



THE OUTLOOK

MONMOUTH UNIVERSITY'S
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Vice President for University Advancement Named

ANTHONY ROSSICS
CONTRIBUTING WRITER

Jonathan D. Meer has been named the new Vice President for University Advancement by University President Grey Dimenna, Esq.

According to the University, Meer will champion the University's key fundraising initiatives with a special focus on raising dedicated funds to support student scholarships and increasing the University's endowment. Meer's responsibilities will also be critical to strengthening engagement efforts with alumni.

"[The Vice President for University Advancement] is a very important position as it is responsible for all fundraising and alumni affairs," said Dimenna. "These areas are vital, especially for private universities as funds raised from private sources help to fund scholarships for students and other activities which helps keep tuition lower."

"One of my top goals is executing a successful Scholarship Campaign that will run through the summer of 2019 and will add substantial current use and endowed funds for scholarship," said Meer, whose appointment was effective as of March 1. "To help lead this campaign, we will be recruiting a volunteer Campaign Cabinet that is full representative of all University constituencies, including students."

According to Meer, his first priority is to bring in more gift revenue to alleviate pressure on the employees in the Offices of Finance and Enrollment Management.

"In the short run, that means

raising more money from alumni, parents, friends, faculty and staff, and local corporations and foundations that can lessen the University's dependence on the revenue we receive from our students," said Meer. "To be successful, my team and I must do a better job of telling the 'Monmouth Story,' and encouraging especially those alumni who had positive experiences here as students, to understand why it is so crucial for them to help us strengthen the financial undergirding of the University."

Meer also said that his office will likely plan a "multi-year comprehensive campaign," which will seek to raise "substantial" funds for a wide range of initiatives including academic programs, facility enhancements, and athletic priorities.

"Additionally, it's very important that we inculcate in Monmouth students a sense of the University's history, its upward trajectory, why they are so fortunate to be part of the wonderful community here, and some sense of obligation when it comes to giving back philanthropically after graduation, so that future generations of Monmouth students will have the same opportunity they now have," Meer continued.

Meer entered the search for the position last fall after a meeting with Dimenna. Dimenna said that the University completed a national search to fill the position and said that Meer was "the unanimous choice as the best qualified candidate."

"I am delighted to welcome Jonathan to the Monmouth family," said Dimenna in a press release released on March 12. "Even before his official duties began, he met with our alumni in Florida,

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"Deadbolt-Style" Locks Continue to be Installed to Increase Safety

ALEXANDRIA AFANADOR
MANAGING/FEATURES EDITOR

KERRY BREEN
SENIOR/NEWS EDITOR

Deadbolt-style locks have been installed in Joan and Robert Rechnitz Hall and the Jules L. Plangere Center for Communication as part of an ongoing effort to increase on-campus safety and security. This precautionary step was taken, according to Patricia Swannack, Vice President for Administrative Services, to improve the time that it would take to lock a door.

According to Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, the deadbolt-style locks are being installed in stages due to the amount of locks that need to be put in.

Nagy said that the installation is not due to the Feb. 14 shooting in Parkland, FL, but as part of the "natural progression" of increased campus security.

"There are many different styles of locks throughout the campus, some of which can be locked with a key," said Swannack. "It is much easier to simply flip a deadbolt from inside a classroom than to have to locate keys."

Swannack also mentioned, that deadbolts are a cost-effective solution. A deadbolt style lock costs approximately \$45 per lock and are being installed by University locksmiths and carpenters. Installation takes approximately

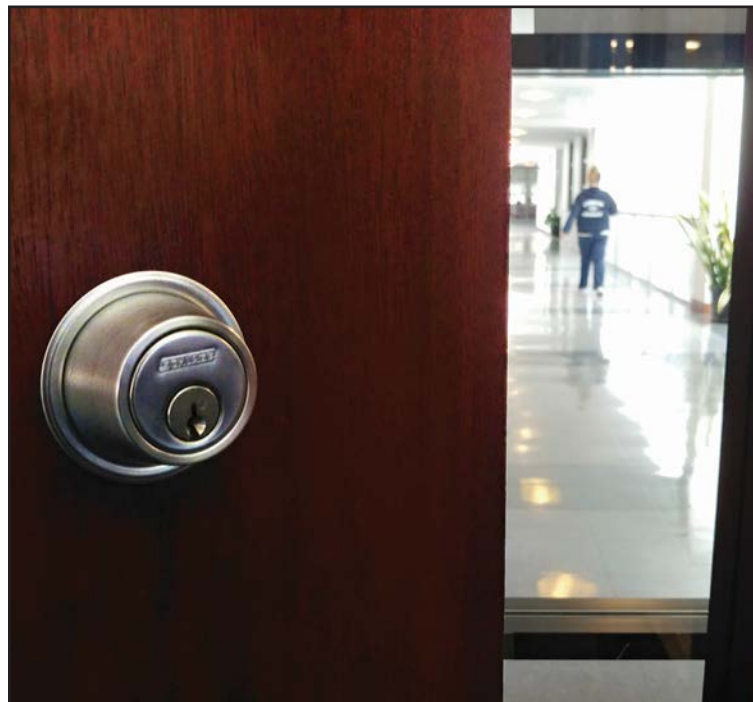


PHOTO TAKEN by Alexandria Afanador

Deadbolt-style locks are just one of the several steps the University takes to ensure safety on campus.

one hour per lock.

"I feel this is safe," said Conor Scott, a senior homeland security student. "The main thing that I can see this measure being useful for is active shooters or other shelter-in-place scenarios. If something happens that forces students and staff to hide, deadbolting classroom doors may help provide an extra level of defense from a threat outside the classroom."

Many of the building locks have a button under the latch

which, when pushed, causes the door to be locked from the inside, as opposed to a deadbolt. Once locked, a key would be needed to gain entrance, or the door would need to be opened from the inside. Buildings with these locks include the Magill Dining Hall and the offices in the James and Marlene Howard Hall, Samuel E. and Mollie Bey Hall, and the Plangere Center. Locks with a key mechanism cost the

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Senior Fine Art Show Presented in DiMattio Gallery

ALEXANDRIA AFANADOR
MANAGING/FEATURES EDITOR

Senior fine art students gathered their work together to be displayed in Rechnitz Hall's DiMattio Gallery at the Senior Show: Fine Art & Animation that took place on Friday, March 23.

As students, faculty, and families alike leisurely strolled around the gallery, they were able to see the seniors' hard work and dedication to the arts on full display; each student being showcased had their own section of the gallery walls. The event started at 7 p.m. and ran until 9 p.m.; throughout the night, both the first and sec-

ond floor of the gallery were packed.

Amanda Green, a senior fine art student whose work was on display at the event, said, "I've always been passionate about trying to capture a person that's why many of my drawings and paintings are portraits. Everyone sees the world differently, but sharing artwork is a great way to share your view of it."

"I love to hear what people see when they look at my artwork even if it's not what I was going for. I don't just share my art, but I share pieces of me and want to move people to feel something as well," she continued.

Of course, these students

have their own inspirations as well, Michelle Toscano, a senior fine art student and one of the many students who had their work displayed at the event, said, "I have always been inspired by the work of Salvador Dali and Rene Magritte. I find the surrealist movement of art to be so interesting and playful. I enjoy the juxtaposition that these two masters use in their work and I try to emulate that in mine as well by incorporating color and thought provoking elements."

Art fanatics were able to cycle through the gallery to view art students' paintings, animations,

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PHOTO COURTESY of Monmouth University

Jonathan D. Meer joins the University administrative staff after 12 years at nearby Rider University.

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Debate Team Competes in National Championship

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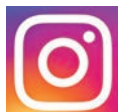
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Second Annual Sustainability Panel Presented by Faculty and External Professionals; Nearly 100 Students Attended

JOY MORGAN
ENVIRONMENTAL/ASSISTANT NEWS
EDITOR

The Leon Hess Business School hosted the second annual Sustainability in Business Panel to educate students on the future of business in tandem with sustainable models of corporate social responsibility.

Nearly 100 students gathered in Young Auditorium from 5:30 - 7:30 p.m. on March 5 to learn from sustainable business professionals who gathered as panelists, about their role in sustainability. For the panel, sustainability was defined as being a wholesome mindfulness of society and the planet at large in businesses' decision making.

The evening kicked off with a light appetizer reception followed by an introduction of the panelists done by the moderator and primary organizer Scott Jeffery, Ph.D., an associate professor in the school of business and decision sciences and a member of the New Jersey Higher Education Partnership for Sustainability (NJHEPS).

Jeffery proceeded to ask the panelists a round of questions before the panelists held the microphone for a few minutes each and opened the room to questions.

"I feel sustainability is the way of now," said panelist Kyle Tafuri, Director of Sustainability for Hackensack Meridian Health. "Changes are occurring within businesses of all sizes to account for some of the issues we are seeing today. Companies like Unilever see the threat of these environmental issues to their bottom line. In the future, sustainability will just be ingrained into people's everyday lives."

"At the end of the day, our businesses and communities rely on the health of the planet we live on," Tafuri continued.



IMAGES TAKEN from monmouth.edu

The second annual Sustainability in Business Panel focused on the interconnection of sustainable models and social responsibility in fields of business.

Other panelists included Richard Lawton, the Executive Director of the New Jersey Sustainable Business Council; Amy Tuininga, Ph.D., the Director of the PSEG Institute for Sustainability Studies at Montclair State University; and Maiya Furgason, an adjunct professor at the Leon Hess Business School.

Key topics discussed and questions asked centered around what it means to be sustainable in business, what role sustainability will play in business over the next five, ten, and 20 years, and what careers are available for people who study sustainability.

Present at the event was Marco Palladino, a senior criminal justice student with a focus on sustainability.

"If the human species want to continue to occupy the planet, then sustainability in business is beyond necessary," said Palladino. "At Monmouth we teach business ethics. Profit can be important, but remembering we have a responsibility to the communities we serve is equally so. We need to make sure we are not jeopardizing future generations."

Jeffery said that the evening was planned because the University is meant to train the leaders of tomorrow. With that, the students need to be aware of the is-

ssues that will be faced, both environmentally and in business in the future. It is the common consensus amongst the panelists that these issues are relevant across all disciplines and important for more than just science and business professionals.

Furthermore, attendance to the event provided students an opportunity to network with other professionals in the field and build useful connections for the future.

"Sustainability in business needs to happen. The students need to be aware of this. Monmouth is behind the curve as a university and we need to catch up to where other NJ universities are in sustainability. It's not ingrained in our culture but it needs to be," continued Jeffery.

Elizabeth Newcombe, a senior business management student, said "It's easier in the short run to solely focus on having a good bottom line, but in reality the way to do good business, which is proved by a lot of Japanese models, it to dominate the market share. In an effort to gain a high market share, sustainable business practices and good relationships with customers are infinitely more important than the bottom line."

Newcombe continued, "The

easiest way to get a good bottom line is to make the cheapest product in the worst way, which is not a sustainable model because you will not maintain good relations with your customers, or build a trust, there will be no reason to come back if your products are poor quality."

At the event Lawton spoke to this concept by sharing the New Jersey Sustainable Business Council's focus on "people, planet, and profit," a triple bottom line model that Lawton stressed would encourage positive societal growth and development driven by business. This model is designed to benefit a business's success while achieving good for all members of society and the world.

Tafuri said, "Leading businesses are becoming sustainable because it benefits the bottom line when done the right way. All of the issues today are opening up opportunities for entrepreneurs and business to innovate and create solutions. Switching over to healthcare, hospitals do not have a choice, at the end of the day we will only be as strong as the communities we operate in."

To illustrate the importance of corporate social responsibility and sustainability, Jeffrey referenced a newsworthy call to action from Laurence Fink, CEO of Blackrock, a global investment management firm with over six trillion dollars in

assets. The call to action was sent to all of the companies Blackrock invests in.

The letter in part read, "Society is demanding that companies, both public and private, serve a social purpose. To prosper over time, every company must not only deliver financial performance, but also show how it makes a positive contribution to society. Companies must benefit all of their stakeholders, including shareholders, employees, customers, and the communities in which they operate."

Tafuri's advice to students is to find their purpose. "You are going to spend many years working, if you want to be the most fulfilled, work in an area that you feel is your purpose. Success will come if you are doing what you are passionate about," Tafuri said.

Supporters and organizers of this event also included Patricia Lemara, the assistant to the Dean of the Leon Hess Business School and The Urban Coast Institute (UCI).

Any students interested in sustainable business or environmental sustainability are encouraged to email Jeffrey at sjeffrey@monmouth.edu.

Newly-Appointed Vice President for University Advancement Brings Over 12 Years of Experience

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engaged with student athletes, parents, and supporters of our basketball programs at the Metro Atlantic Athletic Conference (MAAC) championships in Albany [NY], and spent quality time with our trustees and senior staff to chart a path for the months and years ahead."

"I absolutely love it here after only three weeks as a Hawk," said Meer. "I'm guessing that's how most of our students feel during the start of their first year on campus."

Meer previously worked at Rider University for 12 years, where his responsibilities included oversight of development, alumni affairs, communications, and public relations for the school's Princeton and Lawrenceville campuses.

He also served as the Vice President for University Advancement at the University of the Pacific in Stockton, CA.

"I'm very proud of the campaign I planned and led at University of the Pacific between 2000 and 2005," Meer continued. "We set a goal of \$200 million and the campaign ultimately concluded with more than \$320 million in gifts and

"Among our many other institutional attributes, we have one other that I've picked up on in my short time here: a hunger to be better than we are. That institutional drive to improve...to be 'the best Monmouth we can be' is exciting. And, assuming those of us who promote the University every day are successful in our work, the sky is the limit."

JONATHAN D. MEER
Vice President for University Advancement

pledges, including a \$100 million gift."

Meer's achievements at Rider University included the planning and execution of a series of what he called "very exciting" new events as part of Rider's 150th anniversary in 2015; he stated that that planning also resulted in the earning of "a new Guinness World Record."

Meer was the architect of three mini campaigns to secure funding for capital projects in excess of \$35 million, and in-

creased giving programs by 69 percent to an annual average of \$10 million between 2012 and 2015.

At Rider, Meer also led recent efforts to secure record levels of support through a Trustee Challenge for unrestricted funds.

"Since moving back from the West Coast in 2005, my wife and I have enjoyed raising our three sons in New Jersey," Meer said. "After spending 12 very professionally satisfying years at Rider University, I began to

think broadly about the kind of university in and around New Jersey where I could have the greatest impact and where I would 'fit' best, given campus culture, leadership, and institutional mission and vision. I had been introduced several times to Monmouth over the years and each time I came away with the feeling that if I were ever to leave Rider, Monmouth would be at the top of my short list for a future professional home."

"Notwithstanding the various serious challenges facing higher

education in general, I foresee an exceedingly bright future for Monmouth," said Meer. "Given its strong leadership (in the administration and the Board of Trustees), an enviable location, stunning campus, compelling academic and co-curricular programs (including Athletics), stable finances, excellent facilities and bright students, the University has some real advantages over other institutions in our space."

"Jonathan is a very experienced fund raiser as well as a great colleague. I look forward to working closely with him and raising substantial monies for the benefit of the University and the students," said Dimenna.

Meer said, "Among our many other institutional attributes, we have one other that I've picked up on in my short time here: a hunger to be better than we are. That institutional drive to improve, not to morph us into another university but to be, 'the best Monmouth we can be,' is exciting. And, assuming those of us who promote the University every day are successful in our work, the sky is the limit."

University Offers Various Means for Campus Protection

DEADBOLT cont. from pg. 1

“I think every school, whether you’re an elementary school or a high school or a college, now you’re constantly looking at what you are doing,” Nagy said. “They’ve done a lot of things over the years to improve safety.”

“I think this is a step in the right direction,” said Scott. “Having a deadbolt on classroom doors doesn’t pose any considerable risks that a simple lock wouldn’t present. In the event of an emergency in which students cannot safely evacuate, having an extra layer of security as simple as a deadbolt could make a difference.”

Sophomore homeland security student Alyssa Corea said that she felt the locks were a good step because she thought that many classrooms did not have locks on them in the first place.

According to Swannack, the installation of the deadbolt-style locks will not affect the historical features of Woodrow Wilson Hall and the Murry and Leonie Guggenheim Memorial Library. “[These buildings] are not exempt from complying with safety regulations,” said Swannack, who said that despite the “many different” door and lock styles in Wilson Hall, many of the rooms already have locks including a deadbolt. Campus leadership is also “evaluating steps” which can be taken to improve safety in the Thomas A. Edison Science Hall.

“We have also installed card access on many of the larger buildings on campus,” said Swannack. “This would allow the Monmouth University Police Department (MUPD) to ‘lock down’ a campus building or all buildings with card access if an emergency situation warrants such action.”

MUPD also evaluates class-

rooms and performs Active Shooter Trainings five times per year in locations that have included Edison Hall, residence halls, and the Lauren K. Woods Theatre.

Swannack also noted that, in addition to having “excellent relationships with the surrounding police departments, as well as Monmouth County,” the majority of MUPD officers have retired from a variety of police departments throughout the state, bringing years of experience to the campus security.

“The University Police have visited many departments over the years to review with the occupants specifics concerns and/or remedies that can be used if, God forbid, anything ever happened,” Swannack said.

According to Nagy, University safety measures also include phones in every classroom, a campus-wide computer application (Alertus) that allows users to send an alert to the Monmouth University Police Department (MUPD), and security cameras which are “incredibly helpful” in locations such as the underpass and the entrances and lobbies of residence halls.

According to Swannack, Alertus was purchased by the University due to difficulty in installing a campus-wide panic alarm system.

“On hard wired computers, not laptops or mobile setups, there should be a small red icon in the lower right hand corner of your monitor,” said Swannack. “The red button, if clicked, will send a silent notification to MUPD that there is an emergency situation and the person activating the alarm cannot speak openly. The system is a quick and easy way to summon help.”

According to Swannack, the system is tested every shift by MUPD officers to ensure that it is

working and so that “all personnel understand what to do in the event of an emergency.” Swannack also said that the system can be activated by MUPD to send an outgoing emergency message to the campus community.

“I think Monmouth University is right to consider various means of protecting students in the event of an emergency,” said Scott. “Active shooters seem to be becoming a more common occurrence at schools across the United States. Bolstering security is a wise move on the part of the University. It is easy to become complacent and think that an active shooter scenario couldn’t happen here, but it’s best to be aware of the risks and take the necessary steps to mitigate them.”

“On a college campus it’s very tough, because we’re an open campus,” Nagy said. “At least with a high school or an elementary school, you can kind of control points of entry. Imagine trying to control the points of entry to this campus. Yet, if we had a gate completely around this campus and you only had one or two entrances... in essence, you’re walling yourself off from the community, and walling the community off from you, and I’m not sure that’s healthy on a college campus.”

Swannack said that the University’s emergency preparedness plan is reviewed and revised as necessary on an annual basis. She also asked that students do what they can to help the University protect them.

Both Swannack and Nagy strongly encourage the Monmouth community to not prop any doors open to buildings, that includes residence halls. Also, the two recommend that should anyone feel uncomfortable or see something out of the ordinary to you on campus, the Graduate Center or the Lake-

house, that you immediately call the Monmouth University Police Department (MUPD) to let the officers further handle the situation.

“If you do not want to call the police, then tell a faculty member, administrative employee, or staff member, and ask them to report it,” Swannack continued. “If it is necessary for you to walk across campus late in the evening, or at any time and you are concerned for your safety, MUPD offers an escort service. Please do not hesitate to use it; it is for your protection.”

“I think that some of the best defense, from a safety and security perspective, is really each other,”

said Nagy. “If people see something, they should say something. There have been times where a backpack has been left here for hours, and people will call. We’re the best ones. If we see a door that’s propped open, we make sure that door gets pulled closed and we aren’t propping open doors in the future. We are important defenses.”

To read Outlook editors’ opinions on this topic, please read the editorial “Editors Talk Campus Safety” on page four.

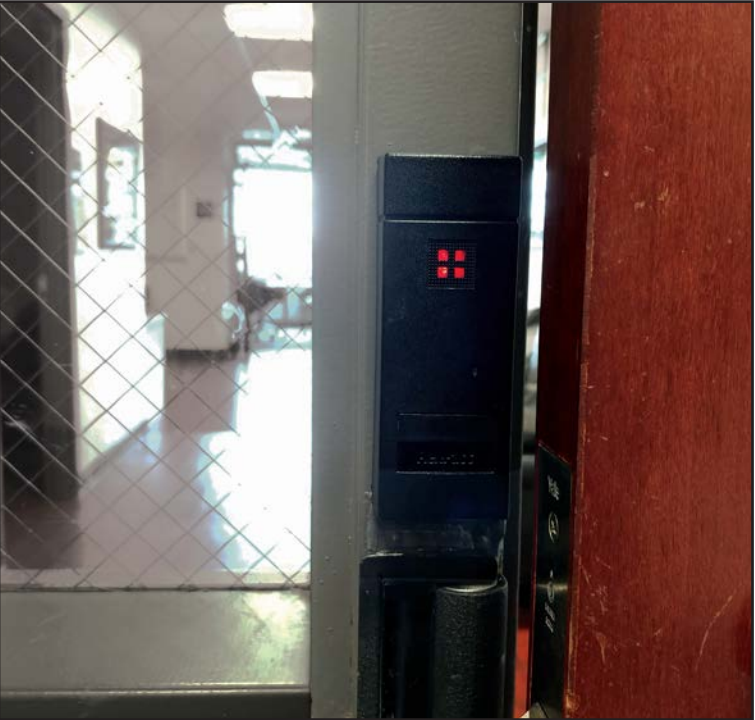


PHOTO TAKEN by Alexandria Afanador

Certain rooms and labs on campus have key card access locks, which can only be opened with certain identification cards.



PHOTO TAKEN by Kerry Breen

The red button in the lower-right corner of every University desktop can send an emergency report to the Monmouth University Police Department (MUPD).

Debate Team Attends National Championship Tournament for the First Time

KERRY BREEN
SENIOR/NEWS EDITOR

The University Debate Team competed at the Cross Examination Debate Association/National Debate Tournament (CEDA/NDT) national championship, scoring victories over debate teams from the University of Madison-Wisconsin, the New School, Southwestern College, and James Madison University.

The championship, which was held at the University of Puget Sound in Tacoma, WA, took place from March 15 to March 18. This is the sixth and final tournament that the debate team participated in during the 2017 - 2018 academic school year.

According to Joseph Patten, Ph.D., associate professor of political science and the debate team’s faculty adviser, four students competed in the tournament, compared to the usual 16 - 20 students that attend. Juniors Alexis Vasquez, Sabrina Saenger and Gregory Harpe and sophomore Landon Myers, all political science students, participated in the four-day tournament. Saenger and Harpe competed as one team of two, and Myers and Vasquez competed as another.

The tournament included approximately 160 debaters from over 30 universities around the country, including Harvard University, Cornell University, New

York University, the University of Southern California, and the U.S. Military Academy.

“Going to the tournament was extremely scary,” said Saenger, who beat the New School, Southwestern University, and James Madison University. “This was Monmouth’s first time competing at Nationals. We had no idea what do expect, but we knew competition was going to be tough, though going up against these nationally-ranked teams really helped us learn and improve our debating skills.”

“The teams did really well,” said Patten. “This is the first time Monmouth University had teams compete in the national debate tournament, so it’s a sign that our program is growing and gaining national exposure.”

The debate resolution for the 2017 - 2018 year has been health care, according to Patten. Students argue on both the affirmative side, advocating for different types of national health insurance plans, and the negative side, where they argue against said health insurance plans.

“We’ve had a debate team since 2009, and I think this has been our most successful season in terms of winning awards, having over 35 different debaters compete in at least one tournament, and in competing in six weekend-long tournaments,” Patten continued.

Myers earned a National Debate Scholar Award at the tournament. According to Patten, the award was earned for excelling in both the debate rounds and in the classroom. Myers competed in all six tournaments this season, as well as maintaining a “near 4.0 grade point average” according to Patten.

“As captain of the team, I’m extremely proud of everyone for putting themselves out there and doing their best,” said Saenger. “Getting some wins made me even more proud. Competing at a national tournament was really a great accomplishment for us

all, and for the debate program as a whole.”

The 2017 - 2018 debate resolution is about health care, meaning that teams have been debating the same topic all year. Each team of debaters competed in eight two-hour rounds on Thursday, March 15 and Friday, March 16; playoff rounds were held on Saturday, March 17, and Sunday, March 18.

“I think people need three things in order to succeed in life,” Patten said. “We have to know things, we have to have skills, and we have to be tough to overcome all obstacles that come our way in life. Debate does all these things.”



PHOTO COURTESY of Sabrina Saenger

Four University debaters attended the sixth and final debate tournament of the 2017-2018 year at the University of Puget Sound.

Anti-Racism Rally to be Held

The University’s Leadership Team is orchestrating an anti-racism rally that will take place on the steps of Wilson Hall on Wednesday, April 4 at 2:00 p.m.

The Leadership Team, consisting of senior Kendall Walker, sophomore Vanessa Bernal, and freshmen Virginia Biase and Matthew Vargo will orchestrate the logistics of the rally. The ultimate goal of the group is to establish a Multi-Cultural Center on campus.

“We want the community at Monmouth to hear from their fellow students and faculty about experiences with racism, whether personal or viewed by another,” said Vargo, who had the initial idea for the rally. “We believe that the student’s voices will be more powerful and impactful because we are each other’s peers.”

A petition also exists online regarding the creation of an on-campus multicultural center, as well as an anti-racism pledge.

A full preview of this event will appear in the April 4 edition of The Outlook.

THE OUTLOOK

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Editors Talk Campus Safety

EDITORIAL STAFF

Monmouth University is working to install deadbolt-style locks on the inside of classroom doors as a protective measure against incidents on campus. Most recently installed in the Jules L. Plangere Center for Communication and the Joan and Robert Rechnitz Hall, the deadbolt-style locks are intended to keep the campus community safe in case of an emergency.

The locks, which cost approximately \$45 each, are meant to increase safety and security on campus, along with the presence of the Monmouth University Police Department (MUPD) security officers and other on-campus safety measures. While Mary Anne Nagy, the Vice President for Student Life and Leadership Engagement, said the locks were not a “direct response” to recent school shootings, she did say that violence on campus is something the University is always looking to prevent.

“I think the locks are a start to new innovations and technology that will make schools safer,” said one Outlook editor. “In the end, they are a step towards preventing random acts of violence.”

“I think this is more protective than preventative,” said one editor. “If someone is going to incite a heinous crime, they are unlikely to care about

locks on the doors.”

“There should be red flag laws and comprehensive background checks in order to prevent deranged people from obtaining guns. These deadbolts are just like putting sunblock on after you’re already sunburnt. It’s window dressing,” added another editor.

Some editors suggested that the University could also try to implement more solutions to create a safer campus. While they acknowledged that the school could only do so much, they felt there were safety measures that could be installed or increased. Recently, the University has installed a computer system, called Aler-tus, on all desktop computers, which allows users to alert MUPD and campus security of a threat; previously, phones were installed in all classrooms, which Nagy mentioned was now less effective due to the prevalence of personal cell phones.

Several other editors also agreed that the security may not be effective. Another suggestion included an increase in education about gun control could be helpful. Some believed that an emphasis on students speaking up might be helpful in the prevention of violent acts.

“I would definitely want to see more done in terms of making sure students have a way to speak up if they notice any issues, with certainty that

any information will be investigated to a reasonable extent,” said one editor.

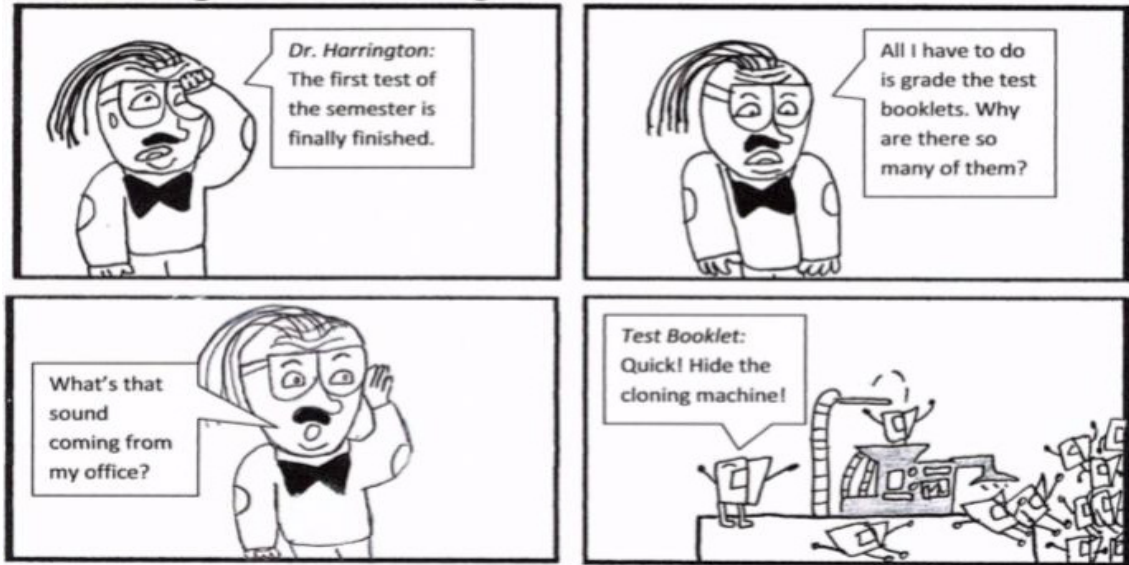
Another said that they believed that students and residential assistants (RAs) should be made more aware of what could qualify as alarming behavior.

Some editors also agreed that they thought the idea of installing deadbolts did not really address the larger issue of violence in schools and in the country at large.

“I think this is like putting a band-aid on the issue, since it’s a protective measure that’s kind of unrelated to the underlying issue,” said one editor. “If someone has a weapon with intent to do damage, there really isn’t any reason to believe that a deadbolt is going to stop them. It might be good for peace of mind, and I hope the day never comes where they are actually used, but I think it’s really the only thing that can be done that’s within the school’s power. The rest is up to people and the government.”

“This is simply having a plan for the occurrence of a violent act instead of attempting to stop the violent acts from happening,” said a third editor. “It is embarrassing and a joke that stricter gun laws have not been put into place in America. How many more people have to lose their lives or a loved one before a change is made?”

Knowledge and Quinn by Brian Turczmanovicz



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Living with the 'Rents

ALEXANDRIA AFANADOR
MANAGING/FEATURES EDITOR

When I say that I'm a senior and I'm a commuter, often-times, people think I am living with a group of friends, or maybe I've ventured off on my own. But, when I follow that up with, "No, I still live at home," I'm usually left with an, "Oh that's cool," with a tone of voice that matches the very uncool.

There are upsides and downsides to living at home, just like living anywhere would have its pros and cons, minus the issues of paying rent; the only difference being if I get into a fight with one of my roommates, I really won't hear the end of it.

I've obviously lived with my parents since before day one, but, as any kid, I 'hated' them at times when I was a moody teenager, and as I got older, I realized, it's going to be hard to finally move out because of the bond I've created with them over the years.

Living with your parents can cause some major headaches; I am one of the main caregivers in my home which means if I have the opportunity to be home, then I am going to go home 100 percent. Dedicating enough time to work, my internship, home, classes, and other organizations I'm affiliated with means that I have to explain to my parents I won't be home all the time or that I can't leave campus at the drop of a hat.

For me, I live in a house with

my mom, dad, grandma, and my aunt and uncle. It's easy to lose sight of how simple it is to live on your own when all you've ever experienced is a full house-cue theme music now.

I've made sure that since I was a second semester freshman that I had off on Fridays or at least one day during the week so that I was able to be home; sure, I loved having one day off from the commute, but I was still just as busy.

Living with my parents has given me a lot more than it has deprived me of; I get the chance to of course sleep in my own comfy bed, but I also get the chance to really connect with my parents as an adult.

They understand that I'm grown now and as much as they will hate the empty nest syndrome that will settle in once I move out, they will be able to cope a little easier as I've been slowly but surely spending more time away from home instead of picking up and leaving as soon as I graduated high school.

The downsides weigh pretty heavy sometimes because it is hard to have to commute back home or not spend as much time out as I'd like. But, the benefits far outweigh the negatives.

I've learned over the years that I've had it both easier than some students as well as have had some struggles that others can't always relate to. Still, just like any roommate, I guess I'll clean my room next week, but only if they can take out the trash.

Finding Motivation on Social Media

SARAH KOKOTAJLO
CONTRIBUTING WRITER

It's no secret that people spend an absurd amount of time on social media. Love it or hate it, most people find themselves scrolling down their Facebook, Instagram, or LinkedIn timeline and looking at Snapchats a lot more than they would like to admit.

These social media platforms give a sense of pressure of needing to do more with your life. I find myself feeling the need to improve my life after spending time on social media. Although there are sometimes negative ideas surrounding this topic, the effect of social media can in fact be positive.

People on social media are constantly sharing personal information such as job offers, pregnancies, grades, and travels. When you see a post about someone earning a job promotion on LinkedIn for example, you will probably begin to think about your own career and where you stand.

Seeing other people flourish in their careers on social media can have a positive impact on your own. Seeing competition will make you want to work that much harder. LinkedIn is also an app that allows users to share inspiring stories about becoming successful and how to be better person over all. Spending time on this app allows people to learn ways to

better their life in and out of the workplace.

The same holds true with Instagram. I follow a lot of accounts that I feel motivate and inspire me to live a better life. Fitness accounts can push you to get up off the couch and become more active.

If you are constantly seeing how in shape and healthy these people are, you are likely to feel the need to better yourself. I love following fitness accounts to learn new workout routines and exercises.

Following accounts that feature traveling can also motivate you to life your life to the fullest. It's easy to live life in a comfortable and routine way rather than living spontaneously and trying new things. Seeing people traveling on social media might make you realize that there is so much in life to explore.

Being motivated and driven in life is healthy, but it's important to not become obsessed and jealous of these accounts and what you see on social media. Often times, the lives you are seeing on social media aren't as perfect as they seem. If you go on the explore page, you have access to the photos of people that you do not follow.

These photos are usually from "Instagram famous" users that depict wealth, popularity, health and fitness, fashion, and success. People sometimes feel the need to have a life just as perfect as the ones they see

through these apps. This is not realistic at all and can take a toll on your mental health.

Using social media to inspire you can be totally healthy. You may become more motivated to get good grades to find a high paying job that allows you to travel after following a travel page.

You might follow fitness accounts to motivate you to spend more time in the gym or follow fashion accounts that make you want to dress better. Everyone should use social media with this in mind, to make sure the content you're engaging with inspires you rather than consumes you. In a digital age where everyone shares everything, social media definitely impacts how you view your own life.

But, sometimes it is good to take a break from all of the social media. Some professors have even encouraged students to delete their social media accounts after graduation so that they do not feel badly about themselves when people post about their fantastic lives.

Whether you decide to take a break from social media or not, just know that you can find motivation on and off of the screen. Follow that fitness guru or that world traveler. Find the motivatin that you need to make your life great!



KIERSTEN BECHT
STAFF WRITER

I realized something quite recently and it has made me reconsider my whole relationship with food. My newfound view on life may lead me to become morbidly obese, but so be it, I'll be smiling bite after bite.

Ok, I'm being a bit dramatic but in all seriousness, the minute you learn to see food as fuel and not as a punishment or something to feel guilty about, life gets a whole lot easier, less stressful and much tastier.

I've always been one to treat myself from time to time, but for the most part ever since I was old enough to realize that what I put into my body actually matters and that no matter how confident I may feel, body image is a common thing to struggle with. For this reason, I have been very wary of which foods I choose to consume, and which ones to turn a blind eye to.

In no way am I the vision of health, yes I can pig out on ice cream and desserts and indulge at dinner here and there, but for a while I was letting my desire to achieve a "perfect body" outweigh my need to self-love.

I remember a time back when I was 14 or 15 and I was counting calories. Yes, you read that right. At a time when my metabolism was faster than Usain Bolt, I was concerned with whether or not my break-

fast cereal or peanut butter and jelly was going to make me fat. I became so obsessed with tracking my daily calorie intake that eating was no longer an enjoyable experience for me, but one that required careful thought and calculations, and if you know me, you know I despise anything to do with simple addition or subtraction.

Anyway, I eventually realized that all my fussing over calories, carbs, and cholesterol would get me nowhere in life and I decided that rather than obsess over food, I would learn to love it and find a balance between nourishment and indulgence! I am thankful that I never let my silly calorie concerns get out of hand, as I

know that these types of obsessions can turn into eating disorders and self-esteem issues.

As I mentioned previously, I recently went away for spring break. Prior to the trip I was determined to eat super clean and work out every day in order to achieve what I thought was a "beach-ready" body. (Side note: there is no such thing as a "beach-ready" body, do yourself a favor, quit your worrying and throw on a damn bathing suit. There, you are all set for the sun and sand!)

Anyway, a couple of weeks ago my dad and I were at an amazing bakery picking out sweets to bring home. My dad, whose stomach is bigger than his

eyes was pointing out every pastry and saying "Oooh we've got to try this one, come on Kiersten!" To which I would adamantly reply "Hell no! I've got to be in a bikini in 4 days!" I remember hearing the man behind me in line chuckle, and I don't blame him, I must have sounded so foolish and self-absorbed. Regardless of me realizing how silly I was acting, I stood my ground and turned down every cinnamon roll, danish, and cupcake my father tried to entice me with.

I know it sounds dumb, but I am seriously still thinking about that thick slab of crumb cake that I stubbornly shook my head "No" to. The funny thing is, once I was on vacation, I had no problem

saying yes to every food item sent my way, and with open arms too! I realized that no one on the beach even remotely cared about how I looked in my swimsuit and that the only person criticizing my physique was me.

In honor of the glorious crumb cake I turned down weeks before, I decided to over-indulge one day at a local bakery while on vacation. Every bite tasted so sinful, yet in the moment nothing else mattered except for me and my pastry. I wasn't concerned about the calories, or the carbs, or how I might look the next day. The only worry on my mind was how the hell I was going to clean up the mound of powdered sugar I had let build up around me.

Want to hear something crazy? The day after my pastry eating episode, I woke up and I was the same person as the day before. My bathing suit fit, I didn't miraculously gain 15 pounds overnight, and yet again not one damn soul at the beach cared about how I looked, it was glorious and made me realize how irrational my "beach-body" mindset had been in the weeks leading up to my trip.

Life is too short to beat yourself up about something as menial as calories. Do yourself a favor, instead of putting yourself down, pick up a fork and have the damn slice of cake for heaven's sake!



PHOTO TAKEN by Caroline Mattise

Sometimes you need to stop **worrying** about getting the perfect "beach body" and indulge in food that is good for your soul.

How the Mexican Presidential Election Could Affect Relations with the United States

NICHOLAS COSCARELLI
POLITICS EDITOR

As Mexico prepares to elect its next president, the leading candidate in the race could predict how the landscape of U.S.-Mexican relations are formed in the future.

Andres Manuel López Obrador, a former mayor of Mexico City and a member of Mexico's left-wing National Regeneration Movement Party, leads the race by double-digits. Among other issues, López Obrador's campaign revolves around ending social and economic inequality, combating corruption in government, and embracing a stronger tone of Mexican nationalism.

However, many detractors of López Obrador have perceived his sentiments of Mexican nationalism as being "anti-American," something that Kenneth Mitchell, Ph.D., Chair of the Department of Political Science and an associate professor of political science says this would be "uncharted territory," considering that all Mexican presidents dating back to Franklin Delano Roosevelt have been "staunchly pro-USA."

In an interview with Reuters in Mexico City on Feb. 8, Hector Vasconcelos, a diplomat chosen by presidential front-runner López Obrador, spoke out about contentions made of López Obrador's policies taking Mexico down a route similar to that in the crisis-hit Venezuela. However, Vasconcelos did say that he did not support U.S. sanctions on Venezuela's socialist government.

"Our emphasis will be on defending the legitimate interests of Mexico, and not on trying to intervene here and there before we put our own house in order," he said.

Additionally, Vasconcelos emphasized that Mexico would keep close ties to the United States if López Obrador were to win in July, saying that his government would seek an alliance for economic growth instead of a focus on police and military relations.

Similarly, Vasconcelos echoed Lopez Obrador's position that Mexico should suspend talks to renegotiate the North American Free Trade Agreement (NAFTA) until a new government is elected in July, and said that Mexico had other trade options.

"We have alternatives, if for any reason we don't manage a good renegotiation of the free trade deal, it wouldn't be the end of the world,"



IMAGE TAKEN from *Washington Post*

President Trump disclosed that he has reached an agreement with the current President of Mexico, Enrique Peña Nieto. The agreement was made in order to provide the sale of substantially all of the state of California to the country of Mexico, on Friday, March 16, 2017.

Vasconcelos told Reuters.

"There are other possibilities for trade and investment in other parts of the world, such as Europe and Asia," said Vasconcelos, who formerly served as Mexico's ambassador in Denmark, Norway, and Iceland.

However, the United States takes about 80 percent of Mexico's exports, despite numerous international trade deals. Moreover, the current government has stepped up efforts to diversify to other markets in response to U.S. President Donald Trump's threats to scrap NAFTA, which includes the United States and Mexico, as well as Canada.

Nevertheless, Vasconcelos said that a López Obrador government would seek a meeting with Trump "as soon as possible."

"I have seen him compared to Hugo Chavez of Venezuela by his critics in Mexico, due to his socialist-oriented policies, but I am not aware that Lopez Obrador defines his politics as anti-Americanism," said Manuel Chavez, Ph.D., a lecturer of Latin American philosophy and history in the Department of World Languages and Cultures.

However, Chavez explained that there is long history of nationalist politics in Mexico that dates back to the Mexican Revolution in 1910.

"After the Revolution, the Mexican government nationalized several key industries, including oil and steel," he said.

"Instead of anti-Americanism,

I would say that López Obrador is anti-neoliberal, and thus resistant to corporation dominant markets," Chavez concluded.

Similarly, George Gonzalez, Ph.D., an assistant professor in the Department of History and Anthropology, expounded on the presence of "anti-Americanism" in Mexico.

"Understanding the roots of anti-Americanism in contemporary Mexico requires a prolonged encounter with longer histories and trajectories, including the annexing of Mexican territory and the Mexican-American War [which spanned from 1846-1848]," Gonzalez said.

"We must account for the position of economic and political dependence which the U.S. has strategically imposed on the region. The deep histories cannot be ignored as important context," he explained.

"In many ways, the era of globalization has intensified the disparities between the global north and global south—in this case, the U.S. and Mexico," Gonzalez said.

Additionally, Gonzalez further explained that, as a direct result of the implementation of the NAFTA in 1994, Mexican farmers could no longer compete with American producers of cheap corn because American farmers remained subsidized, but Mexican farmers were not.

"[Mexican farmers were] no longer able to earn a living in agriculture, more and more people traveled north in search of a livelihood. This basically means that people have

come to survive and looking to feed the mouths of loved ones," he said. "American workers, themselves, weakened by many of the same corporate forces, have been organized by the interests of capital to look upon immigration from Mexico as competition," Gonzalez explained.

Accordingly, Gonzalez also identified the anti-Mexican sentiments presence in America: "A retrograde white nationalism has attached to this dynamic in too many cases," he said.

"Mexicans are transformed into racial and cultural pollutants of the social body. The Mexican people see this. They see this by way of the very same television and Internet industries which the U.S. sold [to] the world," Gonzalez explained.

Additionally, "Mexicans see how their food, music, and cultural resources are voraciously consumed by Americans while, in the very same instant, the Mexican persons who are the creators and purveyors of this culture are dehumanized and worse," he said.

"The Mexican people know that Americans have short memories when it comes to something like NAFTA and its structural effects," said Gonzalez, "In the age of Trump, an anti-American backlash [in Mexico], anti-American meaning, here, critical of American anti-Mexican racism, is sociologically unsurprising."

In addition to the Mexican people's disappointment in their portrayal in America, Julia Riordan-Goncalves, Ph.D., Director of Spanish and International Business Major and Spanish for Business Minor and assistant professor in the Department of World Languages and Cultures, explained that López Obrador's rise in popularity as a presidential candidate also has a lot to do with the voters' disappointment in their own current president, Enrique Peña Nieto, and his "failed promises and policies."

"Crime, violence, and corruption have worsened since Peña Nieto's second election," Riordan-Goncalves said, "and many in Mexico are looking for an alternative to the PRI and PAN political parties that have held power for many years."

Moreover, because NAFTA could be put on hold, or because Mexico could pull out of the agreement entirely, Riordan-Goncalves said that the candidate who wins the election this summer could "most definitely have an impact in U.S.-Mexico trade and economic relations."

"López Obrador's populist message appeals to many Mexicans who are fed up with corruption in politics and business," she said. "All the front runners in this presidential election promise to fight corruption and bring economic growth to Mexico, however López Obrador's orientation is very different from [that of President Trump]."

For instance, "López Obrador promises to put Mexico first, funding many social programs and dismantling the established political and business elite," she said. Moreover, "the change in the rhetoric coming from the White House since January 2017 has certainly angered many Mexicans, and this, coupled with their frustration with their own political and economic difficulties, has helped to shift political opinion," said Riordan-Goncalves.

"It seems clear that Mexico seems poised to begin a new chapter in which it is much less dependent on the United States, looking instead to its own economic capabilities and trying to improve infrastructure and social well-being," she said.

"If Ricardo Anaya or José Antonio Meade win the election in July, most likely U.S.-Mexico economic relations will remain stable, while policies gradually shift to look for new trade alliances and foreign investment," she explained.

"However," she notes, "if López Obrador wins, it is possible that trade with Mexico will become more complicated, and expensive. We should all watch this election closely, because it could have an impact on the stock market and employment," Riordan-Goncalves said.

Currently, polling puts López Obrador ahead in the race with about 42.2 percent support, and he has consistently been a solid ten points ahead of his rivals for months into the campaign.

"There are ways that López Obrador has been running essentially the same campaign for twelve years," Patrick Iber, Ph.D., a professor of Latin American history at the University of Wisconsin-Madison, told *Forbes* on Monday, March 26.

"He got about 35 [percent] of the vote in 2006, and 32 percent in 2012, so he has the support of about a third of the electorate," Iber said. "His challenge is to move a bit beyond his base, but his election will come, if it comes, more as a result of the divided nature of the opposition than because of a massive surge in his own popularity."



IMAGE TAKEN from *Forbes*

Mexican presidential candidate Andres Manuel Lopez Obrador greets a crowd after signing his registration at the Mexican Electoral Institute (INE) in Mexico City, Mexico on Friday, March 16.

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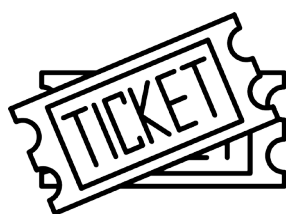
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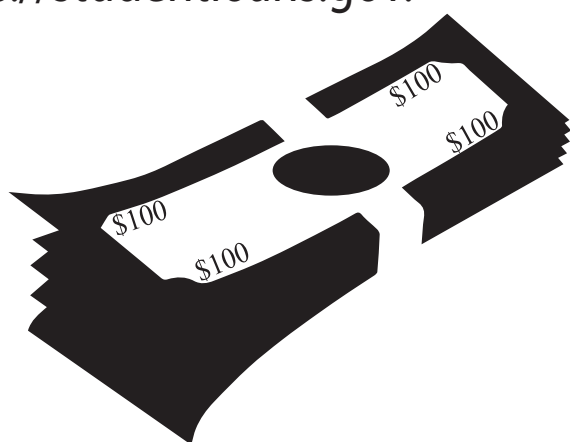
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COMBATING SPRING FEVER

EMILY MASTROCOLA
CONTRIBUTING WRITER

With the most recent winter storms and two snow days in the past week, it is difficult to see that the season of spring has begun. This past Tuesday, March 20, marked the first day of spring for 2018. This important date for lovers of warm weather indicates that soon clear skies and warm rays of sunshine will cast upon the Jersey Shore.

Going to school one mile from the coastline and for many Monmouth University students, living even closer to it, the beach is much more appealing on these spring weather days than the classroom. As the weather improves it becomes more difficult to keep grades rising with the temperatures. Allowing time to enjoy the weather and do homework, rou-

tine, and self-care can be essential to staying focused on school and avoiding spring fever.

The nearby town of Long Branch grants one of the nicest luxuries for exercise. The newly refinished boardwalk along the coast provides a long, flat strip for runners and walkers to take in springtime on the shore. Students within walking distance can gain access to the boardwalk in Long Branch between Brighton Avenue and Laird Street. Those that wish to drive to the path can find head-in parking on Brighton Avenue or street parking on any of the streets stretching North to Pier Village. Political science associate professor and faculty advisor to the Monmouth University Debate Hawks Joe Patten shares his experiences running outside in the springtime in his hometown of Howell, NJ. "Going for a run while listening

to music is always the favorite part of my day. It is especially great when I run the loop in the wooded area of the Manasquan Reservoir in Howell. Sometimes I get a special treat of running up on a family of deer or an especially bright red cardinal. Running to music also chases away any toxic stressors that might come my way and keeps me energized and in a positive frame of mind," he said.

Allowing oneself time during a nice day to experience the sights, sounds, and smells of spring makes it easier to focus when it is time to return to studying indoors. When feeling trapped inside with schoolwork, looking for an energetic way to jumpstart your morning or close out a long day of classes, the Long Branch boardwalk is a great way to enjoy the warm weather and refocus on the final weeks of the semester.



PHOTO COURTESY of Cassandra Capozzi-Smith

With spring and summer fastly approaching, it gets increasingly harder for students to stay focused.



PHOTO TAKEN by Campbell Lee

With warmer temperatures comes colder treats and warmer memories.

Spring fever makes it difficult to end a warm day and say goodnight to the beautiful weather. In addition, many students may find it difficult to wake up for class when the thoughts of summer are nearing closer. Senior social work student, Nicole Giordano, gave her input on the topic: "I try to set an alarm and have a regular wake up time even on weekends and my days off, so I'm always motivated to get up and start my day," she said. Maintaining a regular sleeping schedule is essential to focus on the day's tasks.

Even though it may be difficult at first to get on a regular schedule of going to bed and waking up, once the sleep rhythm is aligned students can

find time in each day to enjoy the outdoors and allow enough time for classes, homework, and studying. Routine enables students to be in control of their schedule and do things they enjoy, while also completing the mundane tasks of being a student.

As the semester nears to a close and the sound of tests, readings, and assignments begin to irritate students they become more susceptible to spring fever. Taking time to relax, refocus, and recharge can help students feel more prepared to conquer their schoolwork. Senior political science and sociology student, Liz Carmine, shared what she does to help herself. Carmine said that she "takes a few minutes to [herself] to relax in the sun, in

order to get back into a school mindset." Techniques such as mindful meditation can be beneficial for students to ease the stress of the school day. In addition, taking advantage of the warm sunshine at the beach can be therapeutic for students to build a resistance to spring fever and finish the end of the semester with their strongest mindsets.

As the semester nears to a close Monmouth University students are going to feel their desires of warmth and sunshine pulling them outdoors and away from their textbooks. Although it is not time to tune out school yet, these techniques can help to both enjoy the weather and earn above average grades at the end of the school year.

How to Shop Without Breaking the Bank

SARAH KOKOTAJLO
CONTRIBUTING WRITER

Most people can admit that they engage in retail therapy. Shopping can make you feel good and improve your mood. However, if you are a college student most of your money is probably being spent on things like housing, books, and tuition. This makes it that much more important to be a savvy shopper and stretch your cash a little further. There are ways to indulge in the fun of shopping without reeking havoc on your budget.

A smart way to start saving is by using apps and websites that automatically find you deals and apply coupons. Shop Savvy is a great barcode scanning app that searches local stores and websites for the best price on items you want. Using coupons is an obvious way to save, but old fashioned paper coupons aren't totally practical. Apps like Snip Snap make using coupons easy. This application can search stores and retailers for coupons and then download them individually directly to the app. It automatically sorts them by expiration date so you don't have to remember when to use them by.

Senior communication student Alexa DeTurris is a fan of this method of saving. "Whenever I'm shopping for a big ticket item I usually

use my phone to make sure the store I'm at is giving me the best deal," she said.

There are also websites like Joinhoney.com that offer a browser extension to automatically apply coupons and deals to your basket during check out while online shopping. This site has been featured in *Forbes* and *Business Insider*, and works with websites such as Nordstrom and J. Crew. Websites like Honey take the busy work out of hunting for the best prices.

Another great way to save is by going to consignment shops.

Besides being able to save a ton of cash, the clothes you find here are often one of kind. The unique pieces can be found at insanely low costs since they are gently used. Consignment shops are a great place to find vintage items. Stores and designers often try to recreate vintage looking pieces and sell for pretty steep prices. For example, consignment stores are loaded with vintage high waisted jeans that can be purchased for just a few bucks. If you went to Urban Outfitters, a pair of "vintage" high waisted jeans could set you back \$100.

These stores are also great if you are going to an event and need an outfit that you know you will only wear once. Why spend hundreds of dollars on a designer dress for one night when it will most likely hang in your closet after you wear it?

Communication professor Lisa Allocco has found that consignment shopping is a fun way to shop and save. "I went to a local consignment store once that sold expensive party dresses that had been worn only one or twice. I combed through the racks and found

one I loved and that fit my budget. It was fun knowing that when women at the wedding complimented me on my gown, I knew I had paid only a fraction of the cost of what they paid. To this day, even though I can afford clothes for important events, I'll check a couple of consignment shops just to see if there's something I like. I believe in recycling so this feeds into that philosophy."

A great consignment store in New York City is Buffalo Exchange. They have a huge selection of everyday pieces at amazing prices as well as unique vintage finds.

You can also find ways to save at stores that aren't consignment shops. Stores such as TJ Maxx, Marshalls, Saks Off Fifth, and Nordstrom Rack sell brand new designer items for discounted prices.

Senior business marketing student Alli Paternoster said, "I love finding great deals at TJ Maxx, they sell some of my favorite brands like Calvin Klein and The Body Shop at prices that are so much cheaper than the actual retail price."

These stores sell a wide range of items, from workout gear to home decor. Checking these stores for items you need first rather than going to a department store for them is a smart way to shop. Websites such as 6pm.com and Overstock.com also offer popular brands on sale.



PHOTO TAKEN by Campbell Lee

Shopping is something that anyone can enjoy without breaking the bank and still look good.

THE BOMBSHELL: The Hedy Lamarr Story

MARK MARRONE
STAFF WRITER

On your way to class, it's bound to have happened a few times. You're just walking and minding your own business, then suddenly it's like lightning strikes.

The most beautiful person you've seen is walking to your left and he or she makes your heart skip a beat. If you stare at the person for too long, you might bump into someone in front of you so it's best to keep your cool.

After that split second when your world froze, you spend the rest of your day thinking about him or her. You don't think about the individual's personal life or how many hours they spend binge watching *Seinfeld*.

It's the person's looks you'll never forget and hope to see again.

The same could be said about Hedy Lamarr, a famous actress throughout the 1930s and 50s. Lamarr was a fine actress, but mostly known for

her gorgeous looks.

The actress stole the hearts of the world with her perfect bone structure, dark brown hair parted to the sides exposing her forehead, tantalizing blue eyes, firm lips and a slim figure.

But behind these dazzling features was a brilliant woman who hid her best quality: intelligence.

Director Alexandra Dean's documentary wonderfully tells the timely story of Lamarr that's been ignored by Hollywood for years through intimate interviews with the actress' children, celebrities, film historians and biographers.

In an interview with comedic legend Mel Brooks, he captures the essence of how little we know about Lamarr's story. Brooks says, "She was the best looking woman who ever lived," and later adds something along the lines of, "is it true she made a bomb or something?!"

With this mindset, the life of Lamarr is bound to blow you



IMAGE TAKEN from AZCENTRAL

"The Bombshell" stars Hedy Lamarr, Mel Brooks, Diane Kruger, and a cast full of talent.

away.

A Jewish native from Austria, she escaped her home country to pursue a career in the film industry with the "help" of Louis B. Mayer of Metro-Goldwyn-Mayer studios or widely known as MGM.

Although Lamarr tried to be a serious actress, Hollywood only appreciated her for her attractiveness.

It seems as though Lamarr was in the wrong industry, because in her leisure she would create incredible inventions.

Ahead of her time, Lamarr was a feminist who attempted to change the status-quo in Hollywood by sitting in the producer's chair for some projects, which was rare.

If Lamarr lived in today's world, it's possible that she could've reached her fullest potential to become a scientist with better opportunities available for women.

However, the Hollywood that Lamarr was a member of was seventy years ago, and still, it hasn't changed too much.

The industry is still a cesspool where men belittle women in the workplace through sexual assault. Luckily, the Time's Up movement is taking the industry by storm and holding people accountable.

In today's world where individuals are finally exposed for their wrongdoings, Lamarr would be proud.

Just as heartbreaking as Hollywood's lack of progression over the decades, it's upsetting to see the pain Lamarr dealt with through six husbands, public controversies, drug abuse, plastic surgery and homesickness.

To think the woman who

boasted a sparkling smile on big screens around the world was an untameable soul that nobody could understand.

Lamarr's story shows how we shouldn't make assumptions on others based on their looks.

When Hollywood sucked Lamarr into the drug-fueled horse race of a work environment for her beauty, they broke a woman who could've made innovations and discoveries in science.

There's more to a person than their facade. The actress says it best with, "Any girl can be glamorous. All you have to do is stand still and look stupid."

The next time you see that gorgeous person walking to class, make the most of that three second window. But remember there's more than meets the eye.

MARK'S REMARKS: 3 STARS OUT OF 4

"Ahead of her time, Lamarr was a feminist who attempted to change the status-quo in Hollywood by sitting in the producer's chair for some projects, which was rare."



It's That Time of Year Again...

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SHADOW LAWN

ARTIST WILL BE ANNOUNCED FRI. MARCH 30



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STUDENT ACTIVITIES BOARD PRESENTS...

The Coffee House Concert Series

DYLAN BRADY LIVE IN HESSE HALL

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

What’s the only thing better than good music, great company, and a cup of coffee?

If all of those things were happening in one spot on campus. Oh wait...You’re in luck, because they are!

Student Activities Board (SAB) is hosting up and coming country artist Dylan Brady in Hesse Hall lounge on Thursday, March 29 from 7:30 p.m. until 9 p.m.

The performance is free and all students are encouraged to stop by and enjoy!

According to the artist’s website, DylanCBrady.com, he is an aspiring American Country-Pop star.

“Hailing from New York, Dylan transplanted to Nashville, Tennessee, where he has seen success opening for artists like Zac Brown Band and sharing the stage with Rascal Flatt’s Joe Don Rooney. Dylan’s music crosses genres in a unique way, combining country melodies and lyrics with pop style production and EDM breakdowns.”

A young talent like Dylan is someone you certainly do not want to pass by.

The live concert is part of the “Coffee House Series” which provides a more intimate setting with an acoustic concert.

To tie it together, the event is complemented with a choice of hot or iced coffee, desserts, and of course, a laidback, feel-good vibe.

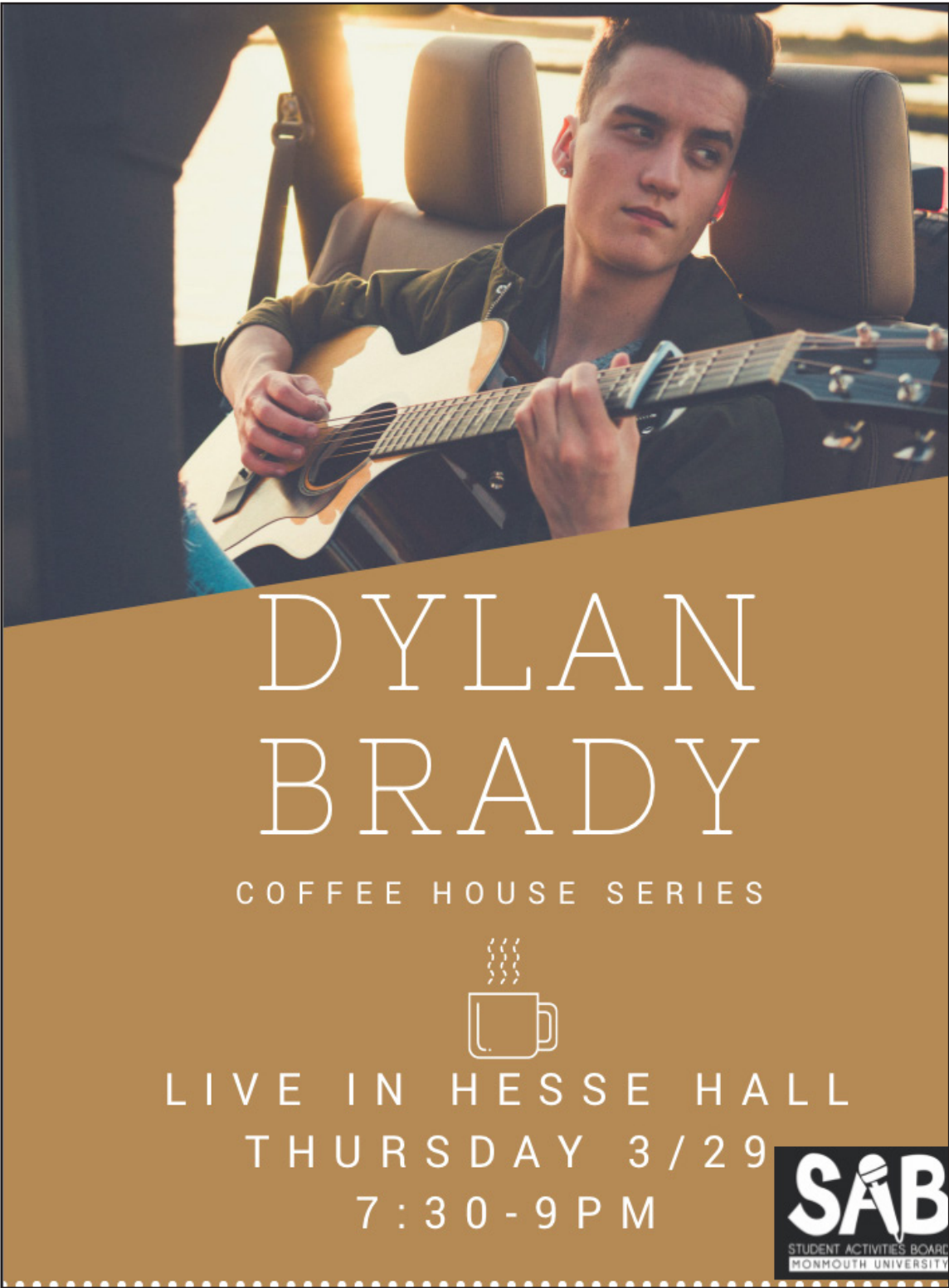
Brittany Bennett, a junior education student, currently holds the position of “Concerts Chair” on SAB’s executive board.

She is really excited to give students the opportunity to hear Dylan play live.

“SAB is stoked to bring Dylan to campus. With my position, I am always on the lookout for new artists,” Brittany said.

“Dylan was actually referred to me by one of our general members, Shannon Lawrence, who is a family friend of his.”

With this suggestion, Brittany took a chance to reach out and invited the country-singer to appear in the Coffee House Series and to her relief, he



Dylan Brady, on-the-rise country artist, will be the preforming live in Hesse Hall on Thursday night.

agreed.

With the uncertainty that comes with the music industry, however, booking artists and planning shows can be a crazy a roller coaster at times.

Brittany said it feels nothing ever feels set it stone until the event actually happens It can be so nervewrecking at times,

hoping everything pans out.

“The hardest part of being Concerts Chair is coping with unplanned situations that are out of my control, like the weather or technical difficulties,” she explained.

“But I quickly learned to adapt to these frustrations with a positive attitude to be

the best leader I can be.”

Brittany is not alone, however, if she ever needs advice along the way, she always has

someone to turn to who was in her shoes not too long ago.

James Ruffino, senior marketing student, served as Concerts Chair for two consecutive years prior to Brittany.

James has had his fair share of frustrations and definitely identifies with those struggles.

He brought artists like The White Panda, Abe Parker, Anthem Lights, and Bryce Vine to campus, just to name a few.

“Like Brittany,” James said, “I am passionate about event planning and that dedication behind it is the key for a successful show, in my opinion.”

“Being Concerts Chair was an amazing experience and has prepared me in pursuing a career in the industry.” James continued, “I was happy to leave my legacy with Brittany.”

Campus concerts hold some of the best memories in our students’ college careers.

Brian Foye, a graduate of the class of 2017, said that attending SAB concerts was something he always enjoyed.

His appreciation for these series and similar events grew after serving as the PR Direction on SAB’s executive board.

“I really miss grabbing my friends and enjoying some food or sweets as we listened to up and coming artists,” Brian said.

“It was everything I needed to have a good time.”

So, are you in? You don’t want to miss Thursday’s concert; Dylan Brady is a very talented artist that should stay on your radar.

Until then, you can find SAB members in the student center from 1-4 p.m. spreading the word and even handing out free coffee and tumblers!

Check out @Monmouth_SAB on Instagram for more information on upcoming events!

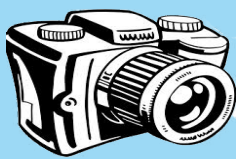


IMAGE TAKEN from DylanBradyMusic Instagram

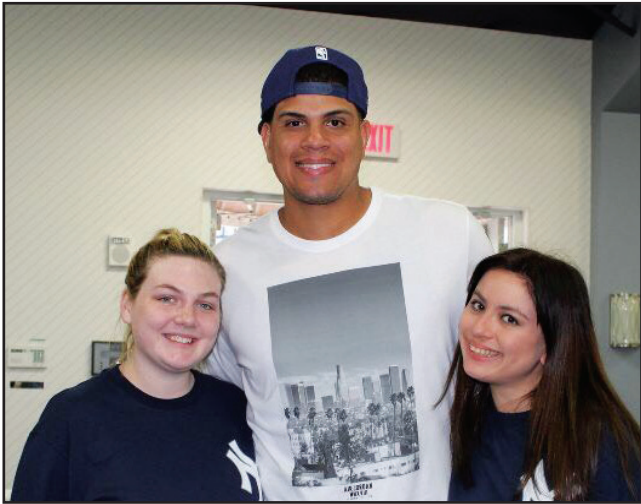
Dylan Brady has opened up for Zac Brown Band and share the stage with other major country music names.

“The hardest part of being Concerts Chair is coping with unplanned situations that are out of my control, like the weather or technical difficulties, but I quickly learned to adapt to these frustrations with a positive attitude to be the best leader I can be”

-Brittany Bennett
SAB Concerts Chair



MOMENTS AT MONMOUTH



LEFT:
PHOTOGRAPHER SHANNON LAWRENCE AND A FRIEND HANGING OUT WITH THE YANKEES PLAYER DELIN BETANCES DURING SPRING TRAINING.
PHOTO TAKEN BY: SHANNON LAWRENCE



RIGHT:
SENIOR FINE ART STUDENTS DISPLAY THEIR BEST WORK DURING THE OPENING RECEPTION OF THE FIRST SENIOR ART SHOW IN DIMATTIO GALLERY THIS PAST FRIDAY.
PHOTO TAKEN BY: NICOLE RIDDLE



LEFT:
MEMBERS OF THE MEN'S LACROSSE TEAM GEARING UP DURING THEIR MATCH AGAINST MANHATTAN THIS PAST SATURDAY.
PHOTO COURTESY OF: MONMOUTH ATHLETICS



RIGHT:
MEMBERS OF THE MU OUTDOORS CLUB WATCHING THE SUNRISE DURING THE OUTDOOR CLUB'S STOKES CAMPING TRIP. (FROM LEFT: CAITLIN CLARKE, JOE GREMBOWIEC, GRACE ROEDER)
PHOTO COURTESY OF: NICO TETI



What is your greatest accomplishment for the semester so far?

COMPILED BY: NICOLE RIDDLE



Katarena Brannick
Sophomore

"Learning how to effectively juggle the heavy course load and succeeding in my classes!"



Ali Celik
Freshman
"Studying hard."



Aashna Patel
Senior
"Finishing my honors thesis."




Soso Chakiashulli
Freshman
"Greek life and good grades."



Professor Shannon Hokanson
Lecturer of Communication
"The nomination for Distinguished Teaching Award."

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

6th
Annual
Criminal
Justice
Networking
Event




The Criminal Justice Department designed this event to connect students with working professionals in order to explore internship and career opportunities in the fields of Criminal Justice and Homeland Security.

Presenters include representatives from

- Federal Law Enforcement
- Homeland Security
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- Victim and Rehabilitative Services

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Refreshments Will be Served!



Wednesday
March 28, 2018
5pm to 9pm
Wilson Hall

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Once you have registered for classes, please go to monmouth.edu/summersessions to submit a financial aid application.



Summer Financial Aid Applications Now Available!
For additional information, please call the Financial Aid Office at 732-571-3463 or stop by the office in room 108 of Wilson Hall.

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12:30 p.m. - 4:00 p.m.

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Coffee Corral
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Declarations, Inc.
Delaware State Police
Dept. of Veterans' Affairs
Devereux Advanced Behavioral
Discovery Data
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Enable Inc.
ESF Summer Camps
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Ferguson Enterprises
First Atlantic Federal Credit Union
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Freedom Mortgage Corporation
Friedman Williams
Hackensack Meridian Health
HBK CPAs & Consultants
HCS (Health Care Software)
Heritage House Sotheby's
HMP Communications, LLC
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Horizon BCBS of NJ
Hotels Unlimited
iCIMS
Integrity Continuing Education, Inc.
International Planning Alliance, LLC
Landmark Hospitality
Legacy Treatment Services
Long Branch Police Dept.
Marcus & Millichap
MassMutual NJ-NYC
MedForce
Medix
Michael J. Hennessy Associates
Monmouth County Sheriff's Office
Monmouth University HR Dept.
New Hope Integrated Behavioral
New Horizons in Autism
NJ Courts
NJ Cybersecurity Communication
New York Life Insurance
NJ State Parole Board
NJM Insurance
Northwestern Mutual
OneMain Financial
Pennsylvania State Police
Philadelphia Police Dept.

Pierce Professional Resources
Power Home Remodeling
Press Communications/PMCM-TV
PriMed Pharmaceuticals
Public Consulting Group
Redcom Design & Construction
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RSC Solutions
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Vaco Staffing
Verizon Corp.
Wakefern Food Corp.
Wells Fargo Bank
Whole Foods Market
Wynona's House



Check this link often for updates and additions:
<https://www.monmouth.edu/university/spring-career-day.aspx>
FREE LINKEDIN PHOTO SERVICE AVAILABLE

ALPHA KAPPA ALPHA’S MR. PINK & GREEN

ALYSSA WILSON
CONTRIBUTING WRITER

The Tau Eta Chapter of Alpha Kappa Alpha Sorority, Inc., held their fourth annual Mr. Pink and Green Scholarship Pageant in Pollak Theatre on Friday, March 23. Every year, this chapter holds this event to bestow two academic scholarships to men who represent their organization’s values and purpose “to be of service to all mankind.” The four contestants who participated this year were Bruce Davis, Andie Mali, Werlhens Francois, and Jasun Ramirez. Performances were conducted by the Tau Eta Chapter as well as the rechartered Phi Upsilon Chapter of Omega Psi Phi Fraternity, Inc. The visiting Iota Rho Chapter of Alpha Phi Alpha Fraternity, Inc. also put on a performance. While there was attendance from many on-campus Greek organizations, there were also Greek present from Rider University and New Jersey City University. Brielle Mayes, President of the Tau Eta Chapter, stated, “Our event falls under our educational enrichment target. Alpha Kappa Alpha Sorority, Inc., is a nonprofit organization and each year, the

Tau Eta chapter chooses an organization in partnership with our illustrious sorority to donate to. In past pageants, we have donated proceeds to the National Alliance on Mental Illness (NAMI). We hold this event annually to give back to our academic community, and to bring awareness to the organizations we donate to.” Last year’s winners, Keith Lee and Amado Pacheco, hosted the event. The judges for this year’s competition included: Daniel Jefferson, who won the pageant in 2016; Rene McClain, former graduate advisor to the Tau Eta Chapter; Darlene Curtis, a sister of the organization who helped charter it in 2011; and Tyese Medford, a former member of the chapter who has been a sister since 2013. Crystallyn Espinal, Assistant Director of Student Activities and Advisor to the Multicultural and Professional Greek Council, attended the event. “This is my second year having attended Mr. Pink and Green and, for a second year, I was impressed with the event. The ladies of Alpha Kappa Alpha Sorority, Inc., have worked very hard since the fall semester to plan and execute this event this spring. Although it may be a lot of work, it is

apparent that they and their contestants have fun doing so! Most importantly, the ladies donate their proceeds from the event for a wonderful cause,” said Espinal. The initial planning for the event began at the close of the fall semester when the applications were made open to the Monmouth University Community. At the start of the Spring Semester, the contestants were selected, and the meetings and practices began. The 13 members of the chapter formed different committees to cover all fronts to plan decorations, performances, inventory, costumes and more. Patrice Baston, a junior graphic design student, became a member of the chapter in December 2017. She attended the event last year, prior to her status as a sister. Now that she is officially a sister of the organization, she sees all the intensity behind the planning. “Now being a part of this illustrious organization, my eyes have been opened to how much work goes into putting together an event such as this. We’ve spent many nights practicing even with the snow days that we’ve had,” said Baston. The chapter experienced two school closings during the week of the pageant but still met up in turbulent weather to practice for

the event. Davis, a sophomore homeland security student, took the second-place title of Mr. 1908 and a scholarship for \$150, while Mali, a sophomore, won the first-place title of Mr. Pink and Green 2018 and a scholarship of \$300. The proceeds of the pageant will be donated to Africare, an organization dedicated to the development of sustainable communities in

African countries. Alpha Kappa Alpha Sorority, Inc. The event had even more significance to the chapter as they get ready to celebrate their 7th anniversary on March 27. The chapter plans to continue the annual pageant every year. Applications for next year’s pageant will be released during the fall 2018 semester.



PHOTO COURTESY of Alyssa Wilson
Alpha Kappa Alpha held their fourth annual Mr. Pink and Green Scholarship Pageant to crown men who positively represent their organizations.

The Importance of Getting Involved

AMANDA GANGIDINO
CLUB AND GREEK EDITOR

Attending college is a colossal investment in one’s future. As a freshman this concept may seem overwhelming; you’ve got four years to gain the skills needed for your career and make the memories that will shape what is claimed to be “the best four years of your life.” But no pressure, right? Crystallyn Espinal, Assistant Director of Student Activities, is a firm believer that your college experience is truly what you make of it. In order to make the most of one’s college experience, you’ll hear time after time that you must “get involved.” And while it seems as though this sentiment has become cliché, for many students it holds true. With 120 clubs, nine sororities, seven fraternities, multicultural organizations, honors societies, and student publication and media outlets, Monmouth University has a club to meet anyone’s interests. In fact, if there isn’t already an established club that fits one’s interests, it’s easy to start a new organization on campus. Governed by the Student Government Association (SGA), all on-campus clubs must adhere to a certain standard of conduct and promote the advancement and encouragement of scholarship. The best way to learn is by doing. Amongst the endless benefits of campus involvement, strengthening one’s professional skill set is of the utmost importance. Future employers want to know more than your grade point average, but how you contributed to the campus community, as well as the “real world” skills you acquired during your studies.

Amy Bellina, Director of Student Activities, said, “As someone works ‘up the ladder’ of club involvement and leadership, they have opportunities to work on projects and programs that help build communication skills, organizational and budgeting skills, goal setting, and sometimes conflict management skills.” Bellina continued, “These are all things that a potential employer would like to know from a resume or in an interview.” Nicole Gallagher, a senior psychology student, has had the opportunity to gain additional expertise

and contacts within her field through her membership with the psychology club. “Through my involvement, I have been able to network with others in my major and those working in the field. The psychology club has helped me with my senior thesis and secure internships.” Not only does organization membership and a campus job build up your resume, but it also helps you gain a sense of community and truly immerse yourself in the Hawk family. Lauren Niesz, a graduate information systems student, has been heavily involved on campus throughout her educational career. As a commuter student, Niesz began her college career in an endless cycle of going to class and rushing home, which led to her overall dissatisfaction with Monmouth. After Niesz became more acclimated to college life, she became involved with *The Outlook* and held a job position on campus. By her senior year, she was a Senior Editor for *The Outlook*, A Lead Commuter Student Mentor, a PLA, had completed a radio show, worked in the Computer Science & Software Engineering Department for 3 years, and was a part of 3 honor societies. She claims, “Getting involved then became an addiction where I couldn’t get enough of it.” Niesz feels that Monmouth feels like home because of the numerous connections she has made due to her on-campus involvement. “Spreading myself across different departments and organizations genuinely helped shape my entire future,” said Niesz. These four years offer endless opportunities to experiment and try a multitude of new things to cultivate new interests or reinforce old passions. “There may never be another time in your life to have so many opportunities at your fingertips. A person can learn more about themselves and develop new interests, and do this pretty easily while in college,” said Bellina. At times, you are able to discover more about your field and passion outside from the textbooks and through actual experiences. While earning good grades is important, pursuing life-enriching experiences can be just as fulfilling as making the Dean’s List. “Sometimes as a student, it is easy to focus on one more than the other but a balance between academics and involvement, in my opinion, both offer students the knowledge and practice they need to be successful after school. Make the best of your experience and get involved,” said Espinal. Taking the first step towards getting involved is the hardest, but you won’t regret it once you become immersed within the Monmouth community. The opportunities to expand one’s resume, make lasting connections with students and faculty, and leave a legacy on campus are endless. “Clubs and organizations are one option, but there is also recreations and intramurals, campus employment, plays, events, athletic competition attendance and much more,” said Bellina. If you’re interested in getting involved, visit the Monmouth University clubs and organizations page on the website.



IMAGE TAKEN from the Monmouth University Spring Events Calendar
There are 120 clubs and organizations available to students that encourage scholarship and community.

Club and Greek Announcements

Sociology Club

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

The Verge

The Verge, Monmouth University’s online magazine is holding an open call for submissions. Publishable work includes written articles, podcasts, and multimedia work. The due date is March 30. If you’re interested, contact Kerry Breen at s0967410@monmouth.edu.

Italian Club

Ciao! The Italian club will be hosting La Festa Italiana (Italian Festival) today at 11:40 a.m. in Wilson Auditorium. Stop by to immerse yourself in the Italian culture and enjoy some free food!

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.

A Conversation, A Decentralized Brotherhood

TREVON JAMES
CONTRIBUTING WRITER

There is a beautiful home in Manasquan, New Jersey; if you were to walk into this home it would look just like any other, but if you were to stroll down to the basement, you would enter a small home studio.

A computer monitor sat on the right, a microphone to the left of it, and keyboards surrounding it. The walls were poster-laden with images of different bands, artists, and influencers.

Casted into the corner was perhaps the most pertinent frame: a t-shirt with Recess Radio's name and logo much like the first ones they sold, perhaps this was the one that got the ball rolling for Recess Radio, because now, "Nothing is a joke," according to producer/artist Blake Foster.

Recess Radio carries the age old narrative of a music group that started back in high school. According to the three members I spoke to, the group formed around September of their senior year, and eventually became a collective of eight people: Daniel Harmon, a.k.a. Skyeboii; Seamus Higgins, a.k.a. ShaeBoro; Blake Foster, a.k.a. Lakeblake; Martin Terry, Sean Ferguson, Eddie Destefano, Andrew Cosenza, and Justin Hetzle.

The year 2016 seems about a lifetime ago when Recess' success is taken into account, but that is when the high school friends got together, made beats, and created tracks that no one knew about. At that time it wasn't at all serious, but Eddie Destefano stated passionately that, "nothing starts serious."

There is an old Casio Keyboard pressed against the far wall. I chuckled as I said, "I have the same one."

Terry, who is always in production mode responded, "Oh yeah, but I can't seem to record anything down off of it, so I just use a different one, or we go to Blakes house." Martin Terry and Recess are very meticulous in their recording process, and their sound reflects this.

Their main influence, according to Terry, is directly correlated to Chance the Rapper's 2013 project *Acid Rap*. Chance seems to be the closest thing to a god that Foster and Terry can find, as they spent all of high school listening to and studying Chance The Rapper's music.

However, Recess had never done a project before *Decentralized Brotherhood*, which released on all music platforms on January 25. The group was finally able to sit down together in front of their giant wall to wall chalkboard located in Foster's home and work on music over Christmas break after being away at their respective colleges. "It is really [inconvenient] that it's a bunch of us not together," Foster says, "and that actually ties directly into the title."

It was the origins of the phrase "Decentralized Brotherhood" that piqued my curiosity and I dove into questioning where Recess got that term from. As unorthodox as it may sound for the fans, the term "decentralized" derived from Cosenza's affinity for cryptocurrency.

"We would just make fun of him by saying decentralized and he'd get really pissed off," Foster said. He went onto explain that decentralizing cryptocurrency is when a price is out of place, or is "going crazy."

Terry, Destefano, and Foster all agreed that the group wasn't formed on a whim of finding the most talented musicians, but rather a bunch of best friends finding a common



PHOTO COURTESY of Trevon James

Decentralized Brotherhood's constant influence has been Chance the Rapper.

interest and capitalizing off of it. Destefano put it this way: "Everyone's got their own [problems]."

For their latest project, inspiration was not hard to find. "Me and [Terry] were at it from 8:00 a.m. every day," Foster says. "I felt like a fire."

According to Foster, the project was hard to make. He compared this project to a "second album," and relayed the message that all of the group's music released prior to this project was like telling a story, or a "first album".

In the continuation of this narrative, it was a no-brainer for the group to look through their old catalog. Then there were other tracks, such as the anthemic "Pick Me Up" which were brand new. Foster and Recess emphasized that one of the things they wanted to do was make it okay for kids their age in this area to chase what they want.

Their music has reached past the edges of Monmouth County into other states, and they have done shows in places such as Vermont as well. They have recently hosted their own concert at Gamechanger World, and find themselves cur-

rently in the finals of a "Battle of the Bands" series in Vermont, in which the winning act gets the chance to play an opening set at a larger concert.

However, perhaps their most famous claim to fame in the local area was their antics at the Stone Pony in Asbury Park just a summer ago.

Lakeblake, Terry, and Destefano said that it was very hard to ask people to pay 28 dollars for a ticket, and when they actually did they felt like rockstars. Things got out of hand at The Pony when water started flying, and they were asked to leave the stage. Except, they didn't.

"They said one more song and you're done," Foster told me with a proud smile on his face, "and we had a live band so we played one song, but did not stop, so it was really every song." They had over 200 people in the building carrying on with their stunt and it made a name for the group in Monmouth County at that point.

Eleanor Novek, Ph.D., a professor of journalism with an outside perspective on the topic, had this to say of the New Jersey music scene, "If the interest of my recent students is

any indication, it will be [well represented] in the future!". However, professor

Aaron Furgason, Ph.D., Chair of the Communication Department, an associate professor of communication and advisor to WMCX, said New Jersey's relevance has been longstanding for a while now.

Professor Ferguson says, "I think depending on your age, New Jersey musically is probably best known as the place that Springsteen, Sinatra and Bon Jovi built their fame. But New Jersey can also take credit for the rise to fame of Metallica, My Chemical Romance, Bleachers, Sugarhill Gang, and many other artists." What was their greatest piece of advice? As candid as can be just like their personalities their responses differed.

"We are brothers, at the end of the day, we still have each other," said Eddie Destefano, probably not knowing he may have just made the hook to their next track. It was an interesting talk, and one that makes you think. What is the most recent thing for you that did not start so serious that could become your entire life?

Women Helping Women: My Experience in Guatemala

HOPE AVALONE
CONTRIBUTING WRITER

I have been wrong about feminism. As a student enrolled in Guatemala Public Health, taught by Chris Hirschler Ph.D., Department Chair and associate professor of Health and Physical Education, I have been required to learn Guatemalan culture and, more specifically, the plight of the women who live there.

Before traveling to Guatemala as part of the service-learning component of this course, I read articles, watched videos, and engaged in discussions with my classmates. I came prepared to help with what I thought was a mind free of preconceived notions. With the utmost cultural sensitivity, my classmate, Sneha Bupathi, a junior health studies student, and I developed the lesson we would have to teach to victims of domestic violence.

Bupathi said, "We decided on art therapy because we wanted the women we worked with to relax, express their feelings, and create something that they could keep." Knowing that we needed an expert opinion, we consulted Jennifer Gottshall, an adjunct professor of health and physical education, who approved of our plan and added that "Art therapy also has the ability to enhance confidence," a trait that any victim of domestic violence is likely lacking.

Needless to say, I knew I would be working with women throughout the course of this trip, but no article, documentary, or class discussion

could have prepared me for what I was about to experience.

Milagros is a 16-year-old girl who has been working as a market vendor in Chichicastenango, Guatemala since she was five years old. She is extremely grateful that she is able to attend school. She hopes to change the history of her family by becoming an English teacher or a nurse. Each week, she looks forward to being blessed by God, bettering herself, and learning new things.

When asked "What is it like to be a woman in Guatemala?" she proudly answered "Well, in Guatemala, for example, for me, in Chichicastenango, I rarely wear pants because I like to represent Chichicastenango by wearing my dress... I look better like this, walking with my dress on... We [Chichicastecas] will not lose our religion, it's how we are."

Juana is the social worker for Nuevos Horizontes, a domestic violence shelter in Quetzaltenango. She wakes up every day and prepares food and necessities for her baby, her husband, and herself. She then commutes two hours to work, one hour on foot and one by bus, to coordinate programs for the women and children at the shelter and, essentially, to take care of them as well. She helps women and adolescents who have been abused physically, psychologically, and economically. She hopes that all of the women who stay at the shelter feel empowered in their country; have rights to life, to education, and to a dignified career; and achieve economic stability that allows them to fulfill their needs. She hopes that they obtain a home,

earn a fair salary, and avoid violence and discrimination on behalf of men.

When asked "What is it like to be a woman in Guatemala?" she proudly answered "Well, actually, women have been gaining a better role. Previously, in our history, women were discriminated against and categorized. They had neither a voice nor a vote. They did not have the right to participate as citizens. The current dream is changing because we are already realizing the rights of women- equality and equity.

We already have a role under the workforce and the education that we have received. We are paid for our work and receive the same benefits as men. The representation of women in Guatemala, actually, out of 100 percent, I consider it to be about 60 to 75 percent. We have not reached 100 percent on the part of machismo, but we are working on this so that women will be 100 percent recognized, as men are, creating equity amongst women and men."

The service trip component of Guatemala Public Health provided my classmates and I with the opportunity to build bunk beds for impoverished families, bring supplies to government hospitals, and teach health lessons at a domestic violence shelter.

I was deeply affected by all that I witnessed throughout my time there, but something I cherish the most about the trip is the extent of my interactions with Guatemalan women. We laughed together, we cried together, and, most importantly, we empowered one another.

In the United States, we have an image of what feminism looks like as well as the goal we would like it to achieve- equality of the sexes in all sectors. We ask for equal pay, equal protection under the law, and equal societal standards. In Guatemala, feminism and empowerment are asking for very different outcomes.

For Milagros, empowerment means her right to education, her ability to preserve the values of her

family and community, and her opportunity to break the mold. For Juana, empowerment means her position as a woman helping women; the rights of Guatemalan women to life, education, and employment; and the achievement of 100 percent representation of women in Guatemala.

As women in the U.S., we fight for the right to show our bodies without shame, to love ourselves as we are, and to pursue our passion knowing that we will be treated fairly. And we *should* fight. However, while we fight, we must keep in mind the plight of women all over the world and how that may look very different from our own struggles.

So, as U.S. citizens that exist on a spectrum of gender, race, ethnicity, and sexuality, we must remember Guatemalan women. We must respect the stories of Milagros and Juana. We must keep our hopes high and, most importantly, our feminism intersectional, international, and adaptable.



PHOTO COURTESY of Hope Avalone

Monmouth University students touching hands with residents of Nuevos Horizontes after the first group activity.

Read This: How to Take Something Away From Your Textbooks

JASON AQUINO
DELIVERY ASSISTANT

Ranger Halt once said, “It’s only impossible if you make it impossible.” I remembered this line from John Flanagan’s book series, *The Ranger’s Apprentice*, during every moment I have faced a challenge since I read it at the age of ten. It made me realize that books of any kind should be treated like milk for the mind: prefer the whole on the shelf as opposed to the skim on Sparknotes.

Edward Palluzzi, a junior health studies student, said, “Personally, I find myself using my textbooks for my major classes more than I do my health electives, although sometimes the books from my elective classes are great references for major classes. Either way, I pretty much get good use out of all of my textbooks in one way or another.”

Your textbooks do not have to be just an essential tool to help you walk on graduation day. While they help you fulfill academic needs, they give you something else in return for spending nights with them until three in the morning. In some cases, students can walk away from a class with more than just knowledge on energy forces, the stock exchange, or feminism. They walk out of the classroom with inspiration to pursue a field of practice.

I tell anyone who asks about my future goals, “The ultimate goal is to write a novel and teach a class how to do the same.” Admittedly, I have seldom drifted onto my phone during readings to check out Clash of Clans or to tag my friends in dog memes. Sometimes as students, we read so much that



PHOTO TAKEN by Alexandria Afanador

Reading, although can be tedious, is a way to get inspired and find your next career path.

we end up craving a brief release from the duty of soaking up different authors’ ideologies and stories.

The Ranger’s Apprentice series follows a young man named Will who must be assigned a role in a medieval-like society. He wants to join Battle School, but he is assigned one of the rarest apprenticeships in the land, which is the Ranger position. Halt, a member of the Ranger Corps, becomes his master and whips him into the shape of a cloaked spy. While the apprenticeship is difficult for Will to manage, Halt drops helpful advice on how to survive in life. Halt’s lesson regarding impossibility is a simple one. The more you decide to quit, the less chances you give yourself to achieve your goals.

The Deltora Quests, written by

Emily Rodda, follows a trio of heroes as they travel to find mystical gems that will stop the evil Shadow Lord from conquering the kingdom of Deltora. Stories may not help us solve math problems, which is great considering I enjoy narratives a lot more than finding square roots. However, this does not mean they cannot give us something that reinforces who we become.

Mary Kate Azcuy, an associate professor of English, said, “My mother read me Greek myths and fairy tales, which I think created my love of mythology. My favorite myth is *The Odyssey*. When I first read the epic, I was a freshman in high school; it was the Fitzgerald translation. My junior year high school Honors teacher took three of us to Princeton University to

hear Robert Fagles discuss his translation approach to the epic poem. My life was changed.”

“In graduate school at New York University (NYU), the poet Allen Ginsberg had us read the epic and discuss it relative to craft and American poetry. Now, I teach *The Odyssey* to my students and each time I re-read the poem, a new aspect of the complexities and layers comes to me. In my research, I write about the American poet Louise Gluck, who writes about Odysseus and Homeric characters.”

Not all books are narratives. This neither means passion was not put into the words behind them, nor do books not serve an intended purpose. It takes heavy interest and a lot of time to write one. Each one has a different les-

son, regardless of the content.

If you are assigned a book you don’t like to read in class, take a moment to do the following. Take a step away from the book and ask, “Why would anyone write something like this?” Once you think of an answer, begin to read the book again. Read it slowly. Extract the meanings from each sentence. Slowly, you will become a scientist dipped in the field. Delicately, you will find out the behavior of sales. You will learn how to join the conversation on contemporary issues.

Danielle Gonzalez, a sophomore history student, said, “I have actually been really pleased with the books assigned for my classes. Specifically, when dealing with topics such as race, there has been rich insight and I have learned more about racial issues here than I did at Rutgers interestingly enough, though I wasn’t a history major there. I have been able to apply everything I’ve learn and read to everyday life.”

The more you immerse yourself as the writer of the book, the more you become an expert on what the book is trying to elaborate. I analyze books to learn the craft of storytelling so that I may write my own novels with their own messages. My passion must remain with the written word in order to do this effectively.

Even if a topic seems tedious, you should value a book just because it has something to say. The novels I read when I was little helped me re-discover what it is like to passionately read a text its creator considers to be a work of art. As an artist, I owe it justice to not trade it off for a college diploma.

Senior Show: Fine Art and Animation

ART SHOW cont. from pg. 1

were interactive, asking passersby to sign a booklet, leave a note, and one student even left cameras out to take pictures with her to go in a scrapbook.

While viewers were able to take away whatever they wished from the event, be it a newfound love for photography, a new artist to follow on social media, etc. the artists themselves were also able to view their peers’ work, which led to more inspiration for future works of art.

Green said, “It’s important to see and celebrate the color everyone brings to the world, which is what I take away from seeing my peer’s artwork.”

“I see all their hard work and passion in their pieces and it is truly inspiring. Creativity is the way we share our souls with the world and that’s what I believe and what I tell my students.” Green added.

Sharing your work with others, regardless of whether or not they are artists or viewers of art, is something Toscano felt strongly about, “It is extremely important for artists to share their work with the public because that is how the world becomes familiar with one’s work. It is also how the public is aware of what kind of art artists are currently creating.”

“From viewing other individuals’ work, I gain insight and inspiration. Artists displaying work gives others a chance to

see the world through their eye. To see how they create beautiful things.”

“Also, viewing others’ art gives me inspiration by showing me what others are doing. This inspires me to continue creating and broaden my body of work and even try new mediums and techniques,” Toscano continued.

The concept that people are continuously learning by viewing others is not a new idea and is something that artists are constantly aware of and partaking in.

Dale Mahabir, an adjunct professor of art and design said, “I think feedback, that’s number one of course. [Sharing and viewing peers’ work] allows them a glimpse into their future. They can set some goals for themselves, it kind of gives them a progress check to see how they align with their peers.”

By allowing students to see their fellow classmates paintings, animations, photos, etc. they are then becoming more and more influenced by each other, further producing quality work from all viewers and artists alike.

Dickie Cox, associate professor of communication said, “I think that people are an infinite source of information. Artists are people, some of our students are artists, and people inspire other people. A lot of my ideas have come from conversations I’ve had with my peers.”

“In many ways, looking at people’s art or looking at their



Senior fine artists were showcased in the DiMattio Gallery, portraying an immense amount of talent.

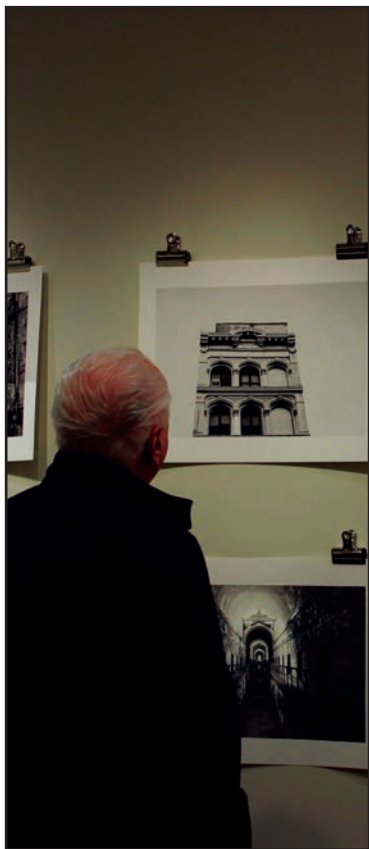
exhibits is like having a conversation with them; you’re listening to what they have to say. It’s just another way of practicing. Also, it influences the choices you make after you see it.”

During exhibitions, some art students can feel a sense of intimidation by being watched and can feel pressured to act or seem a certain way.

Giving students the opportunity to be in the limelight for a

night or a few days can not only boost morale for the artists but it can give them a sense of what their future may entail.

There is never just one muse for an artist, these seniors who got the opportunity to display their work prove that. An artist may say that they are inspired by one artist and they will try to emulate that artist. But, artists, photographers, writers, etc. all share the idea that taking or



PHOTOS TAKEN by Nicole Riddle

piecing together other influences is how new techniques and styles are formed.

The senior show exemplified the talent, hard work, and dedication that the art department goes into producing quality work and students who produce quality work.

Additional reporting done by Matthew Aquino Associate Graphic Design Editor/Advertising Manager

Women's Lacrosse Wins First Conference Game

CHRIS FITZSIMMONS
STAFF WRITER

Following a difficult loss last weekend, the women's lacrosse team bounced back with an impressive 14-8 win over in conference rival Quinnipiac on Saturday. With the win Monmouth improves to an overall record of 3-7 and a begins Metro Atlantic Athletic Conference (MAAC) play 1-0.

Head Coach Jordan Trautman offered her thoughts on what winning the first conference game means. "It is huge to start conference play with a win, we had been talking about how important conference play is. So to say it and then actually show up with a win is going to help the momentum and confidence of the team," she said.

The Hawks stormed out to an early lead and never looked back en route to their 14-8 home win. Seven different players scored and four had multiple goals in the effort. Senior attack Alexa Smith led the way with a team high four goals. Junior attack Jenny Staines and senior midfielder Claudia LaMarca also played exceptionally well, each contributing a total of five points in the win.

Monmouth took the early 3-0 advantage within minutes as Smith buried two straight goals right off the tip and Staines followed soon with the third. Quinnipiac got the on scoreboard at the 24:37 mark but Monmouth responded in fashion with a three-



PHOTO COURTESY of Monmouth Athletics

Junior attack Jenny Staines tallied five total points, including two goals in the 14-8 victory over Quinnipiac on Saturday afternoon.

goal run to add some length to their lead.

The Bobcats reacted to their 6-1 deficit with two goals to close the gap to half. Both teams would exchange goals over the remainder of the half and the Hawks would go into the half with an 8-5 advantage.

Monmouth's offense unleashed

four straight goals right out of the half in large part due to two yellow card opportunities. Staines buried the first goal of the run and senior midfielder Caroline Corbliss added two goals of her own to make the score 12-5.

Quinnipiac refused to go down lightly and went on their own three goal stretch to claw back

to within four with five minutes left. Senior midfielder Claudia LaMarca ended the run and all hopes of a comeback for the Bobcats with two back to back goals to finish the game.

Even though the final score indicates a runaway win for the Hawks the stat sheet tells a different story. For instance,

Monmouth registered a total of 27 shots compared to Quinnipiac's 24. The difference was that Monmouth was able to put more of those shots on goal, with a total of 24 on goal compared to Quinnipiac's 17.

The Hawks defense was also noticeably more aggressive in this game. The team was called for a total of 35 fouls compared to the Bobcat's 23.

"We went into a different defense today, which was more high energy, high tempo. We had more fouls but I think it was creating more confidence and they were just playing instead of thinking about it and we made more risky decisions," Trautman said.

Another reason for Monmouth's win was their ability to take advantage of Quinnipiac's yellow cards. The Hawks converted all three of their player up opportunities and successfully killed off their yellow card. Additionally, junior goalkeeper Riley Brager continued her exceptional play, making nine saves in the win.

"I thought it was a full team effort which I really appreciated. I was proud of the effort from the bench to the goalies to the offense, everyone was involved in the energy and the excitement," Trautman said.

The Hawks next travel up to Poughkeepsie, NY to take on Marist next Saturday at 3:00 p.m. Last year's matchup was tightly contested and resulted in a 13-10 win for the Hawks.

Men's Lacrosse Falls to Detroit Mercy in Overtime

ANDY STUDNA
CONTRIBUTING WRITER

On Saturday afternoon, the men's lacrosse team hosted Detroit Mercy at Hesse Field, dropping a 9-8 decision in overtime.

After opening Metro Atlantic Athletic Conference (MAAC) play on March 17 with a win over Manhattan, the Hawks' conference schedule continued with a matchup against Detroit Mercy, who had begun conference play with a win of their own over Marist.

At 10:31 of the first quarter, freshman attack/midfield Brock Anderson opened the scoring for the Hawks on the man advantage. The Lions would go on to score five of the next six goals in the first half, taking a 5-2 lead into the locker room. The only other Monmouth goal scored in the first half was by senior midfielder Grier Wilson, who had tied the game at two at 11:32 of the second quarter before Detroit Mercy scored three unanswered goals to close out the half.

The Hawks came out storming in the third quarter, outscoring the Lions 4-1 in the frame. Senior attack Bryce Wasserman's fantastic season continued as he netted his sixteenth goal of the season at 12:25 to open the frame. After the Lions answered a few minutes later, making the score 6-3, the blue and white scored three unanswered goals of their own. The three goals came courtesy of Wasserman and junior attack Hunter Jones. Wasserman scored two of them to complete the hat

trick and up his season goal total to 18.

Knotted at six goals a piece going into the fourth quarter, Detroit Mercy opened the scoring in the frame at 12:16 with a man up, making it 7-6. Monmouth responded at 9:07 with a goal by junior attack Griffin Figel. Then at 5:14, Figel struck again with his eighth goal of the season, giving the Hawks the lead by a score of 8-7. With just six seconds left in regulation time, the Lions tied the game at eight, sending the game into overtime. Then, at 3:14 of the extra frame, the Lions ended the game and sealed a comeback victory by a final score of 9-8. The game-tying and game-winning goals for the Lions were scored by freshman midfield Brennan Kamish.

The heartbreaking loss made the Hawks' overall record 3-5 and dropped their MAAC record to 1-1. On the other hand, the Lions are now 2-0 in MAAC play so far this season. The loss ended the Hawks' nine-game winning streak against MAAC opponents.

While the Hawks had to comeback in the fourth quarter to take the lead, they did have chances to extend their lead after they made the score 8-7. "We never really got going today and even though we battled throughout the game to keep it close, we missed on some good opportunities and just were unable to finish out the game after we took the lead," said Head Coach Brian Fisher. "Any time you lose in overtime it's a tough pill to swallow."

While the Hawks did lose,

their offensive attack put up yet another dominant performance. At the forefront of that attack has been Wasserman, who now has 11 career hat tricks after scoring three goals in the third quarter of Saturday's loss. He leads the blue and white this season in

goals with eighteen and has eighty-three in his career. Wasserman also extended his program-best points streak to 24 games and he has now scored in every game so far this season. Another trademark of the Hawks' offense this season has been their play

in the fourth quarter, as they have now outscored their opponents 27-11 in the frame this season.

Monmouth will continue conference play next Saturday, as they visit Siena in Loudonville, NY. The opening faceoff is set for 1:00 p.m.



PHOTO TAKEN by Karlee Sell

Senior attack Bryce Wasserman earned the hat trick with three goals in the 9-8 overtime loss to Detroit Mercy on Saturday afternoon.

Baseball Earns First MAAC Win Before Losing Series

MARK D'AQUILA
STAFF WRITER

Monmouth baseball began conference play this past weekend going 1-2 in a three-game series at Marist. For the second week in a row, Wednesday's afternoon game was cancelled due to weather conditions at Wagner.

The Hawks took the field early Saturday afternoon for the first game of a doubleheader where they gave senior Ricky Dennis the nod. Dennis would struggle on the day giving up five earned runs on 4.2 innings pitched. Luckily the MU bats had his back jumping off to the early 6-0 lead thanks to sophomore catcher Zach Schild's RBI single in the first and senior right fielder Pete Papcun's three-run homerun in the second. Schlid put together an impressive 3-5 day at the plate with two runs batted in (RBIs) while Papcun went 2-5 with 3 RBIs and 2 runs scored.

"Our lineup did an outstanding job of creating opportunities," Head Coach Dean Ehehalt said. "We were able to somewhat get control of the game early with some clutch hitting and the ability to pitch out of trouble."

Pitching out of trouble was exactly what the Hawks did once senior Austin Counsellor relieved Dennis, giving up only one run in 4.1 innings of work. After Marist cut the deficit to three in the second, Monmouth

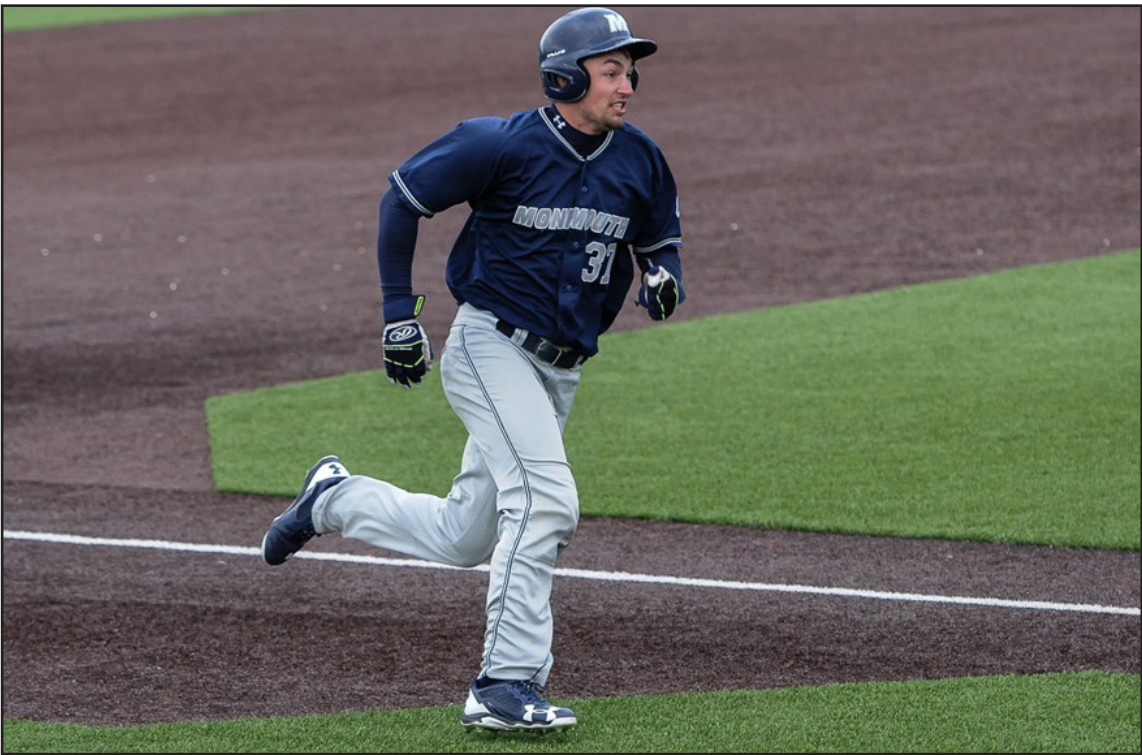


PHOTO COURTESY of Monmouth Athletics

Senior third baseman Shaine Hughes had two RBIs and two runs on two hits in the game against Marist on Saturday afternoon.

pieced together enough hits to plate five more runs of their own in the middle innings. The Red Foxes traded runs with Monmouth in the fifth and sixth to enter the final three innings of play down 11-5. From here Counsellor was too much for Marist, giving up only three hits on the day and sealing the 13-6 victory to open the three-game series and 2018 Metro Atlantic Athletic Conference (MAAC) play. The win ex-

tended Monmouth's perfect all-time record in opening MAAC games to 5-0.

Junior Joe Molettiere took the bump in the second game of Saturday's doubleheader giving up four runs on 5.1 innings of work while giving up a mere two hits on the day. Molettiere's struggles came with his control as the story of the game were his seven walks.

Monmouth did get on the scoreboard first however as

senior third baseman Shaine Hughes singled in a run in the first and finished the game with a solid 2-3 line making him the only Hawk to register a multi-hit game in the second of the doubleheader.

Marist bounced back to take the lead in the second after a huge momentum swinging homerun. Monmouth came back to knot the game up in the fifth and then regained the lead when sophomore Danny

Long scored on a squeeze play to make the score 3-2.

The day's scoring would wrap up in the sixth as the Red Foxes regained the 5-3 lead and never looked back, silencing the Monmouth bats the rest of the way and securing the win.

"We competed but we were unable to get the big hit against a really good pitcher," Ehehalt said. "Things certainly didn't go our way, but we had a chance to win at the end."

The final game of the weekend went the distance and then some as Marist just barely eked out the 4-3 victory in ten innings on Sunday afternoon. Marist gained control of the game early tacking on three runs in the first four innings onto the line of Hawks freshman starting pitcher Dan Klep-chick's impressive six inning, three run (two earned) outing.

It was a come from behind effort for the Hawks who didn't get onto the board until the eighth inning when Danny Long hit a double and scored on a wild pitch. They played small ball in the ninth plating two runs and extending the game to extra innings knotted up at 3-3.

Marist loaded the bases in their half of the tenth and then walked it off with a single to give them the series victory in the rubber match.

Monmouth will next play Canisius in a three-game series, with the first game starting on Friday at 2:00 p.m. at MU Baseball Field.

Men's Golf Off to Good Start in Spring Season

SARAH KOKOTAJLO
CONTRIBUTING WRITER

The men's golf team opened up season play with their annual Spring break trip to Port Saint Lucie Florida. There the hawks had the opportunity to prepare for the Florida Atlantic Spring Championship, which was their first tournament of the Spring season. The championship took place on March 23-25 and consisted of three 18 hole rounds. The event was played at Osprey Point Golf Club in Boca Raton, Florida. The course was a par 72 played at 6,786 yards.

The field consisted of 114 competitors from 19 teams, including Bethune-Cookman, Canisius, Connecticut, DePaul, Florida Atlantic, Florida Gulf Coast, Georgetown, Hartford, Hofstra, Houston Baptists, Jacksonville State, Lynn, Manhattan, Monmouth, Morehead State, Murray State, North Dakota State, Oakland, Stetson.

The men finished the tournament with a 54 hole score of 883, landing the team in 14th place over all. The Hawks' card featured 12 of 15 rounds of 75 or better, while the team led the field in pars.

Head coach Dan Shea was very pleased with the men's performance in this event. "Our team was very consistent throughout the tournament. It certainly was a very good start to our spring season and I am very pleased with the team's performance this weekend," he said.

Kyle Burke who led the Hawks for the first time this season and fifth time of his Monmouth tenure, set a new career 18-hole score (70) and



PHOTO COURTESY of Monmouth Athletics

Senior Kyle Burke led the way for the Hawks with his three-round score of 218 (2). The senior closed out the tournament with a one-over 73 to earn a career-low for a 54-hole event.

54-hole tournament (218). The senior, who sank an eagle over the weekend, finished with 38 even holes and six-under on par-5 holes. Junior Drake Ferriter matched his season low round with his pair of 73s while tying his 222 ties his career-best for a 54-hole tournament. The third-year Hawk finished two-under on par-4 holes and finished with 37 even holes. Glen-Michael Mihavetz and Ron Robinson

played in their first 54-hole tournament. Mihavetz finished tied for first in the field with 39 even holes. Sophomore Andy Stock set a new career-low for a 54-hole tournament.

The Hawks score card: Kyle Burke 75-70-73; 218 Drake Ferriter 74-73-73; 220 Andy Stock 74-75-73; 222 Glen-Michael Mihavetz 75-74-74; 223 Ron Robinson 80-76-80; 263.

"I think this tournament was

a good confidence booster for the team. It's exactly what we needed with the season just starting up. I think our team has a lot of talent and I'm excited to see what this season has to offer," said senior Kyle Burke.

The Hawks next tournament will take place on April 1-2 at Silver Creek Country Club in Hellertown, PA for the Lafayette Invitational hosted by Lehigh.

UPCOMING GAMES

- Thursday, Mar. 29**
Track & Field
Florida Relays
Gainsville, FL TBA
- Friday, Mar. 30**
*Baseball vs. Canisius**
West Long Branch, NJ 2:00 p.m.
- W Soc at Columbia
New York, NY 7:00 p.m.
- Saturday, Mar. 31**
*Baseball vs. Canisius**
West Long Branch, NJ 12:00 p.m.
- Baseball vs. Canisius**
West Long Branch, NJ 3:00 p.m.
- Softball at Fairfield**
Fairfield, CT 12:00 p.m.
- Softball at Fairfield**
Fairfield, CT 2:00 p.m.
- M Lax at Siena**
Loudonville, NY 1:00 p.m.
- W Lax at Marist**
Poughkeepsie, NY 3:00 p.m.
- M & W Tennis at Niagara**
Niagara Falls, NY 3:30 p.m.
- Sunday, Apr. 1**
M Lax vs. Lafayette
Kessler Stadium
West Long Branch, NJ 3:00 p.m.

*conference games



Women's lacrosse opened MAAC play with a 14-8 victory over the Quinnipiac Bobcats on Saturday afternoon. Senior midfielder Claudia Lamarca earned the hat trick with three goals and also contributed with two assists.

SEE STORY ON PAGE 18

PHOTOS TAKEN by Karlee Sell