



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
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## University Hosts 20<sup>th</sup> Annual Celebration of "National Girls and Women in Sports Day"

CAROLINE MATTISE  
ASSOCIATE OPINION EDITOR

The University kicked off its 20<sup>th</sup> annual celebration of National Girls and Women in Sports Day to commemorate the success of female athletes on and off the field. Events included "A Conversation with Heather Mitts" on Friday, and a Saturday afternoon "Women's Leadership Panel."

Mitts, a professional soccer player and three-time Olympic Gold medalist, was also featured on a the panel, where she spoke to members of the University's female athletics' team.

The weekend celebrated the achievements that women have made in sports throughout the years. The observance shines light on Title IX, which bans gender-based discrimination in education, and reinforces the need for equal opportunity in sports.

"I think that the more females that you can see in any role is important and I think



Representatives from each of the University women's athletic teams were honored during the women's basketball game against Niagara on Saturday, Feb. 10.

PHOTO TAKEN by Karlee Sell

that's what breaking boundaries is all about," said Mitts. "It's see-

ing them there and if they're not there being the first one to pave

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## Artists, Biologists Unite for Endangered Species in New Jersey

JOY MORGAN  
ENVIRONMENTAL/ASSISTANT NEWS EDITOR

*Rare Wildlife Revealed: The James Fiorentino Traveling Art Exhibition*, an exhibition spotlighting endangered species native to New Jersey, was honored by a reception held in partnership with the Conserve Wildlife Foundation of New Jersey (CWF) this past Friday, Feb. 9 in Pollak Gallery.

The event was an opportunity for the public to view this

"If art means nothing to you, it means nothing to the viewer."

AMANDA GREEN  
President of Artists For Change and senior fine arts student

collection, meet artist Fiorentino, and donate to the CWF. All of the displayed paintings are for sale, with a portion of proceeds being donated in support of the CWF and its mission, according to David Wheeler the Executive Director of the Conserve Wildlife Foundation.

The mission of the CWF is to aid biologists in protecting, understanding, and preserving the habitats and existence of these threatened species, according to Martin McHugh, former CWF Board Chairman and current Board member.

The *Wildlife* exhibition displays the art work of Fiorentino, capturing the "magnificent and minute details of endangered and threatened wildlife local to New Jersey," said Wheeler.

This event offered an educational experience to the viewer as well an opportunity to connect with threatened animals and other wildlife. Amanda Green,

a senior student of fine arts and the President of Artists for Change, said, "I didn't know these animals were all native to New Jersey. Although, I did see a seal walk across the beach in Midway once. You never know what you'll find here."

"When I look at these pieces I feel a call to action. See, if there was just one animal here, like an eagle, it would not be very impactful, but seeing all of these different animals in a collection and knowing that they are all in danger and need our help to survive or their species will be gone forever, is very awakening, motivating, and meaningful," Green continued.

"In our world, so separated from the natural environment, Fiorentino's art reminds us of the wild beauty that we are rapidly losing and will continue to lose if we do not actively protect it," said Kimberly Callas, an assistant professor of art and

design and the founding artist of Discovering the Ecological Self, an art project designed to foster environmental stewardship.

According to Corey Dzenko, Ph.D., an assistant professor of art history, "Art can make a difference by raising new questions and offering creative solutions to ongoing problems. Whereas a politician might try to affect policy, and other activist scholars offer solutions by lecturing or writing, artists do similar work but toward the creation of art."

"Artists draw their research from many forms and incorporate it into their creative projects. Then their creative projects may inspire a viewer to think differently about a given topic, including wildlife and ecology, and the dialogue and

ARTIST cont. on pg. 2

## Discovering MU's Graduate Center

COURTNEY BUELL  
EDITOR-IN-CHIEF

While both undergraduate and graduate students alike are involved on the University's campus, some graduate students have the opportunity to attend classes at the Monmouth University Graduate Center, located about two miles from the main campus, and has its own community of graduate students, offers four major programs of study, and is still in the process of growing.

The Graduate Center is home to Physician Assistant (PA), Speech-Language Pathology (SLP), Clinical Mental Health Counseling, and Addiction Studies programs. The Center features outfitted dedicated classrooms, clinical skills laboratories, observation rooms, and equipment to support each of these programs in the ways needed.

Michael Palladino, Ph.D., Associate Vice Provost of Graduate Studies, offered that the idea for the Graduate Center stemmed from the realization that space on the main campus had become limited, and the University felt that graduate students needed a place they could go to properly be able to pursue their education at a facility that suited them.

"We are really trying to grow graduate education at Monmouth and create more graduate programs that will enhance the University as well as provide more options for our students. We are restricted to the amount of undergraduates we can have on campus, but with graduate studies, we can really build and part of the plan for graduate education is the graduate center," Palladino said.

"We want more space for graduate students and we're committed to creating an environment where graduate students can study apart from undergraduate students."

Palladino also offered that additional space given to graduate students frees up more space on the main campus for undergraduate students.

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# Fiorentino Exhibit Raises Awareness About Endangered Wildlife

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processes of social change continue.” According to Dzenko, “Art can make a difference by raising new questions and offering creative solutions to ongoing problems. Whereas a politician might try to affect policy, and other activist scholars offer solutions by lecturing or writing, artists do similar work but toward the creation of art.”

“Artists draw their research from many forms and incorporate it into their creative projects. Then their creative projects may inspire a viewer to think differently about a given topic, including wildlife and ecology, and the dialog and processes of social change continue.”

According to Fiorentino, love for and inspiration from wildlife has been a lifelong relationship between himself and animals in the state. As a member of the Society of Animal Artists and Artists for Conservation, also a trustee of the Raptor Trust of NJ and D & R Greenway Land Trust, Fiorentino found that many of the wildlife he has painted could be found even in his own backyard.

At age 15, Fiorentino’s portrait of Reggie Jackson became a permanent contribution to the National Baseball Hall of Fame. From that point he has painted intimate portraits of individuals embedded in sports culture like Muhammad Ali, congressman like Buzz Aldrin, and a large portfolio of other significant individuals in these fields and others before beginning Wildlife Artistry, said Fiorentino. Many of his portraits are

settled into various ‘Hall of Fames,’ National and International Museums, and in libraries, like that of former U.S. President George Bush.

The Conserve Wildlife Foundation and Fiorentino began their relationship together when the CWF asked Fiorentino to judge their ‘Species of the Edge’ competition, which according to the CWF website, “empowers fifth grade students to advocate for an endangered or threatened species from New Jersey through a well-researched, creative essay and original art piece.”

In addition to housing the exhibition, Monmouth University has relations with CWF at an academic and experiential education level.

According to John Tiedemann, Assistant Dean of the School of Science and the Director of the Marine and Environmental Biology & Policy Program, the department has been working with CWF for almost 17 years.

“Conservation and preservation are necessary. We want to teach our students to work for the future,” said Tiedemann.

Monmouth student artists who were present at the exhibition found inspiration in the work and related this to the philosophies and methods taught by Callas.

“The fact that these paintings are water color draws me in as an artist. It makes me wonder how he does it, and it develops a connection to me, the piece, and the animals. When I leave here to teach kids, I want them to connect too,” said Green.

Jenn Defranza, a senior fine arts student of Callas and the Vice President of Artists for

change, shared similar feelings to Green and said, “Growing up in Long Island has made me very in touch with the environment and makes me happy teach students about pollution and the melting polar ice.”

“We look at how humans create meaning from nature through art and nature-based symbols, as we learn more about our natural environment, through the project, MU students get to become environ-

mental leaders as they partner with the youth to create nature-based art and other environmental projects,” said Callas.

John Morano, a professor of journalism, advisor to the *Outlook*, and author of the Morano eco-adventure book series, said, “You have a talent. What are you going to do with? He could be painting anything—sneakers, cars. He chooses to paint life. Imperiled life... even better.”

“If the art means nothing to you, it means nothing to the viewer,” said Green.

The *Rare Wildlife Revealed* exhibition will be in Pollak until February 19th, and then reappear at Drew University from May 21 to June 22. This art remains available to purchase with a portion of proceeds supporting CWF.

For details visit the CWF website or James Fiorentino Art online.



PHOTO COURTESY of Tina Colella Photography

Visitors in the traveling exhibit admire artwork featuring rare New Jersey wildlife.

## University Female Athletes Honored

SPORTS cont. from pg. 1

the way for the future females to have that opportunity.” Mitts spoke of her love of soccer and the journey that it has taken her on. Growing up, Mitts did not have many female athletes, especially soccer players, to admire.

“The women’s national team was only just starting up so Mia Hamm (a professional soccer player and two-time Olympic Gold medalist) was only a couple of years older than me,” said Mitts. “Nowadays, I love having so many female role models to look up to.”

She encouraged the audience members to recognize that every individual is, in fact, a role model for the younger generation. “Those little girls look up to you and they think the world of you... You could be the difference in a little girl’s life,” said Mitts.

Mitts attended the University of Florida and won a National Championship in her junior season. She said that going to college was always the plan, especially because there was no professional women’s league at the time.

Mitts is one of only four U.S. soccer players to win three Olympic Gold Medals. She said that all three of the medals are special in their own way, but the

second medal, from the 2008 Beijing Olympics, meant a little more. She had torn her ACL the year before and missed the World Cup, questioning if she would be able to make a comeback.

“I had a lot of doubters,” said Mitts. “So when I was able to stand up there on the podium, I had much more appreciation for the fact that I was able to continue playing soccer again.”

Vice President and Director of Athletics Marilyn McNeil, Ph.D., believes that observing National Girls and Women in Sports Day is essential to the University’s athletic program.

“It is important to tell the story of the inequities that still exist for women and sport,” said McNeil. “We must remind our athletes that there is still work to do to reach equity, but also encourage girls and women to celebrate their opportunity to participate!”

As the athletic director at a Division I university, McNeil is in a male-dominated position.

“It is really important for women to be in positions of leadership in athletics. We need role models to let young girls know that this is a career choice,” said McNeil. “Women are good consensus builders and we need them to be in leadership roles!”

“It is really important for women to be in positions of leadership in athletics,” McNeil added. “We need role models to let young girls know that this is a career choice.”

On Saturday, one female athlete from each Monmouth team was honored for her success both on and off the field at a luncheon in Wilson Hall. During the event, Lisa Cregan, Amy Scheer, and Mitts spoke to the athletes and members of the Hawk family during their panel.

The Athletics Department then presented the New Jersey Association of Intercollegiate Athletics for Women (NJIAW) award to Miranda Konstantinides, a senior soccer player and the president of the University’s Student Athlete Advisory Committee (SAAC), during the women’s basketball game against Niagara.

“I am extremely honored to win this award. To be chosen to represent not only Monmouth Women’s Soccer and Athletics but Monmouth University as a whole was a really special experience,” said Konstantinides. “To me, winning this award means that I have left a legacy here at Monmouth University, which was one of my goals when entering the program here.”

“It was so inspiring to hear

from such amazing woman leaders on the luncheon panel,” said Konstantinides, who is also the president of the Monmouth University Professional Nurses Association (MUPNA). “All three of the women were incredibly successful in sport in different ways, and it’s exhilarating to be

able to meet these champions of leadership and envision yourself as successful as they are.”

McNeil said that it is imperative “To encourage our young girls and women about the benefits of sports participation and how it all translates in a positive manner to the working world.”



IMAGE TAKEN from USA Gymnastics

“National Girls and Women in Sports Day” celebrates the progress made in female athletics.



# Exploring the University Graduate Center

CENTER cont. from pg. 1

In addition to this idea, Palladino said that the development and improvement of the Graduate Center is still on-going, and that more programming and additional classrooms and laboratories will be added within the next few years.

The facility, which used to be the Monmouth Park Corporate Center, now utilizes about 30,000 square feet, and the University hopes to expand as soon as possible. The facility is home to programs that are primarily within the health field, and additional programs that may be added and hosted by the facility will also be in that field for consistency.

“We look for three really important things when choosing potential graduate programs, which include student demand, market demand from employers, and faculty expertise,” Palladino said. “We’re looking to add an Athletic Training Program as well as an Occupational Therapy Program and house it at the Center, so that is really exciting.” Palladino also mentioned a partnership with Monmouth Medical to create a nursing simulation lab with state-of-the-art technology, however, the date of completion for the project has not yet been determined.

Aside from the educational aspect of the Center, Palladino suggested that it is really important that the building has the same campus environment as the main campus. As of now, the building has a small seating area and café, but in the next year he hopes that will be expanded. “We’d love to add more student lounge space and even perhaps a dining hall-like area with better options than what there is now,” he said.

Dana Porowsky, a graduate student pursuing an MS in Clinical Mental Health Counseling remarked that the facility is really intimate and comfortable. “I really enjoy it. Everyone knows each other and everything you need is in one place,” she said.

Mallory Sheklian, a graduate student also pursuing an MS in Clinical Mental Health Counseling, said that aside from the obvious educational benefit, it is really important to have comfort. “I really like the mini-mart. They have great sandwiches and I also like that there are a lot of bathrooms and places to sit.”

Another facet of the Graduate Center is the Center for Speech & Language Disorders, which provides evaluation and treatment rehabilitation services to the neighboring community, according to the University webpage.

Therapy is provided throughout the semester by a Monmouth University graduate clinician under the direct supervision of a Speech-Language Pathologist with certification by NJ and the American Speech and Hearing Association (ASHA).

Patricia Remshifski, Ph.D., CCC-SLP, Director of the Speech Language Pathology Program and assistant professor of Speech Language Pathology, explained that the Center has been seeing clients in the community who have communication disorders (speech, language, cognitive communication disorders) since February of 2015.

Graduate students have the opportunity to treat a wide variety of areas including augmentative communication, accent modifications, aphasia, apraxia, articulation disorders, auditory processing disorders, autism, cognition, dementia, language disorders, neurological impairment, phonological disorders, stroke, stuttering, voice, and others.

“The graduate students work one on one with the clients and the graduate students are supervised by licensed and credentialed speech-language pathologists. This Center for Speech and Language Disorders has nine treatment rooms with three specialty labs for research. Each of our nine treatment rooms has an observation room for families,” Remshifski said.

“We also have a state of the art video system so that students can

tape their sessions and reflect on the treatment they have provided. Graduate students have the opportunity to provide direct treatment as well as participate in research.”

Stephanie Parada a graduate speech language patholgy student who works at the clinic, said, “As a first year graduate student (third semester), we each have individual clients we see on a biweekly basis alongside a faculty supervisor.”

She continued, “Individual client sessions allow the opportunity to write lesson plans, treatment plans and soap notes and help prepare us for externship and our work as future clinicians. In addition to seeing individual clients, we see clients in a group setting once a week along with taking three classes this semester.

The additional programs located at the facility also have some developments that department chairs as well as students are excited about.

The Clinical Mental Health Counseling Graduate Program is the first mental health counseling program in the state to be accredited by CACREP. The Master of Arts in Addiction Studies was designed to combat the national addiction epidemic and provide a route to become a Licensed Alcohol & Drug Counselor (LCADC). The 33 credit program fulfills the educational requirements for the LCADC license in New Jersey, and is both INCASE and NASAC accredited.

“All of our classes take place within the Department of Professional Counseling which also offers a 60 degree MS program in Clinical Mental Health Counseling, said Alan Cavaola Ph.D., Director of the Addiction Studies program. “The main advantage of being off-campus is that our facilities were designed specifically for our program. Not only do we have state-of-art classrooms but we also have group rooms, observation rooms with one-way mirrors, conference rooms and students have ready-access to our own computer lab. What our

students like best perhaps is that there is plenty of parking,” he continued.

Cavaola mentioned that the future for the department looks bright. “I don’t have any news any new programs within the Department of Professional Counseling, however, we have proposed adding a mental health and addiction counseling clinic so that our students can see clients right at our facility and receive case supervision. We feel that this would be a benefit to our students and to the local community,” he said.

“With regards to addiction studies, I’m sure that just about everyone is aware of the opioid crisis that has gripped New Jersey and many other States throughout the U.S. There is an ever-growing need for addiction counselors to work in inpatient, outpatient and intensive outpatient programs not only with people impacted by Substance Use Disorders but with family members and significant others who are also impacted.”

“Having Graduate programs at the Graduate Center is a great idea in that it provides our programs with a unique and separate identity which graduate programs deserve. The only down side is that many of our undergraduates don’t know our programs exists and that Clinical Mental

Health Counseling and Addiction Counseling are viable career paths for those who want to provide counseling services and don’t necessarily want to go on to doctoral programs right away. I’m hopeful that graduate programs will continue to be added at Monmouth University and the Graduate Center provides an excellent opportunity for graduate program expansion.”

The Physician’s Assistant (PA) graduate program is a combination of didactic classroom instruction as well as immersion in a clinical setting, according to the University webpage. When asked about the program and any future programming, Carol Biscardi, Ph.D.PA-C declined to comment and directed *The Outlook* to Michael Palladino, Ph.D.

The Monmouth University Graduate Center is still in the process of evolving, and Graduate Studies at the University are also in the process of expanding over the next few years.

Danielle Wolfe, a graduate student pursuing a M.S.Ed in Student Affairs and College Counseling said, “Having our own space as graduate students is something unique. It’s really nice to have spaces set aside just for graduate students to enjoy and learn in. It makes you feel special.”



IMAGE TAKEN from Monmouth Unviersity webpage

The University Graduate Center is located at 185 State Highway 36 in West Long Branch.

## Career Services and Department of Criminal Justice Host Joint Internship Event

KERRY BREEN  
SENIOR/NEWS EDITOR

The Department of Criminal Justice and the Guardians Club held a joint event with Career Services, inviting New Jersey Cybersecurity and Communications Integration Cell (NJCCIC) cyber liaison officer Melissa Pisaniello and Sergeant Brad Baylor of the New Jersey State Police to speak about their work and the internship opportunities in their respective fields.

According to Mass, 35 people attended the event, including students from a variety of disciplines.

“The Guardians Club hosts several guest speaker events,” said Jamie Tilton, President of the Guardians Club and a senior homeland security student. “However, this is one of the rare guest speaker events that encourage all students, regardless of major, to apply for an internship.”

“We thought it’d be important because cyber security and cybercrime is the 21st century law enforcement now,” said Nicholas Sewitch, Chair of the Criminal Justice Department and Internship Coordinator. “That is one of the key

areas in terms of enforcement, particularly at the federal level. In fact, a lot of federal agencies look for students who are qualified in that area or have experience or training in that area, so we thought that this would be good for students.”

According to Jeffrey Mass, the assistant director of career services, the NJCCIC is New Jersey’s “one-stop shop for cyber security information sharing, threat analysis, and incident reporting. The NJCCIC brings together analysts and engineers to promote statewide awareness of local cyber threats and widespread adoptions of best practices.”

Pisaniello spoke about four NJCCIC divisions that students could apply to intern with. The areas discussed included the Governance, Risk, and Compliance Bureau, which assesses and improves the current risk posture of information management systems across the state.

Another department, the Cyber Threat Intelligence and Analysis Bureau, is primarily responsible for fusing technical and non-technical sources to analyze the state’s cyber threat landscape and reduce vulnerabilities.

The other two applicable divisions are the Partnerships Bureau, which uses “threat intelligence” to coordinate outreach efforts with the public and private sectors and the SECOPS Bureau, which utilizes multiple layers of security controls to safeguard the Garden State Network (GSN) from both internal and external threats.

A specific internship mentioned was the New Jersey Office of Homeland Security Preparedness (NJOSHP) internship, which is open to students with more than 48 credits and includes working with the four divisions above.

Baylor spoke about opportunities within the state police, including internships in the cyber threat intelligence unit, the threat analysis unit (“Crime Central”), field intelligence officers, and the narcotics analysis unit.

According to Mass, Pisaniello also touched on application deadlines and gave students information and tips on how to stand out in an applicant pool.

“It is not every day that you have an opportunity to connect with key influencers and leaders in your field,” Mass said. “If you were to

walk past them in the street you probably wouldn’t stop them; however, networking events provide the environment to approach these people and have a discussion.”

“I think students got excellent advice on how to jump-start their careers after college,” said Tilton.

“I definitely think that students were able to gain some sense of direction in terms of work fields,” said Dally Matos, Treasurer of the Guardians Club and a sophomore homeland security major. “Because cyber security is such a new field, it has a wealth of career opportunities, so I think students also got to see what careers are hiring, and have opportunities for fast growth.”

“I really hope that students that came got to learn about the field,” Matos added. “I made sure to ask questions because although I never really considered cyber security, the event really made me change my view on the field.”

The NJCCIC promotes statewide awareness of the threat landscape, facilitates the adoption of best practices in the field, and attempts to reduce cyber risk. The organization also provides services such as a weekly bulletin, presentations,

threat analysis, blogs, threat profiles, and threat indicator sharing.

Students of all majors were encouraged to attend the event and apply for internships that interested them. According to a PowerPoint presentation given during the event, students in the fields of computer science, engineering, information security, cyber security, criminal justice, and marketing fall in the range of “suggested majors.”

“I really like it when, at these events, we can bring students together from different disciplines who are interested in a particular field,” said Sewitch. “Criminal justice is truly an interdisciplinary field, and that brings together expertise from a lot of different areas for one common goal. It’s nice for criminal justice students to interact with students who are interested in computer science and technology and things like that and to see how their interests overlap.”

According to Tilton, the Guardians Club and the Department of Criminal Justice will also host a networking event where students of all majors can come learn about careers in law enforcement on Mar. 28.



The Outlook

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The Youth Vote

EDITORIAL STAFF

College campuses are often disparaged as “too liberal.” However, the editors agree that colleges are a place where students begin to explore and discover new ideas and political identities. One editor said that young people in college are generally more passionate about issues surrounding justice and equality; topics which are often associated with left of center political views. Another editor said, “just because a college gives a liberal education, that does not mean that they also [enforce] liberal political views.”

Many of the editors agree that here at Monmouth, the political spectrum is well represented. From students who are more conservative to those who are more progressive, and everything in between; Monmouth University fosters a myriad of political preferences. However, one editor argued, “At Monmouth, I feel we lean to be conservative, at least for the students because of the price of Monmouth which usually attracts the wealthier people, who tend to be more conservative.” Additionally, although students at Monmouth respect each other’s politics, the opportunity to express one’s political views are not reciprocated by one’s willingness to listen to political views other than his/her own, one editor noted.

According to data from the Center for Information and Research on Civil Learning and Engagement, only 21.3 percent of millennials voted in the most recent midterm elections in 2014. Additionally, the Center for American Progress found that in the 2012 general elections, there were 64 million eligible millennial voters; however, only 26 percent actually voted. This left the editors to question why young voters have such apathy toward politics. One editor said, that many young people believe that their votes don’t count for much; “but that’s only the case if they haven’t attempted to influence their state government and worked from the ground up.” Nevertheless, most of the editors said that they have voted in every election since they turned 18—many of who are

even registered with a party affiliation in order to vote in New Jersey’s closed primary elections. One editor said that they are very passionate about voting in their local elections because they want the water in their hometown to be clean; therefore, the editor votes for candidates whom they believes will pass policies to do so. “I think voting is very important and every vote matters,” another editor said. “I believe that if you don’t vote for someone, then you don’t have the right to complain about policies.” One editor noted that a lot of young people may not vote in mid-term elections or local elections because they do not know a lot about the candidates—as opposed to presidential candidates who are campaigning nation-wide. Conversely, an editor said that the 2016 election was their first time voting. “It was a really cool experience because I felt I had done my duty as an American,” she said. “As a female, even though we have come such a long way, I think about the women who fought long and hard for the right to vote; and I want to make them proud and make sure their efforts weren’t in vain.”

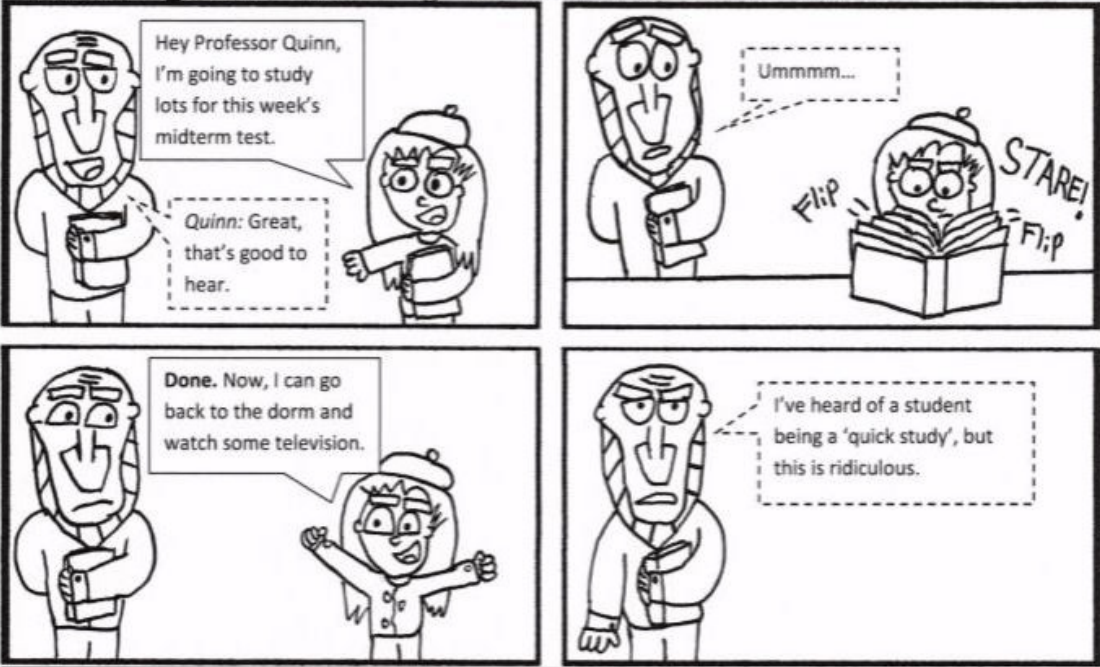
Many young people also believe that politicians simply do not voice their concerns, or capture their interests. As a result, many young voters refrain from voting. However, many of the editors said that they believe Bernie Sanders galvanized a lot of young voters because he promoted policies such as legalized marijuana and “free” college tuition. Contrariwise, one editor said that Hillary Clinton was disadvantaged by the media, which often portrayed Clinton as unrelatable to young voters. Another editor said that many politicians often flip-flop on their political stances, and that many young people might find it difficult to endorse them if they are receiving donations from big corporations and “Big Oil.” Likewise, another editor said that many politicians often ignore young voters in order to patronize their largest voting base instead. Moreover, one editor said that in order for a candidate to be favorable, he/she should have “a strong social media presence, a sense of humor, and an

interest in issues that young people care about, such as the student debt crisis are all factors that can play a role in favorability.”

Many editors suggested that the ubiquitous two-party system in American politics is discouraging to young people. “I am not satisfied with the two party system,” one editor said. “I absolutely think third parties should be taken more seriously. Our election process is broken and corrupt,” she added. “The more running the merrier, just like business. Competition between businesses is always favorable for the consumer.” Likewise, another editor said that they believe allowing third parties to run alongside Democrats and Republicans, then the representation of more political opinions would be facilitated. Additionally, one editor said that many voters vote for party rather than policy. Therefore, the editor believes the established two-party system contributes to this partisanship.

One study done by the U.S. Hispanic Heritage Foundation found that Generation Z is more conservative than Millennials are. Contributing to this estimation is the era in which Generation Z grew up. Living through the 2008 Great Recession attributes to the generations fiscal conservatism, and living in a post 9/11 era suggests their favorability of increased national security and militarization. One editor suggests that this inclination for conservatism is a result of parental influence. Another editor said, “I know that I listen to my parents views, but I think that I also have varying opinions on certain topics.” Additionally, one editor said that, although they does not consider themselves to be conservative, they nevertheless favor a strong, central military and increased national security. Likewise, another editor said that they have noticed a push for less government intervention from friends their own age. However, many editors agree that to generalize the entire generation is unfair because there are so many differing opinions. One editor, in particular, said that too many people focus on “the black and white,” and they often neglect “the grey area.”

Knowledge and Quinn by Brian Turczmanovicz



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# The Real Meaning of Valentine's Day

EMILY CONDRON  
STAFF WRITER

Valentine's Day has become a holiday where having a significant other is the only thing that many focus on. This can be seen by scrolling through any social media or watching television shows that display people crying if they do not have someone to spend the day with. And, if they do have someone they are thrilled.

This, however, is not the only part of Valentine's Day that matters!

When looking back on my childhood, I realized that Valentine's Day was about loving those around you -- your family, your friends, your teachers. Anyone who touched your life and caused a positive impact is someone that deserves your attention on the special day. When sitting in the second grade, your teachers explain that you are allowed to bring in Valentines for your classmates.

Even though you may have given the girl who sits next to you the "ugly" sticker or the boy across the room a card of the valentine you did not like, the act of giving

your kindness to all was practiced. This was something that impacted me immensely because, after reaching a certain point in your life, you realize that there are those you may not agree or get along with, but you have to be able to manage working with them. Teachers have been attempting to teach children this since the beginning and it is something that all should realize is important.

Another way that Valentine's Day

can be celebrated in an "unusual" way is through showing your love for your family. So many people stress over not having *someone* but we neglect the people we do have!

Understanding that showing your appreciation to those who love and support you every day is something that many do not even think about on this holiday. Knowing that love covers a larger span than just having a significant other is key to happiness, especially in

a time where the pressure to love someone is so high.

If you were like me growing up, church played a large part in your youth. From a religious standpoint, Saint Valentine was not about the sappy love stories and cupid arrows. In reality, Saint Valentine was about loving his faith and being loyal to his church. Saint Valentine was killed for his love of the church, but stayed loyal to his faith up until his death.

When I was young, this did not mean much to me other than the idea that some old person loved God, but after viewing it from new perspective at nineteen, it is clear that February 14 is more significant than buying someone chocolate. This holiday to celebrate the love you have for whatever you believe in and those who mean the world to you, not just showing your love for a boyfriend/girlfriend.

The greatest Valentine's Day gift I have received has been the realization of loving all people in your life that have made you happy. Even though I am lucky enough to have an amazing boyfriend for many years now, celebrating Valentine's Day with my family has been something that I has become a tradition since I was young.

Another reason that I may feel this is an important date because it is my mom's birthday (happy birthday Mom!), but I believe that the people I choose to surround myself with have taught me that showing love to everyone is one of the key ideas that everyone needs to learn in life.



IMAGE TAKEN from Suzi Mellano's Twitter page

One small act of love can make someone's Valentine's Day.

## Collecting Items Godzilla Edition

JASON AQUINO  
DELIVERY ASSISTANT

The action figure store is a perfect place for a 20 year old. I knew this when I was in my suburban neighborhood home, cleaning the area around my daikaiju, or "giant monster," action figures over my closet. It was my favorite activity when I went home from college on the weekends.

The wall had two long, wooden planks drilled into it that I treated with the utmost respect. It was my Toho Shrine -- a setup in my room with a plethora of six-inch tall, giant monster action figures. Most of it is dedicated to monsters in Godzilla movies; the center-piece is a fat, Funko Pop! doll of Godzilla with bulbous, white eyes and a mouth stuck in a permanent roar.

When I was three years old, my dad was driving me home from Montessori Academy when he said he had a surprise for me. This was when I used to live in Brooklyn. Upon entering my apartment, I found a box-set of Godzilla movies waiting for me on the dining room table.

When I was six years old, I found my first Godzilla figure in a toy store: a light grey, 1954 version. This purchase, or my mother's in this case, was the start of my ever-expanding collection of figures fueled by my interest in Godzilla.

I love collecting "Big G" figures because it still reminds me of different forms of strength. If we can cut toxic people from our lives like Gigan can slice through objects with his bladed hands, wouldn't our social lives be amazing? If we can love something or someone with passion as fiery as Godzilla's atomic breath, wouldn't we feel the most alive? Every monster is an example of a type of strength inside you.

I wanted to make this col-

lection bigger, but I constantly faced a challenge of where to find another oasis to satisfy my thirst for plastic. While I stood on my brother's stool I took from his room, I held a gentle grip on my Swiffer Duster as I brushed around each figure, looking for lingering specks of dust.

I mused to myself; eBay is too expensive. I lowered the brush and adjusted Mothra's legs so she could face Battra. These divine moths were my favorite paired decoration; they compliment the center-piece well. I took another look at the whole set. God, ugh, Zilla fell over again. I took the iguana-like incarnation of Godzilla and stood him upright. What a weird-looking thing; a god should be able to stand on its own.

Still on the stool, I tossed the brush aside. I pulled my phone from my pocket and watched the video advertisement for Toy Tokyo on SyFy's Facebook channel for the sixth time. My eyes, red and irritated from cleaning, each gleamed like the inside of a tomato as different figures flashed in front of them: clay-colored Godzillas, Godzillas covered in glitter, and more atomic lizard galore.

I knew about this store in downtown New York; it was a small hut of an establishment. Would an entire wall from the store fit in my room?

I finally had the opportunity to visit New York after Thanksgiving, and I gave my many thanks and praise to Cthulu that Toy Tokyo was open. The store had a cutout of Godzilla spewing a stream of orange flame from his mouth with the ending burst of the fire bearing the store name.

As I walked through the door meant to fit one person, three people gushed out of the store carrying white, plastic bags. The shelves are clearing! I might as well have been

the "Big G" himself, because I spared little expense trying to get past my obstacles politely. I contorted my body in different shapes, trying to squeeze past the line of customers who filled half of the store's main level.

After moving through the sea of collectors paying for their items, I found what I wanted: columns and cases filled to capacity with Godzilla figures. My mom trailed behind me as I tried out different figures like they were new shoes.

I picked them up, measured their prices, and analyzed the design to see if the price was right. This Shin-Gojira is really red. I don't remember him being this shade of color in the movie. I WANT IT. This Mechagodzilla is from the Showa era.

It's savage, yellow eyes remind me of an angry wasp. I love how it captures the villain. I WANT IT. This winged thing is from the new cartoon movie coming out. I don't even know it's name yet. I WANT IT. Huh, the tag says it's called Servum.

"Are we finished yet?" asked my mom in a tired but gentle manner.

I shifted awkward glances between her and the shelf I found with enough space to place my treasures. Each one was twenty-five dollars.

In a hushed tone, my mom added, "you know, for Christmas, I was going to give you and your brother an extra fifty dollars to spend on whatever you wanted. If you want it now..."

"I want it."

My mom offered to hold all 75 dollars' worth of merchandise as I explored the basement. There were dozens of collectable Funko Pop! dolls stacked on top of each other to the point where there was barely any inch of grey, plastered wall visible. I only saw three, however, that were worthy of being behind a locked, see through casing.

Each box was the size of a

water bottle, and they were all identical to my center-piece Funko Pop! Godzilla doll, minus one exception: they had signatures. I fell to my knees and, without daring to taint the casing with my human fingerprints, snapped twelve hundred pictures. I knew exactly who these signatures belonged to on each box. I WANT ONE.

I didn't get one. They weren't cheap, having been priced at \$150. I did get my three action figures, though, and Shin-Gojira, Mechagodzilla, and Servum

found their places on my shrine. I would have certainly bought one of those Pop! dolls with the original Godzilla actors' signatures on them if I had the money to spend. Sure enough, however, I have my eyes on a new center-piece now.

My collection will continue to grow, and I encourage people to start or continue their own pursuit of objects they are passionate about. It is rewarding to see every item as a step on a journey you can be proud to say you started a long time ago.



PHOTO TAKEN by Jason Aquino

Collecting items is a great way to revisit your childhood.



# The Millionaire Tax: Funding New Jersey

NICHOLAS COSCARELLI  
POLITICS EDITOR

Senator Stephen Sweeney said that raising taxes on millionaires in New Jersey is the “absolute last thing” that he will consider, last Thursday, Feb. 8.

Although Sweeney, the New Jersey State Senate President, long advocated for raising taxes on the wealthiest New Jersey residents; he explained that the latest federal tax overhaul changed the dynamics of taxes in the state.

“It’s the absolute last thing that I’m willing to look at,” said Sweeney, the Democratic state Senator from Gloucester, to reporters in Trenton last Thursday.

“It’s too much right now. Absolutely last resort,” he asserted. However, three months ago, when now-Governor Phil Murphy won the gubernatorial election, Sweeney tweeted that the “long overdue [millionaires’] tax” would be the first bill that the NJ Senate passes in January, after Murphy’s inauguration.

“Murphy ran on the Millionaire Tax as the face of the NJ Democratic Party,” said Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology.

“For the Democrat Sweeney to reverse course strikes me as a move against the wishes of the voters,” Mitchell said.

Under Sweeney’s leadership in the state Senate, the Legislature passed and put a millionaires’ tax on former Governor Chris Christie’s desk five times since Christie first took office in 2010.

However, the former Republican governor vetoed the tax hike on millionaires each time.

In his final veto of the bill in 2015, Christie said that the Legislature must be “deaf and blind” to the consequences that raising taxes in New Jersey would have on the state’s economy—the highest taxed state in the country.

Sweeney explained his recent change in position; he said that the latest federal tax reform bill

passed in Congress complicated matters locally in New Jersey.

Sweeney explained that the bill, which President Donald Trump signed into law in December, added an unexpected challenge to the dynamic of taxes in New Jersey.

The recent federal tax law eliminates an important deduction for New Jersey residents: the state and local tax (SALT) deduction.

SALT deductions serve as tax break that help to mitigate the New Jersey’s highest-in-the-nation property taxes, as well as its cumulative personal income taxes.

In particular, the recent tax law caps the SALT deduction at \$10,000 for property taxes and state income taxes combined, a threshold that many residents in the state easily exceed.

For example, the Tax Foundation reported that in 2015, New Jersey taxpayers paid an average of \$17,850 in state and local taxes; and the average property tax bill in New Jersey for the year 2016 was \$8,549.

In order to counter the financial burden from the capped deduction, Murphy has embraced the idea of allowing local property taxes to be paid to towns as a charitable donation, which are still deductible under the federal tax law.

However, Peter Reinhart, Esq., Director of the Kislak Real Estate Institute and a professor of real estate policy, explained why such an alternative might not pass legal obligations.

“In order to claim a deduction as a charitable donation, the taxpayer must not receive any legal benefit. Obviously, a homeowner does get a benefit by not having to pay property taxes,” he said.

Accordingly, Sweeney fears that raising taxes on the wealthiest New Jerseyans would drive them out of the state—an outcome that its economy cannot afford.

Indeed, “there has been a growing exodus of wealthier taxpayers slowing leaving New Jersey for lower tax states,” Reinhart noted.

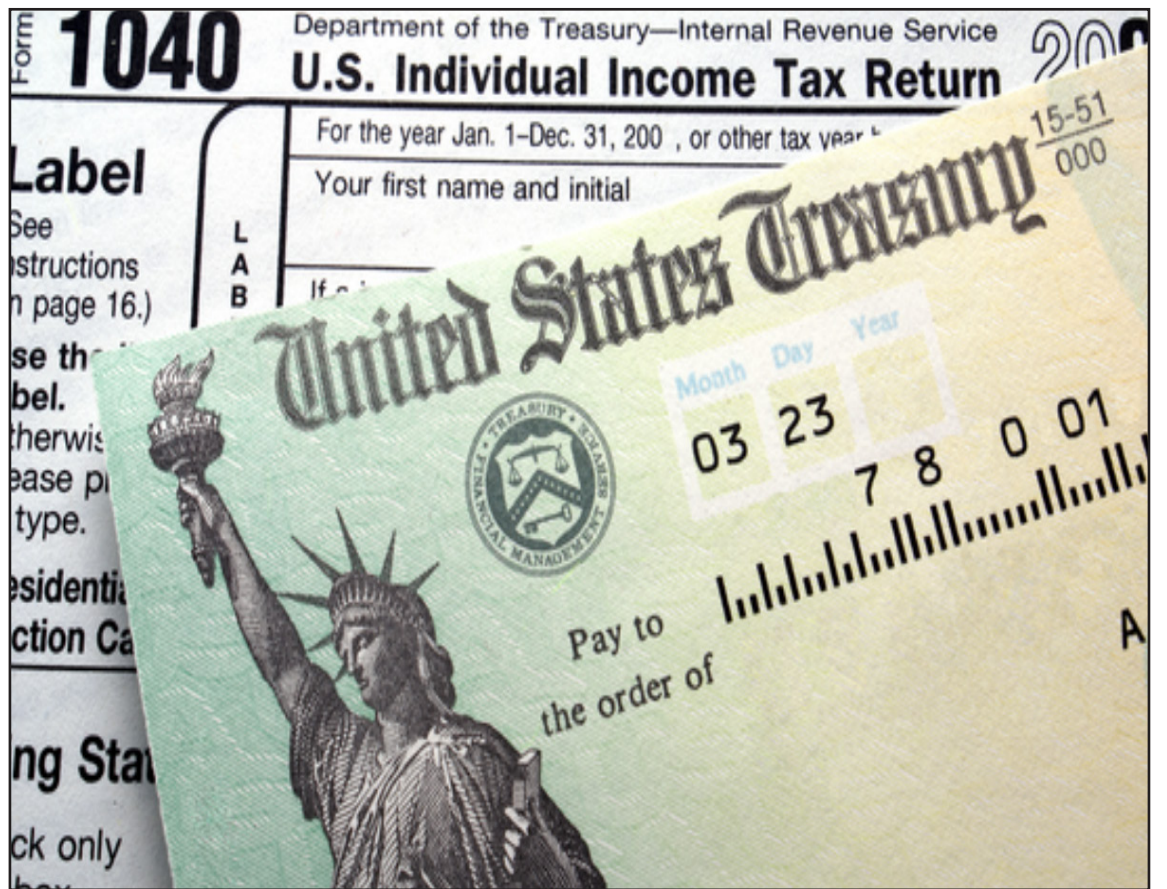


IMAGE TAKEN from USAToday

According to the Tax Foundation, New Jersey taxpayers paid an average of \$17,850 in state and local taxes in the year 2015; and the average property tax bill was \$8,549 in the year 2016.

“Before we talk about raising any taxes, we have to talk about the cost of government,” Sweeney told *NJ Advance Media* this week.

“What Trump did to New Jersey made me do a complete about-face and say, hold up. I am not rushing to do taxes. I’m not [going to] run in and do something [that will] cause even more problems for the [state’s] economy,” he added.

Mitchell explained that he believes it is time to rethink Sweeney’s narrative that taxing wealthy New Jersey residents would force them to migrate out of the state.

“Property values continue to rise across the state, suggesting that the demand for houses is strong; it’s a question of supply and demand,” Mitchell said.

“If rich people decide to leave New Jersey for Florida or Pennsylvania, one hopes that they will sell their home—in order to avoid the high property tax

bill,” said Mitchell. “The line of younger families who are interested in purchasing homes is long.”

Currently, New Jersey’s top state income rate is at 8.97 percent on those with an income over \$500,000. However, the proposed millionaires’ tax would create a new bracket for those, making an income over \$1 million, which would be taxed at 10.75 percent.

During his 2017 gubernatorial campaign, Murphy endorsed the millionaires’ tax, which he is counting on in order to raise \$600 million in new tax revenue in order to fund major campaign promises.

Among those campaign promises, Murphy advocated for things such as fully funding K-12 public education and government worker pensions.

However, Sweeney’s latest turnaround on the millionaires’ tax challenges Murphy’s proposed funding.

Nevertheless, Murphy still stands by his call for higher taxes on residents making more than \$1 million annually in the state.

Although, the governor needs the state Legislature, under the leadership of Sweeney, in order to pass the proposal before he can sign it into law.

Reinhart notes that Sweeney has shifted from advocating for tax increases to instead focusing on reducing the cost of government.

As such, Reinhart also explained that many people are questioning whether the consolidation of municipalities and school districts should be considered in order to reduce the state government’s spending.

For example, “there are 600 school districts, each with a superintendent, even if there are only one or two school buildings in the school district,” Reinhart said.

However, he said that consolidating school districts and municipalities is “very controversial” because the people in

those municipalities “will not want to give up ‘their’ town or school.”

Mitchell suggests that New Jersey “rethinks” the way in which it taxes its resident. In particular, he suggests a tax model similar to that in European countries: shifting the taxation to the sales tax rate.

“Property taxes push people out of the state far more than income taxes do,” he said.

Accordingly, Mitchell suggests cutting the state’s property taxes and compensating the difference by enacting the millionaires’ tax and higher sales taxes.

“The millionaires’ tax hits the wealthy more than it does the poor [and] lower property taxes, in particular, would aid the middle class,” he explained.

However, an increase to higher state-wide sales tax would be entirely regressive.

“A state-wide sales tax hits the poor more than it does the wealthy,” Mitchell noted.

State Senator Richard Codey (D-Essex), a former governor of New Jersey and an ally to Murphy, said that there is still support for the millionaires’ tax in the state Senate—despite Sweeney’s disapproval.

“The only people affected would be people who make a million dollars a year, and the tax only starts on the first penny after a million dollars,” Codey said to reporters last week.

Moreover, a recent 2017 Quinnipiac University poll found that seven in ten New Jersey voters were in favor of raising taxes on those with income over \$1 million in order to raise the cash needed for funding the public pension system.

“I think [the millionaires’ tax is] a logical step,” Ralph Caputo, a Democratic state Assemblyman from Essex, told reporters in Trenton last week, “I didn’t see anybody drop dead when we had the millionaires’ tax in effect when Christie came into office,” Caputo added.



IMAGE TAKEN from SenateNJ.com

The American Flag and the New Jersey State Flag displayed outside of the New Jersey statehouse in the state’s capital, Trenton.



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February 20, 2018

6:30 – 8:25pm, with networking receptions to follow each presentation

Samuel Hays Magill Commons

Please join us for an evening of information, followed by networking receptions with hors d’oeuvres.

All are welcome!

Time	Magill Club Dining Room	Magill 109	Magill 107 & 108
6:30pm – 7:25pm	<b>MATHEMATICS</b> <b>Karen Coyle</b> Executive Director; J. P. Morgan <b>Tanya Collin M ‘12</b> Sr. Medical Cost Analyst; AmeriHealth New Jersey <b>Nick Corrado ‘17</b> Math Teacher; Middletown High School North <b>Kaitlynn Mascenik Duarte ‘13</b> Data Analyst; Horizon Blue Cross Blue Shield of New Jersey <b>Rebecca Poriskeives ‘14</b> Teacher; Red Bank Charter Schools	<b>TEACHING SCIENCE</b> <b>Carleigh Engstrom ‘15</b> Molecular and Agricultural Biotechnology teacher; Biotechnology High School <b>Katie Joyce MAT ‘17</b> Biology and Environmental Science teacher; Carteret High School <b>Mary Catherine Rocca (current MAT)</b> Biology and Marine Science student teacher; Middletown High School South <b>Kyle Seiverd ‘11</b> Biology teacher; Toms River North High School	<b>BIOLOGY</b> <b>Patrycja Bolewska ‘12</b> Sr. Scientist Case Investigation and Resolution; Roche Molecular Systems <b>Marie London ‘11</b> Quality Control Scientist; Patheon <b>Dr. Nicole Starinsky ‘11</b> Emergency Veterinarian; Red Bank Veterinary Hospital <b>Dr. Jennifer Wheeler</b> Senior Research Investigator; Bristol-Myers Squibb
7:30pm – 8:25pm	<b>COMPUTER SCIENCE &amp; SOFTWARE ENGINEERING</b> <b>Fauzia Abbasi</b> Lead Quality Assurance Engineer; Lumeta (Cybersecurity) <b>Ese Edojah ‘06</b> Vice President Estimation Approach; TD Bank <b>Rajiv Kottomtharayil ‘98M</b> Software Engineer; Commvault <b>Ashley Navin ‘15 ‘16M</b> Business Intelligence Analyst; OceanFirst Bank <b>Jaya Panchavati</b> Senior Agile Project Manager; Sparta Systems	<b>CHEMISTRY</b> <b>Wallyd Hamid ‘15</b> Cosmetic Chemist; L’Oréal <b>Dennis Hart</b> Executive Director; Chemistry Council of New Jersey <b>Katlynn Muratore ‘17</b> Chemist; Alkaline Corporation <b>Carmen Nitsche</b> Business Development Consultant	<b>MARINE &amp; ENVIRONMENTAL BIOLOGY &amp; POLICY</b> <b>Chelsea Bray ‘13</b> Laboratory Technician; Bayshore Regional Sewerage Authority <b>Bill Heddendorf</b> Laboratory Supervisor; New Jersey Department of Environmental Protection <b>Kylie Johnson ‘17</b> Environmental Scientist; Earth Systems Environmental Engineering <b>Mitchell Mickley ‘14</b> Marine Biologist; NY/NJ Baykeeper

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# THE FACE BEHIND YOUR BURGER

ALEXA HARRIS  
CONTRIBUTING WRITER

You may have heard of People for the Ethical Treatment of Animals (PETA), puppy mills, a friend adopting from a shelter instead of buying a pet at a store, or have maybe met someone who does not eat meat.

All of these actions are part of a unique belief system, a lifestyle called veganism. So what does it mean to be vegan?

“Vegans are a group of individuals who abstain from the dietary consumption or other use of any animal product,” writes associate professor and Department Chair in Health and Physical Education Christopher Hirschler, Ph.D., in his publication, “What Pushed Me over the Edge Was a Deer Hunter: Being Vegan in North America.” If you are a vegan, you already know these great benefits that come along with the life changing decision, so let us shed some light to others who may not know.

It is not an old wives tale that your body feels different! Senior finance student, Brenna Sermarini, shared she feels better physically since her decision to eat a plant based diet. “I feel happier, my skin is clearer, and my body feels more energetic,” she said. The reason behind this is the foods packed with hormones and chemicals that you would typically eat in an animal/carnism central diet are being replaced with more fresh produce and other plant based substitutions.

Don’t believe it? Eating a vegan diet has proven to help with severe health issues including those relating to the heart and boosting immune systems. A study conducted by the Harvard T.H. Chan School of Public Health shows “[Those eating a ‘healthy’ plant-based diet high in whole grains, fruits, vegetables and healthy fats were less likely to get heart disease]”. Sermarini

continues to discuss about when she reintroduced animal products, excluding meat, back into her diet. “All of the benefits of a eating plant-based [diet] were quickly lost, and I realized just how much my body is not meant to consume animal products,” continues Sermarini.

If you are interested in taking small steps, the chipotle mayonnaise at the wrap and panini station in the dining hall is vegan! Also freshly baked vegan goods like apple pastries and chocolate chip cookie bars are now offered daily. To continue focusing on your body and what you eat, let us also keep in mind how you eat. A person typically eats better when they cook for themselves versus purchasing prepackaged foods or ordering out.

Focusing on produce instead of the filet mignon piece or lobster for dinner will also save some bucks! “When eating plant-based products, I am able to control my sodium, trans fat and cholesterol intake that is often found in dairy and meats,” chimes junior English student Jane Lai. As a vegan, you have the ability to control your fats and boost your vitamins intake.

This change in your diet also opens the door to expand your palette! Ethiopian, Thai, and Chinese cuisines have many options, but many other ethnic cultures can easily be veganized! Buffalo Cauliflower Bites are highly recommended as well as trying to use canola or olive oil instead of butter in many of your dishes.

When a recipe calls for cream, canned coconut milk can do the trick. For your next vegan meal eating out, head over to the bustling and quaint cafe Good Karma in Red Bank or the infamous restaurant Champs or Urban Kitchen in the city.

Besides eating delicious food, there comes responsibility with the knowledge of the exploita-



IMAGE TAKEN from Pexels.com

Behind any animal based product is a story of an animals inhumane struggle that they don’t deserve.

tion of animals. Sophomore economics and English student Andie Mali said, “It is up to us to educate and inform with love and tolerance. All this can counteract stereotypes, and we would actually start seeing a greater interest in healthy choices based on our example.”

Many stereotypes are thrown around such as only eating salads and tofu, being underweight, and suffering from malnutrition. In fact, American Olympic weightlifter Kendrick Farris is vegan, as well as actors and musicians Jared Leto and Jennifer Lopez are part of the growing community.

“I think the biggest thing I would capitalize is that there’s nothing to be afraid about being a vegetarian/vegan. There’s a common misconception where the person needs to make huge lifestyle changes and that’s really not the case... Yeah they need to change their eating habits, but besides that it’s not that hard,” contributed sophomore marine and environmental biology and

policy student, Emily Keane.

Besides the meat industry, animals are also exploited for entertainment in films, zoos, and aquariums. A recommended watch is the film *Blackfish* that focuses on the life and mistreatment of orca whales.

Learning about how confined the bottlenose dolphins and the tigers at zoos are and how mentally straining these cruel living conditions are, one is able to make an informed decision to not support organizations that do so. Information about different topics and ideas can make a person knowledgeable, but what they do next with it gives light to their character.

Most humans, if not all, “love animals” and “hate animal abuse.” How many people apply their philosophies and treat all animals including pigs, dogs, and cows equally? Maybe you have a friend who hates being late, yet always is? Or another example, you know someone who claims to never cheat because doing so is wrong, yet you

know they did so during their last exam, so you might think it was hypocritical.

Hypocrisy is when one’s actions do not reflect one’s morals or ethics. A person who does not take part in the violent, sexualizing, and cruel system of meat consumption, clothes, and other industries, is taking the time and energy to stay true to themselves and their personal ethics. It is always good to be an honest and consistent person to not just the world but also with yourself.

“My motivations are to reduce suffering, what can I do to reduce suffering and live my values. I value nonviolence, I value animals, all animals,” added Hirschler.

Overall, being vegan is not just about what one eats and it is more than just a trend. Look around you and question why you wear your Uggs or choose to add cheese in your sandwich, you may be surprised to find out why becoming vegan is for you.

## Good Eats Near Monmouth

MELISSA BADAMO  
STAFF WRITER

Sometimes, we all need a change of pace when it comes to breakfast, lunch, and dinner. Although the student center and dining hall offer various food, it’s nice to explore the area around our school for a bite to eat.

Going out to eat with friends gives us the opportunity to take a break from our stressful studies. After all, exploring new places is a part of the student experience.

Many students can agree that food is one of the most important aspects of their lifestyle. Finding a good place to eat around campus is important to junior English student, Autumn Fulgenzi. “There’s this really good restaurant called Amy’s on Ocean Avenue,” she said. “The portions are huge, but everything is reasonably priced, and you get your money’s worth for what you get... they call it an Omelette House, but they have burgers, wraps, and salads, and they have options for dinner as well.”

Grab your roommate and take a short five-minute drive to Amy’s Omelette House; or, if you’re a commuter, stop by with a group of friends before you head home for the day.

Junior health studies student

Daniel Schwartzstein commutes to Monmouth and is familiar with quite a few restaurants in the area. “Firebirds is pretty good, as well as McLoone’s in pier village and Turning Point for breakfast,” he shared. Firebirds Wood Fired Grill, located in the Monmouth Mall, is perfect for when you’re craving more upscale meals such as steak and seafood.

Meanwhile, McLoone’s Pier House on Ocean Avenue is great for when you need a break from

your studies. The relaxing atmosphere gives you a breathtaking view of the ocean; if you love the beach, then this is the restaurant for you.

When it comes to the most important meal of the day, Turning Point is one of the best options. Located in Pier Village as well, the mixture of coffee, bacon, French toast, and omelets creates a delightful aroma that meets you right at the door.

Other than Firebirds, there are

a variety of restaurant chains attached to the Monmouth Mall for when you’re finished shopping and craving a bite to eat. Only a ten-minute drive from the university, you can satisfy your hunger with Buffalo Wild Wings, Bobby’s Burger Palace, Ruby Tuesday, or TGI Fridays, to name a few.

Assistant professor of mathematics, Dr. Laura Turner, shared some thoughts on the restaurants near campus. She wrote, “I have been to Brennan’s and enjoyed that (they

have good sandwiches). When I do go out, it tends to be a bit further away; one of my favorites is Bamboo Leaf in Bradley Beach, which is a bit of a drive.” Located fifteen minutes away from the university, Bamboo Leaf offers Thai and Vietnamese cuisine, a great alternative from the food we’re used to eating on campus.

Aside from breakfast, lunch, and dinner, there are plenty of places for dessert in the West Long Branch area, as well. Located further down from McLoone’s and Turning Point on Ocean Avenue, Strollo’s Lighthouse offers sweet treats such as ice cream, milkshakes, and Italian ice. Although it’s closed for the season, it’s a great place to visit when the weather gets warmer.

Take advantage of our university’s location and enjoy the many options we have in the vicinity.

Next time you’re deciding on what to eat here on campus, consider taking a short drive to get a taste of what foods Long Branch has to offer. All of these restaurants are ideal for taking your significant other on a date, celebrating your birthday with your closest friends, or simply just enjoying a Friday night.



IMAGE TAKEN from pexels.com

Any excuse to get off campus is good, especially if it’s for good food.



# I, TONYA BRINGS HOME THE GOLD

MARK MARRONE  
STAFF WRITER

It takes the country by storm for one week every four years and we never hear about it outside of that time frame.

No, I'm not talking about an update on Bob Barker's health, a New Year's resolution to get back on the treadmill, the anxious wait for a new Carly Rae Jepsen album or Joel Embiid's availability to play twenty-minutes of a basketball game.

Figure skating dominates the major television channels for a brief moment and holds all boyfriends across the country hostage in their girlfriend's living room. Although some boyfriends might be chained to the living room couch, there's plenty to appreciate about the sport.

The skaters glide on the ice, gracefully place their feet one in front of the other, lift their bodies high in the air, spread their arms out like the medal is in reach and elegantly nail the landing; triumphant classical music plays in the background.

As gracious as figure skat-

ing may sound, it takes hours of hard work and dedication to master. But what happens when dedication goes too far?

Tonya Harding, played by Margot Robbie, was a figure skater who started at the age of four.

Her mother, played by Allison Janney, is a toxic and abusive intimidator who forces her daughter to pour everything she has onto the ice.

At fifteen, Tonya meets her husband, played by Sebastian Stan, who also torments the figure skater with punches to the face and pushes at the wall every day.

Despite the pernicious people in her life, Tonya still finds the will to be one of the greatest figure skaters on the planet.

That is, until an incident occurs.

*I, Tonya* sets aside the media buzz and fabricated stories to give the real account of the disgraced olympic star. It takes a documentary approach, cutting to interviews of the characters today while telling Harding's story.

The film is nominated for three Oscars including *Best*

*Actress* for Margot Robbie and *Best Supporting Actress* for Allison Janney.

Going into *I, Tonya* I knew there was a negative opinion toward the figure skater, but I didn't know what exactly happened.

I saw the film with my father, who knew of the hoopla surrounding Harding's incident, but nothing else. Despite how much one thinks they know about Harding, *I, Tonya* helps broaden the viewer's perspective on the controversy that happened twenty-four years ago.

Harding put it best when talking to Oprah by saying something along the lines of, "I've been used by people my whole life." Harding had a difficult upbringing that many overlook.

Imagine your father has left and your mother is the only family you know. Although your mother is the closest person in your life, she abuses you mentally and physically everyday no matter what you do. Even if you nail a triple axel jump, it's expected that your mother is sitting in the stands with a disgruntled look on her face.

Years later, you find the person you fall in love with and move in with him for a better life. This better life is met with more punches to the face each day and scrutiny on your looks, intelligence and actions.

Harding's tumultuous upbringing will make one appreciate the things they take for granted. Whether it's a parent cheering on their child in the stands or a significant other's warm caress, these are the gifts one should cherish each day. Without these gifts, life gets tough and becomes difficult to understand. Tonya has been punched, stabbed, shot and yelled at, yet she still puts a smile on her face when she completes an event on the ice.

To tell the story, each character

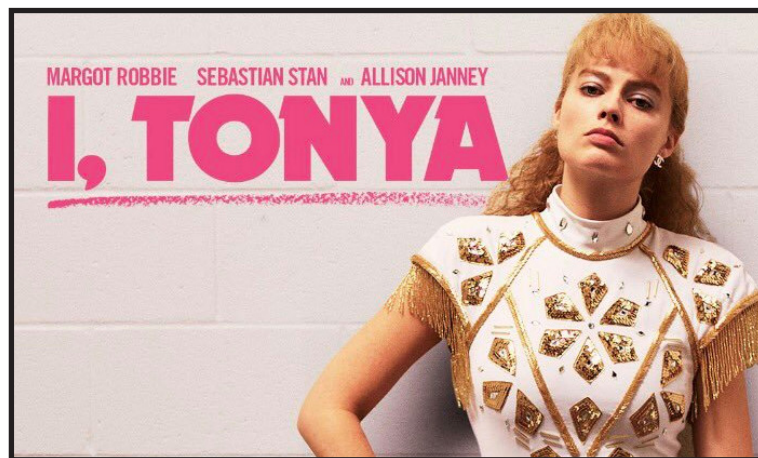


IMAGE TAKEN from whitehatvn.com

Marrone gives his highest review yet during his time with the Outlook, giving *I, Tonya*, 3.5 out of 4 stars.

gives their perspective through interviews that reflect a certain moment. This helps bring strong character development. Not only can we see a character's true colors through their actions, but we can try to step into their shoes during the interviews.

Every character has their fair hearing and it's up to the viewer to decide who was right or wrong in Tonya's life. Forget the media's opinions and words on the street; *I, Tonya* tells the story ice cold.

Not only are we given a strong account of Harding's story, but we also receive strong performances as well. Margot Robbie gives an outstanding performance as Tonya Harding. Harding is a hard-nosed figure skater who brings a unique image to the sport.

While all the skaters sit in their locker rooms preparing for their event, Harding is outside in the hallway puffing on a cigarette. After her cigarette, Tonya smokes the competition with her seamless skating.

Although Harding's skating features stunt doubles, the actress' scenes on the ice are still well done as she shows off her footwork gliding around the rink.

There is a moment in the end

that perfectly captures Robbie's performance as Harding when all the bottled up emotion cracks.

A person who doesn't bottle her emotions is Harding's mother, played by Allison Janey.

I thought *The Sopranos* was packed with foul language, but wait until you hear her mother.

The mother curses like a sailor with a drink in one hand and a cigarette in the other. When Tonya's mother has an empty hand, expect a swift blow to her daughter's face with any object, including a hairbrush.

*I, Tonya* will break the ice well with viewers who lived through the Harding incident and for those unfamiliar with it.

Tonya Harding's story is insane because of the choices made by the destructive people who surrounded her.

Sure, Harding was not perfect like the figure skaters we see on our TVs once every four years, but it's incredible how far she came.

Figure skaters usually wear the gorgeous outfits, the perfect makeup and the sparkling smile, but for some it's a facade.

Harding hid the verbal and physical abuse she endured for years, but used it as fuel for success.

## MARK'S REMARKS:

"*I, Tonya* will break the ice well with viewers who lived through the Harding incident and for those unfamiliar with it."

3.5 STARS OUT OF 4



## DARKEST HOUR SHINES BRIGHT

MARK MARRONE  
STAFF WRITER

It's May of 1940 and Great Britain is in its Darkest Hour. Thousands of British troops are pinned on the beaches of Dunkirk, where the Nazi forces are attacking by the land, sea and air.

Meanwhile, the Nazis are steamrolling through western Europe by taking over countries such as France, Belgium, Holland and others.

In a time where people look to their leaders, there seems to be no hope. The incompetent Prime Minister Neville Chamberlain is encouraging peace talks with the Nazis, but we all know how loyal dictator Adolf Hitler is.

Then, on May 10th, the course of history changed when Great Britain elected Winston Churchill as Prime Minister.

Right from his first day in office, Churchill, played by Gary Oldman, must make difficult choices that have historical consequences.

How will Churchill save the immobilized troops in Dunkirk? Also, will Churchill cave to the Nazis' "peace treaty?"

Churchill's colleagues try to sway him to fulfill their party's desires, but the Prime Minister acts in the best interests of Great Britain.

Although the subject of Dunkirk is recycled for the third time in a year, *Darkest Hour* still gives the audience a fresh story as to how Churchill handled the high stakes. It's nominated for six Academy Awards, including *Best Picture* and *Best Actor* for Gary Oldman's performance.

Not only was a battle being fought to evacuate troops out of Dunkirk, but Churchill battled with his thoughts and colleagues to make the best decision for Great Britain.

Usually, history classes paint Churchill as a man who stepped in and took control right from the gate. Once Chamberlain was out, Churchill made the right decision in Dunkirk, told Parliament that Britain would, "never surrender," and the rest is history.

However, Churchill's judgment wasn't clear. During World War I, the then First Lord of the Admiralty Churchill made a decision to lead a failed invasion of Gallipoli, which resulted in 250,000 casualties on both sides.

Considering his past failures, pressure from the Nazis, and fellow politicians pulling on his ear, Churchill battled with himself for Britain's future.

Churchill wasn't a knight in shining armour. He didn't come riding into Parliament on

a horse promising a quick victory. The Prime Minister was a human who had flaws like anyone else.

The Prime Minister is played by Gary Oldman who gives a superb performance. Oldman transforms himself into an unrecognizable state as he supports a rotund figure and bald head.

It looks like Oldman traded his dumbbells and vegetables for whiskey and cigars. Not only does Oldman look the part, but he has the same swagger as Churchill too. Churchill has a commanding presence that can make a room stop.

The Prime Minister is wired and yells at anyone he very well pleases. Think about a charismatic family member you love to see just because they stir the pot. At Thanksgiving dinner, you know stuff is going to hit the fan just when their lips move.

The person is so controversial, but brings life to the environment. Churchill acts the same way. There'll be a somber meeting with generals in the War Rooms, until Churchill comes in puffing his cigar.

When Churchill enters a room, we know blood will be drawn, and we look forward to it.

Delbonnel ups the pressure

in a particular moment when Churchill calls President Franklin Roosevelt for help with Dunkirk.

Roosevelt gives Churchill doubtful news, then the Prime Minister hangs up the phone. In a room all by himself, the aspect ratio tightens vertically.

Through Delbonnel's work, we feel alone with Churchill and helpless in the fight for good.

In Britain's *Darkest Hour*, one man shaped the fate of millions. Winston Churchill was a flawed figure who clashed with politi-

cians and himself.

Fast forward to today where we have a President who still debates how many people showed up to his inauguration. In our darkest hours, we should look back at leaders who made a difference even when their backs were against the walls. Leaders who listened to the people and gave hope to generations. One of those leaders was Winston Churchill. The Prime Minister still serves a figure whose decisions in difficult times proved to change the course of history.

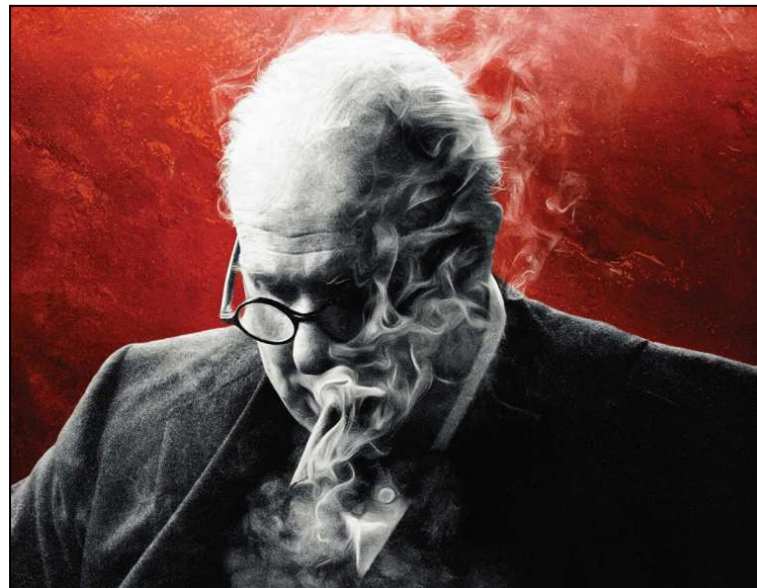


IMAGE TAKEN from traileraddict.com

Marrone rates "*Darkest Hour*," Starring Gary Oldman, Lily James, and Emma Thompson 3 out of 4 stars.



# Asbury Park: The Center of New Jersey's Music Scene

JENNA PUGLISI  
CONTRIBUTING WRITER

Asbury Park has become home to New Jersey's local music scene; the town has even adopted "Where Music Lives" as its slogan.

Through its multitude of venues, as well as recording studio space, NJ artists are being given more opportunities than ever before to enter the music industry close to home.

Asbury Park's historical venue, "The Stone Pony," is known for launching legendary careers, particularly those of New Jersey natives; names such as Bruce Springsteen and Jon Bon Jovi ring a bell, i'm sure.

Currently, The Stone Pony is looking to find New Jersey's next "big act" through its "Rock to the Top 2018" (RTT) competition.

According to The Stone Pony's website, local bands can enter the competition by submitting their information to [booking@stoneponyonline.com](mailto:booking@stoneponyonline.com).

The venue's website explains, "Ten bands will be in each showcase, with the top three from each show moving on to the semifinal round."

The details continued, "Three bands from each of the three semifinal rounds will then become finalists in the big showdown, the RTT Finals."

According to the criteria on the venue's site, if a band reaches the Rock to the Top Finals, its members will have the chance to win the first place prize of \$2,500 in cash, a headlining show at The Stone Pony, and other career-moving promotional services.

Casey Breidenbach, 22, of Bayville, NJ, recently performed with his indie-rock band called, "Shoobies," during the Rock to the Top 2017 Finals last year on Jan. 20.

Shoobies took away a substantial prize from the competition, placing as the runner-up act.

Breidenbach said that the competition was a very positive experience for his band.

"Rock to The Top has been a blessing for us," He said.

"Playing the Stone Pony is a universal reassurance for our band; we feel at home every time we step on that stage,"

Asbury Park is also home to "The Saint," a venue with an intimate capacity of about 100 people.

Artifacts line the walls of legendary venue. The walls of The Saint definitely have some stories to tell.

Each wall reveals that acts such as Jewel and Springsteen have performed there before they had their chance of becoming "the next big act" in their own ways.

Scott Stamper, 55, of Sayreville, NJ, owns the venue.

He recognizes its important platform for up and coming artists.

"It's very crucial; it's the spawning ground for new talent," he said.

"There are also sound engineers available to help every band sound their best on stage."

Stamper continued on.

"It's a great vehicle to learn your craft here. We're not just throwing people up on stage, without giving them any more pointers or advice. We want to see everybody succeed."

Stamper's attitude on providing artists with a place to play their music and have the chance to be heard is truly unique and humbling.

Breidenbach, who has also played The Saint with Shoobies, expressed his gratitude towards the encouraging environment he found in Asbury Park.

"The connections that we have made in Asbury Park, whether it be from recording or playing shows, it all has helped us grasp a better understanding of the intrinsic complexities of the music industry."

Are you starting to tap your foot and itch to perform? Don't worry, you're covered.

Asbury Park's recording space can be found by its name "Lakehouse Recording Studios."

Lakehouse Music's owner



IMAGE TAKEN from Shoobies Instagram

Casey Breidenbach jams on his guitar as he plays with the band, "Shoobies," at the motherland for New Jersey music: Asbury Park.

Jon Leidersdorff, 49, of Freehold, NJ, said that before setting up a recording session at Lakehouse, an artist should know what he or she wishes to achieve in the studio.

"We would set up some time to talk about what they're trying to accomplish, because there are a lot of different ways to approach recording."

Leidersdorff continued. "It's important that they know

what they want to accomplish, and then to explain to them what the possibilities are."

He then said that Lakehouse records a multitude of local artists, and that it was impossible for him to recollect a specific number of New Jersey residents that have recorded there.

"I have no idea; we do record a lot of local bands," he said.

Breidenbach has experienced the benefit of having a recording studio nearby first-hand.

He said, "Having a high class recording studio so close to home is not only convenient, but it enables us to hone in on a sound that is indigenous to our area."

Local artists agree with Breidenbach and find it valuable to have access to the high-end recording equipment available at Lakehouse, especially cause of the help and guidance that the professionals are able to offer.

All of Asbury Park's resources have collectively given local musicians opportunities to flourish.

Furthermore, since there are more bands succeeding and more shows to attend, fans have also benefited from Asbury Park's ever-growing music scene.

Stamper has witnessed an increase in attendance at The Saint's shows. Some smaller acts may only bring out about 20 people, but other bands

will bring out 100. "The reason why we're here is that there are more winners than losers. The live music business is healthy," he said.

With multiple venues available, Asbury Park gives people an ample opportunity to see live shows every night.

Asbury Park's support of the arts also allows mainstream artists to have a place to play outside of our closest metropolitan areas, such as New York City and Philadelphia.

This is very convenient for New Jersey's music fans, but Asbury's music scene has a greater purpose than giving national artists a local stage.

Asbury Park has become a crucial component in local bands beginning their careers.

The next Springsteen could be performing at The Stone Pony's Rock to the Top competition.

The next Jewel could be singing at The Saint tonight.

Our future favorite band may have just recorded their first EP at Lakehouse Recording Studios.

Asbury is filled with opportunities for new acts.

For example, Breidenbach said that the town has played an imperative role in the success of up and coming, Shoobies.

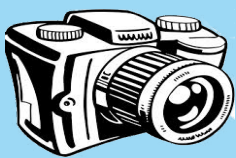
He said, "The perennial artist-based culture of Asbury Park has helped our band in more ways than I can articulate! We are eternally grateful."



IMAGE TAKEN from Shoobies Instagram

The Shoobies Competed in 2017's Rock to the Top competition held at The Stone Pony and placed second.





# MOMENTS AT MONMOUTH



**LEFT:**  
STUDENTS ADMIRE THE LATEST ART EXHIBIT IN POLLAK, *RARE WILDLIFE REVEALED: THE JAMES FIORENTINO TRAVELING ART EXHIBITION*.  
PHOTO COURTESY OF: TINA COLLELA PHOTOGRAPHY



**RIGHT:**  
SOPHOMORE FORWARD ALEXA MIDDLETON MAKING A PASS IN THE WOMEN'S BASKETBALL GAME AGAINST MANHATTAN THIS WEEK. PHOTO TAKEN BY: KARLEE SELL



**LEFT:**  
STUDENTS GETTING TO PLAY CLASSIC ARCADE GAMES AT THE SAB SPONSORED EVENT, ARCADE NIGHT, IN ANACON. PHOTO TAKEN BY: AMBER GALATI



**RIGHT:**  
MEMBERS OF THE YOUTH ACTIVIST CLUB SELLING CARNATIONS AND SPREADING AWARENESS FOR DOMESTIC VIOLENCE BEFORE VALENTINE'S DAY. PHOTO TAKEN BY: DAVINA MATADIN



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



*What is the nicest thing someone has done for you for Valentine's Day?*

COMPILED BY: NICOLE RIDDLE



**Amanda Sorresse**  
**Senior**

"The nicest thing someone did for me on Valentine's Day was when my boyfriend surprised me with a jar full of love notes!"



**Taylor Sales Vaughn**  
**Senior**

"Just being able to spend time with the person that I really care about, sitting on the couch and eating dinner."



**Maryelin Montas**  
**Sophomore**

"In second grade, someone gave me a lollipop."



**Paul Bundac**  
**Senior**

"It's a little hard to celebrate when your girlfriend is in another country."



**Professor Alexis Nulle**  
**Specialist Professor, PRSSA Co-Advisor**

"My husband naming a dish in the honor of my name. At the time, he owned a restaurant."





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# Tune into Hawk TV

ALYSSA WILSON  
CONTRIBUTING WRITER

When you sit in your dorm room, in the dining hall, or student center and you turn to channel 12-1, you might see the faces of your fellow students doing some pretty big things. You'll feast your eyes on student reporters on the scene of a major campus event, students acting in skits they wrote and directed themselves, and live large-scale productions to raise money for charity. When you turn to channel 12-1, you'll find *Hawk TV*.

This student-run organization gives members the ability to write, produce, edit, direct, and star as on-air talent in their own productions. Founded in January of 1996 by communication Professor Donna Dolphin, the program began with the goal to create an organization that would provide students with hands-on experience to prepare them for careers in the world of Communication.

Dolphin grew frustrated with the lack of co-curricular activities for students interested in Television and Film, so she created one.

Professor Dolphin did not ask permission to start the organization. She knew it would be difficult, so she aimed to just do it and show that it would be a success.

The only problem that arose was the name. The first name was "Monmouth Univision," but for-

mer campus attorney, Grey Dimenna, the current University President, insisted that the name be changed due to a Spanish network of a similar name. Then the name *Hawk TV* was established.

Located in the Jules L. Plangere Center for Communication, *Hawk TV* has a rich history on campus. Since its beginning 22 years ago, the organization has won an array of awards and produced reputable alumni, such as Nancy Kane Leidersdorf. She was one of the first *Hawk TV* Executive Board members and is now a Vice President at Nickelodeon and serves as a member on the Monmouth University Board of Trustees. Russell Cerminaro, a senior communication student and Station Manager for the organization, as well as the Executive Producer of Triple Scoop, a show about movies, music, and television, has been on the executive board for three consecutive years with his previous positions as Webmaster and Programming Director.

"I feel like *Hawk TV* has given me the confidence to enter the real world and the TV industry because I've learned so many valuable lessons," said Cerminaro. In fact, the experience he gained and networking with former *Hawk TV* alumni have helped land him an internship with WWE.

When alumni graduate and leave the institution, they often look back to help students with advice, or even

jobs and internships. The organization often hosts a networking event with Alumni purposely for fun and networking.

Monmouth alumni, Yazmin Rodriguez was actively involved in *Hawk TV* from 2013 until her graduation in May of 2017. Her involvement helped her gain footage for her reel, which is essential in landing broadcasting roles.

Rodriguez served as a reporter and anchor for both *Hawk TV* News and The Extra Point. She says that the most valuable thing she has learned has been to not get comfortable doing one thing and learn from serving in multiple positions.

Rodriguez is currently in graduate school at Sacred Heart University. *Hawk TV* has helped to put her one step above the competition. "*Hawk TV* really gave me much more

knowledge than others in my class," said Rodriguez.

Flexibility is key and Ariely Batista's favorite thing about *Hawk TV* Batista is a junior communication student who became involved with *Hawk TV* during her sophomore year. "You can try a different position every week if you wanted to," said Batista.

"Everyone gets a chance to learn how to use all the equipment and the members are so helpful to those who are new," continued Batista. She believes that *Hawk TV* has helped her become more responsible and taught her the importance of meeting deadlines.

Hania Sarsar is an active member and serves as the Associate Producer of *Hawk TV* News. This sophomore communication student encourages people to get involved

with the organization. "Don't be nervous, just reach out to people within *Hawk TV* and have an open mind," said Sarsar. There is no cost to join the organization and there are different shows for students to participate in.

"*Hawk TV* is an important part of the path to success. It offers an opportunity to practice and improve skills," said Dolphin. "It's a chance to experiment and be creative beyond the classroom. It's a networking opportunity like no other. A member of *Hawk TV* is working with folks who are going to become successful. But more than that, a member of *Hawk TV* is automatically going to become a *Hawk TV* Alum. That is a large and powerful network of successful individuals who recognize one another for hard work, dedication, and creativity that they all share," continued Dolphin.

*Hawk TV* is not exclusive to just Communication majors. Anyone of any year or major has the ability to join and get the hands-on experience. Students even have the ability to pitch their own show ideas and run for a leadership position after one semester of active membership. If you are interested in joining *Hawk TV*, meetings are every Wednesday at 3:45 p.m. in Jules Plangere, room 138, or visit the *Hawk TV* Office to get information from a member of the Executive Board.



PHOTO TAKEN by Tianna Fougereay  
*HAWK TV* displays their logo on cool shades to promote the opportunities offered by their club.

## Students “Do-Nut Stress” with SAB

TIANNA FOUGERAY  
STAFF WRITER

The Student Activities Board (SAB) held its donut-inspired event, “Do-Nut Stress,” on Friday, Feb. 9 in Hesse Hall. The event began at 7 p.m. and ended at approximately 10 p.m.

Crystallyn Espinal, Assistant Director of Student Activities and Advisor for SAB, was pleased that this event was so well attended because it was something that Monmouth University has never seen before.

“‘Do-Nut Stress’ was a new event brought to Monmouth this semester,” said Espinal. “Students made comments throughout the night about how creative the event was and took the time to enjoy every attraction,” she continued.

Throughout the week leading up to the event, members of the executive board gave out free donut-shaped stress balls and coffee as a promotion. A window painting on the Rebecca Stafford Student Center and social media posts were also used as ways to get the word out.

Set up for the event began at 5:30 p.m. The lobby of Hesse Hall was transformed into donut heaven. From donut garland, donut streamers, donut balloons and donut party cups and plates, this was the perfect event for a real donut lover.

Students were able to de-stress by enjoying delicious hot donuts from Broad Street Dough Co. and Dunkin Donuts that they could decorate on their own. There were a variety donut options to choose from including plain, blueberry, apple cider, and vegan. Toppings like chocolate chips and rainbow sprinkles along with Nutella or caramel sauce made for the perfect donut.

“I was so excited to walk downstairs to see a D.I.Y donut bar from my two favorite places!” said Taylor Smith, a junior Marketing student and resident of Hesse Hall.

“The location for this event was

absolutely perfect because residents like me could just grab a donut and cool craft without leaving the building,” she continued.

If a student wanted to save their donut for later, they could do so with a cute donut themed to-go box. There was also free hot coffee and iced coffee provided to have with your donut creation or to just enjoy the beverage.

The vendor, Horizon Entertainment, arrived with four coffee caricature artists at around 6:30 p.m. These artists took a different approach to caricatures and could paint you using only coffee beans.

Kendall Lotosky, the SAB Awareness Chair, thought that the coffee caricatures were so unique.

“I have never heard of using coffee art like this before until Tianna brought it to campus. It was so great to see the student body so happy and telling Tianna how she planned the best event on campus,” said the junior social work student.

Along with the sweet treats and the caricatures, students could also

decorate their own coffee tumbler or Mason jar with glitter, flowers, stickers, gems and so much more.

Brittany Bennett, a junior English and education student and Concerts Chair for SAB, enjoyed using all of the glitters she could find to make beautiful coffee tumblers for herself and for her friends.

“This was a great addition to the event because I am constantly using coffee tumblers and I loved that I could personalize it,” said Bennett.

Senior and Novelties chair, Tianna Fougereay, planned her dream donut event on her own and was overjoyed about the compliments and support that she received from students and friends.

“This event was well executed by our Novelties Chair and its success was shown through the incredible attendance of students loving every moment of it,” said Lindsay Smith, Assistant Director of Student Activities and Advisor for SAB.

Be on the lookout for more awesome upcoming events that SAB has planned for the spring semester!



PHOTO TAKEN by Tianna Fougereay  
“Do-Nut Stress” event offered relief from the start of the spring semester.

## 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 scheduled 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!



## All for the Art: Spotlight on Kelly Barratt

DALLY MATOS  
STAFF WRITER

We've all taken a class where a professor makes us attend an extracurricular activity. At first, we groan about how "we did not sign up for this" but ultimately realize that it is better if we just go to some event. We walk all the way to Pollak Theatre, sign in to watch a show, and swear we plan on leaving in 15 minutes.

However, we end up staying the whole time because the show ends up being so interesting, we can't bear to leave. Often times, students don't consider all of the work that goes into these events, like the student labor and faculty communication.

One of the people who makes sure all of these events go smoothly is Kelly Barratt.

Kelly Barratt is the Assistant Director of the Center of the Arts, whom you've probably seen setting out attendance sheets and helping students get tickets. Although her main focus is marketing, she wears many different hats in the office.

"I like how I get to do something different every day. One day I'm painting the walls and the next day I'm working with artists or creating brochures," she said.

Although she loves her job now, she never intended to fall into this career. When she was an undergraduate at the University of Maryland, she was planning on becoming a lawyer.

After joining a Pre-Law fraternity, she decided that law was not in her future. At the same time, she was working in the Art department and gained an internship at Grounds for Sculpture in Hamilton, New Jersey.

It was here where she realized that there was a field in Arts Administration, and got her Master's degree in Museum Exhibit Planning and Design from the University of the Arts in Philadelphia.

People can get so wrapped up in doing so many things, we forget that the important part of these tasks is to do them correctly and passionately. This is something Barratt does effortlessly, no matter how stressed she is (which is very often).

Azalia Whitlock, a freshman communication student mentions how no matter how stressed Barratt is, she never shows it. "Even though she has a plate full of stuff to do she never shows any form of distress or doubt. She's always really happy. Her energy and positive personality lightens up the room and your mood, even if all she says is a simple 'Hello.'"

Barratt wants students to know that the Center of the Arts is

open to everyone, and not only when professors require it.

"A lot of students don't realize that they can get free or discounted tickets to most of our shows. They get to experience something without risk and see something they've never seen before. That's what college is all about, experiencing something you normally could not or would not do. All students are welcome here," she said.

Not only is Barratt passionate about her job, she also cares about her students.

Khristian Nascimento, a junior marketing student says that every time he comes in to work, she is always happy and friendly. He also mentions how even if it may be inconvenient, she always puts her students first.

"One time I needed to take some time off from work to focus on my studies, and I was very nervous I would get reprimanded. Instead, the exact opposite happened; Kelly told me to take as much time as I needed, which is more than any other boss would have done for me."

Even Barratt herself agrees that one of the best parts of her job is working with students.

Vaune Peck, Director of the Center of the Arts says that Kelly is always at the ready to help others. "She is a consummate professional, and has an incredible ability to accommodate anyone.



IMAGE TAKEN from monmouth.edu/mca

Kelly Barratt, Assistant Director of the Center of the Arts, can typically be spotted running around the theatre.

No matter how much she has on her plate, she is always willing to work with anyone's needs, even if that means she gives herself too much work."

No matter how busy she gets, Kelly is always a strong force of positivity and professionalism. Her hard work and dedication inspires all of her students to work harder and to be nicer to each other.

Although she can usually be spotted running around the theater on show days and checking things off her mile long to-do list, she will always take time to make everyone feels at home in the theater she loves so much.

It is safe to say as a student worker and as a patron of Pollak Theatre that the Center of the Arts would not run as smoothly without her.

## Student Spotlight: Lauren Gnoinski

COURTNEY BUELL  
EDITOR-IN-CHIEF

Freshman year can be an overwhelming experience. For many, it's their first time away from home, their first time managing their own lives, and their first time living as an adult. For those looking back on their freshman year, there is undeniable growth. Confusing, exhilarating, and for some, difficult, the experiences freshmen have are transformative at 18 or 19. However, being a freshman later on in life is a completely difference entirely, at least, it is for Lauren Gnoinski.

For Gnoinski, a freshman education student, her first year experience is unique in with her fellow classmates. Graduating from Nutley High School in the spring of 2015, Gnoinski's future path led to Monmouth University. College was the next step for the majority of her friends and classmates, but ultimately was not hers, at least, not for years to come.

That summer, Gnoinski decided that she needed to follow her heart and her dream of attending cosmetology school. Growing up with a passion for doing hair and makeup, she knew it was something she had to do or she would regret it for the rest of her life. "I wanted to work in a salon and I followed what interested me the most. You don't have to write an admission essay but you still apply and have an interview process but you don't test or anything. I went to Parisian Beauty Academy in Hackensack New Jersey."

Gnoinski was able to study hair, skin, and nails, but enjoyed doing hair the most. "Doing hair gave me the power to be creative and transform people and make them happy.



Starting college a little later than typical freshmen can cause a longer transition period.

When other people are happy, I am happy." Even though she was happy doing what she was doing, Gnoinski still felt that she wanted to expand her education in makeup.

"I really wanted to do makeup so at the point I decided to continue my education at Makeup Designery in New York City." This was a huge change for Gnoinski, and commuting to the city was unlike anything she had ever done. "I always thought that going to the city would be a really amazing thing, but in reality it was a really hard task and I learned a lot from my experience that most people my age at the time wouldn't

know," she said.

Makeup school helped Gnoinski significantly and really helped her with her skills. "It was good because a lot of the time you're doing hair and makeup together, like say, for a wedding or prom," she said.

Gnoinski received her degree in high fashion makeup in November of 2016 and did freelance work and worked at a salon briefly. "I always knew I wanted to do more, but after graduation I wasn't sure what. I was always good at school and didn't want to give that up. I thought about my future and I just couldn't see myself at 60-years-old doing hair and



PHOTOS COURTESY of Lauren Gnoinski

makeup, even though it was and still is something I am really passionate about."

In summer that 2017, Gnoinski enrolled at Monmouth University. She said, "I was really excited to finally go, and I really wanted to do school-work again. I was ready to escape city life and have a real college experience."

She was really nervous to start college again, especially when she had been out of school for two years at the time. She was worried that she wouldn't be able to adjust.

Almost midway through her second semester of freshmen year,

Gnoinski is happy to report that adjusting wasn't so bad after all.

"It was tough staying organized and keeping up to date with assignments. But socially, it was difficult adjusting. Being older than almost all of the kids in my class, I didn't think there would be much of a difference, but there is.

"I feel like students coming fresh out of high school don't realize the importance of a college education. I came here because I wanted my education, not because my family forced me to, and not because that is something that is supposed to happen. Coming to school was entirely my choice."

Gnoinski's claim was supported by Michael Phillips-Anderson, associate professor of communication and a professor of first year seminar, "What's so Funny." Having experience with teaching freshman, who, for the most part, are straight out of high school, he agreed with Gnoinski's statement on older students possessing the maturity and desire to take education seriously.

Phillips-Anderson said, "I think it is definitely helpful to come to college with more experience and a higher maturity level. I think it facilitates classroom discussion environments as well as participation, and they can offer different perspectives than younger students might have. They also have a different sense of where they are in life, which is helpful."

While Gnoinski isn't sure what the future will hold, she is positive she will be successful and will live her dream. "Who knows where the future will lead me, but at least I know I did everything in my power to set myself up for a well-rounded career."



# Beauty Standards: Today's Society

EMILY CONDRON  
STAFF WRITER

Beauty standards in the 21st century have been filled with negative stereotypes for both men and women. Being harmful for all, these standards lead to one being filled with depression, negative self-image, and even anxiety due to not being able to love themselves fully.

After not fulfilling the stereotypes of what society believes someone should be, these boys and girls live their lives in a silent pain. Many view themselves as “too fat” or “too ugly” to live through everyday life. Young men and women are led to believe that they do not fit the unrealistic beauty standards presented to them.

Due to this, boys and girls isolate themselves, causing their childhoods to be filled with bad memories and no social skills for later in life. Even though society wants to believe that these instances only occur during the adolescent years of one’s life, these issues are also present in the older years too. How crazy is it that even at 18 to 25 years old people judge each other based on weight, how much makeup someone wears, or what brand clothes someone has on?

Katlin Onorato, a sophomore social work student, explained that “[she] has been exposed to such rude and childish behavior, but it has only made her realize that [she] loves [her] self more.” Though Kate has turned her experience into a positive one, she is in the small percentage capable of doing this. There are those at Monmouth who haven’t been as lucky. For example, Shannon McGorty, a sophomore health studies

student, stated that “even now there are many who judge me for not being the size of a toothpick and for not dressing in a tube top and mini skirt to go out to parties.”

Being a part of the younger generations in the 21<sup>st</sup> century has made living through with these pressures even more difficult. Fear has even been implanted into the minds of those who suffer from these harsh beauty standards.

In personal experiences, there have been friends who texted me and have said “I do not want to go to school. I am scared of what they [the other ‘popular’ girls in my grade] will call me today.” Who should fear even leaving their house because the general public is unable to understand that everyone is different in shape, size, and in personality and style?

If someone is content being thirty pounds overweight and wearing sweatpants every day, why single them out? Why cause someone misery for your enjoyment?

When talking to Dr. Frank Fury, adjunct professor of English, his comments on the beauty standards were quite interesting. Fury explained his opinion, “I think beauty standards are damaging in that they promote the idea that there is one universal ideal of beauty, which historically has aligned with the physical traits of Caucasians. It sends the message that if you are someone of color or someone who happens not to share these ‘ideal’ traits in some form or other, then that must mean that you are not attractive.”

“Clearly this can have far-reaching psychological and emotional effects not just on young girls but all of

us,” he said.

To correlate to the damage that he talks about in his quote, Fury says to “Read *The Bluest Eye* by Toni Morrison,” and this will lead anyone to the exact type of destructive mental and emotional behavior behind his quote.

In Colbi Callait’s song Try, it lays out how humans should treat one another and the difficult struggles of younger adults, mainly girls, but boys can relate as well.

As Matthew Jones, a junior computer science student, stated, “People need to learn that being nice and caring towards one another is so much easier and healthier than all this negativity.”



PHOTO TAKEN by Nicole Riddle  
Beauty concepts in today's society can be subjective.

## BLUE HAWK RECORDS HOLDS AUDITIONS FOR 12<sup>TH</sup> COMPILATION ALBUM

HANNAH CLYNE  
CONTRIBUTING WRITER

**West Long Branch, New Jersey.** On Wednesday, January 31, 2018, The Blue Hawk Records’ Applied Music Industry II class hosted auditions for their Twelfth Compilation album!

The turnout at Woods Theatre was large, ultimately making the final decision extremely difficult, but by the end of the night, the class was able to choose five artists to feature on their newest album.

The artists, all of various majors and years, include Brianna Scangarello, Wynward, Brad Kraft, Francesca Longiro, and duo Shadiyah Belton and Carlos Flores!

The chosen artists will be recording each of their songs at Lakehouse Recording Studios in Asbury Park, New Jersey and for some, this will be their first experience in the studio.

Brianna Scangarello will be recording her song “Hold on Close.” “I was honestly really nervous to audition, but my friends in the band Malibu, who were on the Blue Hawk Records’ Volume 11 Compilation Album, were also playing with me, so that definitely helped calm the nerves” said Scangarello.

“It was such a fun experience, and when I got the call that I made it onto the album, I started jumping and screaming from excitement.”

“Everyone in Blue Hawk Records is really cool and great to work with and I’m so excited and grateful that I get the opportunity to learn more about the industry, while doing something I love, alongside some really great people,” she continued.

In the upcoming weeks, Blue Hawk Records’ A&R and management team will be working with each artist in order to prepare them for their recording sessions and upcoming performances.

The class will also be working all semester long with Joe Rapolla, the Chair of the Music and Arts Department at Monmouth University, to prepare for the album release.

The 12<sup>th</sup> album, *After Midnight*, is on track to be released on **Wednesday, April 18<sup>th</sup>** and a celebratory release show will be held on the same day on the Residential Quad starting at **2:45pm!**

To stay up to date with Blue Hawk Records’ *After Midnight*, make sure to follow us on Twitter, Facebook, and Instagram.

For even more updates, text BHR to 882-02 to receive updates straight to your phone!

# Privilege, Identity, and Androgyny in Clothing

JANE LAI  
CONTRIBUTING WRITER

I became interested in dressing androgynously (between the typical male and female fashion) more out of mere comfort than from establishing an identity.

It started when I was 11 years old, making my mom buy me t-shirt after t-shirt from Hot Topic. These shirts were usually labeled as men’s smalls, printed with the art of a band I listened to at the time, and they were always far too big on me. I complimented my look with colored jeans that were never too tight or too loose, and a pair of plain Vans.

At the time, the fashion for girls were neon-colored tank tops, large hoop earrings, and skinny blue jeans, finished off with the Juicy Couture faux-fur lined zipper hoodie. When I looked in the mirror in the mornings, there was no way my figure would vibe well with those pieces.

Several years down the line, after I moved away from my Hot Topic phase, the clothes that I donned became a little more than just for the sake comfort. It manifested in an identity I was able to craft for myself, and with total control.

Being able to dress a certain way became a safe haven of self-expression wherein I was able to pinpoint exact moments in my life through my clothing.

For instance, I have this pair of striped socks that I



PHOTO TAKEN by Alexandria Afanador

Androgyny is a choice of how to express yourself through your clothing.

fell in love with while I was in Vermont with two of my best friends. It was this small shop tucked away on the main streets of Brattleboro and the owner and I talked endlessly about the origins of the printmaking factory in the center of town.

I can still remember the scent of the store, the coldness and wetness of my feet, the coffee shop where I enjoyed an Apple Cinnamon Cider donut with a green tea and the downtown filled with the beautiful, dirt-crusted snow.

While the importance of feeling comfortable in one’s dress certainly stresses creativity or fitting in, it also helps debunk traditional gender stereotypes, allowing ourselves to place our bodies in a context outside of the various privileges we are exposed to every day.

“For example, someone who always wears pants doesn’t necessarily have to always be masculine versus if someone always wears skirts or dresses doesn’t

tenance to clothing while men are restricted to self-expression,” she continued.

“It became my tool of expression in a world where it felt like anyone younger than thirty did not have a voice in society,” she said.

“Personally speaking, the clothes that I wear has become a huge part of my identity in general,” said Jesse Lee, a sophomore social work student. He finds that simply wearing a band t-shirt can spark conversation and bring for the strongest bonds that people are able to have with another.

Instead of bringing people together, strict gender stereotypes in clothing remains as an effort to break us apart.

Androgyny is a choice I chose, originally as a way of comfort, but now has become a lifestyle of crafting a piece of myself in something as simple as picking what I choose to wear in the morning.

I don’t feel that I materialize shopping as always having the newest, most popular brand name or the most in-fashion piece, but rather, the act itself lends me to build a collection of tangible memories which attach themselves onto my body.

They’re all unique and different rather than an expensive Nike hoodie at retail price that I can buy from the local mall because they’re secrets shared with my friends and I; the memory is the metaphor in which it presents itself.



# Women's Basketball Defeats Manhattan in Overtime

MATT DELUCA  
STAFF WRITER

The Monmouth University women's basketball team won its second consecutive game Monday night, as they defeated the Manhattan Jaspers 63-59 in overtime at the Ocean-First Bank Center.

Senior guard Rhaiah Spooner-Knight scored a season-high 25 points to lead the Hawks, shooting 11-for-16 from the field. Sophomore guard Kayla Shaw added 12 points and a career-high five assists, and sophomore forward Alexa Middleton scored six and grabbed 11 rebounds.

"We're really starting to develop some poise under pressure," Monmouth Head Coach Jody Craig said. "It was a battle all night and we were struggling to get a flow at some points, but we stuck with it and hung together as a team."

The Hawks jumped out to a 5-2 lead, but Manhattan embarked on a 12-2 scoring run to double-up Monmouth 14-7 with 2:44 remaining in the first quarter. The Jaspers held their lead, as the score was 18-11 after ten minutes of play.

Monmouth used a 6-0 run, including four points from Middleton, to cut the deficit to three with 4:42 remaining in the second quarter. The Hawks outscored the Jaspers by six in the quarter, as they went into halftime down by one, 26-25.

A jumper from Shaw capped off a 7-0 Monmouth run, forcing Manhattan to call a timeout with 6:11 remaining in the third quarter. A three-point shot from freshman forward



PHOTO TAKEN by Karlee Sell

**Sophomore guard Kayla Shaw moved** into a tie for sixth all-time in three-pointers with 143 in her career. Shaw had two threes and finished with 12 points in the 63-59 win over Manhattan Monday night.

"We found a way to execute some big plays down the stretch and came up big defensively once again."

JODY CRAIG  
Monmouth Head Coach

Carol Arfinengo gave their largest lead of the game, as the score was 41-34 with 4:49 left in the quarter. Manhattan battled back, however, as they cut the score to 43-42 going in to the final quarter.

The Jaspers outscored the Hawks 15-14 in the fourth quarter, and had a chance to

win the game at the end of regulation. Monmouth stopped Manhattan, forcing the second overtime period of the season for the Hawks (January 5, at Fairfield). The Hawks outscored the Jaspers 6-2 in overtime.

"We found a way to execute some big plays down

the stretch," Craig said, "and came up big defensively once again. I'm really proud of these girls."

For the game, Monmouth shot 48 percent from the field and 54 percent from three, while winning the rebounding margin by seven. The game also featured 11 lead changes.

Spooner-Knight had her first 20+ point game this season, coming two points short of her career-high that she registered when at Utah Valley. Shaw's two three-point shots moved her into a tie for sixth in Monmouth program history in three-point shots made. She tied recent alumni Sarah Olson, who connected on 143 threes from 2014-16.

Monday night's victory concluded the third and final three-game home-stand of the season. On Thursday night, the Hawks fell 85-57 to Marist, which was their second-largest margin of defeat this season. The team responded two days later with a 65-63 victory over Niagara on Saturday afternoon. In that victory, Shaw hit her sixth three-point shot of the game with 17.8 seconds left to give Monmouth a two-point lead.

"I've been struggling at times this season," Shaw said. "Today I woke up and told myself this is the day I'm not doubting myself, and this is the day my team comes together and gets this win. Today we learned that we can pull through, overcome adversity, and just keep fighting all game."

The victory improved the Hawks record to 8-17 on the season, and 6-8 in Metro Atlantic Athletic Conference play. They hope to continue their success this weekend, as they travel to Buffalo, NY for two games. They will play Canisius Friday night, with tip-off slated for 7:00 p.m., and Niagara on Sunday, with a 2:00 p.m. tip.

## Women's Lacrosse Falls to Army in Season Opener

CHRIS FITZSIMMONS  
STAFF WRITER

Women's lacrosse dropped their season opener to Army West Point Black Knights 12-9 on Saturday afternoon. The Hawks busted to an early lead thanks to sophomore attacker Nicole Ceraso who buried a

free position goal three minutes into the game. Army's offensive wasted little time responding with four straight goals over the next ten minutes to negate Monmouth's hot start.

The Hawks cut the deficit in half at the 14:46 mark in the first period, but Army an-

swered right away to extend their advantage by three in the same minute. Both sides' scoring slowed at this point and the teams struggled to convert any of their chances. As the half approached, it was Monmouth's senior attacker Alexa Smith who scored back-to-back goals to make it 5-4 Army at half.

Monmouth was first to score two minutes into the second half as freshman midfielder Allison Stofregen recorded her first collegiate goal to tie it up at five a piece. With this goal, the Hawks seemed to have gained the momentum and were looking to capture the lead once again. Army shattered that idea by adding two more goals and with 20 minutes on the clock, the Hawks trailed by two.

Senior midfielder and captain Claudia LaMarca brought the Hawks within one with her first of two, but the Black Knights kept pace by scoring two more soon after to make it 6-8 Knights. Monmouth continued to battle over the remaining 12 minutes of play but never came within two goals of tying. When the clock reached zero, the final score read 12-9 Knights.

The Black Knights led in all offensive statistical categories, out-shooting the Hawks by five and converting half off their free positions compared to Hawks who only converted 25 percent of their chances. Not to be forgotten in the loss was the exceptional play of junior goalie Riley Brager, who made ten critical saves throughout the game to keep her team close.

"I think that this was our first game to air everything out," Head Coach Jordan Trautman said. "We are going to talk about how it was our first time competing against someone else. This is not going to define us but we need to make some

adjustments and move forward."

Additionally, this was the first game under coach Trautman who accepted the position in July.

"I think this is an incredible opportunity and I am excited to revamp the program and take it to the next level," Trautman said. "I believe I have a group of kids who are able to do that. That makes me excited because they have bought into what we are doing. I know that it is a process, so we have to be patient and we will have to stay the course."

The Hawks came into the season as the fifth seed in the Metro-Atlantic Athletic Conference (MAAC) after finishing fifth in the rankings last year. The Hawks had two players selected to preseason All-MAAC teams, senior midfielder Caroline Corbliss and sophomore attacker Nicole Ceraso. Also returning is LaMarca who was selected as team captain for the second year in a row.

"It means a lot because you have a new coaching staff with new dynamics," LaMarca said. "We have a new mentality and being able to lead this group of girls to our potential is exciting. I am thrilled that me and Amanda will have this opportunity."

Monmouth will look to rebound this week with two home games at Kessler Stadium. First up will be a matchup against Temple at 3:00 p.m. on Wednesday and followed by a showdown with Rutgers on Saturday at 1:00 p.m.



PHOTO COURTESY of B51/Mark Brown

**Sophomore attacker Nicole Ceraso finished** with two goals and an assist in the 12-9 loss to Army on Saturday afternoon.



# Men’s Basketball Splits Against Iona, Manhattan

ZACH COSENZA  
SPORTS EDITOR

Men’s basketball split two matchups, first defeating the Iona Gaels 72-50 on Thursday night, and losing to the Manhattan Jaspers 93-76 on Saturday night. The win against was the Hawks’ first conference road win of the season.

“We were fortunate that we were able to play for a full 40 minutes tonight,” Head Coach King Rice said. “We have not played that well for 40 minutes in a long time, maybe the Bucknell game but our kids were in, they were bought in on defense, they were talking and we’ve been working on that a lot but it really came together tonight.”

Monmouth and Iona traded baskets for the first six minutes of the game before senior guard Austin Tilghman made a jumper to make it 11-10. The Hawks would lead the final 33:47 of the game.

The blue and white’s lead would be as high as 19 in the first half, before the Gaels’ hit two free throws to make it the halftime score of 41-24. Sophomore guard Louie Pillari led the way with ten first half points and six rebounds. Freshman guard had eight points, including two three-pointers.

In the second half, Monmouth would expand their lead to 24 points three times. The Hawks would win with a 22 point margin, their biggest win of the season. Monmouth held



Sophomore guard Louie Pillari had 21 points in the 72-50 win over Iona on Thursday night. He was the lone Hawk to finish with double-figures in the game.

Iona to 32 percent shooting on the game, the lowest shooting percentage of the year for the Gaels.

“It always feels good to get a win,” Tilghman said. “I think one of the things we did well today is we limited those guys to one shot. I think with this Iona team or with any team if we limit guys to one shot we have guys that will get out on the fast break and that’s what we’re most dangerous at. We were able to get stops and limit them to one shot and control our offense and the tempo and we played our pace which really worked well for us tonight.”

Pillari was the lone Hawk in double-figures, finishing with 21 points. Four of his seven baskets made was from deep. Tilghman finished with six points and five boards and assists.

On Saturday, the Hawks were able to tie the game early in the second half but Manhattan was able to fight off Monmouth.

“We ran into a buzzsaw. (Manhattan Head Coach) Steve [Masiello] is one of the best

coaches in the league, especially after the first time you play them,” Rice said. “My kids tried hard tonight, we fought... I didn’t help my kids enough tonight.”

Manhattan got off to a fast start, leading 12-2 in the first four minutes of the game. Pillari would hit a three-pointer to bring it to within three at the 12 minute mark in the first half. The Jaspers would go on a run to lead as high as 13 in the first half. A late Monmouth run would close the gap to make it the halftime score of 40-36 Manhattan.

The blue and white started the second half with a 5-0 run to give Monmouth their first lead of the game at 41-40. A three by freshman guard Deion Hammond would make it 47-43 Hawks, their largest lead of the game.

The Hawks and the Jaspers would trade baskets until Manhattan would make a layup to give them the 58-56 lead and they would take control for the final 9:10 of the game with the eventual score being 93-76.

For the game, Hammond finished with 19 points, five of his six baskets were from behind the arc. Freshman guard Ray Salnave had 16 points and added a career-high five steals.

The Hawks (8-17, 4-9 MAAC) will play the Canisius Golden Griffins at home on Friday, Feb. 16 at 7:00 p.m. before traveling up to Albany, NY to play the Siena Saints on Sunday, Feb. 18 at 2:00 p.m.

# Track and Field Competes at Fastrack and Iowa State

SOPHIA GALVEZ  
STAFF WRITER

Monmouth’s track and field team is at it again, with even more championship qualifications. The Hawks had very impressive statistics during last week’s meets in Massachusetts and Pennsylvania at the Scarlet & White Invitational, the Crimson Elite, and the Villanova Invitational, and it’s clear that the team’s momentum followed them to the Fastrack National Invite at the Ocean Breeze Athletic Complex on Friday, Feb. 9. Meanwhile, at the Iowa State Classical, fifth-year Dylan Capwell and graduate student Chris Marco competed against nationally ranked competition.

At the Fastrack National Invite, the Hawks had several high finishes as well as a couple new Eastern College Athletic Conference (ECAC) qualifying marks. Junior Ashley McKinnon finished second in the triple jump with an ECAC qualifying jump of 11.87 meters. Senior Allie Wilson placed fifth in the 800-meter with a time of 2:10, with freshman teammate Kyra Velock following closely behind with a time of 2:12, and junior Amber Stratz joins them with an ECAC qualifying time of 2:13.45. Sophomore Nioami Miranda ran a season best time of 57.81 seconds, finishing fourth in the 400-meter dash, and sophomore Dayna Luma ran the mile in 5:16 to place fifth in the event. The 4x400 meter team consisting of Wilson, juniors Brianna Stratz, Amber Stratz, and Chandi Piiru came

in sixth with a time of 3:54.12.

In field events, the lady Hawks continued to shine. Junior Allison Taub placed third in the shot put with a mark of 47’6”, freshman Samantha Fellowes cleared 1.55 meters and tied for eighth in the high jump, and graduate student Casey Sturts places fourth in the pole vault by clearing 3.60 meters.

As for the men’s statistics, sophomore Evan Adams placed fourth in the high jump by clearing 6’4.5” and senior Corey Murphy finished second just behind the winner of the shot put with a throw of 17.99 meters. Junior Matt Farrell finished sixth in the mile with an impressive time of 4:19, senior Bryan SoSoo placed in the 60-meter dash crossing the finish line with a time of 6.90 second, and the distance medley relay (DMR) team of freshman Tim Euler, sophomore Ryan Rafferty and seniors Jack Grace and Jake Howell placed third with a finishing time of 10:23.53.

At the Iowa State Classic, Capwell finished the 800-meter as the eighth best collegian with a time of 1:48.82, and Marco finished 29 overall in the mile with a notable time of 4:11.09.

“That was a solid tune-up for us as we head into our championship meets,” said Head Coach Joe Compagni. “As a team we’re looking forward to the challenges in front of us.”

This upcoming Saturday and Sunday [Feb. 17 & 18], the Hawks will be competing in the Metro Atlantic Athletic Conference (MAAC) Championships amongst the 11



Fifth-year Dylan Capwell finished as the eighth best runner in the 800-meters with a time of 1:48:82 at the Iowa State Classic.

other schools included in this conference. The championship meet will be held at the 168th Street Armory in New York City, with events starting at 4:00 p.m. both days. The Monmouth women’s track and field team have won four straight MAAC Indoor Cham-

pionships, and the Monmouth men’s team have won three of the last four years. Going along with what Compagni said, and the intensity of the upcoming championship meet, the Hawks will be looking to bring home another two championships.

## UPCOMING GAMES

- Wednesday, Feb. 14**  
W Lax vs. Temple  
Kessler Stadium  
West Long Branch, NJ 3:00 p.m.
- Swimming\*  
MAAC Championships  
Buffalo, NY TBA
- Friday, Feb. 16**  
Softball vs. Massachusetts  
Madeira Beach, FL 4:00 p.m.
- Softball vs. Georgia Southern  
Madeira Beach, FL 6:30 p.m.
- Baseball at Dallas Baptist  
Dallas, TX 6:30 p.m.
- MBB vs. Canisius\*  
OceanFirst Bank Center  
West Long Branch, NJ 7:00 p.m.
- WBB at Canisius\*  
Buffalo, NY 7:00 p.m.
- M Tennis  
ECAC Championships  
New Haven, CT TBA
- Saturday, Feb. 17**  
W Lax vs. Temple  
Kessler Stadium  
West Long Branch, NJ 1:00 p.m.
- M Lax at Princeton  
Princeton, NJ 1:00 p.m.
- Track & Field\*  
MAAC Championships  
New York, NY 5:00 p.m.

\*conference games





# HAWKS SOAR IN OVERTIME



Women's basketball defeated the Manhattan Jaspers 63-59 in overtime. Senior guard Rhaiah Spooner-Knight had a season-high 25 points while shooting 11-15 from the field.