



THE OUTLOOK

MONMOUTH UNIVERSITY'S
STUDENT-RUN NEWSPAPER SINCE 1933

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February 21, 2018

VOL. 90 No. 16

Thomas A. Edison Science Hall Construction Completed, Celebrated

MEHDI HUSAINI
ASSOCIATE NEWS EDITOR

The University celebrated the completion of the \$40 million Thomas A. Edison Science Hall construction with a ribbon-cutting ceremony and reception on Tuesday, Feb. 13.

The event consisted of student-led tours of the building followed by speeches given by prominent figures from the campus and the surrounding area involved in the renovation process, including: Dean of the School of Science Steven Bachrach, Ph.D.; University President Grey Dimenna, Esq.; State Senator Vin Gopal; Assemblyman Eric Houghtaling; Assemblywoman Joann Downey; and Mayor of West Long Branch Janet Tucci.

Featured speakers for the event included a freshman biology student Jesse Bragger, who gave remarks about what the new renovations mean for students in her cohort.

Bragger spoke about how the new lab facilities and study accommodations make learning easier for her and her fellow students and were crucial to her decision to attend the University.

All of the renovation and additions to the building took about a year and a half to complete according to Bachrach. The building now boasts new teaching

EDISON cont. on pg. 2



PHOTO TAKEN by Courtney Buell

New features in the Thomas A. Edison Science Hall include customized faculty research labs and increased study spaces.

Debate Team Earns Awards in Tournament

KERRY BREEN
SENIOR/NEWS EDITOR

The Monmouth University debate team reached the semi-final round of a debate tournament hosted at the New School in New York City, taking home several awards.

The tournament, which was the weekend of Feb. 10, is the fifth tournament that the University has competed in this academic year. Twelve students attended the tournament. Sophomore computer science student Matthew Cohen and sophomore communication student Claudia Dimondo reached the semi-final round, and junior social work student Sarah Bowers and sophomore clinical lab sciences student Michael Scognomillo reached the quarter-final playoff round. Freshman business management student Nicholas Goranites also took home a seventh place individual speaking award.

"The experience was so great and my partner and I made it to

the semi-finals," said Dimondo, who was partnered with Cohen. "Going into the tournament, I was nervous because we were going up against some really good, experienced teams, but Matt and I proved that as long as you work well together, communicate, and have fun, you can succeed."

Other competing University students included seniors Sabrina Saenger and Ryan Kelly, juniors Gregory Harpe and Kaitlin Allsopp, and sophomore students Landon Myers, Alexis Vasquez, and Yendelli Bello. All are political science students.

The tournament included approximately 100 debaters from several universities including Boston College, New York University, the New School, and the United States Military Academy.

"This school year's resolution was debating if the federal government should implement a single payer healthcare policy," said Goranites. "Essentially, should

DEBATE cont. on pg. 3

Alumnus Stands With NJ Against Off-Shore Drilling

JOY MORGAN
ENVIRONMENTAL/ASSISTANT NEWS EDITOR

University alumnus Zack Karvelas represented Oceana at the New Jersey Citizen's Rally to insist on ocean preservation and to counter plans by U.S. President Donald Trump's administration to open a majority of the Atlantic coast for off-shore drilling for fossil fuels.

On Wednesday, Feb. 14 businesses, congressmen, scientists, and environmentalists gathered in Hamilton, NJ to give the people an opportunity to voice their concerns and oppositions against potential plans to drill along the coast.

Trump's Executive Order 13795, signed on April 28, 2017, if pursued, will remove current regulation that preserves the coasts and seabeds in exchange for opening these areas to oil and gas drilling by various controversial means of extraction.

Karvelas, a member of the graduating class of 2017, represented Oceana, one of the

world's largest international conservation organization focused on ocean protection at the event as a grassroots field intern.

According to Karvelas, the U.S. Bureau of Ocean Energy Management (BOEM) is hosting meetings with parties interested in the executive order without offering the public an opportunity to speak directly to the assembled attendees beyond a written comment via mail or online submissions.

"The BOEM representatives speak strictly about how the potential coastal exploration is safe and whatever it is you want to hear in order to support it, but does not give opportunity for the public to voice their opposition. We host press conferences and public testimony to give people opportunity to be heard, and show how strongly opposed the public is," said Karvelas.

"The Department of the Interior purposefully does not hold these meetings in the coastal communities because that is where they are going to face the

ALUMNUS cont. on pg. 3

Security of Pier Village Apartments Questioned

KERRY BREEN
SENIOR/NEWS EDITOR

KAITLIN KORGESKI
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After an unnamed student was given access to a Pier Village apartment via an "unauthorized duplicate" key, some students question the security of University-sponsored apartments.

According to Ashley Chavez, a senior communication student who lived in Apartment 426 during the 2016 - 2017 school year, an anonymous female student who lived in the same apartment lost her key. Rather than Chavez's apartment-mate report her loss to the University and pay a \$104.95 fine for a replacement, she convinced a maintenance employee at Pier Village complex to give her a free duplicate key.

"She asked the maintenance guy to let her in because we Pier Village people always use the concierge, never the resident assistants," Chavez said, citing a five dollar fee charged by resident assistants to unlock doors. "So, she got let in and she managed to convince them to let her keep one."



IMAGE TAKEN from <http://jsmithcbs.blogspot.com>

Junior and senior University students have the option of living in University-sponsored apartments in Pier Village, as well as the University Bluffs apartment complex.

Since the Office of Residential Life was unaware of the former student's duplicate key, she still had access to her apartment after graduation.

According to Megan Jones, Associate Director of Residential Life, this is the first time a situation of this nature has been

reported to the University. The University has been leasing apartments in Pier Village since 2005.

"Pier Village management issues apartment keys to the University and Residential Life staff, in turn, distributes those keys to

APARTMENT cont. on pg. 2

INSIDE:

NEWS

Monmouth Alumnus Takes a Stand for Ocean Health

Pg. 3

ENTERTAINMENT

Your 2018 Guide to Music Festivals (That Aren't Coachella)

Pg. 10

FEATURES

MU Takes MTVU

Pg. 16

INDEX

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



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Duplicated Key Provided Unauthorized Access to Student Apartment

APARTMENT cont. from pg. 1

the individual students assigned to those units," said Jones. "When students vacate the apartments, they are required to return their keys to the University. If any of the occupants' keys are not returned, the locks are changed."

According to both Chavez and Jones, this protocol was circumvented because the student found her lost key and returned it at the end of the year. However, the former student still had access to her old apartment via the duplicate key.

Maintenance regulations state that every time a non-University Pier Village resident moves out, the locks for the apartment are changed and new keys are issued to the new residents. However, according to Jones, the University only changes locks if a key is not returned when a student moves out.

According to Chavez, she had been aware of the situation since the 2016 – 2017 school year before reporting it to the University in January 2018.

"She was so excited to get [a duplicate key] for free," said Chavez. "She found her old one and after that it's literal history. She was like, 'Now I can come down in the summer.' She called me twice and asked [about using the apartment] once in the summer, and then for this past New

Year's Eve."

According to Chavez, she became uncomfortable with the her former roommate's request for access and reported the situation.

"She was so cool, but I just felt like my money was being used," Chavez added.

"As soon as we were made aware of the situation, we took action, contacting Pier Village management to have the locks changed and refining the replacement key protocol with Pier Village," said Jones.

Following Chavez's complaint to the University, the locks were changed in the apartment approximately two days later. Chavez said that her roommate at the time moved out after being made aware of the situation.

The University did not make a public announcement about the incident.

Christine Taylor, a representative for Kushner Companies, which own the Pier Village apartment complex, stated that she would comment on behalf of the Pier Village general office. However, after multiple attempts from *The Outlook* to follow up with her, she did not comment.

Nicholas Manento, Area Coordinator for off-campus Pier Village and Bluffs apartments and on-campus Maplewood Hall, Great Lawn, and Garden apartments, declined to com-

ment, directing queries to Jones.

William McElrath, Chief of the Monmouth University Police Department (MUPD), also directed questioning to the office of residential life.

In the University Pier Village apartments, four students are housed in a two-bedroom apartment, with two students sharing each room. During both the 2016 – 2017 and 2017 – 2018

academic school years, only two students lived in apartment 426.

According to the Residential Life Handbook, a student's residential status can be terminated if they engage in unsafe behavior, including permitting unauthorized persons to live in the unit, cause damage to the building or unit, interfere with the rights of other residents, make alterations to the unit, or break

one of several other rules.

"Safety and security is of utmost importance to our department and to the University as a whole," said Jones. "A review of the most recently reported campus crimes statistics demonstrates the safety of our campus and importance of sharing responsibility for campus security, including in University-sponsored housing."



IMAGE TAKEN from society19.com

The Pier Village apartments are arranged to fit four students in a two-bedroom set-up; however, not all spots are always filled.

After 18-Month Construction Process, Renovations of Thomas A. Edison Science Hall are Completed

EDISON cont. from pg. 1

and research laboratories, classrooms, study areas, and an atrium with an accompanying multipurpose room.

"The event was really [held] just to thank everybody who had been involved in that project, the people that initiated the idea, the Board of Trustees who supported it through paying for it, [and] some donors that provided funding for parts of the

building," said Bachrach. He also noted that representatives from the State Assembly and State Senate were present and were recognized for their support in getting the State of New Jersey to contribute \$5 million to help complete the project.

"This event was a wonderful way to let Monmouth's sponsors physically see for themselves how students are already benefitting from their generous support," said Nicole Sivetz, a

junior biology and chemistry student, who led tours of Edison Hall as part of the School of Science Peer Mentor program. "In my opinion, the ceremony was a success and I look forward to seeing how a revitalized Edison will continue to make Monmouth shine."

Bachrach pointed out some notable features of the building post-construction. The new vivarium will allow for maintaining animal colonies over

several generations for research purposes in a humane environment. Student gathering spaces range from open areas to quieter private areas for meeting and studying, which are conducive to collaboration that makes Edison a "second home" for students.

Bachrach was also enthusiastic about the new organic chemistry labs that will allow for increased hands-on participation in experiments for students as well as instructor oversight for safety.

Associate Dean of the School of Science Catherine Duckett, Ph.D. pointed to the use of windows and natural light as ways of making the area more welcoming and better for collaboration. She also raised a concern that the large windows may not be the best design for migratory birds, which can collide with the glass and die.

"The open and bright feel of Edison's new design is definitely my favorite part about the remodeling," said Sivetz. "My old lab was a small, cinderblock space with only a tiny window to see outside. Now we have a modern, spacious place that is both exciting to new students interested in science and conducive for professors and their groups to pursue more intense research endeavors."

"All the tenure and tenure-track faculty now have a brand-new lab that was built out to their specifications if they had been here prior to the construction," Bachrach said.

Each 1,500 square foot room is shared between two faculty members and are outfitted with state-of-the-art equipment, which will remove some past

logistical limitations on research. He also explained that the School of Science plans on hiring more professors over the next few years and having the lab facilities makes the University much more appealing.

"I am beyond grateful to study in such a beautiful new building," Bragger said in her speech. "Being in this modern and up-to-date environment allows students to fully thrive and enhances our ability for success."

Duckett explained that construction implemented aspects of student feedback, through the Peer Mentor program, which contributed to increased spaces for discussion and studying.

Bachrach also looked toward the future of the School of Science, explaining the advancements that will further enhance the quality of the programs offered. The department acquired a 49-foot research vessel to give students hands-on experiences through the marine and environmental biology program. In addition, a field research station is in the works in Rumson, where programs are being prepared for outreach to local school districts. New faculty hires will bring new ideas and research to the University.

"A large part of science, which can often go unnoticed, is that fact that this field is in part a business. It is critical for scientists to be able to communicate the importance of their work to others in order to continue doing the great things they do," Sivetz explained. "Without the support of their community, scientists cannot hope to create the positive impact they aspire to make."



PHOTO TAKEN by Matthew Aquino

The completion of the Thomas A. Edison Science Hall was celebrated with a ribbon-cutting and reception event.

Debate Team Competes in Fifth Tournament This Year

DEBATE cont. from pg. 1

the federal government be responsible for funding health care for all people within the United States, as opposed to private insurance companies? After many intense rounds of debating for and against a single payer health care policy, my partner Yendelli Bello and I won two rounds and lost four.”

At this tournament, there were six preliminary rounds, each lasting approximately two hours, with each team of two students arguing in both the negative and the affirmative. Those who compiled a winning record in the preliminary rounds made it into the Sunday, Feb. 11 playoff rounds, according to Joseph Patten, Ph.D., associate professor of political science.



PHOTO COURTESY of Joseph Patten

The University Debate Team competed in a tournament at the New School in New York City the weekend of Feb. 10, reaching the semi-finals of the event.

“We lost to a very good team so we were both just grateful to get that far,” said Cohen. “We were up against a Liberty team, who are like the Yankees of debate. I always love when my other teammates advance farther than me because it shows as a team how far we are progressing.”

exchange of ideas and arguments,” said Goranites. “Every time I got up on the podium, I could feel my heart pounding with excitement!”

Goranites won one of ten speaker awards given at the tournament. He explained that the award is earned by a general

ability to defend arguments and use those arguments to attack the ideas of one’s opponents.

“This is the best team, I think, ever,” said Patten. “We have four or five teams that at any given weekend can do really well. I think we just have a team that has been staying with it. I

think they are researching their cases harder. I always say that debate isn’t about speaking, it’s about critical thinking. Teams who do well are generally teams that work hard.”

Kenneth Womack, Dean of the Wayne D. McMurray School of Humanities and Social Sci-

ences, also attended the tournament.

“I attended the tournament to support our debaters,” Womack said. “It was my first collegiate tournament, and it was an unforgettable experience to see our amazing students in action. I was blown away by their incredible preparation between rounds as they geared up for their opponents and honed their arguments. Professor Patten and his students are a great credit to our university!”

“It really comes down to, like anything else, people who work hard,” Patten added. “How you do in a debate tournament really starts weeks before the debate tournament in your preparations. You win or lose there, not in a debate tournament. You win or lose in your preparations.”

“I believe that this was my partner and I’s best tournament so far,” said Goranites. “Every round was exciting and fun. The competition certainly was not easy, but that makes it all the more fun! It was really exciting to see my fellow teammates break through to the following rounds. I am really proud of them and am always wishing for the best when going to these tournaments.”

Monmouth Alumnus Takes a Stand for Ocean Health

ALUMNUS cont. from pg. 1

most opposition against their proposals,” said Karvelas. “Coastal communities would be the first and worst affected if there was a spill. These hearings are held in places where there may be less opposition, the counter-rally creates a voice for those in the coastal environment.”

At the event, Oceana used data to show that each of the meetings have been at least 34 miles away from coastal communities, and some have been as far away as 504 miles.

The event was organized by Clean Ocean Action (COA), according to Karvelas. COA scheduled several elected officials to speak via Skype, including New Jersey Governor Phil Murphy and New Jersey senators Corey Booker and Robert Menendez.

“Every Eastern Seaboard State, and many of their congressional representatives, have come out in opposition to this plan,” said Thomas Herrington, Ph.D., Associate Director of the Urban Coast Institute (UCI), . “This is the only opportunity for the public to show their opposition to the plan, and maybe the only change there is to prevent drilling off the East Coast.”

There were also representatives from many well-known environmental organizations including Surfrider Foundation, NY/NJ Baykeepers, Alliance for a Living Ocean, Save Barnegat Bay, Delaware Riverkeeper Network, New Jersey Sierra Club, Environment New Jersey, and the NJ Historical Club, with support from coastal residents, citizens, business owners, and fisherman. All spoke in solidarity against the future of coastal plans.

Herrington referred to three main reasons why the meetings are controversial, the first being potential damage to the environment and the economy posed by offshore drilling. A

large oil spill has the potential to kill marine organisms and has a high probability of washing up on shore, which would damage the \$20 billion annual tourism economy.

He also stated that many people feel that it is irresponsible for the United States to drill for and be dependent on hydrocarbon-based fuels, which are warming the planet and causing significant global climate changes. He also believes that allowing large oil companies to lease the seabed for drilling means the government is providing big businesses with access to natural resources at the expense of the American public.

Herrington explained that the complexity of offshore oil and gas production is dangerous. The drilling platforms go through the ocean wells and then hundreds of feet into the sea beds. Despite the safety systems in place, these platforms allow small amounts of oil to be released into the ocean, which is bad for marine life.

“There is always a chance that a storm or an accident (hurricane, explosion, a well blow out like the BP oil spill in the Gulf of Mexico) will release hundreds of thousands of gallons of oil into the ocean,” Herrington added. “On the flip side, energy professionals want to reduce the U.S. dependence on foreign oil and want to utilize the national resources present within our own borders.”

However, according to Herrington, many experts view that the amount of oil available off of the East Coast as very limited.

“Drilling in the ocean and the inevitable spills are environmentally disastrous. I would like to see more support for sustainable energy sources. This needs to the future of energy - it means jobs, clean air, land, and water - you don’t need to be a visionary leader to know we will get left behind by other countries who are leading the way,” said Chris Hirschler, Ph.D., Chair of the Department of Health and

Physical Education.

During the last few hours of the event, oral testimony was recorded by a reporter who will submit the three-minute oral testimonies of over 70 citizens for BOEM to consider.

As a representative of Oceana and passionate environmentalist, Karvelas provided educational literature, simple opportunities to voice opposition, and support in pushing legislation against dangerous practices at the rally.

“It’s all about defense, we react to threats against ocean health and coastal communities and help people opposed to these threats, to use methods of writing comments in, and getting tools to make a difference themselves,” said Karvelas.

While at Monmouth, Karvelas practiced and grew his passion for the ocean as an ocean/nature photographer, and as a member of Plants for Peace, a vegan/vegetarian organization on campus and an environmental journalist.

“Zack always made his interest in the environment known in class. He would write news stories and passionate editorials about protecting the oceans in journalism classes. In my class called Creating a Culture of Peace, he helped other students see how environmental pollution was a form of violence they hadn’t thought about before. His classmates were inspired by his good-natured commitment to protecting the oceans because it was something he really lives”, said Eleanor Novek, Ph.D., a communication professor.

“I wouldn’t be here if it wasn’t for Monmouth. It is less than a mile from beach, I found my interest an admiration for the ocean while going to school there and living right on the ocean. It created a happy environment for people to learn to thrive, and the ocean called to me. My interest developed over my four years into passion and now my career,” said Karvelas.

John Morano, Faculty Advisor of *The Outlook*, professor

of journalism, and author of the Morano eco-adventure series, said, “I do recall that when Zack and I discussed environmental issues and their place in journalism, he was especially engaged. It really lit a fire in him. Some would call that passion.”

The Presidents of The World Wildlife Fund, The Nature Conservancy and The Ocean Conservancy have written introductions to Morano’s environmental novels.

“It wouldn’t surprise me if one day an introduction to one of my books was written by Zack

Karvelas on behalf of a major environmental organization,” said Morano.

Mary Harris, a specialist professor of communication, said, “I think Zack is a great example to current students who may want to make a difference for a meaningful cause but don’t know where to get started. It really only takes passion and action to make progress.”

“Zack is modeling Ghandi’s advice: be the change you want to see in the world,” said Hirschler.



PHOTO COURTESY of Zack Karvelas

Alumnus Zack Karvelas works to raise awareness of the dangers of ocean drilling.

THE OUTLOOK

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Understanding Mental Health

EDITORIAL STAFF

A healthy life and body is something everybody tries to maintain. When we get a cold, we take medicine and might even see a doctor, but when people struggle with their mental health there is adverse stigma that can be detrimental to taking the first steps to get help or continue to receive help.

“Mental illness is disrespected and mistreated by those who are uneducated, unaffected, and apathetic,” one editor said.

National Alliance on Mental Illness (NAMI) notes that 75 percent of all mental health conditions begin by age 24. College students, on average, graduate from a four year college before the age of 24.

Therefore, the time spent in an undergraduate program can be crucial in diagnosing and treating mental illnesses. However, the stigma around mental health can obstruct some from admitting to needing help.

One editor noted an overall lack of knowledge about mental health. The stigma is revealed when the illness hinders on common social expectations.

“Many mental illnesses affect people just as physical illnesses do, in the way that it affects their ability to accomplish everyday tasks, except those with mental illness are often treated poorly or without proper consideration in response to this, generally because it is a reoccurring issue due to unseen symptoms,” an editor said.

Based on the latest Association for University and College Counseling Center Directors survey of counseling center directors from the American Psychological Association (APA), anxiety is the highest mental health issue for college students, next is depression, and relationship problems.

Many editors identified that being assumed “crazy” can be a factor that keeps people from wanting help. “Society has made a lot of progress toward accepting it, however, there is still a lot to be done. Words get thrown around, calling people mentally ill ‘crazy,’ ‘psycho,’ and so on. There is a lack of empathy and understanding overall.”

A few editors concluded that the negative stigma surrounding mental health has decreased in more recent years, but that it still remains especially as an “individual” stigma.

“For some, their parents may not believe in therapy of mental health issues,” one editor said.

Continuously, an editor said, “I think a lot of people often either dismiss serious issues like depression and Seasonal Affective Disorder (SAD) as nothing but usual emotions; or people seriously underestimate the severity of Post Traumatic Stress Disorder (PTSD) and addiction.” The editors believed that those who suffer from such illnesses are afraid to speak up about them.

One editor said the media negatively affects the perception of mental health and that the focus is usually on a tragedy involving a mentally ill person, such as recent mass shootings.

Comparatively, an editor said, “I think it’s good that the media is encouraging people to talk about it but I also feel like, to an extent, the media also romanticizes it which is not good.”

Another editor discussed the varying forms of mental illnesses portrayed on screen, “I feel that the media is becoming more accurate in its representation, such as the show *Shameless* represents two different experiences of bipolar disorder, with and without treatment.”

The editor continued, “However, movies such as *Split* incite fear in neurologically sound people about those with diseases such as schizophrenia.”

To decimate the stigma surrounding mental health, one editor believed it could be addressed more appropriately if it were categorized as a healthcare issue. “To think that mental health and physical/bodily health are separate and distinct is a big mistake. In particular, things like drug addiction/alcoholism are huge issues that are stigmatized, leading to not treated them properly.”

Some editors revealed their own experiences with mental illnesses. The internet seemed to be a common tool in identifying and broadening their understanding of the topic.

An editor said, “As an athlete who struggles with mental health I have found the most help online, reading articles about other athletes who are going through the same thing.”

“After being diagnosed with PTSD, major depression, and anxiety, I was originally ashamed and felt weak; years later, I understood that accepting and understanding these pieces of me was one of my greatest strengths,” said another editor.

tor.

Many editors, who do not have mental illnesses themselves, learned the most through reading about the topics online, listening to friends who have first-hand experience, or took a psychology course which deeply expands on the various mental health issues that could arise.

However, one editor said, “Even though our campus is small, I feel that people still face a stigma in terms of acknowledging a mental health issue and seeking help. We need to keep normalizing mental illness and making sure people are getting the help that they want and need.” The stigma around mental illness will continue if the issues are not addressed.

Some courses explored topics of depression and suicide and “these subjects from a critical stance exploring psychology, philosophy, and even anatomy to better understand these particular mental ailments.” Other editors noticed their creative writing and psychology courses divulge in open discussions about mental health.

An editor revealed that mental health was only discussed when a tragedy or death occurred within the Monmouth community. One editor said they “literally” never discussed mental health in class.

Likewise, another editor said help for possible mental health decline was, only brought up when classmates or professors had passed away. However, another editor feels the campus services are “not adequate.”

Monmouth University offers Counseling and Psychological Services (CPS). The CPS program is free to all enrolled college students. Their confidential services include individual psychotherapy, group counseling, crisis and prevention initiatives, and 24-Hour emergency resources. CPS allows you to make an appointment by calling 732-571-7517, emailing mucounseling@monmouth.edu, or visiting the office on the 3rd floor of the Stafford Student Center.

One editor said, “Your health is a culmination of a lot of factors, and many of them are not physical. It’s important to understand that how we think and feel affects every aspect of our life—mental illness often adversely affects you physically as well, so it’s important to seek out help or be a resource if you have the chance.”

Knowledge and Quinn by Brian Turczmanovicz



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Summer: Vacation vs. Internship

KIERSTEN BECHT
CONTRIBUTING WRITER

With temperatures just creeping over 60 degrees this past week, it is safe to say that summer is approaching. I know, I know, that silly groundhog thinks otherwise and we haven't even begun midterms yet, however, this semester is flying by and it will be coming to a close before we know it.

With the conclusion of another school year comes the freedom and sunshine of the summer months, as well as looming responsibilities. Take a minute to think about how many conversations you've overheard on campus regarding internships. Personally, I have heard at least four, and know that that number is only going to grow as the next few months continue to whiz by.

While I am excited that my fellow classmates are eager to prepare for their futures, I cannot help but wonder, at what point are we trading our happiness and three-month hiatus from school for the monotonous routines we will likely fall into once we make it to the "real world" and sell our souls for the 9-5 lifestyle.

I feel like there are two types of college students: those who cannot wait to jump into their careers and those who are comfortable with the ease and flexibility these four years offer. I definitely identify more so with the latter. Not to say I am not motivated and excited for what my future holds, that is not at all the case, but at 21-years-old, the uncertainty of the future is both thrilling

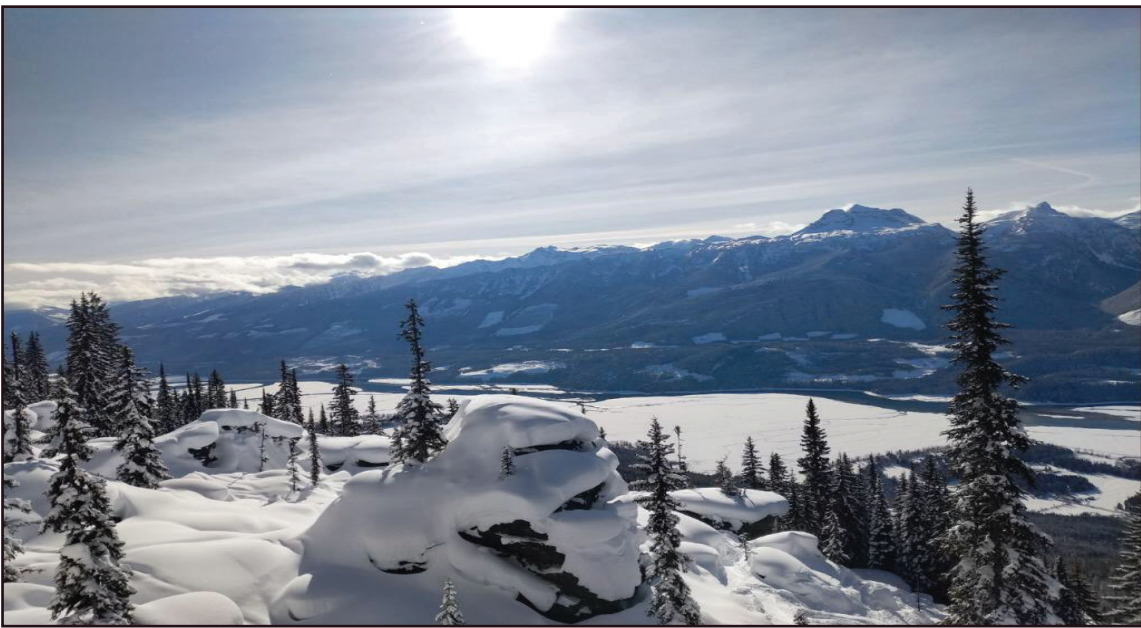


PHOTO TAKEN by Caroline Mattise

The summer is a time for adventures, but is also a good time to gain job experience.

and equally terrifying.

For me, summer has always marked the beginning of a new chapter, one with countless hours spent at the beach, endless nights with my friends and one too many sunburns. Like so many others, I live for the summer: and how could you not?

If you are like me and live in a beach town, you've experienced firsthand what a 360 our towns go through as soon as Memorial Day Weekend rolls around, all the way up to the end of Labor Day. How on earth am I supposed to trade my days spent staring off into the abyss of the Atlantic Ocean, for days star-

ing at a computer screen hours on end?

I get it, I must sound like a needy millennial who has no desire to pay my dues in the corporate world but hear me out! There is more to life than climbing the corporate ladder, landing that corner office with a view and being a slave to the six-figure paycheck.

Two months ago I applied for a summer job in the middle-of-nowhere Montana on a whim. I never expected to hear anything back, as these types of places receive applications from people all over the world who too are eager for a seasonal job that not only pays the bills,

but allows for countless adventures.

I knew that I wanted to spend my summer out West, checking off one National Park after the other, but told myself that idea was foolish and that I should apply to jobs that align with my major and will act as a nice little embellishment to my resume down the road. So, I kept Montana in the waaaay back of my mind and applied for a "real world" job.

By some crazy stroke of luck, I was offered a full-time position for the summer at a public relations (PR) firm with an office in N.J. and several others scattered across the country. This job would be an

amazing stepping stone and could lead to many opportunities that could advance my career and expand my network; it's a no-brainer.

Just as I was ready to accept the offer at the PR firm and silently resign myself to the 9-5 lifestyle, my phone buzzed and my Gmail notification popped up telling me I had a new email. And whom was this email from? Yup, you guessed it, the hiring manager in Montana; I got the job.

As someone who will do anything to avoid making a decision, you can clearly see that I'm in a bit of a pickle. Do I choose the position in which I'll be stuck in an office all day but that has the potential for major career growth? Or do I trade writing press releases and meeting with clients for waiting tables and hiking through National Parks in Montana?

I'm sure some of you are rolling your eyes as you read this thinking how about how foolish I am for considering taking a service job over a corporate one, but maybe that's the problem with our society, we place such a high value on fortunes and prestige that we forget to take a step back and realize that there's more to life than a paycheck; just some food for thought.

Well, that's it folks. I applaud the few of you who stuck around this long to listen to me hem and haw over what to do. If this article helped enlighten just one person then my job here is done. On a final note, I think I've finally made up my mind. Montana, here I come.

WINTER OLYMPICS *Cheering on USA!*

CAROLINE MATTISE
ASSOCIATE OPINION EDITOR

USA! USA! USA! Although the United States does not dominate the Winter Olympics like they dominate the summer Games I am all for it. PyeongChang is 14 hours ahead of the East Coast, but that does not stop true fans from watching the events.

Sure, you could watch the recorded footage during the day, but the die-hards wake up early and stay up late. On the second day of the games, I set my alarm for 6:00to watch the opening ceremony. I watched with my eyes half-open as Team USA paraded out.

I have napped during the day just so I can stay up late at night. I was able to see Chole Kim win her first Gold Medal in Snowboarding Halfpipe at the ripe old age of 17. I saw Shaun White recapture Gold with his victory run down the pipe. I screamed as Adam Rippon, who is from my hometown, skated his heart out and won Bronze in the Team Skate.

The fact that an Olympic Athlete is from my hometown has made these Games even more special. Although I have never met Adam in person, I attended high school with his younger sister. Rippon has won the hearts of the American people and fully embodies the true meaning of sports and most importantly the Olympics.

Unfortunately, many people do not watch or even think about the Winter Olympics. To some, it is just variations of the same snow sport. But, there are some crazy sports out there that are interesting to watch. Who would think that someone would want to zoom down an ice slide head-first on a sled? You can watch athletes do flips and twists 20 feet in the

air, or watch skiers shoot at targets with a rifle. What a wild combination. What a great opportunity to explore new winter sports.

Every Winter Olympics, 'Curling Fever' sweeps the nation. People use their household Swiffers and some avocados to show their new enthusiasm for the sport. Curling is the only sport that takes place every day of the Games.

The Winter Olympics showcase sports and athletes that individuals would not typically see on sports networks. It is yet another time for people to come together as a nation to cheer on their countrymen.

Leslie Jones, an American actress and comedian, first showed her patriotism during the 2016 Rio Olympics. Her red, white, and blue outfits and "slay all day USA"

slogan won her a place as a commentator at the Games. NBC flew her down and Jones had the time of her life. Jones joined the NBC team again in PyeongChang.

When she is not being an official commentator, she takes to her social media, particularly Snapchat, to share her thoughts on the winter sport she is watching. Jones is the type of Olympic fan that I aspire to be.

As an avid sports watcher and Olympic fan, I love any excuse to don my Olympic hat and jacket to cheer on Team USA. So for the next week, you can find me in my dorm or in the dining hall with my eyes glued to the television screen trying to absorb the energy that is radiating from these amazing athletes.



PHOTO TAKEN by Caroline Mattise

The Olympics, Winter and Summer, present a great opportunity to show patriotism and support your country's athletes.

Bad Boys Rule

JASON AQUINO
DELIVERY ASSISTANT

There is an old saying: "When one door closes, another door opens." The person holding that door open is a gentleman - silently nodding, waiting for a reply. If that does not sound appealing to you, the female reader, then how would you feel if he slowly closed the door with a wry smirk on his face as you shuffled to it, adjusting the bag or backpack on your shoulder, only to grab the door's handle three inches before it closes. Would you begin to feel something other than anger? Would you feel curious about the kind of audacity it takes to do things without caring for others? Could you make him be more sincere?

If the second scenario sounds more familiar, you may be attracted to a bad boy. While the scenario is hyperbolic, I believe the feeling of being left in the dirt by someone can make you want them even more as a romantic partner. The door can be locked in my face, and I will still try to pick at the lock, hoping that I bent my confidence into the correct shape. This effort is all for the non-existent opportunity to suggest that the dinner table I set up at her doorstep is pretty exquisite.

The key element of a 'bad boy' girls admire is a smooth combination of class and care. The quality of this combination is so refined that it beats that of any Valentine's Day box of chocolates from a secret admirer. The bad boy dresses in a particular fashion and sticks to it. He wears his favorite cologne and pretends the air around him isn't enchanted. Everything about him is recognizable, and girls want him to recognize them. In this case, the bad boy blocks his door of opportunity with a metaphorical sofa. It can

still be opened, but it will take a lot of effort.

If people in general love anything, it's a good challenge. Challenges make things more gratifying when you finally get them. This is where "playing hard to get" comes in. If someone were to dangle a birthday present in front of you, but he, she, or they refused to give it to you, wouldn't you try giving multiple reasons why you should be able to rightfully have it? The bad boy is aware of how well he can influence girls' emotions by simply existing and hinting at his interest in one of them to an extremely subtle degree. This tricks girls into engaging in a "cat and mouse" game, where she tries to hold his attention until she can squeeze through the invisible door of opportunity just enough to gain his interest and become his partner.

The game is still not over, however, as the bad boy will continue to show an almost complete lack of interest, so the girl waits for the moments when the door cracks open and she can continue to prove her interest in him. The act of engagement keeps the relationship entertaining, which is why some "nice guys" cannot catch a break.

The nice guy needs to be able to maintain a feeling of mystery in his aura, all while looking presentable and holding the reins on his expression of interest in someone else. In other words, holding the door open for her just won't cut it; being polite is not flirting.

Girls also should take note that the bad boys will never fully give them all they are looking for. They keep the chase reoccurring, while nice guys are there holding the door and giving girls what they need and deserve.

So hold tight nice guys, there is hope to not always finish last!

Menendez Acquitted, Facing His Next Jury: The Voters

NICHOLAS COSCARELLI
POLITICS EDITOR

The U.S. Department of Justice announced that it would not pursue a re-trial of New Jersey Sen. Robert Menendez's corruption charges on Wednesday, Jan. 31.

After an 11-week trial last fall, which resulted in a hung jury, District Court Judge William Walls declared a mistrial on all 12 charges against Menendez.

However, federal prosecutors said that they intended to retry Menendez on political corruption charges on Friday, Jan. 20.

Menendez, one of only 12 United States Senators to be indicted, faced charges with 12 counts, including bribery and conspiracy, for allegedly accepting trips and contributions from a friend and campaign donor, Salomon Melgen, M.D., a wealthy ophthalmologist in Florida.

Prosecutors accused of Menendez accepting bribes from Melgen in exchange for intervening with federal agencies on his behalf. Both men pleaded not guilty to all charges.

The U.S. Department of Justice had been facing a deadline at the end of January to either retry the case or drop the charges.

Accordingly, the Justice Department filed to dismiss its remaining charges against Sen. Bob Menendez, bringing the legal case that has hovered over the New Jersey senior senator for years to a close.

The charges against Melgen were also dropped.

"Even with the Justice Department decision to not pursue a re-trial, Menendez's public approval has been badly damaged by his corruption case involvement," said Stephen Chapman, Ph.D., an assistant professor of political science.

Menendez spent years fighting the charges, since he was first indicted in 2015.

Prosecutors said he took gifts from Melgen, including a luxury hotel stay, private jet flights and campaign donations. In exchange, Menendez tried to help Melgen get U.S. visas for his girlfriends, intervene in Melgen's \$8.9 million billing dispute with Medicare, and



IMAGE TAKEN from *The Washington Times*

United States Senator Robert Menendez (D-NJ), center, arrives at the Martin Luther King, Jr., Federal Courthouse for his federal corruption trial on Thursday, Oct. 26, 2017, in Newark, N.J. He faced charges with 12 counts, including bribery and conspiracy.

assist with a port security contract of Melgen's in the Dominican Republic.

Menendez vehemently criticized the FBI and Justice Department for how they had pursued him, suggesting that his Hispanic heritage — and his roots in New Jersey's Hudson County, an area with a history of political corruption — may have played a role in their investigations.

A Rutgers-Eagleton poll released Nov. 30, 2017, just days after the mistrial, found a majority of New Jersey voters said he should not be reelected. 49 percent of respondents said Menendez should resign.

Currently, Menendez faces three declared senatorial opponents in the NJ Democratic primary. Among them is Michael Starr Hopkins, an attorney who worked on the Obama and Clinton presidential campaigns.

However, Chapman said, "Hopkins has far less money on hand than Menendez."

Despite his poor polling numbers, "Menendez has a large amount of

political capital within the state in the form of internal party support and, more importantly, funding," Chapman said.

According to Federal Election Commission filings, Menendez has roughly \$4.1 million, whereas Hopkins has only about \$15,000 for all of 2017.

As a result, Chapman explains that the probability of Hopkins making an impact in the primary is unlikely, "unless his poll numbers start to rise and Democrats shift allegiances."

"This is really about the Democrats trying to hold the line on incumbents and make gains to retake control of the Senate," Chapman said.

Additionally, Chapman explains that Menendez has an advantage as the presiding senator; a concept in political science of the incumbency advantage, where incumbents regularly retain their seats.

"Multiple explanations have been offered by scholars including funding advantages," Chapman said, "Franking Privilege, where mem-

bers of Congress can inundate their constituents with mailings at no cost to their campaign, [as well as] name recognition, among others."

Among Menendez's Republican opponents, Bob Hugin has recently announced his candidacy.

Hugin is a former pharmaceutical executive and an ally of former New Jersey Governor Chris Christie and President Donald Trump.

"I am offended by Senator Menendez's actions," Hugin told a crowd at the Springfield Elks Lodge last Tuesday, Feb. 13,

"He's violated the public trust and, at the same time, he's failed the people of New Jersey," Hugin said.

"New Jersey deserves better," Hugin continued. "I'm embarrassed about how people think about New Jersey based on Senator Menendez's behavior. It's embarrassing."

Although Hugin "will bring the potential to somewhat match Menendez in terms of spending given his deep pockets, he starts at a disadvantage," Chapman said.

"Christie is extremely unpopular within the state and any linkages

could be beneficial to the opposition."

Moreover, Chapman also notes that New Jersey has nearly a million more registered Democrats than it has Republicans; this "makes it difficult for a Republican to win a state-wide election."

"I would not be surprised at all to see Menendez win both the primary and general elections," Chapman said.

Patrick Murray, Director of the Monmouth University Polling Institute, said "Bob Menendez has just come off a tough trial that caused his approval rating to take a hit."

Murray noted that Menendez "has weathered ups and downs in public opinion before."

"I expect that his Republican opponent will try to make some hay out of issues related to the trial," he said.

However, "I'm not convinced at this point that he will be able to gain a lot of traction with that strategy given the senator's track record of fighting off attacks," Murray added.

Mitt Romney Running for United States Senate

NICHOLAS COSCARELLI
POLITICS EDITOR

Mitt Romney, a former Massachusetts governor and the 2012 Republican presidential candidate, announced that he is running to represent Utah in the United States Senate, on Friday, Feb. 16.

Romney is known both within the state of Utah for his work as chief executive of the organizing committee for the 2002 Olympics in Salt Lake City, and nationally from his 2012 presidential run, in which he won the state by nearly 50 points.

"Mitt Romney is royalty here in the state of Utah," Utah's Lt. Governor Spencer Cox, said in an interview with Vox.

Currently, Romney's early poll numbers show a lead of about 40 percent points.

"It's difficult to envision a scenario where Romney does not win the seat in Utah," said Stephen Chapman, Ph.D., an assistant professor of political science.

Speaker of the House, Paul Ryan, Romney's running mate in 2012, has endorsed him in a statement on the same day Romney announced his candidacy.

"Our [Republican] party and our country are always better off when Mitt is engaged," Ryan said on twitter.

"Utah has a lot to teach the politicians in Washington," Romney said in his announcement video which he released early morning last Friday.

Likewise, in a pointed quip toward the immigration policies of President Trump, Romney said that "Utah welcomes legal immigrants from around the world," while "Washington sends immigrants a message of exclusion."

On Friday, the Senate Majority Leader, Mitch McConnell (R-KY), publicly urged the president to support Romney.

"We don't want to lose the seat," McConnell said in an interview with *The New York Times*, "and this looks like a

pretty formidable candidate."

President Donald Trump has recently endorsed Romney.

On Monday, Feb. 19, Trump wrote in a tweet that Romney "will make a great Senator and worthy successor [of current Utah Senator Orrin Hatch]."

Utah is a reliably Republican state; the voters have not elected a Democrat to the U.S. Senate since the late 1930s.

"He is running for an already solid red seat following Senator Orrin Hatch's retirement announcement," said Chapman.

Moreover, he explained that Romney's Mormon faith will also be beneficial to him in his campaign.

"With roughly 60 percent of Utahans being of the same faith, it's a big factor in the race," he said. Because of their shared faith, Romney becomes more relatable to the voters.

"Unless he runs a catastrophic campaign, I see Romney easily winning [in the general election] in November," Chapman said.



IMAGE TAKEN from Vox

Mitt Romney is running for the U.S. Senate, representing Utah.



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10/2017 Unknown Mullaney Hall Invasion of Privacy / Crim. Sex. Contact / Sexual Assault
2/6/2018 10:57 PM Elmwood Hall PULA / Student Misconduct
2/6/2018 7:46 PM Mullaney Hall Poss. Of CDS/Para./Student Misconduct
2/7/2018 1:27 PM Elmwood Hall Poss. Of CDS/Para./Student Misconduct
1/16/17-2/8/18 6:00 PM-10:45 AM Wilson Hall/ Theft
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WINE AND DINE ON A DIME

AMANDA GANGIDINO
CLUB AND GREEK EDITOR

If you were one of those people dreading Feb. 14 this year, maybe it wasn't because of the cliché Hallmark cards or the inability to escape all things heart-shaped, but it was more for the fear of post-Valentine's Day debt. I mean, let's face it, things have gotten a lot pricier since the days of cutting out hearts from red construction paper and giving them to your sweetheart in third grade. But fear not, if your wallet is bleeding love after the designated day of romance, there are ways to keep wooing your valentine on a budget throughout the year.

I mean we really should tell and show our loved ones how much we care about them every day, and not on just one day of the year. That being

said, here's a list of cheap date ideas besides Netflix and chill that'll make the romance last beyond Valentine's Day. One idea is to explore your own city. Seek out some new restaurants, parks, and shops or even take a walk down memory lane with your significant other.

There are few things better than grabbing a cup of tea or coffee with your favorite person, and for many of us, that's usually our boyfriend or girlfriend. If it's a first date, don't fret. Grabbing coffee is the best way to go. Specialist professor of Communication Kristine Simoes speaking from her own daughter's personal experience offers advice for a cheap first date, "She only does coffee day dates, that's her Tinder-Bumble go to. She always makes sure to avoid doing a full meal, espe-

cially on a first date," she said. Also, try out different coffee shops. Some even have board games to awaken that competitive spirit with you and your sweetheart. For my Central New Jerseyans, Ink Well in Long Branch has the great coffee, ambiance, and board games, which equates to the best date!

Volunteering together is another good way to spend time with your significant other. It's been proven that feel-good hormones are released when you give back to others, and volunteering with your love can only heighten the prevalence of these hormones. If you ask me, it's a win-win. Also, the experiences you share while volunteering will be more memorable than any candlelit dinner. Lace up your Nikes, grab your Clif bar, and hit the hiking trails. Hiking is a great way to get outside with your significant other. Sophomore communications student Colleen Moretti says, "my boyfriend and I love to hike together and have picnics because it's nice to be outside in the fresh air away from all the chaos." Wining and dining doesn't always have to mean eating at a five-star restaurant. Grab a picnic blanket, sandwiches/pizza, and some drinks to romance your date with the most ambiance, the outdoors.

Singing along to music, mincing onions, and wearing cheesy matching aprons are only some of the reasons why cooking with your Valentine is the absolute best. Regardless,

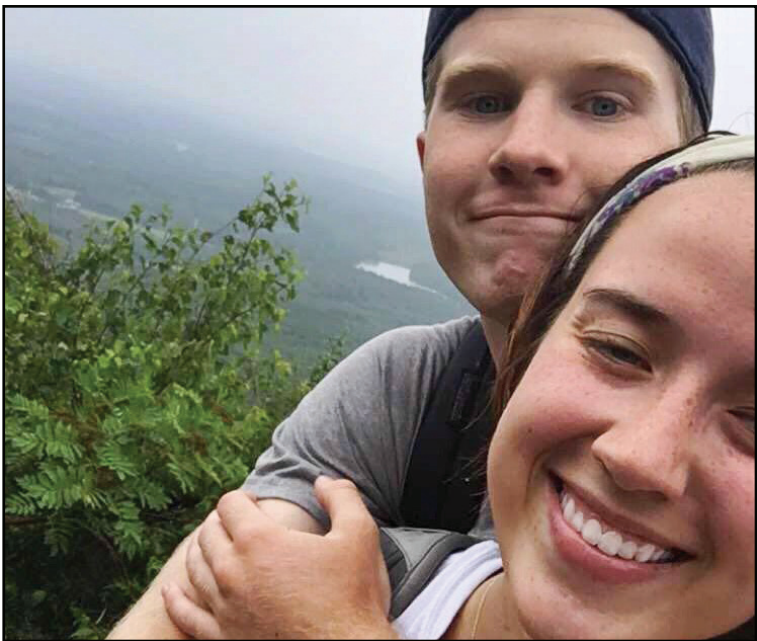


PHOTO TAKEN by Campbell Lee

Going on a hike with your significant other is a great way to spend time together and be outside.



PHOTO COURTESY of Colleen Moretti

Taking day trips together is a good way to be adventurous without the expense of a hotel.

if you're good cooks or not you'll enjoy creating something that is somewhat edible together. Bon Appétit!

Isn't the expression, couples who work out together, stay together? Motivate each other to stay healthy by hitting the gym. Let's be honest, who likes to work out alone? Your date will most likely become your favorite workout partner. Going to the gym together is a great way to spend time together while also staying healthy.

Forget a plane ride or hotel stay, take a day trip to a place nearby you've both never been. Between the road trip playlist and scenic route, there's

no denying the fact that there will be love in the air. Junior finance student Jordan Kurapatwa gives her own experience, "I love going on day trips to Philly during the summer with my boyfriend because we get to talk through the city and spend time just talking together," she said.

Wining and dining doesn't always have to mean eating at a five-star restaurant. Grab a picnic blanket, sandwiches/pizza, and some drinks to romance your date with the most ambiance, the outdoors. The best date doesn't even need to cost a dime, but just being in each other's presence makes life more magical.

Making the Best of Your Aesthetic Requirement

MELISSA BADAMO
STAFF WRITER

One of the biggest arguments against the aesthetics requirement is that it won't be necessary in a future career. However, aesthetics classes such as art, dance, music, and theatre teach us important things that can't be taught in other general courses.

For instance, the sense of creativity that is learned from any aesthetic class can enhance our college experience while shaping us into well-rounded students. College is all about experiencing and learning new things, and taking at least one aesthetics class is the perfect opportunity to immerse oneself into a whole new aspect of life.

After all, art, music, dance and theatre are present in our lives in more ways than we realize. The songs you hear on the car radio, the poster hanging on the wall of your dorm, and the musical that comes on the television when channel surfing all share the same aesthetic nature.

What else do art, music, dance and theatre have in common? They all have the power to boost emotion, promote inspiration, and reduce stress.

Freshman English student Britney Fusic is currently fulfilling her aesthetics requirement this semester. Rather than dreading her art appreciation class twice a week, she realized that

there is much more to art than most people realize.

"Art teaches you to look at things not only at the surface; it teaches you to think about it as well," she shared. "With art, you can't just look at it and assume it's one thing, because it could mean something different to everybody, so you really have to look at it and try to interpret and analyze it." Aesthetics isn't just what is pleasing to the eye; every piece of

artwork, musical composition, or dance routine holds its own unique value, which is one of the reasons why aesthetics and creativity is so vital to our everyday lives.

Assistant professor and departmental advising coordinator of art and design Corey Dzenko Ph.D shared insight on the importance of aesthetics. She said, "Art is a visual language. [Art] is going to communicate, and by taking

aesthetics classes, you learn how to think more deeply into what the creative projects are communicating... A lot of times students just think of art as just a pretty picture on the wall, but it is much, much more than that."

Art is not so different from other courses such as history and English. In fact, aesthetics classes intersect with a variety of other courses required for different majors. Dzenko

added, "Speaking from my position as a professor of art history, we talk a lot about history, but we always return to the object and focus on the artwork and how it relates to its specific context. [Meanwhile], English has multiple parts; you'll be reading works of literature that tell a story but also have a deeper meaning to them. That's the same as looking at art, music, and theatre."

Although freshman Nicholas Goranites studies business administration, that doesn't mean he can't enjoy aesthetics courses such as theatre.

"It's important to take a class like theatre appreciation because not only are you learning about theatre, you're learning about life," he said. "Theatre is about the expression of our emotion; theatre was made to represent our own feelings, which is why it has gained such popularity over thousands of years, starting back in ancient Greece to modern day Broadway." The arts have been around for a long time and will continue to inspire for years and years to come.

If you haven't taken your aesthetics requirement yet, don't be so fast to criticize; rather, think of it as an opportunity to learn new things. You don't have to be an artist to earn an "A" in an aesthetics class; you just need an open mind and a positive attitude.



PHOTO TAKEN by Matthew Aquino

Taking an art class is a great way to get out of your comfort zone and express yourself creatively!

Your 2018 Guide To Music Festivals (That Aren't Coachella)

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

Over the past decade, music festivals have evolved and gained a large following. The list has expanded greatly and there is no way our wallets or our calendars can conquer them all.

It seems as though Californian music festival, Coachella, is on everyone's musical bucket list.

It's no surprise, considering it has been named one of the best Music Festival's by USA Today.

By no means am I hating on Coachella—trust me, I would jump through hoops to be able to hit the Californian dessert, be among celebrities in the crowds, and ride the notorious ferris wheel.

However, the cost of tickets could cost you an arm and a leg; that doesn't even include the plane ticket, accommodations, and transportation.

For us East-coast kids to spend the weekend at Coachella, it would be the same amount as a Bahamas all-inclusive 5-day getaway.

The breakdown potentially goes like this:

A round trip from Newark airport to LAX for that weekend goes for \$404—without luggage. Then, according to Coachella's website, general passes started at \$429. According to TIME Magazine you can be prepared to spend an average of \$70 on a shuttle from LAX to the festival and \$590 on a mid-range hotel which covers a 2 night stay.

Ladies and gents, your grand total is: \$1,493.

After exploring TicketMaster's "Festivals" tab, there are, luckily, several music festivals in the tri-state area that are more affordable and equally entertaining.

ELECTRIC ZOO NYC

Location: New York, NY
3-Day General Admission
Pass without tax or fees: \$219
Dates: August 31-September

2

Campsite: No
Lineup: TBA

Anthony Amato, who graduated Monmouth this past December, describes his experience at last year's event as "Incredible."

"We took the ferry over from Wall Street. When we got there we had the VIP package which allowed us to cut all the lines so that was pretty awesome," Anthony said "I would definitely recommend spending the extra money because the lines get absolutely insane."

"If there is one thing I wish I knew it would be to eat beforehand because the food is so expensive."

FIREFLY MUSIC FESTIVAL

Location: Dover, Delaware
3-Day General Admission
Pass without tax or fees: \$329
Dates: June 14-17
Campsite: Yes

Lineup includes: Eminem, Kendrick Lamar, Arctic Monkeys

Anna Marie, a junior elementary education student, Cia said Firefly was a "Crazy, vibrant experience."

"It's a place where thousands of strangers come together for the sake of good music. Everything from camping outside for 4 days, not showering, or running back and forth from your campsite to the venue adds to the experience," she explained.

"In the venue the vibes are incredible," AnnaMarie continued. "Everyone is so laid back, the energy is incredible and there's no pressure. The music is mostly all alternative artists. Being someone who only listens to a little bit of alternative I still enjoy myself to the max."

She would recommend anyone looking for a fun and adventure get away with friends to go.

"Definitely be prepared with a lot of nonperishable food and a lot of water, also tarps and



PHOTO COURTESY of Julia Farnan

Julia Farnan, a senior biology and chemistry student attended Philadelphia-based festival last year, "Made in America," and said it was a great way to experience festivals without camping out.

pop up tents to protect your tent cause we did and during the downpour we didn't any water in our tent where as other people woke up in a puddle."

GOVERNORS BALL

3-Day general admission
pass: \$305.00
Campsite? No
Location: Randall's Island, NYC

Dates: June 1-3
Lineup: Eminem, Jack White, Travis Scott, Yeah Yeah Yeahs, Halsey

RADIO 104.5's 11th BIRTHDAY SHOW

1-Day general admission
pass: \$76
Campsite? No
Location: Camden, NJ
Dates: June 30
Full Lineup: Imagine Dragons, Judah & The Lion, AJR, Sir Sly, Missio, The Wrecks, The Shelters, DREAMERS, Glorious Sons

Billy Nally, of alternative band, The Wrecks, who will be playing at the festival, is stoked to be in this lineup.

"It's honestly crazy to be playing some of these festivals. I grew up going to some of these iconic venues and festivals and now I get to play them a few years after seeing some of my favorite bands on the same stage."

PANORAMA

3-Day general admission
pass \$250:
Campsite: No
Dates: July 27-29

Location: Randall's Island, NYC

Lineup includes: Cardi B, Gucci Mane, Janet Jackson, Migos, St. Vincent, The Kill-

ers, The Weekend, and more.

THE ROOTS JAM SESSION (Hosted by Dave Chappelle)

1-Day general admission
pass: \$75

Campsite: No
Location: Philadelphia, PA

Lineup includes: The Roots, Lil Uzi Vert, 2 Chainz, Fabolous, and more.

The band's drummer, "Questlove," said on his Instagram that there will be, "Mad, mad, mad, surprise guests."

Of course, he didn't mention any times, because that would ruin the fun.

All in all, the tri-state area has a festival-filled summer ahead that hits all the same notes as Coachella without hitting your wallet.



IMAGE TAKEN from festivalsnobs.com

Governor's Ball in NYC brings in an average of 150,000 festival-goers per year. This year's headline includes musicians such as Eminem, Halsey, and Travis Scott.



PHOTO COURTESY of AnnaMarie Ciavattoni

Nicole, Grace, and AnnaMarie (left to right) showing love to their sorority, Alpha Omicron Pi, at 2017's Firefly Music Festival in Delaware.

More Tears Than Laughs in This Year's Oscar Nominated Live Action Shorts

MARK MARRONE
STAFF WRITER

Usually when you go to the movie theater you sit down and strap in for the long haul. For about two hours you follow a character's journey while crying, laughing, or holding your breath.

But can you feel the same way sitting through a film around 20 minutes long?

The task is daunting, but the best short films can make you feel like you've experienced a feature length film's worth of information or emotion.

This year's Oscar Nominated Live Action Shorts from around the globe features more dramas than comedies, but each touches upon important subjects with messages that will last in one's heart forever.

The Eleven O'Clock, 13 minutes, Australia

Those who work at psychological services on campus may get a kick out of this one. A psychologist meets with a patient who thinks he is a psychologist.

Director Derin Seale brings the only comedic piece of the bunch. The doctor and patient have a comical spat as they try to prove how the other person is not a psychologist.

When the two argue, it's difficult to determine who is the doctor.

Each uses the same tricks in the book that psychologists are notorious for like, "what does this word mean to you?" and, "cross-examination."

Their witty exchange packs in a good amount of laughs while taking a swipe at the profession.

Amidst the heavy material in the other four short films, *The Eleven O'Clock* is a nice reminder that not all films have to be dramatic for a point to be made.

DeKalb Elementary, 21 minutes, America

Based on true events, direc-

tor Reed Van Dyk captures any other day in the elementary school's office: the secretary sits at her desk browsing the web. Mail is delivered and phones are ringing.

Then, everything stops when a heavy-set man walks into the office and pulls out a machine gun.

While in shock, the secretary obeys the shooter's commands and attempts to reason with him.

The secretary controls the situation extremely well through her calmness. While she talks with the shooter, we view him through a humane lense.

The shooter's been off his medication and has angst toward the police.

Maybe if we communicate with those who seem to suffer through mental illness or are going through a tough time in their life, it could possibly prevent the loss of others, like the faculty and students at DeKalb Elementary.

From the moment the man whips out his machine gun, the tension will make your eyes widen, your jaw drop and your heart palpitate.

We see these incidents occur daily on the news, but it's hard to imagine how you'd handle it yourself.

My Nephew Emmett, 20 Minutes, America

Director Kevin Wilson Jr., a graduate student at New York University, transports us to 1955 Money, Mississippi, which is home to the Tills.

For those who unfamiliar with Emmett Till's tragic story, he was a 14 year old old African American boy who visited his Uncle in Mississippi, but was lynched because of his supposed whistling at a white woman.

Leading up to the horrific event, we follow Emmett's helpless Uncle.



IMAGE TAKEN from grandcinema.com

This year's Oscar Nominated Live Action Shorts are compelling and tell important stories.

Once the Uncle gets word of Till's alleged action, he painfully waits for the inevitable.

In the heat of the night, two white men take Emmett from his bed, although the Uncle begs to take his place. When he's thrown into the back of their pickup truck, our hearts break when it drives off into the darkness knowing that Emmett's mutilated body will be found three days later on the floor of the Tallahatchie River.

The first half of this short film is hard to hear because of the Uncle's soft dialogue.

However, tension soars when the two white men knock on the Uncle's door. It's frustrating to watch the men force themselves in the Till home and abduct Emmett.

A sense of powerlessness not only overcomes the Uncle, but the audience as well.

I wish I could get out of my seat and turn the men away. However, America felt the same way and used this event as a turning point for the Civil Rights movement.

One hundred days following Till's murder, Rosa Parks would refuse to give up her seat on an Alabama bus.

Watu Wote: All of Us, 20 minutes, Germany

Kenya has endured countless terrorist attacks from Al-Shabaab for the past decade.

A single example comes from 2015, when a bus filled with Muslims and a Christian woman are attacked by terrorists.

In this era where tensions are high between Christians and Muslims, bus passengers unite in the face of terror.

To live in a country where freedom of religion is a natural human right, it's overwhelming to witness an environment where your belief could cost your life.

Religion divides many in American society, but it's important to remember that in another part of the world a group of people hijack a faith to kill thousands of their own countrymen and women.

Despite Kenya's ongoing fight with Al-Shabaab, director Katja Benrath's gives us hope.

While there are those who abuse religion for hurting people, there are more who use it for selfless service.

Around this time period, Americans were debating religious freedom behind bathroom laws.

Meanwhile, in countries like Kenya, busses need a police escort in case of a terrorist attack to reach their destination across the country.

The Silent Child, 20 minutes, United Kingdom

Over 78 percent of deaf chil-

dren attend mainstream schools with no specialised support in place and Libby is one of them.

At 4 years old, Libby is a deaf girl who struggles to communicate well with her parents.

The parents call in a social worker, Joanne, who gives Libby a new outlook on the world with the introduction of sign language.

It's difficult for a hearing family to raise a deaf child, but they must be willing to adjust so their child can live a better life.

Libby's parents are ignorant towards their child's disability by assuming she'll be fine at a mainstream school.

However, children like Libby require special attention early on so they can learn how reach their fullest potential.

We should treat the deaf just like the hearing. Parents of the deaf should be willing to learn sign language to help their child feel like they're not alone in this silent world.

Deaf actress Marlee Matlin once said, "deaf people can do anything, except hear."

The five Oscar nominated short films were fantastic this year and each told an important story, but which one was the best?

Find out in next week's edition of the Outlook, where I will share my Oscar picks and predictions.


Mark's Remarks:

This year's Oscar Nominated Live Action Shorts from around the globe features more dramas than comedies, but each touches upon important subjects with messages that will last in one's heart forever.



IMAGE TAKEN from drafthouse.com

L.B. Williams stars as Mose Wright in the short flim, "My Nephew Emmett."



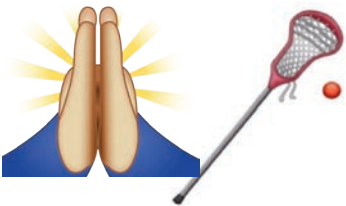
MOMENTS AT MONMOUTH



LEFT:
STUDENTS ENJOYING THE
STUDENT ACTIVITIES BOARD
SPONSORED WINTER BALL
IN WILSON HALL THIS
WEEKEND.
PHOTO COURTESY OF:
MEGAN KUDISCH



RIGHT:
JUNIOR DEFENDER MONICA
CORTES GETTING READY FOR
THE WOMEN'S LACROSSE
GAME AGAINST RUTGERS
THIS PAST SATURDAY.
PHOTO TAKEN BY:
KARLEE SELL



LEFT:
VICE PRESIDENT FOR
ENROLLMENT ROBERT
MCCAIG SPEAKS TO PARENTS
AND PROSPECTIVE STUDENTS.
IMAGE TAKEN FROM:
MONMOUTH UNIVERSITY
INSTAGRAM



RIGHT:
MEMBERS OF THE
STUDENT ACTIVITIES
BOARD MEETING ROCK
BAND PLAIN WHITE
T'S AT THE NATIONAL
CONVENTION FOR
CAMPUS ACTIVITIES.
PHOTO TAKEN BY:
AMBER GALATI



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



What is your favorite sport to watch in the Winter Olympics?

COMPILED BY: NICOLE RIDDLE



Shannon Christie
Senior

"My favorite sport to watch is snowboarding. Being able to watch Shaun White take the gold this year was really amazing given his rough patch in Sochi."



James Ruffino
Senior

"Snowboarding."



Ray Laux
Freshman
"Speed skating."



Cheyenne Letts
Junior

"I don't watch the Olympics."



Dr. Sherry Wien
Associate Professor of Communication
"Two-man bobsled."



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The Commuter Student Mentor Program

ALEXANDRIA AFANADOR
MANAGING/FEATURES EDITOR

The Commuter Student Mentor (CSM) Program originated in 2015 with the goal to help first-year commuter students acclimate to Monmouth University smoothly. Fast-forward to today, the program has flourished into a service that offers a mentor personalized to any incoming commuter student who wishes to have one.

To date, the program has mentored over 500 students since its birth. In that time, there have been 10-12 mentors

each year who have helped transition their respective students. Between finding on campus parking and acclimating to your classes, CSMs are there to help every step of the way.

Vaughn Clay, Ed.D., Director of Off-Campus and Commuter Services and Director of the CSM Program said, “The mission of the commuter student mentor program is to help the first-year commuter students make the successful transition to life as a Monmouth University student. We do that by showing the students how to navigate the many programs and services

that are offered at Monmouth University. It is also a way for us to assist the first-year commuters in connecting with other students and in helping them understand that they have a support system available to them if necessary.”

The previous Lead Commuter Student Mentors (LCSM) have assisted the mentors and guided them in the right direction to help the program thrive. Looking toward the future, the newest Co-LCSMs are Shannon Lawrence, a junior music industry student, and Amber Galati, a sophomore accounting student.

Galati, upon receiving news that she was going to be working alongside her close friend said, “Becoming the new Co-LCSM is an amazing opportunity to help a new class of students. We love this program so much and want to share our journey with the mentors and mentees. This program really aided me in my time of need as an incoming freshman and I am honored to do the same with another.”

The two are excited to help develop the program for the coming year. Lawrence said, “I hope to get more people involved with the program. To be able to help incoming freshman with there transition to college is very rewarding. I am excited to work with Amber Galati and having

incoming freshman feel less nervous about their first semester in college.”

Danielle Wolfe, Graduate Assistant (GA) to the Office of Off-Campus and Commuter Services and a graduate student pursuing an M.S.Ed in student affairs and college counseling said, “One of the most rewarding parts of my Graduate Assistantship has been working with the CSM program. The program sets out to help any new commuter student get acclimated to campus, and that’s huge. Commuters may feel a disconnect to campus because they’re not here all the time, but having someone like a CSM to be your first friend on campus has been a rewarding process for many of the commuter students and helps them become a greater part of the Monmouth community. I couldn’t be more proud to be their GA,” said Wolfe.

This is Wolfe’s second year working with the CSM program, after working with the past LCSM, she said, “Working with the past LCSM, Alexandria Afanador, was one of the best introductions I could have had to what the CSM program really was all about. As a first time commuter student myself last year, she really gave me insight to places on campus I had never explored or knew about. Seeing her passion

for the program helped guide us to pick a number of students to become the CSMs and it was a pleasure working with a group of students that were so passionate to help other commuter students get their footing through a number of interactions and events.”

“As we move forward this semester, I have the pleasure of working with the new Co-LCSMs Amber Galati and Shannon Lawrence as we set out to select our new group of CSMs to guide next year’s group of new commuter students. I know Amber and Shannon will do great things as LCSMs based off the mentorship and guidance that Alexandria had provided to the both of them,” she continued.

Summer Shaheed, a junior biology student and CSM said, “I loved being a CSM, the program allowed me to meet some great friends and help a bunch of freshmen get acclimated into the school.”

This past year, the CSMs helped acclimate roughly 120 incoming commuter freshman and transfer students. Galati and Lawrence are hopeful to involve more students as mentees and mentors in hopes that the lasting effect will continue to impact the community in a positive way.



IMAGE TAKEN from the MU Commuter Student Mentor Instagram
Commuter Student Mentors (CSMs) help first-year commuter students make the transition to college life.

Benefits of Going Greek

CASSANDRA CAPOZZI-SMITH
CONTRIBUTING WRITER

Do you walk around campus seeing Greek symbols printed on students’ shirts or hats? Have you ever considered Greek life? Going to a small school like Monmouth University, it is highly encouraged to get involved in something on campus. The social community of a fraternity or sorority is one that can offer different benefits to diverse groups of students.

The first advantage a Greek member may discuss is the friends and connections they have made by joining their organization; not only do you meet people in your organization but you meet people in others and even form networking connections that can help you with your future.

Going Greek can also encourage you to try new things outside of your comfort zone or even encourage you to study more. Many people do not realize that Greek organizations must consider academics when being on campus and with this, study hours come into play for the members. Not only does joining a club or organization help members with time management skills but it also can allow you to have a study date with some friends or even expose you to upperclassmen that may be willing to help you with your similar majors.

If you go Greek, you are getting involved in one of the best ways on campus. Besides the social aspects of each organization, you are also going to be getting involved in community service. Every organization has a philanthropy which can allow them to give back to the community as well as gain more knowledge on the impact of the philanthropy.

Sophomore anthropology and education student Vanessa Coleman, said joining Greek life has benefited her by allowing her to become extremely involved in community service. She is apart of Delta Phi Epsilon whose philanthropy is cys-

tic fibrosis. She said, “Our members love getting to raise money and give back to the community and the foundations we support!” Hosting fundraisers or awareness events is not only fun, but a great benefit to the charity as well as your chapter.

Greek life also opens so many doors for the present and the future. Senior psychology student and former president of Alpha Xi Delta at Monmouth University, Emily Curran, not only mentioned the many opportunities she has been given but also joining her organization.

“Being a part of my organization has improved my leadership skills and helped me come out of my shell. Once I found a group of people that I felt completely comfortable around I was able to become more confident and grow as a person. Being president was a challenge, but in the end it was a great learning experience and gave me skills that I am grateful to have for the rest of my life,” said Curran.

This is so important because as students grow older, we are expected to take more responsibilities and carry more roles within our lives. Getting the chance to lead your peers is characteristic and experience that you can carry with you forever. This can definitely be a resume builder too.

Is the fear of the Greek stereotype holding you back? You can

try to join and defy that stereotype or even meet people that make that stereotype not evident. If you are still not persuaded to join the Greek community, but still want to be involved, have no fear. Monmouth University is a college that has so many involvement opportunities. Not only can you make a bigger social group while getting an on-campus job, you get paid too.

Monmouth has a large variety of clubs and sports and there can definitely be something for everyone. From Division 1 athletics to intramurals to world language clubs to SGA, the possibilities seem endless.

When talking to Assistant Professor of Spanish Profesora Riordan-Goncalves, she highly encouraged school involvement. She said, “Students that get more involved not only interact more with their fellow peers in the community but also feel more connected to the campus environment.” This is something that is of chief importance to a college student.

So go out, take the chance and get involved. Maybe even be more open to Greek life and step outside of your comfort zone.

Alumni and current members of organizations often say that joining Greek life helped enhance their college experience and it was the best decision they have made, so what are you waiting for?



IMAGE TAKEN from Monmouth University Panhellenic Council Instagram
There are six Panhellenic sororities on campus that encourage the empowerment of women and giving back to the community.

Club and Greek Announcements

Students Advocating Girls’ Education (SAGE)

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

Hawk TV News

Hawk TV News is looking for vibrant and interested students who want to be reporters, writers, anchors, and much more. You do not need to be a communication major to be a part of this organization.

If you are interested e-mail us at s0933548@monmouth.edu or meet us on Wednesdays in JP 138 at 3:15 p.m.

The Council for Exceptional Children (CEC)

The Council for Exceptional Children (CEC) is committed to advancing the success of children with exceptionalities through advocacy, standards, and development. Through volunteer work and events, members are able to directly interact with those that have special needs and inspire them to be confident in their abilities and redefining their disorder.

If you’re interested in joining CEC, contact club president Stephani Grana at s0927700@monmouth.edu.

The Outlook

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

If you are interested, please e-mail outlook@monmouth.edu and come to our meeting during club meeting time. We hope to see you there!

MU TAKES **mtv**

CORAL COOPER
ADVERTISING MANAGER

Sophia Parola, a senior communication student who specializes in radio and TV, secured a position with MTV's on-air college programming, *MTVU*. Parola is from Manalapan, NJ and is a full-time student at Monmouth University planning to graduate in May 2018.

At *MTVU*, Parola's position is a Video Jockey (VJ). "Basically, I am the host for segments that the channel puts up. I introduce music videos, episodes, and I help brainstorm ideas for content, and I also have the opportunity to create and produce some."

Parola expanded, "It's a very relaxed position. There's no set schedule. My boss will contact me about new projects, and I say, 'yes' and then we do it! Sometimes I will go to the studio in New York, or stay on campuses. It's a really fun and stress-free position."

Through the Viacom Media Networks, *MTVU* is broadcasted through 750 college campuses across the United States. The music featured on the channel spans from indie, rock, pop, punk, to hip-hop.

In regard to landing the position, Parola felt that just being herself was what most enhanced her talents. "In my audition tape I was loud, silly, very nice to the camera guy and director, always trying to smile, and just having fun. They liked my energy. I think the qualities you need as host is being natural, number one, and also bringing your personality to the screen--your real personality--not someone you think they want to see, just you."



PHOTO TAKEN by Coral Cooper

Being a Video Jockey (VJ) has helped propel Sophia Parola's career and helped hone her talents.

Parola had a background in television through her training at Brookdale Community College. "I've been working for *BrookdaleTV* as a host since 2013, so I'm very used to talking on camera. Also I take acting classes so I am good with improvisation, memorizing lines, and taking a script and performing it--which is basically what you do as a host. I never have any problems going up to someone random to ask questions, making a fool out of myself, or thinking on my feet."

Junior communication radio and TV student, Emily Blaser, worked on a project with Parola. Blaser had written a short film and asked Parola to be her talent for the on-screen performance. "Sophia was the star of my final film for a class I

took last semester. She's one of the kindest, most patient people I know and I'm so fortunate that I had the opportunity to work with her. Sophia's creativity is endless, and I know she'll succeed in whatever she chooses to do."

The finished mini-movie can be seen played across the televisions on the first floor of the Jules L. Plangere Jr. Center for Communication and Instructional Technology.

Blaser spoke more about Parola's abilities in film, "Sophia is a hard worker who doesn't stop until the job is done. We spent an entire day filming my project, and she never complained about a thing. She even provided me with suggestions for scenes that I hadn't thought about, which ended up being the best parts of my film."

B u i l d i n g a B r a n d 1 0 1

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

We have arrived at a point in time where everyone's building something for themselves-- which is rad, don't get me wrong. But, let me ask you, what is going to make what you're building any different? Everyone's passionate, everyone's creative, everyone's got soul, so that kind of leaves everyone at a plateau, right? Wrong. That won't be me; that won't be us.

I've been around the block in terms of trying to cultivate a brand, whether it be jewelry or a blog, at the end of the day, it's an art form. A brand is who you are, who you want to be, and who you want to inspire, so creating *the look* doesn't happen over night and doesn't stay the same for long.

I mean, just look how I started out: all the way from a Word Document to this bad ass logo I had created and recreated custom for me by @LittleLiasArt.

Getting a little taste of what I'm getting at here? Cool, let's begin.

Step one is to envision.

Make a vision board for your brand. I did this for my class; we made a one to five year plan vision board and it honestly lit such a fire under my butt.

It may sound silly, but it gives you a tangible item that motivates you. You can insert pictures and take them off until you find just the right vibe that suits you.

Step two is important, you have to remember that everyone has a beginning, even you.

Don't be so hard on yourself in the beginning. You'll get a creative block or you feel like no one understands your vision-- I know, it

totally sucks. But at the end of the day, you're the only one you have to please. You're going to grow professionally and personally. It may seem like it, but nothing happens overnight.

Corey Wrenn, Ph.D., Director of Gender Studies and lecturer of sociology said, "Building a brand, from a sociological perspective, means thinking about the importance of shared meanings and tapping into cultural symbols that resonate. It's also relevant to consider that some symbols have different meanings, so it is important to think intersectionally about how race, gender, class, ability, and sexual orientation shape how someone interacts with your content."

"As a social psychological matter, there are a lot of tips for building a brand, such as tapping into social media, posting consistently and paying attention to google/facebook analytics to hone in on the particular demographic that constitutes your audience. Using a professional image and using the same image consistently is known to be useful," she continued.

Step three is secrecy.

I recommend only telling a select few, if that, what your vision is. People are nosy--they will play it off like they don't care and then turn around and turn your idea into his/hers. We don't have time for that. Just keep hustlin'.

Step four is confidence.

Somebody asked me the other day if I enjoyed blogging and my major. If you would have told me *this* is what I'd be doing in my free time freshman year, I'd be mortified. I'd never let anybody read my work; I wasn't confident enough in my own skin to thrive just by being

me.

As I grew up, I slowly got a taste of what it was like rearranging the alphabet, creating a reaction, and learned how to embrace the compliments about it. If you don't believe in yourself or your brand, nobody will. Keep your head up and everything you need will follow.

Step five is to narrow your target audience.

Things will get very messy, very quickly if you try to reach all audiences and please all your consumers. There are thousands of bands, TV shows, sports, etc., that all compete in the realm of entertainment but are all independently successful because they generate different audiences per genre. Remember that when making your brand. If your content is too broad, you will never reach a loyal, growing following.

Step six: teamwork makes the dream work.

You should consider collaborating any chance you get. But, I found such a community in people who are cultivating themselves and their brand--it's so empowering and comforting to know that everyone is trying to build their own empire, just like you.

Step seven is tricky, accepting that imitation is the best form of flattery is hard.

When you do something really awesome and begin getting public feedback, people come out of the woodwork and all of the sudden think they've found their calling just by seeing your brand/product. It's annoying, but what are you gonna do?

Diypse Duman, a junior marketing student said, "Don't get ready to get ready, just make the first move and don't ever doubt yourself."

Blaser continued, "I'm lucky enough to know Sophia both in and out of the classroom; I've seen how passionate she is about acting, and I've gotten to watch her exercise her talent in the classroom and in the performances she has done with CommWorks, the performance club on campus."

Parola recognizes that Monmouth challenged her, which forced her to master time management, and think in a creative way. "I've learned a lot about how to actually support what you are saying, which is extremely important working in the media, through a critical discourse course with Director of Advising in the communication department, Lorna Schmidt."

Parola said that being President of CommWorks really allowed her to gain friendships and become a leader. "It's really been an amazing experience watching this group grow as a whole and seeing myself grow as a Club President, something I never ever saw myself doing."

Deanna Shoemaker, Ph.D., an associate communication professor and faculty advisor to CommWorks said, "Sophia is truly a one-of-a-kind student. She stunned me and her peers with her original, funny, and moving performances exploring issues around gender, sexuality, race, and identity in my 'Performance Theory and Practice' class."

Shoemaker continued, "Beyond her phenomenal talent as a performer, she also stands out as a generous leader and highly engaged learner in the classroom."

In the "Group Performance" class, issues of race and inclusion on campus were brought up and

students created a documentary performance based on interviews they collected from members of the Monmouth community. Shoemaker said, "Sophia really stepped up as a student director and co-scriptwriter on top of delivering a beautiful performance of her interview with a beloved staff member at Monmouth. Her positive energy, courage, and natural leadership impacted the entire class experience."

Associate Dean of the Wayne D. McMurray School of Humanities and Social Sciences, Michael Thomas, recalled Parola's presence in his class. "For my confessional poets course, a perspectives class, students can earn extra credit by reciting a poem from our required reading. Sophia's recitation of Elizabeth Bishop's poem *One Art* still resonates in my memory; it was one of the most emotionally rich readings I've ever had of that poem. Sophia commands and fills a room with spectacular energy and charisma. Her voice is unforgettable."

Parola is excitedly anticipating graduating and being 'free.' She plans to continue work with *MTVU* but is open to hosting positions, perhaps for *FuseTV*, or anything in the entertainment business.

Her inspiring story will continue on from Monmouth and her exuberance for performing will propel Parola into a successful acting career. "The complete goal, however, is to become an actress. I am not so adamant on getting a job after I graduate, as I am looking forward to having more time to audition in the city, take more acting classes, and try to become a professional working actress. That is, and will always be my dream."



IMAGES TAKEN from Marble and Mascara Instagram

Building a brand from the ground up can be a tedious task, but the outcome is well worth it.

STUDENT SPOTLIGHT: CHRIS RAPAGLIA

JANE LAI
CONTRIBUTING WRITER

Vibrant, passionate, kind and outgoing, Chris Rapaglia, is a sophomore social work student who advocates for change, justice, creativity, and voice in many disenfranchised communities.

She is proudly a transgender woman and works part-time at Voyagers, a progressive school for K-12 youth in Eatontown, NJ. She also serves as Vice President of Sexuality, Pride, Education, Community, Truth, Respect, and Unity at Monmouth (S.P.E.C.T.R.U.M.), the on-campus LGBTQ+ group that participates in a number of activist-driven events.

Rapaglia has been a member of the club since fall of 2016 and has been involved in countless events such as the weekly club meetings, the diversity open mic night and intersectionality week with the ally clubs. She also participates in the annual coming out day held outside of the Rebecca Stafford Student Center.

Rapaglia actively circulates ideas to the club by listening to what her peers have to say and by voicing her creative and unique perspectives on how to bridge LGBTQ+ folks and allies in a community, which promotes pluralistic ideas.

“Chris is a very generous and loving person and has made me feel welcome in S.P.E.C.T.R.U.M and other club group meetings. She always has the best interest of everyone at heart,” said Bianca Zazzarini Leon, a sophomore English student. Her compassion and genial personality has led her to be an admirable and successful role model in the LGBTQ+ community both on and off campus.

Being a social work student, Rapaglia is able to take her activism a step further and use the valuable lessons she learns in the classroom, and apply them through a lens which promotes inclusivity both with the LGBTQ+ club and in the jobs she pursues.

“A social work education has taken me to a lot of places throughout New Jersey, but working with the Racial Justice Project at Trinity Episcopal Church of Asbury Park is a favorite of mine,” Rapaglia said. During her time volunteering there, she received the opportunity to speak at a rally over the summer where she highlighted the importance of intersectionality amongst people of color and queer individuals.

Liza Minno-Bloom, an adjunct professor of political science and sociology, commented on how she had the pleasure of working with Rapaglia in Asbury Park. With

Rapaglia being an intersectional thinker herself, she is able to fit her privileges into a larger context and begin to truly sympathize and empathize with others. She realizes that the most pivotal part of activism is advocating for the individual first before spreading the passion to others.

Rapaglia also has a few interesting qualities such as her skills as showcased in American Sign Language, a slight obsession with Oprah and her small business as an intuitive tarot card reader.

She runs weekly sessions on social media called “Tarot Card Tuesday,” where she puts out a few cards and has her followers pick one in which they vibe with the most. Following that, she makes a post releasing the information, and the power the cards have. She writes encouraging, thoughtful, and heartwarming information that leaves people with not only a smile on their faces, but perhaps a prediction of their near future. Most importantly, she emphasizes that these tarot card readings are only vehicles people can use to match the events in their lives, and not always to be taken literally.

“I was a skeptic, but her readings have made me a believer,” said Olenka Mallqui, a sophomore chemistry student.

“Please realize that you have

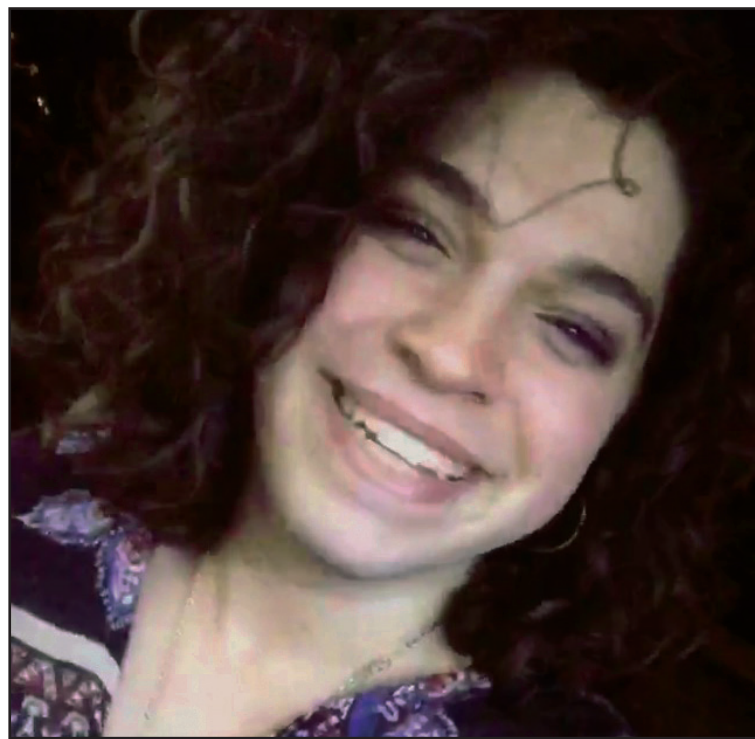


PHOTO COURTESY of Chris Rapaglia

Activism, social issues, and creativity are at the forefront of Chris Rapaglia's mission to make the world a better place.

free-will and control over your life—this is just to provide some guidance and light,” she said. “Like a weather forecast, it's always subject to change and you're the master of your life and your choices.”

Rapaglia's compassion doesn't

go unnoticed as she shows wonderful leadership skills in all sorts of academic, social, and activist settings. Her skills help her develop ways to not only fight for the marginalized, but to build and maintain lasting and meaningful with all sorts of people.

What is Love? How to Not Let Your Baby Hurt You No More

EMILY CONDRON
STAFF WRITER

Love is an emotion that so many people have attempted to understand, but have failed. With the feeling of love so much more impactful than anything, love has taken over the minds of a vast majority of college students.

The modern concept of love is somewhat of a challenge; how does one get past the communication hurdle or how does one know when there is true love? These difficulties hinder the minds of people wanting to accept love, causing them to overthink and not accept when love is right in front of them.

However, the question remains, what is love? Love is the intense and deep feelings of affection. Usually, this fondness is shared between people. In addition, true love brings loyalty and trust between the partners involved; love is not something someone can go to the store and buy, but it is something that people must let come to them by itself. When in love, there should not be a reward or a punishment, but more so an everyday feeling and admiration for someone else. With all of these components, misunderstandings and mistakes can be seen as inevitable.

To begin, communicating between partners is a tricky portion of love. In the 21st century, technology has strained the smoothness of communication that times before did not have; for example, social media apps such as Tinder and Snapchat have contributed to this. Though Tinder was made for people who wanted to find love, often times it is used as a hook up outlet for its users.

Since Tinder's showcasing in 2012, it has found a new meaning, but there are still a few who would rather keep the traditional views of the dating app and use it to find a

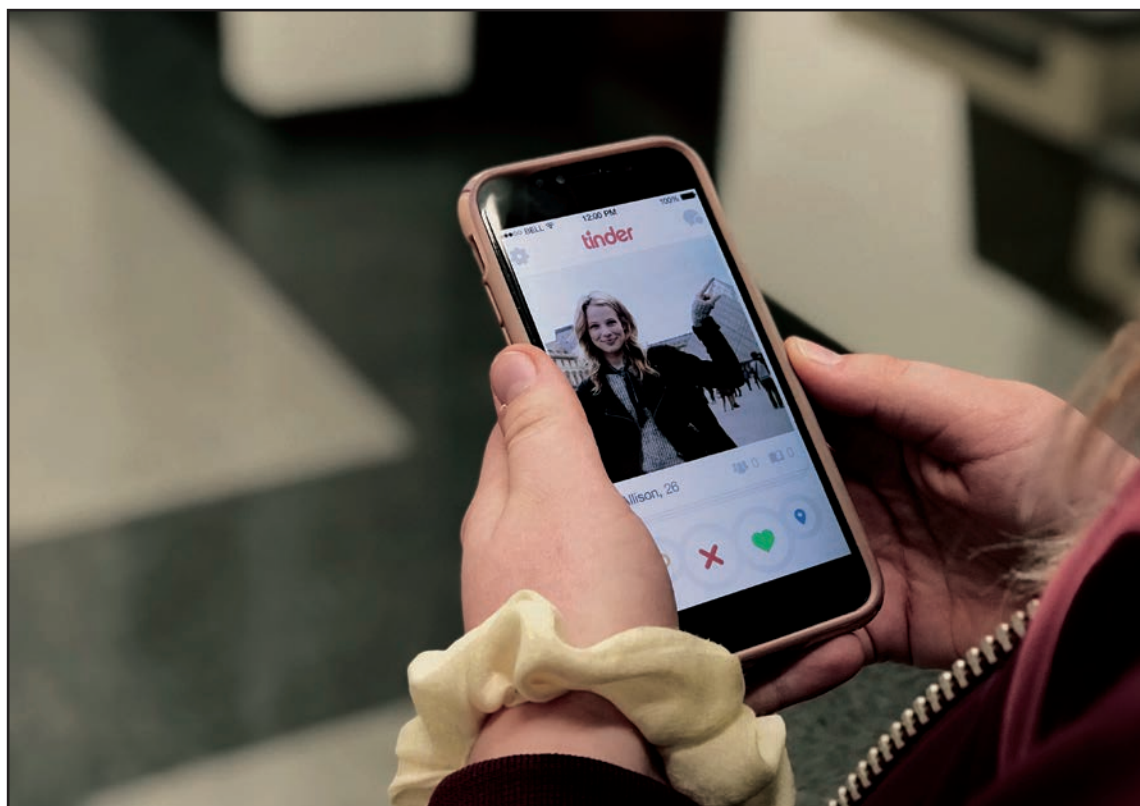


PHOTO TAKEN by Nicole Riddle

Hook up culture and miscommunications are often the downfalls of modern romance.

real partner and love interaction.

Due to the miscommunication between the users looking for a late-night hook up and the users interested in finding a relationship, there have been many times where two people have different ideas of what they want to come out of using the app, leading one or both to be disappointed.

Emma Blair, a sophomore business student said, “It's difficult to find someone who is looking for the same kind of love as you. Most aren't looking for anything at all, others want to walk you down the aisle by next week. Each person has their own balance that suits them most. Most people are in fear of making mistakes or being rejected.

It takes effort and compromise which some people are not willing to put in.”

Another example as to how technology can cause missteps in relationships is the implementation of Snapchat. With the ability of pictures and videos disappearing after a short amount of time, many have found themselves receiving inappropriate photos/videos. This allows people to easily cheat and/or make users of this app very uncomfortable and unsafe.

Shannon McGorty, a freshman health studies student, said, “Communication is definitely messed up when it comes to people today. Not only does technology make this happen, but also, so do boys and

girls who give mixed signals. I had a guy last semester give me so many signs that he liked me; over and over again I was receiving signs, but when I acted on it, he told me that he never liked me.”

The way people act toward others is another communication error. If a person does not like another person, but leads them on as if they do, so many problems can arise from that one decision of leading them on.

It is understandable that one may not want to seem mean or rude for being open about their likes and dislikes toward someone else. But with that being said, the questions that come about are: would someone rather be upfront about their feelings and have the other understand

that they have no chance, or would someone rather lead the other person on, keeping them in the dark and have them be angry and upset later on?

Alongside the communication gaps, there is a community of people who do not like putting themselves out into the dating world due to lack of trust and understanding the truth of a relationship. How does someone know if their partner is being honest when there are so many ways for the person to be dishonest? The answer to this question is having faith in the other person.

Though this may not always work, it is the first step to take. Matthew Jones, a freshman computer science student, evaluated his trust in his long-distance relationship with his girlfriend Rachel, who is still in high school. “I don't know if she cheats on me, but I have to just put my trust out there. It goes both ways, though. She has no idea if I do anything with other girls. I don't, but she has to just trust that I don't.”

Being in the mindset of the unknown is uncomfortable and scary, but talking to your partner is the key to everything. If someone is unhappy, explaining the emotions and feelings behind those feelings to the other is necessary if the relationship wants to be healthy. The same goes for happiness; expressing joy to the other shows that they can trust the other person.

Love can be problematic, but if gone about in the right ways, it can be amazing. Keeping trust and honesty in mind while leaving bad communication and uncertainty away from the relationship is the route to take.

For those students who are single, do not give up because of a bad experience; keep trying and have a positive mindset. Although the ride may have many bumps in the road, the end will be amazing.

Track and Field Wins Conference Championship

SOPHIA GALVEZ
STAFF WRITER

The men and women's track and field team of dominated in their fifth Metro Atlantic Athletic Conference (MAAC) Indoor Championship this weekend at the 168th Street Armory in New York City, and brought back another championship; with the women's team bringing home their fifth straight championship and the men bringing back their fourth championship in the last five years.

"Both teams executed well and competed with a ton of heart," Head Coach Joe Compagni said. "Whether it was competing in multiple events, or staying ready for a relay, they all really put a championship effort out there." Compagni won his 50th and 51st MAAC Coach of the Year.

The men finished with three sweeps in the 60 and 200 meter dashes as well as the shot put. The Hawks took over the top four spots in the 60-meter dash with senior Bryan Sosoo winning the race in 6.78 seconds, sophomore Ibrahim Massey in second with 6.87 seconds, freshman Joseph Miguerson coming in third with 6.93 seconds, and sophomore Peter Guerriero placing fourth in 6.99 seconds. The top four spots in the 200-meter dash were also Hawk heavy with Guerriero placing first in 22.00 seconds, while Massey finished just .01 seconds behind to place second, Miguerson coming in third with 22.35 seconds and Sosoo earning fourth in 22.41 seconds. Fifth year Malcolm Chavis earned points for Monmouth as well by placing sixth with a time of 22.58 seconds.

Senior Corey Murphy led the sweep in men's shot put by winning the event with a mark of 62'1.25". Junior Andrew Tummi-



Junior Ashley McKinnon broke the school record in the triple jump with a mark 40'4.75. The jump earned her first place in the meet.

no and sophomore Brandon Davis took second and third place with marks of 55'9.25" and 54'4.5", and freshman Andrew Huisman placed seventh with a throw of 53'4.25".

Fifth year Dylan Capwell won the 800 meter in 1:51.53 while teammate graduate student Chris Marco took second with a time of 1:53.09, and junior Bryan Cabral earned a point for the Hawks by finishing eighth in 2:01.40. The relay team of Capwell, Marco, Cabral and sophomore Ryan Rafferty placed first in the 4x800 in 7:41.79. For the 4x400 relay, the team of freshman Tim Jacacout, senior Frank Conforti, Capwell and Chavis finished second with a time of 3:19.58. In the mile event,

Marco, freshman Tim Euler, and senior Jake Howell placed fourth, seventh, and eighth with times of 4:07.56, 4:15.52, and 4:17.79.

Sosoo also won the triple jump with a jump of 48'7.5" with teammates juniors Darius Howe and Michael Pepper coming in third and fourth with marks of 48'1.25" and 46'8.25". Sophomore Tim Van Cauwenberge and Jacacout earned the Hawks five points combined in the 60-meter hurdles with times of 8.49 seconds and 8.56 seconds. In the 400-meter dash, Chavis took third by finishing in 49.02 seconds while Jacacout took sixth with a time of 49.81 seconds, and junior Greg Stickle added a point by finishing in eighth with a time of 51.72 seconds.

onds.

As for the women, junior Ashley McKinnon began her 24-point contribution by breaking the school record in the triple jump with a first place mark of 40'4.75. Sophomore Mariah Hubbard finished in second behind McKinnon with a mark of 38'6.25", and junior Patrice Baston placing seventh with a mark of 36'9".

Senior Allie Wilson's strong performance on Sunday was enhanced by her winning time of 4:56.35 in the mile. Freshman Kyra Velock took third with 4:58.38 and junior Amber Stratz placed sixth in 5:01.29. Junior Brianna Stratz won the 800-meters in 2:12.11 with Wilson finishing behind her in second with a time

of 2:12.67. Juniors Chandi Piiru and Amber Stratz placed fourth and fifth with times of 2:12.82 and 2:13.67.

The relay team of Wilson, Stratz, Stratz, and Piiru won the 4x800 in 9:05.53. For the 60-meter dash, senior Damoah Kutu-Akoi, McKinnon, and sophomore Iyanna Jenkins went 3-4-5 with times of 7.62 seconds, 7.76 seconds, and 7.78 seconds. In the 60-meter hurdles, junior Dana Lynch placed fourth with a time of 8.87 seconds while sophomore Viviane Orleans placed sixth in 8.98 seconds.

Sophomore Nioami Miranda placed third overall in the 500-meter dash with a personal record of 57.80 seconds. The 4x400 relay team of Velock, sophomore Mackenzie Todd, freshman Amanda Dwyer, and Miranda placed third by finishing in 3:57.82. Kutu-Akoi, Jenkins, and McKinnon earned 14 points for Monmouth in the 200-meter dash with times of 25.15 seconds, 25.32 seconds, and 25.72 seconds.

In field events, junior Allison Taub won the shot put with a mark of 45'5.75" with teammate sophomore Jordan Wildermuth finishing behind her in second with a mark of 44'10.25". Senior Alicia Hester and freshman Chibuzo Amonu both scored for Monmouth by placing fifth and sixth with throws measuring in at 42' and 41'1". Fifth year Casey Sturts broke a meet record in the pole vault events by clearing 12'8.25", while freshmen Savanna Sachar and Taylor Clark took third and fifth by clearing 10'.

After bringing home another MAAC Championship, some of the Hawks will be traveling to Staten Island, N.Y. to compete at the Fastrack Last Chance Meet at the Ocean Breeze Athletic Complex next Saturday, Feb. 24.

Women's Lacrosse Loses to Temple and Rutgers

CHRIS FITZSIMMONS
STAFF WRITER

Women's lacrosse failed to come away with a win this past week dropping two home games, both by double-digits to extend their losing streak to three. Monmouth's first loss came Wednesday afternoon as the team lost 18-7 to Temple. The Hawks struggles continued Saturday as they fell to

Rutgers 19-8.

The Hawks were first to score against Temple as sophomore attacker Nicole Ceraso tallied her first of three goals at the 29:07 mark. Temple took less than a minute to respond with a goal of their own to even the game at one.

Junior attacker Jenny Staines broke that tie to put the Hawks up one with her first of three also. Temple went on a six-goal

run right after to give themselves a 7-2 lead. The Hawks cut that lead to three thanks to back to back goals from Staines and Ceraso. Temple snapped right back with four straight goals over the remaining 12 minutes to extend their advantage to seven going into the half.

The Owls picked off where they left off, quickly adding two more before Ceraso added

her third for the Hawks making it 13-5 Temple. Temple answered right away with a goal of their own but Staines kept Monmouth alive with her third also. At this point with 24 minutes left on the clock with the Hawks found themselves down 14-6.

No team would register a goal for the next ten minutes as the defensive play tightened up on both ends. Temple ended the offensive drought ripping of three straight goals to effectively put the game away. Monmouth's senior midfielder Alexa Smith added one more for the Hawks as they fell to a 0-2 record.

"Our X's and O's were a little bit better than we were against Army. We are finding our own personalities offensively and defensively and now we need to lock some things up and most importantly we need to compete for 50-50 opportunities," Monmouth Head Coach Jordan Trautman said.

Rutgers quickly jumped out to a three-goal advantage on Saturday as their offensive power proved too much all day. Monmouth's senior mid-fielder Claudia LaMarca gave the team their first goal on an assist from Staines to make it 3-1. Rutgers offense onslaught picked right back up as they registered seven of the next nine goals over the remainder of the half.

LaMarca gave the Hawks some life coming out of the half, adding her second of the game to make it a 9-4 match. The Scarlet Knights rattled

off five straight goals over the next 10 minutes to effectively put the game out reach with 20 minutes left on the clock. The Hawks continued to show determination as they would add four more before all was said and done. In the end Rutgers proved too much and the Hawks dropped to 0-3 on the season.

The Hawks struggled with turnovers all day committing a total of 19 to Rutgers's 13. Monmouth also had trouble with groundballs as they only controlled 11 to Rutgers's 20. The one shining spot on the stat sheet for the Hawks was their five for eight performance on free position shots.

"We are having a lot of trouble translating our practices into games," Trautman said. "We need to compete all the time, regardless of who we are competing against. Once we translate the competitiveness we see in practice into games we will see success."

Despite the implications of the lopsided scores, Monmouth's junior goalkeeper Riley Brager continues to impress. Brager made 11 saves against Temple and eight against Rutgers to keep her team competitive in both games.

The Hawks will look to rebound with two more home games this week. Their first matchup will be on Wednesday against George Mason at 3:00 p.m. Their second game will take place Saturday against George Washington also at 3:00 p.m.



PHOTO TAKEN by Kalee Sell

Junior attacker Jenny Staines earned six total points in two games this week. The junior had three goals in the loss to Temple and a goal and two assists against Rutgers.

Men’s Basketball Defeats Siena in Triple Overtime

ZACH COSENZA
SPORTS EDITOR

Men’s basketball defeated the Siena Saints 93-89 in three overtime periods on Sunday afternoon. The game featured 18 lead-changes and 18 ties. The victory came after a 78-60 loss to the Canisius Golden Griffis on Friday night.

“We were fortunate to get just enough stops and (senior guard) Austin [Tilghman] made his free throws down the stretch to be able to get out of here with a victory,” Head Coach King Rice said.

“I was just trying to tell these guys to get one stop at a time and we’ll be fine offensively,” Tilghman said. “It was hard because we were beating ourselves the first two overtimes but we cleaned things up and went to zone and that was good for us.”

In the first half, the Hawks started off up nine in the first two minutes with the score being 9-0, thanks to two freshman guard Deion Hammond threes and a three from junior guard Micah Seaborn. Siena would close the gap and take the lead for the first time later in the first half. The nine-point lead was the highest lead for either team. The halftime score would be 36-34, advantage Monmouth.

The Hawks and Saints would trade baskets for the second half. Tilghman made two free throws to give Monmouth the 66-64 lead with one minute



Senior guard Austin Tilghman scored 24 points and added eight rebounds in the 93-89 win against Siena. The 24 points tied a career-high for the senior.

left in regulation. Siena would make a jumper with 26 seconds left to tie it up at 66 all. Seaborn would miss the potential game-winning layup with seven seconds left, making it the third overtime game of the season for the blue and white.

Siena would be up 74-72 with 32 seconds left after a layup. Seaborn would attempt a go-ahead three-pointer with 14 seconds left which would be off the mark, but fresh-

man guard Ray Salnave would get the offensive rebound and be fouled, making two free throws to send it to the second overtime.

In the second overtime, Monmouth would be up 85-80 with 25 seconds left after two made Seaborn free throws. Siena would make a layup and three free throws in the final 19 seconds to send it to a third overtime period.

In the final two seconds

in the third overtime, Tilghman made two game-winning free throws, got a steal, and clinched the game with two more free throws to give Monmouth the 93-89 victory.

“We got some older guys that have been through some things before,” Rice said. “Austin was awesome, anytime you can get a win in three overtimes your kids had to fight.”

For the game, Tilghman finished tying his career-high

with 24 points while adding eight rebounds and four steals. Hammond, Seaborn, and senior center Zac Tillman also were in double-figures with 16, 15, and 15 points, respectively. This was the first game back for Seaborn after missing seven games due to injury.

On Friday night, the Hawks fell to Metro Atlantic Athletic Conference (MAAC) leader Canisius 78-60. Hammond and sophomore guard Louie Pillari led the Hawks with 14 points each.

“Tough night for the Hawks. We got outplayed by a better team tonight,” Rice said. “When you watch [Canisius] play, they’re a team together... we’re a group right now that’s trying to become a team.”

The blue and white would be up 22-19 with eight minutes left in the first half. Canisius would retake the lead after a made three-pointer before the under-four media timeout and would lead the rest of the way. Monmouth would go into halftime down 39-30 and the Golden Griffis would win with the score being 78-60.

The Hawks (10-18, 6-10 MAAC) will play their final two games of the regular season this week. First in a HOURglass rivalry and Senior Day game against Rider on Thursday night at 7:00 p.m. at the OceanFirst Bank Center. Then the blue and white will play the regular season finale at Fairfield on Saturday afternoon at 1:00 p.m.

Women’s Basketball Falls Twice in Buffalo Trip

MATT DELUCA
STAFF WRITER

Following a two-straight victories at home, the Monmouth women’s basketball team lost twice on their Buffalo, NY trip over the weekend.

Friday night the Hawks fell 62-50 to Canisius at the Koessler Athletic Center. No Hawk reached double figures in the contest, as sophomore forwards Adriana Zelaya and Alexa Middleton leading the way with seven points each. Middleton also had seven rebounds in the game.

The Golden Griffis started the game hot, shooting seven-of-nine in the opening quarter to jump out to an 18-13 lead after ten minutes. A jumper from sophomore guard Kayla Shaw brought the game to within four with 5:54 remaining in the second quarter, but Canisius outscored Monmouth by five to end the half. The Hawks trailed 31-22 at the break.

Canisius opened the third quarter on a 9-0 scoring run to balloon their lead to 18. They were able to maintain their lead, as the score after 30 minutes was 51-36. The Hawks were able to cut the Golden Griffis’ lead down to 11 on a 4-0 run, but they could not mount the full comeback, falling by 12 points.

“While we are not happy with the result of today’s game, I do want to acknowledge the effort we gave late,” Head Coach Jody Craig said. “That’s the spark and hunger we need all 13 players to play with. We need to set the tone like that from the start to win on the road.”

For the game, the Hawks shot 36 percent from the field and just 13 percent from three. They out-rebounded Canisius 36-31. With a three-point shot in the game,



Sophomore forward Alexa Middleton had a career-high 22 points in the 68-65 loss to Niagara on Sunday afternoon. Middleton was also one rebound off from a double-double.

Shaw moved into sole possession for sixth all-time in Monmouth program history with 144 made three-point shots in her career.

Monmouth looked to rebound on Sunday afternoon, but came up short again, falling to the Niagara Purple Eagles 68-65 at the ‘Taps’ Gallagher Center. Middleton led the team in scoring with 22 points, while also grabbing nine rebounds. Senior guard Dana Carbone scored 11 points on four-of-six shooting, and senior guard Rhaiah Spooner-Knight had ten.

The Hawks got off to a great start, as they led by as many as 11 points in the first quarter, as Middleton scored five points and grabbed five rebounds, while Shaw hit two three-point shots. After ten minutes, Monmouth

led 20-11. The Purple Eagles outscored the Hawks by four in the second quarter, but Monmouth went into half up 32-27.

Niagara came out of the half hot, taking a one-point lead midway through the third quarter. Middleton converted on an and-one play to later tie the game at 45, but the Purple Eagles went on a 6-0 scoring run to take a 51-45 lead, forcing a Monmouth timeout. The Hawks were able to bring it back to one possession, as the score was 52-49 after 30 minutes. Monmouth was able to cut the deficit down to one on four separate occasions, but could not take the lead, as Niagara hit two free throws to seal the game late.

“We showed a lot of fight today and played hard,” Craig said.

“But turnovers once again hurt us in the third quarter. It’s hard to give away opportunities to win the same way over and over again.”

Middleton’s 22 points was a new career high, surpassing her previous high of 14. For the game, Monmouth shot 41 percent from the field and 26 percent from three.

The two losses dropped the team’s record to 8-19 on the season, and 6-10 in Metro Atlantic Athletic Conference (MAAC) play. They will hope to respond in their next game, as they host Fairfield as part of Senior Night on Friday. Tip-off is slated for 7:00 p.m., and the game can be found on ESPN3 and on WMCX 88.9 FM.

UPCOMING GAMES

- Wednesday, Feb. 21**
W Lax vs. George Mason
Kessler Stadium
West Long Branch, NJ 3:00 p.m.
- M Lax at Wagner
Staten Island, NY 3:00 p.m.
- Thursday, Feb. 22**
MBB vs. Rider*
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.
- Friday, Feb. 23**
Baseball vs. St. John's
Cary, NC 3:00 p.m.
- WBB vs. Fairfield*
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.
- Saturday, Feb. 24**
M Lax vs. Delaware
Kessler Stadium
West Long Branch, NJ 12:00 p.m.
- MBB at Fairfield*
Fairfield, CT 1:00 p.m.
- W Lax vs. George Washington
Kessler Stadium
West Long Branch, NJ 3:00 p.m.
- Track and Field
Fastrack Last Chance
Staten Island, NY
- Sunday, Feb. 25**
Baseball vs. UMBC
Cary, NC 10:30 a.m.
- WBB at Quinnipiac*
Hamden, CT 2:00 p.m.

*conference games



TRACK TAKES THE MAAC



The Men's and Women's Track and Field teams won the Conference Championship this past weekend.