, Phyllis (London Jones) a high-society woman with a bit of a drinking problem. Finally, we are introduced to Leslie (Erin Clemente), an androgynous marriage consoler that has some personal issues as well.

Mark Cayne, a senior communication student, explained, "I play the character Greg, he is Sylvia's owner. He is married to

a woman named Kate and their marriage is in trouble because of how much attention he's paying to Sylvia and how much he's complimenting her over his wife. He is saying things to Sylvia that he hasn't said to his wife in years." Cayne went on to say, "It's an uncanny relationship that they have which plays for a lot of comedy in the show and plays to the why him and his wife are in a bit of a mess right now."

Samantha Truglio, a junior psychology and theatre student, explained why Kate is not too happy with a hyper dog in her home, "Kate is this proper English teacher...she's trying to get Shakespeare into inner city schools. She likes things in order, she likes quietness, and things calm and structured..."

Sylvia is directed by John J. Burke, an associate theatre professor. Burke expressed, "I picked this show for a couple of reasons...I thought it was a comedy worth doing, it's not necessarily a knee-slapper, it is funny, but there's still a purpose to the story..." Burke went on to say, "I'm a dog lover...dogs add a lot to your life and most are able to sense when you're sad or upset. They react to your emotions and it's more important to be with you than doing what they want to do...it's that feeling in the show that I find attractive."

Something special about this production is the closeness and chemistry between the cast. London Jones, a freshman com-



PHOTO COURTESY of Kara D'Antoni

The cast of *Sylvia* has become a close-knit family while rehearsing for the debut of the play.

munication student, said, "I really enjoy that it is a small cast, we're all very close to one another and it makes me feel really comfortable...I don't get nervous trying new things or making choices because I know there is no judgment in the area"

Erin Clemente, a junior music industry and theatre student, continued to stress the connection between the cast members by stating, "We all get along re-

ally well...this cast is becoming like a family now. So, we're at a nice transition in a rehearsal process, which is good." Another beautiful aspect of this cast is how much they support and care for each other.

Christian Lombino, a junior psychology student, said, "I think the cast is star-studded, very talented individuals, very professional, hard-working, goal oriented. We all care about our

work very much and want to put on a very good show. It's the best class of the day, coming here every night and rehearsing."

Sylvia will be running Feb. 28, March 1-4 and 6-8 at the Lauren K. Woods Theatre.

For ticket information call the box office at (732)-263-6889 and follow "@sylviaatmonmouth" on Instagram for updates and an inside view on the rehearsal process.

MORE THAN JUST HUGS: KEN NWADIKE AND HIS MESSAGE OF PEACE

TAFFY LASHLEY
CONTRIBUTING WRITER

As Americans, we are living in one of the most polarizing times in our history, not only politically, but idealistically as well. From the riots that sparked since the Trayvon Martin case to rallies preaching hate and white supremacy in Charlottesville, one could easily say that we in dire need for deeper discussions of peace and understanding.

This is a difficult task, however motivational speaker and activist Ken Nwadike's approach to starting those meaningful conversations has inspired the country for the past four years. His movement "Free Hugs" is more than just the iconic t-shirt that Nwadike wears to the events he attends- it's the title of his movement and message that he spreads to others, young and old, across the country.

Ken Nwadike brought his inspirational message to Monmouth University students and faculty on Jan. 30 at Pollak Theatre. Nwadike began his charitable work years prior in California, where he lived since the early 1990s. His experience with extreme polarization and hardship early in life due to homelessness made Nwadike very withdrawn as person, stating that in high school he wouldn't interact and participate in much.

His life changed for the better with help from his high school track coach who told him that he has the power to "run from all the challenges he faced, towards his goal to a better life." In a literal sense, Nwadike did end up running as a part of his high school track team, completing his first

competitive mile ever in just under four and a half minutes.

Nwadike's life went upward from there, from being scouted by colleges, to full-ride scholarships, to becoming a spokesperson for Nike. He was on his way to the 2008 Olympics, when he realized that he could take his new found notoriety and give back to others who were in the same situation as he was when he was a youth.

He used his charitable character to speak and motivate youth who lived in homeless shelters and used his incredible talent of running to inspire his first movement, the Hollywood Half Marathon, an annual event that brings awareness to homeless youth in Los Angeles.

Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion said, "I thought it was a powerful depiction of an inclusive way to address social justice issues. I worry that it is vulnerable

to being trivialized, but overall it is a force for good in a world of conflict and misunderstanding."

In only the second year of the marathon, the Boston Marathon bombings occurred and it struck a chord with Nwadike. From then on, he started training to run in the marathon for the next year, however he had just came short of the qualifying times. Instead, he decided to wear a t-shirt that said "Free Hugs" and attend the marathon with that intention, in order to spread positivity and light for an event that became very somber the year before. His seemingly trivial yet benign gesture became a viral hit- and from then on he was known as the "Free Hugs guy."

But Nwadike did not stop there; he attended more marathons after the 2014 Boston Marathon, however he wanted do more with his message. He branched out more to places in which there was a state of

unrest, and used the gesture written on his t-shirt to spark positive human interaction and meaningful conversation. He stated that "people aren't stepping out of their comfort zones in order to spread happiness in the world," a sentiment that resonated with those who attended the event.

Andie Mai, a sophomore economics, finance, and business student said, "I feel that Ken Nwadike had a very strong push for peaceful protest and spreading a love message to all that you come in contact with. I feel that his selfless and humble attitude were very inspiring for people of all ages."

She continues, "From his words and actions alone, I could tell that he was a student of Dr. Martin Luther King, Jr. before he told us. You could see that all those in attendance were affected in some way by his words or the pieces that he showed us in his own presentation.

Knowing the social climate that we are in today, it was refreshing and necessary to hear someone speak of hope and compassion rather than despair and hate."

Natalie Toro, a senior biology student said, "The change in our political and social climate starts with us. I felt inspired by Ken Nwadike's message and I hope others will take his words and do great things with it- I know I will!"

As young members of this generation, we harness the power of fostering these meaningful dialogues with others, especially those who have different opinions than us. It is from this that we can help create a better world, the one of peace that Nwadike advocates so strongly for. From his travels, he's encountered brute force from those who are conservative minded, as well as liberal minded.

He described an experience in Charlotte, North Carolina, during the protests in 2016 in which he was initially well received by the protesters but as soon as he hugged a police officer, he was seen as a "traitor" and had objects, hateful words and threats thrown at him by the same protesters. He told them that one person cannot determine character of an entire group; just because one black person has done something bad it does not define the actions of all black people and same with cops, or any other group.

It is difficult to put aside one's own biases to listen to the opinions of others, however, Nwadike's core mission is this and by visiting Monmouth's campus, he's sparked the minds of those who attended, to spread peace to others.



PHOTO TAKEN by Nicole Riddle

Ken Nwadike inspired many students when he visited campus to talk about his Free Hugs Movement.

Women's Basketball Defeats Rider, Falls to Siena

MATT DELUCA
STAFF WRITER

After dropping two-straight games on the road, the Monmouth University women's basketball team defeated the Rider Broncos 63-56 Saturday afternoon at the OceanFirst Bank Center.

Sophomore forward Taylor Nason recorded a double-double in the contest, as she recorded 12 points and 12 rebounds. Junior center Erica Balman also contributed 12 points, while grabbing nine boards. The Hawks had two other players score in double figures, as sophomore guard Kayla Shaw had 11, and senior guard Rhaiah Spooner-Knight had ten.

"I know this team has it in them," Monmouth Head Coach Jody Craig said, "and that's what has been the most frustrating part [about our losses]. We've had glimpses of it, but had not yet seen 40 minutes of the kind of basketball we know it takes to win. It might not be pretty, but we were going to fight for 40 minutes and give it everything we have on both ends of the floor. Overall, I think we have a lot to be proud of."

Rider scored the first points of the game, but the Hawks scored the next ten points to take an eight-point lead with 5:16 re-

maining in the first quarter. They outscored the Broncos 14-6 the rest of the quarter, as a Shaw jumper gave them a 24-8 advantage after ten minutes. In that first quarter, Spooner-Knight, Balman, and Nason totaled 19 points and nine rebounds.

Rider was able to cut the deficit down to ten late in the second, but a three-point shot from freshman forward Carol Arfinengo gave the Hawks a 34-21 lead going into halftime.

The Broncos started the third hot, scoring the first seven points to cut the deficit to six with 8:04 remaining, forcing Craig to call a timeout. Rider would outscore Monmouth in the quarter, but the Hawks still maintained a nine-point advantage after 30 minutes, 44-35.

Rider continued their gradual push in the fourth, as they were able to bring it within four points, 55-51, with 1:41 left in the game. Monmouth, however, received a layup from Shaw and made six free throws to seal the game.

For the game, the Hawks shot 35 percent from the field and 44 percent from three-point range. Monmouth outrebounded Rider 50-35, with that total being one away from their season-high. The Hawks also outscored the Broncos' bench 18-7. The team also had 19 assists on 22 made baskets.



PHOTO TAKEN by Karlee Sell

Sophomore guard Taylor Nason earned her first career double-double in the 63-56 win over Rider on Saturday afternoon. Nason finished with 12 points and 12 rebounds.

"It was all from my teammates, especially the point guards who were running the floor, getting the ball to me and other players," Nason said, "also, having that continuous hustle throughout the whole team, I knew they had my back and I had theirs."

Next Monmouth traveled to

Loudonville, NY on Monday night, where they fell to Siena by a score of 44-41 in the final seconds. The Hawks had a two-point lead with 3:44 remaining in the game, but the Saints scored the final five points to steal the victory at home.

The loss dropped the Hawks to 6-16 on the season, as they

fell to 4-7 in the Metro Atlantic Athletic Conference. Monmouth hopes to bounce back on Thursday night, as they host the Marist Red Foxes in a rematch of the MAAC opener on Dec. 30. Tip-off is slated for 7:00 p.m., and the game can be found on ESPN3 and WMCX 88.9 FM.

Senior Spotlight: Soccer Midfielder Miranda Konstantinides

MARK D'AQUILA
STAFF WRITER

Senior Midfielder Miranda Konstantinides has racked up over 4500 minutes, 23 points, and 90 shots in her illustrious four-year career with the Monmouth Hawks.

Lost in her incredible soccer career however is the behind the scenes story. Konstantinides has found a way to balance her college life between playing Division I women's soccer and pursuing her long-term goal of becoming a nurse.

As a key player of four consecutive Metro Atlantic Athletic Conference (MAAC) Regular Season Championship teams, Monmouth soccer has taught Konstantinides the true essence of hard work and teamwork. "I've learned just how hard I can push myself and that you can always give a little more."

Konstantinides especially touched on the team chemistry her and her teammates developed during her junior and senior year seasons. Monmouth Soccer also taught Konstantinides the importance of leadership skills and communication that will be especially important in the nursing career she plans on pursuing in the near future. "There is something to be said about working as a team even in a daily working environment post-graduation."

Four years of studying nursing has come with countless experiences and lessons to help shape the person Konstantinides is today and hopes to be in the future as well.

Konstantinides will be graduating with the inaugural Bachelors of Science in nursing (BSN) class where she and her cohort will become the first students to graduate

from this undergraduate program.

Among these moments that have meant the world to Konstantinides is the opportunity she was given during her sophomore year to go on a medical mission trip to Haiti with the Foundation for Peace. "I spent my winter break in Haiti with a team that saw close to 2,000 patients," she said.

Konstantinides also served as the president of the student nursing association for all four years which is an opportunity she is extremely grateful for. Konstantinides touched on the purpose of this association saying, "The Monmouth University Professional Nurses' Association has both graduate level and undergraduate level students who seek opportunities to give back to the community while forming a network of driven students at different levels in both education and career."

Leadership roles are something Konstantinides has valued throughout her whole life and career on and off the field. Back in her high school days, Konstantinides served as a four-year varsity letter winner and two-time captain at Eastern Regional High School.

She continued these leadership roles at Monmouth where she became extremely involved with the Monmouth Student Athlete Advisory Committee (MSAAC). This committee serves as a student government for athletes.

She notes, "I have served as MSAAC President my junior and senior years and this has allowed me to visit various MAAC Conference meetings as well as events through the Women Sports Foundation where I have been able to further develop leadership skills."

As a fully-engaged, com-

mitted, and involved student athlete, Konstantinides has been forced to adopt significant time management skills as well. She said, "Nursing, coupled with soccer helped me groom my time management skills to be better than ever before, which is also something that will be crucial for me to be a successful nurse someday."

These skills have prepared Konstantinides and given her the necessary tools to hopefully pass her state board exam and eventually excel in her career as a BSN.

Konstantinides recognized that there have definitely been some difficulties balancing soccer and nursing along the way. Her clinical rotations that were required for her major sometimes caused her to miss practice with the team. However, Konstantinides said, "I wouldn't change a thing about it, because it has been preparing me for my life and career ahead."

Monmouth nursing has taught Konstantinides that not everything comes easy. "The program has taught me the value of both patience and persistence. I have learned more problem-solving skills than I can list."

As it stands now, Konstantinides hopes to pass her state boards and get a job in a hospital after college. She strives to eventually get a leadership position in a nursing unit. "Later in life, I want to help orient new nurses and help them through the transition of graduating to working on a real floor."

Her message to any Division I athlete who hopes to pursue a career in nursing is to "Go for it! The hard work of balancing both nursing and a D1 sport only prepares you for what is ahead!"



TOP PHOTO COURTESY of Monmouth Athletics
BOTTOM PHOTO COURTESY of Miranda Konstantinides

(Top) Senior Miranda Konstantinides with her family on Senior Day in 2017.

(Bottom) Konstantinides holding a patient when she spent her winter break in Haiti in 2016.

Track and Field Posts Impressive Marks at Three Meets

SOPHIA GALVEZ
STAFF WRITER

After breaking three school records while in Penn State and competing at home, Monmouth University track and field sent some of their athletes from the team up to Boston, Massachusetts to compete in both the Scarlet and White Invitational at Boston University and Crimson Elite at Harvard University. Others on the team competed at the Villanova Invitational at the Ocean Breeze Athletic Complex.

At the Scarlet and White Invitational, the men finished third right behind Mississippi State (84 points) and Albany (73.5 points) out of more than 20 schools, with a total of 72 points, and the women also placed third with 64 points.

While at Boston University, a couple of our lady Hawks finished their events with Eastern College Athletic Conference (ECAC) qualifying times. Junior Chandi Piiru won the 500-meter dash with an ECAC qualifying time of 1:12.85, and senior Domoah Kutu-Akoi ran with a time of 7.74 seconds, placing third. Senior Allie Wilson also ran an ECAC qualifying time of 2:09.08 in the 800-meter, placing sixth. Juniors Amber Stratz and Brianna Strats finished first and second in the 1000-meters by finishing with times of 2:49.80 and 2:50.84. As for the men, senior Bryan Sosoo won the 60-meter dash in 6.68 seconds, and junior



Junior Chandi Piiru won the 500-meter dash with a time of 1:12.85 at the Scarlet and White Invitational, qualifying for the ECAC Championships.

Bryan Cabral finished sixth in the 1000-meter run with a time of 2:28.14. At the Crimson Elite at Harvard, the Hawks only participated in the field events in this ten event meet, but still shone through and finished second to

Harvard, and the women placed fourth. Senior Corey Murphy won the shot put with a mark of 58'10.75" and teammates junior Andrew Tummino and sophomore Brandon Davis finished third and fourth, respectively,

with marks of 54'7.25" and 53'11.75". Fifth year Tim Wilson and senior Vincent Santarsiero placed first and second in the men's weight throw with throws of 63'3.5" and 53'6.5". Sosoo placed second in the triple jump with a leap of 47'1.5"

and senior Dean McDonald finished fifth in the pole vault by clearing 14'9". Although the women placed fourth, they still had very impressive statistics. Seniors Kennisha Okereke and Alicia Hester placed second and third in the weight throw with marks of 57'3.75" and 56'11.25". Junior Allison Taub placed second in the shot put with a toss of 46'2", and fifth year Casey Sturts cleared 11'7.75" to finish fourth.

At the Villanova Invitational, the lady Hawks really showed us what they are made of. Freshman Kyra Velock finished in the mile as the third best collegian runner with an ECAC qualifying time of 4:53.45. Junior Dana Lynch placed seventh in the large 60-meter hurdles, and places third through fifth in women's weight throw consisted of Hawk seniors Taylor Thrunk with a throw of 14.35 meters and Justine Morgan with 13.94m, as well as sophomore Eryn Handy with 13.31 meters.

"We had some impressive moments at all three venues, and it was great to be near the top of the standings amongst an excellent field of schools in Boston," said Head Coach Joe Compagni. "We know we need to execute better in some areas in the weeks ahead, though, and we'll get back to work on that Monday [Feb. 5]."

Next Friday, Feb. 9, the Hawks will travel to New York City to compete in both the Fast-track National Invitational as well as the NYU Invitational.

Men's Basketball Falls Twice to Fairfield and Niagara

ZACH COSENZA
SPORTS EDITOR

Men's basketball lost to the Fairfield Stags and the Niagara Purple Eagles by a combined six points on Friday and Saturday.

On Friday night, Monmouth lost to Fairfield 79-78. The Hawks were up 78-77 with 2.1 seconds left before the Stags hit a runner to give them the one point lead. The play was preceded by a controversial no call on a potential travel violation which would of gave Monmouth the ball with the one point lead.

"Everybody in the building saw what happened," Monmouth Head Coach King Rice said. "You know what happened, I know what happened. Just the people that's supposed to know what happened didn't see it."

After the made basket and two Monmouth timeouts, freshman guard Deion Hammond missed the potential game-winning three-pointer with time-expiring.

After Fairfield went into the first media timeout up 14-11, the blue and white went on a 13-2 run to take a 22-16 lead midway through the first half.

Monmouth went into half-time up 49-41 lead with Hammond scoring all of his ten points in the first half. The Hawks shot 58 percent in the first half.

In the second half, Fairfield went on a 9-0 run to retake the lead at 50-49. The Stags and Hawks would go back and forth for the rest of the half, with Fairfield having the biggest lead with seven points in the second half.



Senior center Zac Tillman scored a career-high 18 points off the bench against Fairfield on Friday night. Tillman was a perfect 10-10 from the free throw line.

"Give Fairfield all the credit in the world," Rice said. "Their kids made enough plays down the stretch to get the win."

For the game, senior center Zac Tillman had a career-high 18 points while going a perfect 10-10 from the line. Hammond finished with ten points and a career-high six rebounds. Senior guard Austin Tilghman had another impressive game, scoring 14 points with nine assists and seven rebounds.

Monmouth then lost to Niagara 96-91 on Super Bowl Sunday in another close finish.

The Hawks went into half-time with a 44-42 lead, with the half including six lead changes. Freshman forward Melik Martin scored ten points

while being a perfect 2-2 from behind the arc in the half.

The Purple Eagles would start the second half going on an 8-0 run to take the 50-44 lead. Niagara's lead would be as high as 11 in the second half and be up by ten with 2:55 left in the game before Monmouth would close the gap.

The Hawks would bring it to within one after a pair of Martin free throws to make it 92-91 with 29 seconds left. Niagara would earn a pair of free throws and Monmouth would miss a pair of threes to make it the final score of 96-91.

"I feel bad for my kids, we're just good enough right now to fall a little bit short," Rice said.

For the blue and white, Hammond finished with 14 points, the game being his sixth in a row finishing with double figures. Sophomore guard Louie Pillari had a team-high 18 points with four three pointers. Martin earned a career-high 17 points in the contest.

The Hawks (7-16, 3-8 MAAC) will look to rebound as they face two tough away games, first against defending conference champions Iona on Thursday, Feb. 8 at 7:00 p.m. then Manhattan on Sat. Feb 10 at 7:00 p.m. Monmouth will then return home for an hOUR-glass rivalry game against St. Peters on Tuesday, Feb 13 at 7:00 p.m. at the OceanFirst Bank Center.

UPCOMING GAMES

Thursday, Feb. 8
WBB vs. Marist*
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.

MBB at Iona*
New Rochelle, NY 7:00 p.m.

Friday, Feb. 9
M Tennis at Georgetown
Washington, D.C 11:00 a.m.

Track & Field
Fastrack National Invitational
Staten Island, NY 1:00 p.m.

Track and Field
NYU Invitational
New York, NY 2:00 p.m.

Bowling
Crusader Classic
Richton Park, IL TBA

Saturday, Feb. 10
W Lax vs. Army
Kessler Stadium
West Long Branch, NJ 12:00 p.m.

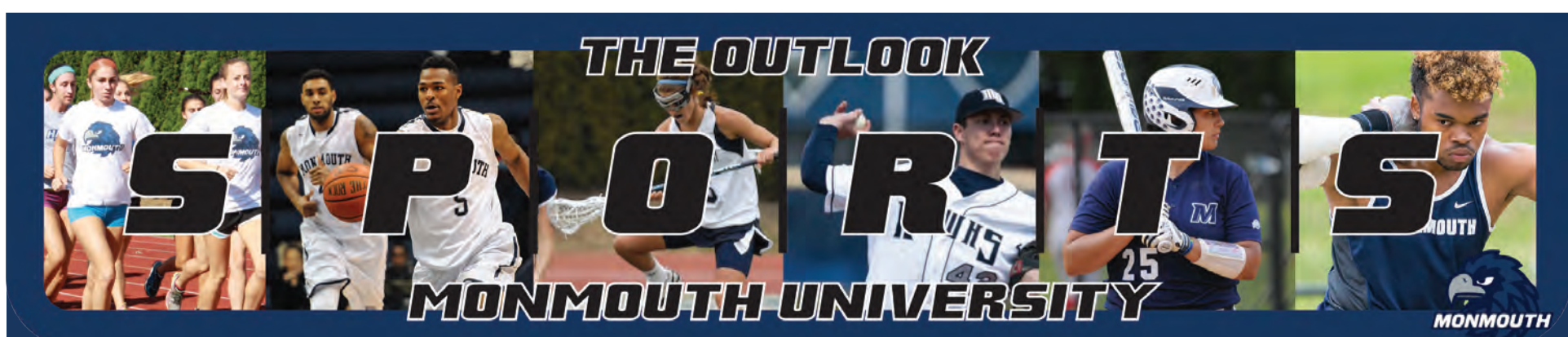
M Tennis at George Washington
Washington, D.C 1:00 p.m.

WBB vs. Niagara*
OceanFirst Bank Center
West Long Branch, NJ 3:00 p.m.

MBB at Manhattan*
Bronx, NY 7:00 p.m.

Monday, Feb 12
WBB vs. Manhattan*
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.

*conference games



HAWKS PLAY4KAY



In the annual Play4Kay game, women's basketball defeated the Rider Broncs 63-56 on Saturday afternoon. Play4Kay is a charitable organization committed to finding an answer to women's cancers.