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Students Featured on NJTV News, Establish New Campus Team

KERRY BREEN SENIOR/NEWS EDITOR

Monmouth University students met with other students at Rutgers University to form a state-wide social change group called The College and University Social Justice Coalition.

Eighteen Monmouth University students attended the event, which took place on March 30 and brought together 60 students from around the state. The coalition, which is sponsored by the New Jersey Institute for Social Justice (NJISJ), hopes to empower students from across the state to advance their social justice community goals, and will provide support, training, and networking opportunities, as stated in a University press release.

"I think this event was a fantastic opportunity for our students to learn concrete skills in social justice work from those working in the field," said Johanna Foster, Ph.D., Director of the Sociology Program and an associate professor of sociology. "So many of our students are concerned about social inequality and want careers where they feel they are making a change in the

At the event, which was featured on NJTV News, professional social justice workers from the NJISJ intro-

duced key concepts and skills in community organizing, event planning, social media, and research and report writing for social justice.

"I think the event was an amazing example of the kind of power and change people can create by coming together to support a cause," said Tyler Castro, a junior psychology student with a minor in race and ethnic studies. "The strong display of intersectionality really showed how much we all cared for one another and our issues, even though we were all from different groups and have had very different experiences."

According to Foster, the event was the first in a series of events which will offer practical training to help students make social change. The training is also intended to help students network with like-minded student activists so they can work together on issues that matter to them.

"I learned a lot about how to mobilize and organize a social justice movement," said Christabel Tulashie, a senior political science student who attended the event. "It was very informative, because I've been trying to start a social justice movement myself; however, I've been struggling. Essentially, this event made me learn my mistakes and showed me a better way of starting a movement."

According to the University's press release, attendees included students from the following on-

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PHOTO COURTESY of Monmouth University

University students from a variety of on-campus activist groups attended an event designed to support and assist in making on-campus social change.

University Community Participates in March for Our Lives Events

KERRY BREEN SENIOR/NEWS EDITOR

Dozens of University students and several faculty members participated in March for Our Lives protests on March 24.

Faculty members organized trips to the Washington, D.C.

according to Johanna Foster, Ph.D., Director of the Sociology Program and an associate professor. Students also participated in local marches in Freehold and Asbury Park, joining some faculty members.

The March for Our Lives



PHOTO COURTESY of Joseph Patten

Over 60 students came together to participate in the March for Our Lives protests on March 24 in faculty-organized groups.

and New York City marches, peaceful protests were designed to bring attention to flaws in United States gun legislation.

Foster was the faculty advisor of the march in New York City, but she personally marched in the Washington, D.C. demonstration. "I attended because I fear for the lives of my children, not only as students, but as kids of color who could be gunned down in just about any public space in this nation because powerful white men and their allies care more about masculinity and money then they do the lives of people," said Foster. "Not only do I constantly worry about the safety of my children, but I worry about the safety of my students, as well as the safety of my colleagues in the classrooms, and myself."

According to Foster, 20 students participated in the New York trip, which was led by Scott Jeffrey, Ph.D., an associate professor of management and decision sciences.

Joseph Patten, Ph.D., led the group that went to Washington,

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Anti-Racism Rally to be Held on Campus

RAY ROMANSKI CONTRIBUTING WRITER

The University's Leadership Team is orchestrating an antiracism rally that will take place on the steps of Wilson Hall today, April 4 at 2:00 p.m.

The Leadership Team is a group of four educational counseling students from three different sections of the course "Advanced Topics of Race and Racism," taught by Tina Paone, Ph.D., an associate professor of educational counseling. The team, consisting of sophomore Vanessa Bernal, senior Kendall Walker, 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.

Vargo initially thought of the plan for the rally. "Sadly, racism is still alive and well, even here at Monmouth University," said Vargo. "Last fall there was an incident along the fence of the athletic field on Larchwood Avenue, where someone had painted a racial slur.'



IMAGE TAKEN from https://www.ipetitions.com/petition/mu-aap

An online petition titled "MU Anti-Racism Pledge and Multicultural Center Petition" has recieved over 250 signatures towards a goal

Vargo and his colleagues' duties include outreach, social media, and research, among other aspects which will make the rally run as smoothly as possible. Paone handles University compliance in regards to flyers, tabling events, and

creating petitions for students.

Johanna Foster, Ph.D., Director of the Sociology Program and an associate professor of sociology, has been studying the effects of institutional rac-

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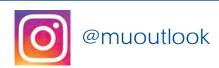
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University Faculty and Students Work to Increase Strategic Communication for the American Society of Andrology

ANTHONY ROSSICS CONTRIBUTING WRITER

Michael A. Palladino, Ph.D., Vice Provost for Graduate Studies and biology professor, is currently working on a project for the American Society of Andrology (ASA) which will result in new strategic communication plans and an app to be used at the ASA's annual conference in April.

Palladino and a team of graduate assistants are working on three fronts to ensure the project's success.

"The ASA recently completed a strategic plan and needs to take an objective look forward to continue as a strong organization," Palladino said. "All research organizations are competing for members, given the funding climate for science and limited travle budget. To keep ASA unqiue as a meeting where physicians and scientists interact is the goal."

Eugene Simko, associate professor of management and decision sciences, and MBA student Matthew Sheehan are collaborating with the ASA to establish a strategic plan for the organiza-

Alexis Nulle, a specialty professor of communication, and Marina Vujnovic, Director of the Corporate and Public Communication (CPC) MA program and associate professor of communication, are working with CPC student Emily Sakowski to develop a Strengths, Weaknesses, Opportunities, and Threats (SWOT)

cation plan that will particularly focus on social media platforms.

"From SWOT analysis, the ASA will analyze where it does well, and where it can improve relative to other organizations and then develop strategies to move forward," Palladino said. "This will include plans for membership, fundraising, planning the conference, etc. The Society needs to do a better job of connecting with students and young scientists, as well as the public, so here is where social media and marketing will be relevant."

Jiacun Wang, Ph.D., a professor of computer science and software engineering, is working with graduate student Li Cheng in developing the app itself. Li is from the Changshu Institute of Science and Technology (CIT) in China, which Palladino referred to as a "partner school."

"Li developed an interactive app on the Android platform to be used by participants at the upcoming ASA meeting in Portland in April," Palladino said. "The app will allow conference attendees to see the full program on their devices, build a calendar of events to attend, form networks for collaboration, etc. This is the first time the conference will have an app."

According to Palladino, the app will be a "great way" for conference attendees to plan their schedules, network with one another, and connect to ASA social about the society and the conferdedicated to the science of men's dino said. "The ASA gains valuable

analysis, as well as a communi- ence. The app can also be used for physicians and scientists so that they can connect with each other for research collaborations.

> Palladino, who is a former member of the ASA executive board, came to the society with this idea. This project that will culminate in April, hopes to assist people who will be at their Annual Conference. Typically, approximately 350 people attend the conference, more than half of the 600 registered members of the society.

> "The ASA hosts an Annual Scientific Conference which attracts a diverse group of meeting participants from all disciplines and settings within the field of Andrology, including significant numbers of trainees, with inclusion of women, minorities, and people with disabilities," said Donna Rostamian, the Executive Director of the Headquarter Office for the ASA. "The Program Committee is charged with selecting speakers and session chairs reflecting the breadth of the field. The Annual Meeting program also features events specifically supporting women, trainees, and those underrepresented in science and medicine. Through the AndrologyAmerica. org website, collaborative work from the andrology community can be searched in the hopes of encouraging collaboration and translational research in the field of Andrology and Men's Health."

"The ASA is a global, multimedia channels to learn more disciplinary professional society

American Society Andrology

health," said Ros-

tamian. "The ASA seeks to be an international leader in the promotion, education, and discovery in the field of male reproductive health by nurturing the careers, expertise and ideas of diverse stakeholders in andrology, including scientists and clinicians; and by informing the

"This project is a great example of how we can put our talented graduate students to work on a Graduate Assistantship project that is winwin. The students gain practical expereince working with a national professional society under supervision of our faculty, and these are resume-building experiences," Palla-

insight into strategic planning from unbiased eyes, creation of a plan for marketing and communications, and an app. The ASA benefits from talented graduate students providing a significant body of work that would be difficult for the society to afford."

Palladino anticipates that the project will continue in the future with Univeristy professors and gradate assistants helping define a strategic plan and implement a social media strategy, as well as refining the app and creating an iOS-compatible version.

Image taken from the ASA

University Members Debate the Effects of Divorce on College Students

KERRY BREEN SENIOR/NEWS EDITOR

NATALIE OSTERMANN CONTRIBUTING WRITER

According to the American Psychological Association (APA), more than 90 percent of people in Western cultures marry by age 50; however, between 40 and 50 percent of those married couples will divorce.

by divorce, according to the APA, though the severity may if it had happened during their

Andrew Lee, Ph.D., one of the leading psychologists from the Office of Counseling and Psychological Services (CPS) on campus works with college students facing a variety of issues, and has seen students going through all stages of a divorce, including the beginning stages, the contemplation of divorce, and even the aftermath. He states that how a student copes with a divorce depends largely on both the family and the student themselves.

"There's lots of ways it can affect anyone," Lee explained, concrete research between the success of college students from divorced families and college students from traditional famithat make up someone's reacation, the age [how old the stu- and social issues. dent was when their parents got divorced], and how the divorce went through."

While there may be no concrete evidence of the effects, Lee believes that the effects of divorce are seen more in college than their academic and occupational performance.

"It might make relationships more complicated," explained Children are strongly affected Lee. "There may be issues with trust and intimacy.'

"What we know is that chilvary based on the circumstanc- dren who are in really dysfunces of the situation. University tional family dynamics for any faculty members also stated that reasons are going to replicate college students could be af- those patterns when they grow fected by divorce as well, even up, when they have their families, when they have opportunities to interact as partners," said Rebecca Sanford, Ph.D., Assistant Chair of the Communication Department and an associate professor who teaches courses on interpersonal and family communication. "Kids who grow up with parents who are divorced are somewhat more likely to get divorced themselves if they marry, but it's not prescriptive.'

While Lee mentions that there have been longitudinal studies done on people from divorced backgrounds that measure their developmental progress, it is hard to quantify these results.

"Students may come in for saying while there's not much treatment for the effects or aftereffects from a divorce, but that doesn't mean that they are any different than a student, say, from an intact family" stresses Lee, lies, there are numerous factors not wanting students to believe that their family status predis-

According to Sanford, the effects on a child or college student can vary based on how the parents conduct themselves both before and after, and if the divorce leads to a better situation.

"If home life is violent, chastudents' interpersonal skills otic, highly dysfunctional, or anything that's quite negative, the divorce may resolve some of those patterns," Sanford said.

According to Janice Stapley, an associate professor of psychology whose research partially focuses on developmental psychology and emotion, along with college adjustment and academic advising, says that she does not background are at a significant disadvantage when they enter

"The only ways [divorce] would affect them academically would be if they were still in the middle of crisis or conflict that was emotionally draining, or if it meant that it interfered with their finances for college," Stapley explained, saying that no strong data linked divorced families and academic success.

'Kids who have successfully dealt with some changes and crises are stronger for it than those who have been in a cocoon of sameness," Stapley said. "They develop their own self-regulation and emotion regulation skills, networks of support from friends, and often more 'life skills' than those raised in married parent households."

Lauren Mashaw, a 19-year-old psychology student, feels that she has gained notable qualities

"I'm more responsible and independent," said Mashaw, whose parents split when she was 11 years old. "It's really important to express one's feelings about their parents divorce, especially if it's negatively impacting their academic performance and their self esteem."

Mashaw's advice for students struggling to come to terms with their parents' split: "Talk to friends, a counselor, or a relative."

Tawanda Hubbard, Ph.D., is a specialist professor in the social work department and a licensed the wake of tragedy and are clinical social worker with over 12 years of experience in child welfare, adolescent and family therapy, a 20-year-old criminal justice feel that students from a divorced and clinical practice. She currently student knows what it's like provides family and individual to have their world fall apart. therapy as a private practitioner.

"From a social work perspective, we tend to look at children from a holistic perspective," said Hubbard. "We really value looking at persons and environment and persons and situations. Children are impacted by what goes on in the family because children really cannot exist outside of that familial environment and parent-caregiver relationship. They need their families, they are dependent upon their parents and their families."

According to Hubbard, the degree to which a child is affected by divorce can vary based on a wide range of factors, including the amicability of the parents, whether there is a co-parenting situation are still best friends and are and how it is managed, and what the causes of the divorce are.

"Depending on the age of the children, some children might view it as being their own fault," said Hubbard. "It really varies. There's tion. "It depends on the situ- poses them to future academic from going through her parents some individual factors that come days and two Christmases."

into play here that you have to look at. You have to take each case-by-case, but in a general sense, there is an impact."

While Hubbard says that that impact can indeed last until college if the divorce occurs in childhood, that impact is again different based on the individual person.

"It can still be really impactful," she said. "Somebody can have a really big reaction."

People are very resilient in able to come back stronger than ever. Michaela Schenker,

"Divorce sucks," Schenker, whose parents split up when she was a 12-year-old. "I had my fair share of moments where I rebelled and didn't want to listen to anyone."The hardest part, according to Schenker, was adjusting to the holi-

Schenker was able to cope when she realized how unhappy her parents were. "My parents were in a toxic relationship and would always fight," said Schenker. "They just weren't good in the same environment.'

"The thing is my parents better friends than together," added Schenker.

According to Schenker, there are perks to having divorced parents, "On the bright side, I get two birth-

"Festa Italiana" Celebrated

The University's Department of World Languages and Cultures and the Italian Club presented their 11th annual La Festa Italiana, or Italian Festival, on April 4 in Wilson Auperformances, and food to celebrate Italy and Italian culture.

The festival began with an introduction by Maria Simonelli, Ph.D., a professor of Italian and Latin and faculty advisor to the all for attending, and gave thanks to her Italian language students and club members who helped to set up, provide food, of an audience and perform in and give performances for the another language, whether it

Following the introduction, Annavaleria Guazzieri, Ph.D., the Education Office Director of the Consulate General of Italv in New York City, NY, gave a presentation on "Storie Veneziano" or "Venetian Stories."

"Dr. Guazzieri's presentation was excellent, very scholarly and informative," Simonelli said. "With her 'Venetian Stories,' she brought us all to Venice where she illustrated the history of the city from the beginning to our days."

After Guazzieri's presentation, the festival segued into student performances that included music, presentations, and poem readings.

One of the performances was by Amanda McTigue, a senior music student who sang "Caro Mio Ben" while her partner, Timothy DiDomenico, accompanied her on the guitar.

"I have studied voice for four years and already had 'Caro Mio Ben' in my repertoire," McTigue said. "I rehearsed with Tim a few times prior to the show to get the arrangement

with a dance performance of La Tarantella Napoletana, the tival was another success. traditional Italian line dance. Seniors Juliana Illiano and Samantha Papa, and sophomores Caitlin Mazzella and Rachel Primavera danced while the audience clapped along.

"The Italian Club students ditorium with presentations, did a great job dancing La Tarantella Napoletana and deserve a lot of credit," Simonelli said.

"The student performances were awesome as usual. We have such talented students,' Mirta Barrea-Marlys, Italian Club. Simonelli thanked Ph.D., Chair of the Department of World Languages and Cultures and associate professor.

"It takes a lot to get in front be by reciting a poem, singing opera, or folk music. Kudos to them for doing so. The participation from Dr. Basilone's Ocean High School AP Italian class was also all in Italian. These students' video presentations were so creative and fun. It is really important for the language and culture to have the community be involved as Italiana 2018."

All agreed that the yearly fes-

"This year it was great, with many students, faculty, and employees," Simonelli said. "A lot of enthusiasm was around."

"I thought the festival was a great success and it just keeps getting better every year," Barrea-Marlys said. "The Italian students and professors work hard to ensure a great show and good food, which is prepared by the students."

"I think the festival was a success," McTigue said. "The audience received a well-rounded array of Italian performances and presentations keeping everyone engaged."

"I must also thank all the students who made the festival complete, preparing authentic delicious Italian food, and those who helped setting up and cleaning at the end of the event," Simonelli said. "It takes a village to make the event happen. I am very grateful to all my students, my colleagues, and to all those who contributed for the success of the Festa



PHOTO TAKEN by Zach Cosenza

Amanda McTigue and Timothy DiDomenico performed the The festival was concluded Italian song "Caro Mio Ben" as part of the festival.

Students Learn About Forming Social Justice Movements on Campus

SOCIAL CHANGE cont. from pg. 1

campus groups: the African American Student Union nying that there is a new ac-(AASU); the National Council tivated generation of freedom of Negro Women; the Youth fighters coming up, and there Activists Group; the Gender are MU students who are on Studies Club; Sexuality, Pride, the front lines of that! I am Education, Community, Truth, so proud to see the MU Social and Unity at Monmouth (SPEC-TRUM); and the Sociology Club, among others.

"The event was a partnership with the sociology program, and students were selected by sociology program faculty and me think that we can actheir faculty allies," Foster complish real change at our said. "In particular, students institution if we all support who were identified as part of social justice clubs on campus said Castro. "I think positive were invited to attend, as were changes are going to start those enrolled in courses where soon." the study of social inequality takes center stage. We also ed by prominent New Jersey reached out to all students who social justice leaders, includare majoring in fields where we ing representatives from the know there is a strong disciplinary commitment to solving Justice, the Drug Policy Alsocial problems."

"I participated because I've always been vocal about my beliefs," said Tulashie, who was recommended to the event by Foster. "I believe in equal rights for everyone and giving versity students had formed a voice to the voiceless.'

"This is such an amazing opportunity for our student lead- Foster, who will be the faculers to get the kind of training ty advisor for the Monmouth that will elevate their power team, will identify the issues on campus and in their com- of greatest concern for stumunities in a time when we are dents and collaborate with seeing young people rise up all other teams across the state to

more just, equitable and compassionate world," Foster continued. "There is no de-Justice Team as a founding partner in the NJSIJ College and University Coalition."

"There was a really strong Monmouth presence at the NJISJ meeting, which makes each other and our ideas,'

The event was also support-NJ Alliance for Immigrant liance, the Anti-Poverty Network, the New Jersey Policy Perspective, Youth Advocates Programs, and the American Civil Liberties Union – NJ.

By the end of the day, Unia Social Justice Innovation Team which, according to across the nation to demand a develop strategies for change.



🔼 do social justice.

NJISJ NEW JERSEY INSTITUTE FOR SOCIAL JUSTICE

Students learned from a variety of social justice leaders at the

Rally to Push for On-Campus Multicultural Center

RALLY cont. from pg. 1

-ism for two decades. "We continue to experience explicit me to decide," she said. hate incidents on campus, as well as everyday racial microism is declining in America one Monmouth to hear from their bit," said Vargo. "Take a look fellow students and faculty tine at predominantly white at the #MeToo movement, or about experiences with racism, institutions like ours," said Fos-

traditionally marginalized stu- for what they feel is right. dents of color are underrepresented at Monmouth, despite have the social courage to say other's peers." recent improvements, as are faculty of color.

"As a sociologist who studies racial inequality in education, I can tell you these patterns regrettably do not make Monmouth stand out as unusual in the higher education landscape," she said.

Claude Taylor, Academic Transition & Inclusion Advisorin-Residence and professor of communication, agrees youth protest is thriving.

"Student activism is an essential characteristic of the college experience," said Taylor. "I support the concept of students giving voice to concerns."

Maya Paco, a general member of the Youth Activists Group on campus, will be the Vice President next semester. "I admire those who take the time to pro- eral clubs and organizations test and advocate for what they believe in," said Paco.

child would not be who I would grow up to be, that was only for

"I don't believe that activthe March for our Lives event. There are important issues that "The data is also clear that still move people to take a stand

> something against injustice. Once that person speaks their by the Pew Research Center, truth, others will follow. Sometimes these movements have to start small, like on a college campus, but if enough people stand up to injustice and inequity, eventually a change will occur."

The ultimate goal of the protest is to advocate for a Multicultural Center on campus.

'We believe that this center will be a place for people of all races, religions, and beliefs to come and embrace each other and share their stories and find safety amongst each other," said Vargo. "We want Monmouth to be a place where people's differences are celebrated and encouraged."

On campus, there are sevthat advocate for equality and diversity, including the Afri-As a victim of racism, Paco can-American Student Union, supports the rally. "I knew that the Muslim Student Associa- erful tool we have," said Vargo.

the racial remarks I got as a tion (MSA), the Gender Studies Club, the Sociology Club, and Students Advocating Girls' Education (SAGE).

"We want the community at whether personal or viewed by another," said Vargo. "We believe that the student's voices will be more powerful and im-"All it takes is one person to pactful because we are each

According to a 2017 article more Muslim Americans have been assaulted and intimidated with a significant increase from 2015 to 2016, from 91 reported incidents of aggravated assault to 127.

Reports of vandalism and property damage have also jumped about 20 percent.

There is also an increase of antisemitism, xenophobia, and religious bias

These numbers are most likely inaccurate, since this data is only from incidents reported to law enforcement agencies. .

According to the Federal Bureau of Investigation (FBI), there were 7,321 reported incidents of hate crimes in the United States in 2016, a fiveyear high. However, 88 percent of law enforcement agencies reported no hate crimes.

"Our voices are the most pow-

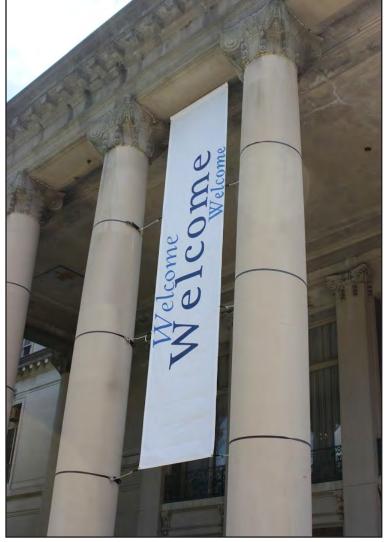


PHOTO TAKEN by Nicole Riddle

The rally, held on April 4 at 2:00 p.m., will take place on the front steps of Wilson Hall.

THE OUTLOOK

Courtney Buell

EDITOR-IN-CHIEF

Alexandria Afanador

Managing Editor/Features

Kerry Breen

SENIOR EDITOR/NEWS

Professor John Morano

FACULTY ADVISOR

Sandy Brown

OFFICE COORDINATOR

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GRADUATE ASSISTANT

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PHOTOGRAPHERS

Amber Galati

Karlee Sell

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Hawks Talk Family Dynamics

EDITORIAL STAFF

U.S. divorce rate dropped for the third year in a row, reaching its lowest point in nearly 40 years, according to TIME magazine in a 2016 article.

Despite the news that divorce rates are dropping, it doesn't negate the fact that a lot of millennials are products of divorce, or are part of families with step siblings or half siblings. The editors of *The* Outlook come from many different backgrounds, and agree that family structure has an incredible impact on the way people grow up and see the world.

"Today, our picture of divorce is much more complicated — it's one that changes based on your education level, income, location, and a whole bunch of other factors. Plus, of course, your decision to divorce (and get married in the first place) is an incredibly complex and personal one. Sarah Jacoby, a writer for Refinery29 stated.

One editor offered that it's almost normal today to come from a divorced family. "My point isn't avoiding divorce, it's examining the affects. I understand that divorce and mixed families aren't a new idea to American culture."

"I am addressing that it has been so normalized that those whom are internally struggling with it may not even be aware that it's the reason why," the editor said.

"It's weird to me, because, when you think about it, we are the first generation that comes from separated parents and mixed families in this widespread, high-percentage degree, but it is hardly talked about," the editor continued.

According to the American Psychological Association (APA), healthy marriages are good for couples' mental and physical health, which also is good for their child(ren).

"Growing up in a happy

mental, physical, educational themselves okay." and social problems," their website states. "However, about 40 to 50 percent of married couples in the United States divorce. The divorce rate for subsequent marriages is even higher.

There is fine line when it comes separating what is popular and what is normal.

One editor said, "I don't think divorce has become a 'norm.' However, I do think it has become less offensive. I believe a lot of people underestimate the severity of a divorce, in particular, the effects that it has on children. Divorce really changes the dynamic of the family.'

Another editor agreed, "I think a lot of the stigma has been removed over time, but it's not necessarily a norm. I think people are still conscious of the effects it has on children and family members, which is what really keeps it from being more of a normal thing"

One editor disagreed, and believes that, "Divorce has become more of a norm in today's society where years ago no matter the situation, it was considered a taboo to split and get a divorce.

"However, I do not agree that it disregards or takes away the serious effects it can have on mental health of children and teens. No matter how normal divorce is or how old the children, it can take a huge toll and that is something that absolutely cannot be overlooked," the editor continued.

"I think children have behavioral issues if their parents get divorced when they are young, they don't know how to emotionally deal with it," an editor menioned.

"I also think it is because when a child's parents get divorced, a lot of time they will be spoiled as an aftermath because they don't want them to be upset; it could be because when two people get divorced, they could go the other direc-

Another editor said, "These kids will have two sets of holidays, two birthday parties, and two bedrooms. I think it also reveals a humanity in your parents that you don't recognize until you're older. When we're young, we look at our parents as they superhuman beings, and realizing that the two people you look up to the most in the world, your parents can't make it work and have to call it quits, then who

For such a prominent issue, the resources seem scarce, according to an editor. "There needs to be a way to better pave this without having to google search article after article about the affects college students face as adults after being a child from a divorced family because frankly, I bet a lot of you don't even know what symptoms you obtain after being exposed to such environments.'

Continuing on about this, another editor mentioned, "Of course there is the suicide hotline, 1-800-273-8255, and they are there to help with suicidal tendencies or thoughts relating to any particular issue. I have personally never seen a hotline or resource meant specifically for divorce situations.

After analyzing this topic deeply, it leaves some editors wondering what divorce and marriage will be like for the

"I think many people will decide not to marry and instead have 'partners', this will reduce divorce rates, but the sample pool of marriages to draw from will also decrease," one editor predicted.

On a more personal end of the spectrum, an editor stated, "I know I will take more caution in getting married. However, I know there will always be couples that grow and do not work well together anymore, and it is not particularly anyone's fault but it is better that it is less taboo to divorce tion and forget about the chil- and be happier alone, than be home protects children from dren and just focus on making miserable and stuck together.'

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Guatemala: Do's And Don'ts

MEGAN CONCHAR

According to the Institute of International Education 2017 Open Doors report, 325,339 American students earned academic credit while studying abroad in 2015/16. Another 23,125 U.S. students were involved in non-credit work including internships and volunteer programs abroad.

After a recent credit-bearing, service learning experience in Guatemala with Chris Hirschler, Ph. D. and eight Monmouth University students, I've learned that there are many things to consider when embarking on travel associated with an international servicelearning course.

Guatemala Public Health (HE 376), involved extensive research and preparation in order to successfully serve people in Guatemala. We served in homes (where we built bunk beds for families and assembled water filters), public hospitals, a women's domestic violence shelter (Nuevos Horizontes/New Horizons). We cleaned up garbage, distributed water and other items to hospital patients, fed starving animals, and gave health lessons. We also spent time experiencing the local culture through food and conversations, listened to medical and animal lectures, hiked Pacaya Volcano, and enjoyed luxuries like swimming pools, hot tubs, and spas. The following advice comes from my own experience and the perceptions of others based on conversations and interviews.

DO research your opportunities. Find out what is available in terms of destination(s), the goals and objectives, length of travel, supervising faculty, size of the group that will travel, requirements to enroll and travel, the cost of the trip, including obtaining a passport and acquiring the necessary vaccina-

DO NOT choose a service course or trip because of the destination

tion does not speak for the goals and objective of the trip, intentions and experience of the supervising faculty, or the overall experience. Speak directly with supervising faculty members to understand their expectations, intentions, and goals. If you don't like the faculty member, you're not going to like the trip (even if you're on a beautiful tropical beach). Hirschler emphasizes the role of faculty supervisors in international service learning: "Faculty spend an enormous amount of time thoughtfully constructing the coursework and experiences abroad. For example, I design the course so that students critically examine their motives, become culturally sensitive so that they maximize their positive impact and minimize harmful effects, and approach the experience as a reciprocal relationship in which they discover the numerous similarities between themselves, their classmates, professor, and the individuals they work with in the destination country."

DO build relationships with your service group before you travel. This includes students, faculty, and interpreters. Having pre-established connections with your group can help build your confidence during travel and sheds an unnecessary layer of anxiety about traveling with strangers. Besides, you'll probably be sleeping, eating, and using the bathroom in close proximity to your group members—you might as well get to know them before the weirdness begins.

DO allow adequate time to pack and prepare for your trip. This includes creating (or asking for) a packing list, keeping notes and lists of important items, and planning your finances appropriately so you can purchase the things you need. Further, allow yourself time to mentally prepare for your travel. I found it helpful to watch videos, practice the local language (Spanish), and search details such as the length of

alone. An interesting tropical loca- my flight and a map of my destination country. Also consider speaking to students that have previously traveled with this service course ask questions, address concerns, ask about "highs and lows" of the trip. The more you know, the less confusion and anxiety you'll have during your trip.

DO NOT "export" your own bad habits. Be mindful of the example you set while you are abroad. For example, littering and smoking are two habits that you will not want to bring abroad. Elaine Banting, one of our Guatemala Public Health students, exemplifies the importance of mindfulness about bad habits in her successful effort to quit smoking before traveling abroad. She says, "To make a life-altering decision like [quitting smoking] reminds me of the positive impact I wanted to make in Guatemala. I made so many amazing connections with people in Guatemala and I didn't want my unhealthy habit to affect the people that I came to love."

DO have meaningful conversations with the people you meet in your time abroad. Sometimes, the best way to understand the "bigger picture" of a situation is to have personal, individual conversations. At the women's shelter, we were given a general basis for how the women and children ended up in their situation—they were the victims of some form of domestic abuse and entered the shelter for their own protection. Without sitting down to speak to a resident of the shelter, "Tina", I would never have understood how different each story of abuse really was. "Tina" is a U.S. citizen residing at Nuevos Horizontes for a single reason: her abusive partner burned her passport and other documents to create a system of immigration complications that restrict her from returning home. "I feel imprisoned here. This is not where I belong. I want to go home to America." Speaking to individuals like "Tina" show that we don't

always understand issues with attention to details like individual differences. Take the time to understand these details.

For privacy, the names of women residing at the shelter have been changed.

DO allow yourself to learn from the local community members. Do not make the mistake of thinking that you are the only teacher. You will undoubtedly learn more than you teach in your time abroad, so shape your expectations accordingly. During our time at Nuevos Horizontes, the young women and children performed a dance for our group, to reciprocate the effort we spent teaching health lessons and to showcase the beauty of Guatemalan culture. Maria, a social worker at the shelter, explained "[The women] were very excited to present for you. They have spent a lot of time preparing." It is important to remember to receive as much knowledge as you give— the status of "student" goes beyond the classroom.

DO understand the lasting impact the people you meet.

of an international service experience. You will meet new people, make new friends, and fall in love with a new culture. You will also bear witness to suffering. You will see things that you don't expect, or things that you haven't ever experienced or imagined. These things might affect you emotionally-understand these possibilities so you can prepare. Hirschler explains the lasting impact of international service: "Students realized that they could have a significant impact on individuals and families, and how inspiring it is to experience the resolve of people who are financially impoverished, but who have an abundance of gratitude, sense of community, and generosity." Most importantly, understand that your service trip will change your life: your perspective will change, your understanding of the world will broaden, your appreciation for your own life will grow, and you'll never forget the beauty of the culture or the kindness of



PHOTO COURTESY of Megan Conchar

These do's and don't's will ensure you have as good a time and as fufilling a time as Megan did.

Realistic Meal Prep

KIERSTEN BECHT

Meal prep. You see the hashtags all over Twitter, Instagram and Facebook along with beautiful pictures of appetizing meals that claim to require little to no effort.

Hah. How many times have I convinced myself that I would adopt that #mealprep lifestyle only to abandon it shortly after chopping just one vegetable? More times than I can recall, thats for sure.

Here's the thing, I love to cook and the kitchen is my hap-



Meal prepping saves time and prepares you for the week ahead.

py place, so spending a good chunk of my time in the kitchen to prepare the thing I love most in life, food, sounds like a no brainer...right? Wrong. Being a college student is

time-consuming enough, on top of also having a part-time job, all the while trying to maintain a somewhat active social life. You all get it, life has a way of just getting in the way sometimes.

Side note: I am so the type of person to make myself a peanut butter sandwich for dinner on a night that I have absolutely no obligations, yet when I have three papers due, a research assignment and two exams to study for, I suddenly become Julia Child and whip up a freaking four-course Michelin worthy meal. Procrastination strikes at the strangest times...

Back to business: As I was saying, I'm too busy (lazy) to be an intense meal-prepper, but it's ok! If you find yourself in a similar situation, find out how to make meal prepping work for you. Even if it just means throwing a yogurt and a granola bar into your lunch box (I can't be the only one who still uses a lunchbox, right?) the vas! What I'll do is make a huge

night before, so be it! Sure, tech- batch of oatmeal and keep it nically you just threw packaged items into a bag, but alas, in doing so you are now prepared for a bowl for breakfast, or if I'm your next meal, how simple was

What I find works best for me is taking foods that I love, that granola and take it for breakalso require little to no effort to fast or lunch on the go. Oh cook, and making a big batch to and just so you know, oats can I could eat sweet potatoes and oatmeal for every meal if it were socially acceptable. Lucky for me, the two take barely an ounce of energy to prepare and cost next to nothing! #ballinonabudget If I want to eat sweet potatoes all week all I've got to do is wash them, wrap them in foil and pop them in the oven for an hour or so and voila, I've got perfect little spuds to be devoured however I please. Maybe one day I'll top one with yogurt and almond butter, and another I'll pile on my favorite salsa or hummus. You can do no wrong with sweet talked about the two plainest potatoes.

Meal-prepped sweet potato topped with salsa and a fried egg.

The same goes for oatmeal, it is not only one of the simplest foods to prepare, but it also serves as the perfect blank can-

in the fridge all week so that I can either scoop some into feeling super fancy, put some in a mason jar with toppings like chia seeds, banana or be savory too, throw in some spice, vegetables and maybe some bacon and boom, dinner is served.

Meal-prepped steel-cut oats that I topped with fresh fruit.

The options are endless and you can cater whatever you choose to make based on your diet. Remember, meal prep can be as elaborate or straightforward as you please, it all depends on your budget, schedule, and the amount of energy you wish to dedicate to the task.

Even though I essentially foods on the planet, potatoes and oatmeal, hopefully I have piqued your interest and if you are hungry for more meal prep ideas all it takes is a simple google search and before you know it you'll be cooking in bulk like a pro.

Students and Faculty Participate in Marches in Washington, D.C., New York City, and New Jersey

MARCH cont. from pg. 1

of the Political Science Club, as well as meeting up with five political science students doing the Washington semester pro-

"Political science is a fun and important field because it tries to understand current political trends and to predict the future political climate of the country, and you can best do this by being where the action is, rather television," said Patten. "The Political Science Club wanted to go to D.C. because that was the epicenter of what might turn into a political movement that can have a big impact on the 2018 Congressional elections."

"As an advocate for having no guns in schools and wanting to stop the prevalence of mass shootings, I felt it was necessary to attend the march not only to fight for gun reform, but to stand in solidarity with those who have lost loved ones due to gun violence or know of others who have," said Taffy Lashley, a sophomore communication student who participated in the New York City march.

this march because I wanted D.C., bringing 28 members to use the privilege that I have as an able-bodied individual in order to stand up for those who do not have the ability to do so," said Jesse Lee, a sophomore social work student who attended the New York City march. "As young people, we have the power to influence the powers that be, therefore I felt compelled to speak my mind."

According to CBS News, the crowd at the Washington, D.C. than watching events unfold on march was estimated to be around 200,000 people, and the New York City march had another 200,000 demonstrators, according to The Washington

> Smaller, local marches also took place around the country and were also attended by members of the University campus community. In total, there were approximately 20 peaceful protests in New Jersey alone. 2,000 people marched in Red Bank, according to the Asbury Park Press; numbers for marches in Freehold and Asbury Park were not available.

"I chose to march in Asbury Park, as there has been gun violence in the neighborhood, and ways."

"I wanted to participate in being so close to campus, I felt a strong need to support high school students in this community," said Sanjana Ragudaran, Ph.D., a specialist professor of social work who attended a local march.

> Ragudaran encouraged students to participate as well, and was met by approximately 15 of her students and some of their families; she said that several social work faculty members also participated, including associate professors Carolyn Bradley, Ph.D. and Michelle Scott, Ph.D., assistant professors Ralph Cuseglio and Cory Cummings, Ph.D., and lecturer Christa Hogan.

> "As a social work educator this is a learning experience for all of us," Ragudaran said. "Most importantly, this brings the classroom to life It is an opportunity for us to spend time with students outside of the classroom. The discussions we had with each other and their families around current issues is priceless. By continuing this discussion in the classroom the following week, I am hoping they remain inspired and continue to be engaged in various

social worker in the NJ public schools motivated me to want to act to try to make certain that our schools are a safe place for children, faculty, and staff," said Bradley. "I am concerned at the proposed arming of teachers as a means of hanging gun threats in schools. On some level, this amounts to placing responsibility for change on potential victims. Such a proposal is not a viable solution as it creates a piecemeal response to a national problem."

"It is absolutely essential for students to attend these events, as they are the ones directly affected, and we know change does not happen until those that are directly impacted take a stand, tell their stories, demand change, and then hold leaders accountable for it if nothing happens," said Foster. "In this case, I think the march illustrated that students all across the country have a keen understanding of this, including the key step to vote out leaders that are not going to meet their de-

"It was an incredible experience being surrounded by so many others who were as pas-

"My past experience as a sionate about change as I am," said Lashley. "I know this is the start of something hugely positive in this country."

"I especially liked that kids dominated the rally in that only kids made speeches. They were powerful because most of them talked about how they lost a brother or sister to gun violence. It broke my heart to hear all of the tragic stories," Patten said. "Regardless of the issue or the political stripe of the student, there is nothing more inspiring than seeing young people getting involved in politics. Young people have the energy and charisma to effect positive change."

"I felt honored to attend this event," added Lee. "Since this was my first protest, I wanted to make sure that I made the most of my time by marching amongst my friends and other like-minded people. Ironically enough, I had a positive experience at the march, and I felt that way because I could sense the urgency, unity, and passion that my fellow protesters felt as we were marching down the streets of New York City. I was happy to see that there were good people who still exist in this world."

What Kim Jung-un's Historic Visit to Beijing for U.S. Diplomacy Efforts

BRIANNA FERRANTE

The arrival of a mysterious, dark green, 21-car tinted train marked by a signature yellow stripe in Beijing's central train station on Monday, March 26, incited speculation that it could be carrying North Korean Supreme Leader, Kim Jong

ther, former leaders of the country, opted for similar means of transportation on their foreign visits. In accord with the nation's mysterious reputation, little is known about the armored vehicle, when it is deployed, and its rumored lavish interior and amenities.

Chinese state media officially reported on Wednesday, March 28, that Kim had completed a visit with Chinese President, Xi Jinping, in lically condemned by China, along

The visit spanned from late Monday night to Wednesday afternoon. The event marks Kim's first ever known trip abroad since ascending to control of the notoriously isolated nation in 2011, as well as his first ever meeting with another head of

Reports suggest that the visit was made at the request of Jinping in anticipation for upcoming meetings with both South Korean and American leaders.

According to China's official New China News Agency, Kim claimed that he is "willing to hold dialogue with the United States and hold summits between North Korea and the United States."

With regards to denuclearization, Kim subtly implied the potential for it, "If South Korea and the United States respond to our efforts in good faith and create a peaceful and stable atmosphere," and if "the current situation on the Korean peninsula has begun to develop in the positive direction," China's official New China News Agency reported.

Previous attempts at curbing North Korea's nuclear development have not yielded permanent results as anticipated. Nuclear freezes in both 1994 and 2005 ended with the nation receiving relief from their sanctions, only to later resume their program in a slow, but nonetheless deliberate, manner.

"The regime has repeatedly used Both Kim's father and grandfa- talks and empty promises to extract concessions and buy time," said Congressman Ed Royce (R-CA), Chairman of the Foreign Affairs Committee in a media statement released on March 8.

> China is North Korea's only major trading partner and chief ally, even with both nations having less than amicable relations in the past. Pyongyang's rapid nuclear missile development and testing was pub-

with Kim's aggression-inciting rhetoric which China viewed as a threat to international peace and stability. It has also been documented that China has backed multiple United Nations sanctions intended to limit exports of North Korean goods to China.

"Kim Jung Un's visit to China bodes well for future talks with the USA. China is North Korea's main ally. The latter would want to know the latest views of its ally before interacting with the USA," said Kenneth Mitchell, Chair of the Department of Political Science and Sociology and associate professor of political science.

Even though this visit is the first known attempt on the part of North Korea to engage in some level of diplomacy and negotiation, denuclearization and trade appears to be at the forefront of the participating nation's agendas. Kim's upcoming few months consist of summits with South Korean President, Moon Jaein, in April, followed by a meeting with U.S President, Donald Trump, in late May.

Recent role changes to key players in the Trump administration will also likely have an impact on the dynamic of the upcoming sum-

With the recent appointment of John Bolton as National Security Adviser, various narratives are emerging from those who had worked alongside him during his time as former-Ambassador to the United Nations. Many of the narratives recount his management style as being aggressive and skeptical, particularly toward the Obama-era Iran deal.

"Trump's appointment of John Bolton strikes me as a poor choice. Trump campaigned on staying out of senseless foreign wars, a move that likely won him the GOP nomination because it separated him from the primary field," Mitchell

Bolton recently wrote an editorial piece for the Wall Street Journal in February titled "The Legal Case for Striking North Korea." Throughout the article, he both justified and actively advocated his support for a pre-emptive military strike against North Korea.

It is perfectly legitimate for the United States to respond to the current 'necessity' posed by North Korea's nuclear weapons by striking first," he writes.

The basic framework of the 2015 Iran Deal forgave potentially crippling economic sanctions on Iran in return for the country accepting strict limitations on its growing nuclear energy program. Highly critical of multilateral agreements, especially the Iran Deal, Bolton will likely be a force moving against the recertification of the deal early this May.

"Americans by large margins agree with Trump that the invasion of Iraq represents the worst foreign policy mistake in history. It destroyed the Middle East, created terror groups such as ISIS, it caused the refugee crisis in Europe, it cost the USA dearly in blood and trust, and it tore apart America politi-

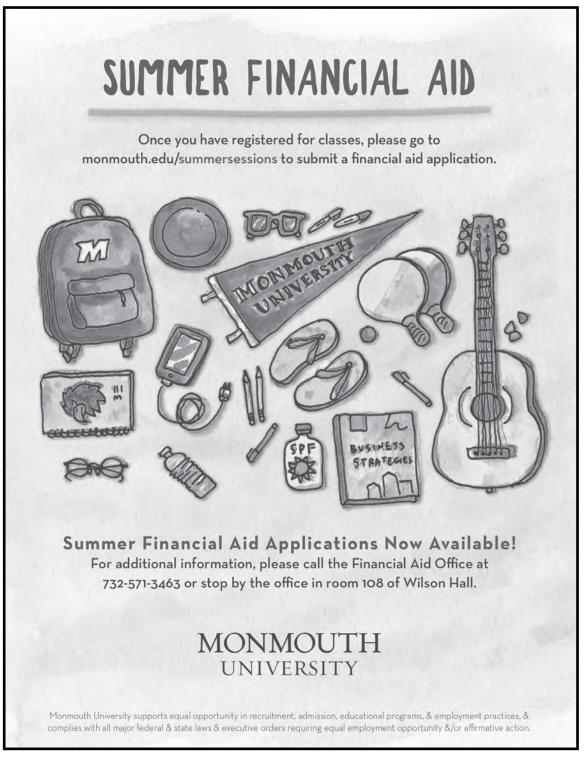
John Bolton advocates more senseless wars, including one with Iran," adds Mitchell.

U.S officials are working to solidify the anticipated meeting between the U.S and North Korea for the end

With hard-liner Bolton now securing a seat at the table of these upcoming discussions, only time will tell how these summits will unfold and what resolutions-if any—will come of them.



North Korean Supreme Leaders, Kim Jung-un meets with Chinese President, Xi Jinping, in Beijing, China on Wednesday, March 28, his first even known meeting with another head of state.





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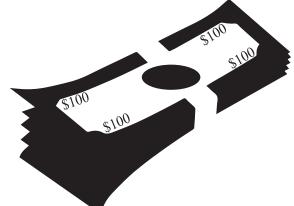




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ENJOY A FUN-FILLED SUMMER

ALEXANDRIA HARIS CONTRIBUTING WRITER

Finals are approaching, but so is the start of the summer. There is a ton to do and to see both within the state of New Jersey and out. Besides the shore and catching a tan, you want to look back on your summer vacation and all of the amazing things you did!

With four months at your disposal, imagine how much binge watching you can accomplish on Netflix! Narcos, Black Mirror and Stranger Things have met their match! If maybe watching television shows in one sitting for 427 hours on end is not your thing, you can make a trip to Delsea Drive-In Theater in Vineland, New Jersey.

Movie night with friends? Make your way to a modern movie theater to some highly anticipated blockbusters such as Deadpool 2, Incredibles 2, Jurassic Park: Fallen Kingdom, Avengers: Infinity War, and Mamma Mia! Here We Go Again! For a different kind of movie watching experience, Aberdeen is the home of the live Rocky Horror Picture Show performance with a shadow cast as the film rolls on!

You may want to fill up your time that you have under sun doing more novelty or niche things. Maybe it is finally time to get a tattoo designed by a favorite artist? If having a needle stabbed into your skin or having a design permanent for eternity intimidates you, there are semi permanent options like from inkbox.com, where you can purchase a pen and have a tattoo for about two weeks.

a lot, so make sure to wear your sunscreen, but still take the time to appreciate this enormous burnday during break or once every month, where you wake up really early to watch the sunrise and sun-

and notice how similar or different the colors are; think about everything you accomplished and ate that day, also known as a mindfulness practice. Four months can go by really quickly but it is enough time to learn a new language, train for a marathon, or learn to play

If you are at or over the age of 21, wineries through the state are a great place to socialize and hangout. Carolynne Kelly, a senior business administration student recommends Laurita specifically!

Consider riding your bike along the Hoboken pier to catch the sunset or try your hand at glass blowing at Hot Sands in Asbury Park, New Jersey. The Princeton area is not only the home to an Ivy League University and a pleasant downtown area, but also to lovely parks and ammonites (fossilized shells) that can be dug up alongside creeks and rivers throughout

The summer time is also a great time to accomplish a personal goal or complete an internship like Jane Lai, a junior English student, who chimed with, "I'm spending a large portion of my summer working an internship in special events at GLAAD (Gay & Lesbian Alliance Against Defamation), a LG-BTQ+ non-profit." This summer is full of opportunities!

As everyone knows, the summer is the time to go on vacations and road trips! Look into doing a trip with friends to Burlington, Vermont for a great downtown area, good eats, and scenic trails along the northern part of the Hudson River. Other downtown You will be exposed to the sun areas within New Jersey are include Westfield and Montclair!

There is also Ithaca, New York! Look into the infamous Buttering ball of gas! Set aside a day, one milk Falls State Park for waterfalls and Robert H. Treman State Park that has picturesque hiking views and a small bridge perfect for kill-

set on the same day. Take a breath er photography. If looking within the state of New Jersey, there is Mount Mitchell in the town of Atlantic Highlands, the highest headland of the United States east coast south of Maine.

> There are also lighthouses! South Amboy in the central area has one to admire and then there is also the larger one, Barnegat Lighthouse, located in South Jersey. Or what about something out of the country? Look into airfare websites and you can snag a flight to Paris for \$360!

> Kelly shared her exciting plans, "I am fulfilling my New Year's resolution and returning to Europe after studying abroad and will be traveling all across the United Kingdom with stops including London and Dublin.'

Trips are not just for friends and couples; it is also a great time for family vacations and reunions. Erin Dolan, a sophomore graphic design student, shared her plans. "My family and I will be taking a trip to Cocoa Beach, Florida this summer," she said.

Michael Donato, adjunct professor of art and design, is also planning on traveling this summer. "I will be going to Sicily in Italy this summer. It's a beautiful place with lemon and olive trees galore," he

If it is free, then it is for you and me! There are a ton of free events and festivals in New Jersey and even in the great city of New York. Asbury Park is well known to host flea markets, movies on the beach, and firework displays through the summer. There is a spring bazaar the weekend of May 12 and 13 with brunch, flowers, vintage vendors at the Convention Hall. It is extremely recommended to subscribe to the city's email listing at apboardwalk.com.

When asked what she looks forward as part of her summer, Taffy Lashley, a sophomore communications student said, "I want to go



PHOTO COURTESY of Alexandria Haris

With summer fastly approaching, go outdoors and watch the sunrise with a nice morning breeze or go to a local fair.

to a lot more fairs and festivals and loved vegan cafe in Red Bank, take advantage of all the free outdoor events that summer has to offer. The website Nj-carnivals.com has a list of all the fairs and carnivals that happen over the summer so I use that to find them.'

Within the city, the Shakespeare in the Park Program, sponspored by the Public Theatre, performs free productions at the Delacorte Theatre in Central Park.

From time to time, there are also free shows and concerts at Central Park. Also, if you have a Facebook account, keep an eye for poetry readings in Soho and rooftop shindigs that are open to the public! Other events that are unfortunately not free, but so worth it, are a comedy show with Danny Devito on April 28 and a TED Talk on May 19, both will be in Asbury Park as well.

Can we get onto something also very important? Food! Get together with friends and throw a summer potluck with them! For those in the area, checkout the much Good Karma Cafe. They serve your favorites like a Philly Cheesesteak, a beloved Mac n' Cheese plates, and a tiramisu worth dying for, without the exploitation of animals.

Or even Playa Bowls, a summer cult classic, which is opening up a location in the city. While walking on the Highline near the Chelsea area of New York, there is always a cart and a vendor selling Mexican fruit ice pops, highly recommended for a delicious and refreshing snack!

For other noteworthy places to eat, there is Soul Kitchen, founded by the Jon Bon Jovi Foundation in Red Bank, which serves meals for \$10 and allows you to work off the price of your food! For a fine dining experience, Frog and the Peach in New Brunswick, New Jersey is perfect!

Let us not forget to at least make s'mores at least once during summer break! Make this a summer to always remember!

How College Sports Can Help Your Future

SARAH KOKOTAJLO STAFF WRITER

Being a college athlete is one of the greatest feelings in the world. The thrill of winning a game is unlike anything and the bond with your fellow teammates you form is irreplaceable. By the time an athlete is in college, playing the game and the routine that comes with it is second nature. On campus, athletes are usually looked up to. They're often the face of a school and seen as leaders and role models.

When these aspects of life are taken away, it's easy to feel lost. Low self-esteem and confusion from lack of identity are emotions that are tied to this transition in life. Playing a sport gives you an identity that feels like it can never be taken away. However, this isn't the case when graduating college; the transition of leaving a sport can be shocking.

Such a small amount of athletes get a chance to play their sport in college, and even fewer get to take their talents and play professionally. Finding a place in the real world can seem overwhelming if continuing your sport after college is not in the cards.

Although student athletes might feel confused when saying goodbye to playing competitively, the things learned by being a college athlete have prepared athletes for the real world

Monmouth University's women's golf coach Sue DeKalb offered her input. She said that playing sports in college is a great thing to have because employers will know that "you are able to manage your time, work well with co-workers, and will be able to perform under pressure from the responsibilities and duties you had as a member of a team."

Having to live life with a regi-

in more ways than you might practice, workouts, meetings, games, and classes teaches time management skills that are unmatched. Being a college athlete also forms a person into being a team player with stellar communication skills.

Faith Garcia, a senior business student on the women's golf team said "Graduation is right around the corner for me, and sometimes thinking about that is overwhelming. Throughout these last four years, I know that I've grown as mented schedule of balancing a person through golf," she said.

will be beneficial in the workplace so that makes me feel more secure about my future."

All of these aspects of being a part of a team has prepared student athletes for the real world in more ways than one.

Taking what you have learned as an athlete, being vulnerable, and open to the next challenge in life is what transitioning from college athletics is all about. Moving on from the sport you have played your whole life might be harder

I've definitely learned a lot that than any difficult play you ever had to make.

However, with this struggle comes the opportunity to reinvent yourself. The countless hours spent at practice weren't for nothing. The wins and memories made on and off the field are things that will always be a part of you.

Some might take a path that involves their sport after college, while others will take a brand new journey. Whatever the case is, embrace the transi-

"I'll miss competing so much," said Erin DiDonato, a senior biology student. "Even though the stage of playing for Monmouth is over, I'm going to continue to play recreationally forever. The passion I have for golf will always be there."

Saying goodbye to the sport you love might be one of the hardest things you will ever have to do as an athlete but it is important to remember that the next phase of your life is something to be excited about.

When transitioning from college sports, creating new goals for yourself and focusing on happiness will help you move on to the next phase. Everything you learned from being a student athlete will guarantee that you succeed outside of that sport.

Even though you are not actively competing anymore, the joy you gained from your sport will always be a part of you.



PHOTO COURTESY of Cassandra Capozzi- Smith

Sports are something that everyone can enjoy throughout their college career here, whether they play or

ing New Revival Soars in

KERRY BREEN SENIOR/NEWS EDITOR

The following review contains spoilers for Tony Kushner's Angels in America.

To see Tony Kushner's Anthan just see a play. The aver-role. age Broadway show clocks in - which are closer to the threehour mark - are considered behemoths; long-running plays

nine acts over the course of two parts, subtitled Millennium Cometh and Shakespeare's production. *Hamlet* - by the time all is said most eight hours.

In the hands of a lesser cast, sitting through such a long production could be a chore. make up the majority of the a life-long supply of AZT drug daunting at best.

in 1980s New York - though there are brief forays to Soviet Russia, Salt Lake City, and of Ethel Rosenberg, a real-life heaven itself - at the beginning Communist spy whose execuof the AIDS epidemic; the ill-tion was championed by Cohn. ness affects every character as

National Theatre in London in the spring of 2017 - the play becomes intensely engaging and impossible to look away

With half a dozen lead actors and a set of dramatic, complex roles, each actor has more than gels in America is to do more enough work in their primary

To stop it there would evibetween two hours and two dently be too simple - instead, and a half hours, with one they each play several other bit fifteen-minute intermission. parts, including nurses, law-Shows such as Les Miserables yers, Antarctic tour guides, and the oldest Bolshevik in Russia.

To describe the nuances such as Shakespeare's works and humor of each role would are often cut down by a scene take another thousand pages, so only their performances in Angels in America is told in their lead roles will be mentioned.

Nathan Lane plays real-life Approaches and Perestroika. It figure Roy Cohn, a closeted, more than doubles the run time cold-hearted attorney stricken of long shows like The Iceman by AIDS in the later acts of the

In his early scenes, he is and done, the run time is al- comedic and charismatic, but still a figure to be wary of.

As the acts and the illness wear on, he becomes less and less powerful, but still formi-Heavy, complex monologues dable. One phone call gets him script, and Kushner's prose is treatments, which are only available to thirty people in The main action takes place the country due to their clinical-trial status; however, he remains haunted by the ghost

Roy Cohn is despicable and they struggle with their prob- cold until his last moment - but lems and try to cobble a life Nathan Lane brings a needy together in the face of great desperation to the character, especially throughout Per-However, in a cast of stars - estroika, where audiences see largely the same cast from the him ravaged by the illness that acclaimed production at the has claimed so many other

If Nathan Lane is well-suited to the role of Roy Cohn, then the part of Prior Walter

was all but written for Andrew Garfield. Garfield played the role of campy, AÎDS-infected drag queen Walter in London, and clearly has been involved with

> become a second skin for him. The actor who is known for Spider-Man and Hacksaw *Ridge* all but vanishes into the character of Prior Walter, putting on a performance that will likely be recognized at this year's Tony Awards ceremony.

> the role for so long that it has

Whether he is suffering in a hospital bed, appearing in full drag, or bargaining with actual angels, Garfield gives the performance his all in a way that is rarely as engaging as the one onstage at the Neil Simon. In one of the most complicated and difficult roles in the Western theatre canon, Garfield is entirely riveting and genuine.

Also worthy of acclaim is transplant Lee Pace, who was not a part of the London cast. He plays uptight Mormon Joe Pitt - who is also closeted, as well as being a Republican working at a clerk's office.

Taken under Cohn's wing, he finds his entire life upheaved by the effects of both the AIDS epidemic and his wife Harper's Valium problem.

The other true genius in the cast is Denise Gough as Harper. While her Valium addiction may not be a relatable trait, her anxiety about everything - about imaginary murderers in her apartment, her fears about being trapped - is, and she adds welcome flavor to a storyline largely defined by the problems and flaws of male characters.

Her dependence on her husband is initially crippling; by the end of the show, she is flying alone to San Francisco to begin a new life in a rush of excitement that invigorates the audience - and at the tail end of an eight-hour production, that invigoration is welcome.

Other cast members - all tellar, all perfectly cast - include Nathan Stewart-Jarrett as Belize, a gay nurse who is close friends with Prior, and James McArdle as Louis, Prior's lover who leaves him when his AIDS infection becomes too much.

Louis also enters a relationship with Joe, leaving them both distraught and potentially AIDS-infected; their status is never resolved.

Susan Brown plays Joe Pitt's uptight Mormon mother, Hannah.

The other lead in the show changes based on the day. On Saturdays and Wednesdays Beth Malone plays The Angel; the remainder of the performances are played by Amanda Lawrence.

I saw the whole thing on a Saturday, with Malone on; and she is magnificent in the role. Both fearsome and pitiful as the commandeering yet shriv-



Angels in America was written 25 years ago by playwright Tony Kushner, who will be an honoree at this year's Theater Development Fund Gala.

stage with huge wings and a distinctive personality, thrusting Prophet-dom upon the reluctant Prior.

A word about the Angels.

The plot line of Angels in America seems realistic, even simple - a community afflicted by AIDS and harmed by the Reaganite politics of the time does their best to grapple with the situation.

However, a plot line that simple would not take up eight hours. Instead, the whole thing gets a lot more complicated.

Throughout Millennium Approaches, Prior hears a disembodied voice and experiences dreams of two ancestors - both with the name Prior; he is the thirty-seventh family member to have the name - telling him that something is approaching.

Beyond that, the story remains mostly grounded - aside from the occasional pillar of fire, courtesy of Prior's visions, and a hallucinatory foray to and her medications - until the very last moments of Part 2/ Act III, when an Angel - fully embodied, with a ten-to-twelve foot wingspan - bursts through the ceiling in a crash of rubble and light.

In *Perestroika*, it is revealed that the Angel - a real, Biblical Angel - can no longer communicate with God; she and others of her kind believe that the only way to resolve the communication problem is to prevent the continuation of human advancement.

She names Prior her prophet, a role he eventually rejects as he enters heaven itself.

The production's set design reverse-mirrors this turn towards surrealism in an extraordinary feat of creative work.

During the opening scenes when the story is entirely grounded, taking place in apartments and offices with not a single angel feather in sight

eling Angel, she dominates the - the set design is bare and barren, with walls and doorways outlined only by flouerescent lights.

As the plot gets gradually more bizarre, the set becomes more defined - apartments and hospital rooms take shape; in one scene, the barren landscape of Antarctica - accompanied by truly beautiful lights and snow - appears; in another, a fully-realized diorama in a Mormon Visiting Center is at once realistic and surreal.

In the latter acts, as Prior confronts the Angels - again, literal biblical angels - the set is completely realized, with red curtains and flashing lights and golden fixtures.

As Prior, on the edge of death, pleads for more life, the set design reaches its height as objects affixed to the ceiling move.

And then it ends as quickly as it began. We return to the same basic, bare bones set design - Harper's plane ride is Antarctica, courtesy of Harper marked by a single chair outlined in glowing purple light.

The final scene at the Bethesda fountain - yes, the one with the angel - has the fluorescent outline of the angel and water and nothing else. The characters stand on an empty stage, and as the lights dawn on a new millennium, the lights dawn on the audience as well.

Angels in America is an investment, both of time and of emotion. However, there is no better show on Broadway right now.

To see this show is to understand the AIDS epidemic in a way that is impossible to understand otherwise; seeing this show brings new life to a dark chapter in American history.

While you may leave the theater in contemplation, you will also leave it lifted - despite all its darkness and tragedy, the overwhelming message of Angels in America is one of "more life."



PHOTO TAKEN by Kerry Breen

Kerry Breen poses with a mural painted outside the Neil Simon Theatre after sitting through the eight-hour play. Despite its length, Breen feels that it was worth every minute.

Best F(r)iends is Far from the

MARK MARRONE

Tommy Wiseau

It was a frigid evening on Wednesday, Jan. 11 as hundreds hustled to the box office at AMC for warmth and entertainment. People across all generations The Room a little bit longer. snagged tickets for a one-night seau's notorious film *The Room*.

as the electric audience laughed, yelled, and cried at the screen. It was a sold out crowd with dozens a glimpse of the chaos that happens for a screening of *The Room*. sell them in the black market.

The Room is considered the best Tommy Wiseau, who directed the feature too, and Greg Sestero, the around the globe to attend monthly screenings.

return to the screen, but with a move it along. twist. For the first time in fifteen years, the hilarious duo of Wi-Friday in thousands of theaters across the country.

Considering the hardcore fans duo heads to Sin City. of The Room filled the theater in January, my friends and I arrived at the theater forty-minutes beforehand to secure our seats. But shoot inside a casino, so the pair alas, the theater was practically unconvincingly reenact a crazy empty on a Friday night with only 20 people.

MARK'S REMARKS:

1/2 STAR OUT OF 4

"This is just Garbage."

For this movie, I'm surprised even that many people showed up.

Best F(r)iends is the return Starring Greg Sestero and fans have waited for, but it's an unfortunate let down. With poor acting, a sloppy script, braindead logic and choppy editing choices, it would've been better if Sestero and Wiseau milked the fame from

The story follows a homeless only screening of Tommy Wi- man, John, played by Greg Sestero, who befriends a mortician, It was packed inside the theater Harvey, played by Tommy Wiseau. Harvey's skill consists of giving beautiful new faces to the dead, but he also stashes their gold of people sitting on the floor to get teeth. When he finds bags of gold teeth, John encourages Harvey to

No, you don't needed to clean worst film ever made. Starring your glasses, this is the actual plot. It may sound ridiculous, but Wiseau and Sestero have the specult classic still allures thousands cial ability to turn garbage into gold.

However, this is just garbage. Fast-forward to last week and There's surprisingly a story here, that same magic was expected to but writer Greg Sestero fails to

Events happen just to happen, which drags down the pace. For seau and Sestero were reunited example, John is talking to Harin their latest film Best F(r)iends. vey, when suddenly the morti-It screened for one-night only last cian announces he's planning his yearly trip to Las Vegas that night. John obviously accepts and the

Their trip to Las Vegas feels like an eternity. The film's budget must've not been large enough to night, which shows them stumbling around the streets for five minutes while a dreary guitar rips in the background.

Scenes like this with lengthy montages will make you want to check into Harvey's morgue. It's like scrolling through Instagram and coming across that person who shares a thousand photos of their vacation in Hawaii. We get delivered, but good enough.



IMAGE TAKEN from MIDNIGHT PULPL

Best F(r)iends is disappointing. With a bizarre plot and lack of chemistry, it may leave fans of The Room confused.

it, move on!

While their time in Vegas feels like watching two stars getting paid to go on vacation, there's a moment of profound stupidity that will make you question the logic behind Sestero's script.

After knowing John, a random temporarily mute homeless man who wore a bloody shirt when they first met, for two days, Harvey offers him the keys to the morgue in a partnership. At this moment, I should've left the theater and went about the rest of my night doing something better like watching paint dry. But oh, The Outlook, what I do for you and your readers.

Just when you thought the montages took forever, wait until you sit through the painfully awkward scenes of improvised dialogue. In The Room, Tommy Wiseau was bound to a script and read his dialogue line by line. It was terribly

Instead, Director Justin Mac-Gregor throws the script in the casket for Wiseau, creating a weird environment where actors have to adapt to the his erratic behavior. Not only is Wiseau's performance cringe-worthy, but it looks as though Sestero hasn't attended an acting class since his time before The Room.

The actors say their lines as though they read the script for the first time when they hopped on set. The acting is atrocious and something that was better executed in the movies I shot with friends in high school.

As we crawl towards the end of this tortuous endurance test, Justin MacGregor's editing becomes progressively worse. In its last scene, the audio isn't synchronized to the actor's lips and the special effects look like something out of Windows Movie Maker. At this point, you question, "can the movie do something right?"

Once we reach the end of our treacherous journey, Best F(r)iends has the nerve to end on a cliff hanger. There's another strange montage that goes on for five minutes, then your stomach squirms when you see "Volume II coming in May."

When I left the theater from The Room screening in January, people were smiling and laughing as they talked about their favorite parts or lines. Many look to Room showings as a spiritual event where they can express themselves among others who have a bond with the movie too.

On the other hand, the few who left the theater after Best F(r)iends were scratching their heads and saying something like, "I think I enjoyed it?" It's a movie which takes so much effort to like, but it fails you each time you try your best to chuckle at a silly joke.

Wiseau and Sestero should just stay in The Room.

MIKE STUD to Perform at Springfest

NICOLE INGRAFFIA ENTERTAINMENT EDITOR

Rapper Mike Stud will be performing at 2018's Springfest, the Student Government Association (SGA) announced on Friday, March 30.

According to Vibe, Stud's journey to music began after suffering an elbow inury in baseball.

The Rhode Island native was an All-American relief pitcher at Duke University, but his dreams of playing in the majors were cut short due to his injury.

Taking a different path in life, Stud found a new direction through music. The 29 year-old has made waves in the music industry, especially in 2014 with the release of his second album *Closer*.

The album's title song Closer peaked at thirteen on Billboard's R&B/Hip Hop chart in 2014.

If you haven't heard Stud's Jays pitcher Marcus Stroman. music, you may have come the rapper had his own reality show. This is Mike Stud.

Stud's reality show followed him on the road during his nationwide Back2You tour.

IMAGE TAKEN from BILLBOARD

Mike Stud was announced by SGA to be the performer at Springfest this year.

with singles such as Shine, which features Toronto Blue

Jihad Johnson, senior comacross him on MTV. In 2016, munication student and Director of Events and Programming, expressed his the great opportunity to work excitement about the upcom-

ing show.
"Spring Fest is a couple of

along with the other Events Committee--have both worked really hard this year to make credit is due." the events SGA holds as great as they can be."

Jihad continued, "I've had with the Springfest committee all year and I must say Claudia

releases come from last year The Springfest committee-- hard. A lot of the work they do sometimes goes unnoticed and I like to give them credit when

If there's one thing Jihad wants his peers to know, it's that Mike Stud is a great artist and is going to put on a great performance for Monmouth University."He is young and [Sanchez] and Phoebe [Nel- talented and full of energy, my senior year, leaving the Some of Stud's most recent weeks away and I am pumped! son] have worked extremely exactly what Monmouth needs way I started."

to end off yet another great academic year. If you're not pumped about Springfest already, you need to be because it's going to be epic."

Bouncing off of Jihad, Phoebe Nelson, junior political science student and SGA Springfest co-chair, said she and Claudia (the other half of the position) had a lot of fun during the process of finding an artist.

"Claudia and I worked diligently with Student Activities Board to find an artist for this year's Springfest. After searching on a limited budget, we found modern rapper,

Mike Studm," said Nelson.
Phoebe and Claudia hope that the student body enjoys his performance as much as they anticipate.

Some students may just be tuning into Mike Stud, however Christina Miceli, senior social work student, is a diehard fan.

"I got to meet Mike Stud at a concert freshman year. He was so humble and I'll never forget that moment," Miceli said.

"It was crazy to see that he was our Springfest artist. What a great way to wrap up



MOMENTS AT MONMOUTH



LEFT:

COUNTRY SINGER DYLAN
BRADY SERENADING THE
CROWD WITH NEW ORIGINAL
MUSIC AT HESSE HALL LOUNGE
THIS PAST FRIDAY.
PHOTO TAKEN BY:



RIGHT:

SENIOR/NEWS EDITOR KERRY BREEN ATTENDS THE REVIVAL OF BROADWAY CLASSIC, ANGELS OF AMERICA, IN NEW YORK CITY THIS PAST WEEKEND.

PHOTO TAKEN BY: KERRY









LEFT:

JUNIOR CATCHER JD
ANDREESSEN AND HIS
TEAMMATES CELEBRATING
WINNING AGAINST CANISIUS
ON SATURDAY.
PHOTO COURTESY OF:
MONMOUTH ATHLETICS



RIGHT:

POLLAK GALLERY HOUSES THEIR LATEST EXHIBIT, ARTIVISM: ARTFUL EXPLORATION OF ACTIVISM WHICH IS ON DISPLAY THROUGH MAY 31. PHOTO TAKEN BY: NICOLE RIDDLE





Don't see your picture this week?

Check back in next week's issue for more Monmouth students' photos!



How do you stay motivated during the final weeks of the semester?

COMPILED BY: NICOLE RIDDLE



Brianna Scangarello Freshman

"I stay motivated during the final weeks by thinking of how great summer will be and how rewarding it will be to finish."



Benjamin Joskowski Sophomore

"I stay motivated by thinking about my future and making sure I have no regrets by doing my best."



Pavneet Kaur Junior

"I tell myself grades don't define me as person, I know that if I work hard, then my hard work will pay off."



Alyssa Cosentino Senior

"I think about how accomplished I will feel once the semester is over."



Robert Scott Specialist Professor of Communication

"I would recommend relying on your friends, manage your time effectively and take breaks when helpful."



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-Presents-

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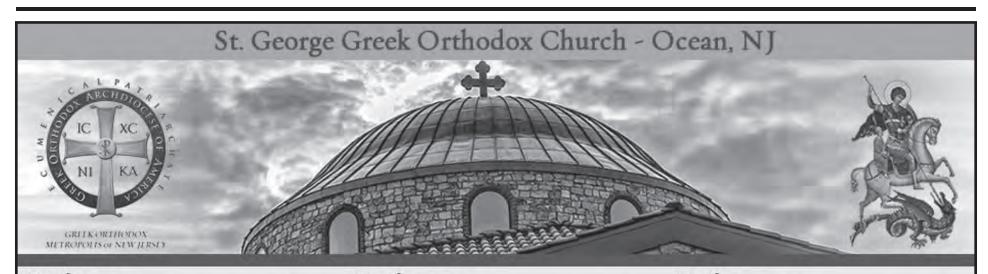
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ALBUM RELEASE SHOW

WED, APRIL 18TH

2:45 PM

ON THE RES-QUAD



Wednesday the 4th

8:30 a.m. Pre-Sanctified Liturgy 4:00 p.m. Holy Unction 7:00 p.m. Bridegroom Service & Unction Administered

Thursday the 5th

6:00 a.m. Divine Liturgy of St. Basil & Unction Administered 7:00 p.m. Passion Gospels & Unction Administered

Friday the 6th

9:00 a.m. Holy Friday Royal Hours & Unction Administered 3:00 p.m. Apokathelosis & Unction Administered 7:00 p.m. Epitaphios Service & Unction Administered

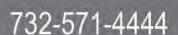
Saturday the 7th

8:30 a.m. Divine Liturgy of St. Basil & Unction Administered 11:00 p.m. Canon of the Resurrection of Christ 12:00 a.m. Resurrection and Divine Liturgy

Sunday the 8th

11:00 a.m. Holy Pascha, Agape Service

2018 MUPD CRIME BLOTTER



MONMOUTH

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3/14/2018 0756 Cedar Hall Criminal Mischief 3/14/2018 0700 Ocean First Bank Center Criminal Mischief b/w 3/2/18 - 3/5/18 b/w 1545 - 0825 Student Center Theft b/w 10/2017 - 3/14/2018 b/w unknwn - 1015 Beechwood Hall DV Simple Assalt/ Harassment

b/w 3/14/2018 - 3/21/2018 Unknown Laurel Hall Fraud (Bad Checks) 3/25/2018 0010 Cedar Hall PULA / Student Misconduct 3/25/2018 0132 Mullaney Hall PULA / Student Misconduct

3/26/2018 1307 Lot 11 Student Misconduct

b/w 3/20/2018 - 3/24/2018 b/w 0800 - 0900 Elmwood Hall Theft

3/29/2018 1620 Resident Parking Lot Theft

TAKE A HIKE' WITH THE OUTDOORS CLUB

GRACE ROEDER

doors Club (ODC) was first established in 2006 in an effort to provide students with adventures beyond their academic exploration. ODC hopes to be the reason behind the fondest of memories for students during their journey of higher education.

ODC prides itself on offering a nontraditional escape from the tedious routines of college life to the Monmouth University community through trips to new places.

Some of the more extraordinary events include White Water Rafting down the Hudson River in the spent under the stars around a campfire. There have also been multiple weekend camping trips around the Garden State, horseback riding, and kayaking under the summer sun.

The Outdoors Club also offers students a break from hectic class schedules with day trips, such as rock climbing nights at a local rock gym, trips to Skyzone to blow off the student center, picnics at Shark River Park, and hikes in parks surrounding campus.

The small size of Monmouth University sometimes limits the Monmouth University's Out- opportunities for students to get involved or escape the confines of campus. Personally, coming from Utah, where outdoor adventures are abundant, to a coastal town like West Long Branch seemed a bit mundane to me a first. However, Monmouth's Outdoors Club strives to combat the monotony of college life and costal living by encouraging students to explore the natural beauty of New Jersey.

William Reynolds, a clinical practice supervisor for information technology and advisor of The Outdoor's Club, said, "Students who are involved in clubs, teams, and height of fall foliage and nights on-campus jobs tend to feel a better connection to the university, have better grades and are more likely to complete their degrees."

ODC strives to connect students to each other through different activities and adventures on and off campus. When asked what makes ODC different from other clubs on campus, Reynolds said, "We are a family!" ODC is open to all students and faculty from all walks of some steam, board game nights in life, majors, and diverse levels of outdoors capability.

ODC prides itself on having ac-

tive members from a multitude of different educational levels, from freshman to Graduate students. Graduate business administration student, Joseph Grembowiec has been a member of the club for five years, and served on the executive

When asked why he first joined the Outdoors Club, Grembowiec said, "I wanted to experience what it was like to be part of a club and make new friends. The Outdoors Club gave me wonderful opportunities to camp in beautiful areas, relax and have fun after doing a lot of schoolwork, and it gave me a community who appreciated me for being me.

When asked what makes ODC great, freshman English student, Caitlin Clarke, and club executive board officer said, "One of the most amazing things about ODC is how welcoming it is. When I went on my first trip back in September I knew only one person in the entire club, however, everyone welcomed me in and made me feel like I was home." Outdoors club is a place where students can take a step away from the stresses of college life and sit around a campfire with friends who become family or hike the beautiful and unknown wilderness of New Jersey.

Facebook at Monmouth University Outdoors Club and on Instagram at monmouthoutdoorsclub to get information on upcoming trips.

For more details, please contact Grace Roeder at s1017227@mon-

Make sure to follow the club on mouth.edu. Life on a small campus like Monmouth can be ordinary, or extraordinary. It all depends on what you decide to get involved in. So take a chance, explore and "take a hike" with Monmouth University's Outdoors Club.



The Outdoors Club plans events throughout the academic year to provide students with opportunities for adventure.

Phi Eta Sigma Induction Ceremony

COURTNEY BUELL

chapter held its annual induction Honor Societies since 1937. It is the ceremony of 156 first year students honor aspect, which they emphain Pollak Theater on Friday, March 9. Phi Eta Sigma is the nation's oldest and largest honor society for first-year college and University students. The honor society is based upon the principles of "Vigor and discipline of mind; care and respect ued excellence in scholarship. for the body; and above all, nobility and generosity of character," all ity," Bernada said to the inductees. characteristics that are expected of its members.

In order to qualify for membership into the honor society, newly inducted members must have achieved a 3.5 grade point average or higher during their first semester as a college. The ceremony began at 7 p.m. with opening remarks from disciplined mind," she continued. Society President Shannon Marren, a senior biology student. The conferred on you in recognition of audience consisted of inductees, families of inductees, and faculty and administration. Marren then introduced Phi Eta Sigma's faculty advisor Golam Mathbor, Ph.D., a tenured Full Professor in the School of Social Work.

"The students, standing before you, are the officers of the Monmouth University Chapter of Phi Eta Sigma National Honor Society. You are among the select few students who have met the requirements necessary for induction into Phi Eta Sigma," Mathbor said.

Senior biology student, Sam Barnada, Phi Eta Sigma Historian then approached the podium. "Phi Eta Sigma was founded at the University of Illinois in 1923 to recognize and promote superior scholarship among freshmen," Bernada explained. "The Society has established chapters in over 378 institutions of higher learning in the United States. We are the 272nd Chapter, established in 1987.

Bernada informed the audience and new inductees on a brief history of the organization, claiming that Phi Eta Sigma was originally a freshman men's scholastic honor fraternity having a formal grip, a password, and secrets. In 1974, the nity," and accepted both men and women into membership, as well as students.

opening the induction ceremony to non-members.

Phi Eta Sigma has held member-The University's Phi Eta Sigma ship in the Association of College size, stressing the academic nature of the society.

"Membership in Phi Eta Sigma is an honor conferred on those who, at the beginning of their college careers, give promise of contin-You have demonstrated your abil-

"In admitting you to membership in our Society, we stress, not only the importance of scholastic excellence, but the importance of three elements required for you to complete development as individuals – an unimpeachable character, a well-cared for body, and a well-

"The honor of membership is

your exceptional scholastic record. You are among the select few students who have met the requirements necessary for induction into Phi Eta Sigma," said Mathbor. "Once you have been inducted, you are a member for life."

Following the collective speech by members of the society's executive board, which included Jeremy Eletto, Treasurer, Arbaz Khan, Secretary, and Juliana Illiano, Vice President, Marren took asked inductees to stand and answer, "I will" if they accepted the society's guidelines. All of the student inductees rose up from their seats and agreed. All new members in attendance then came forward and received keys and membership certificates.

Following the ceremony, students and relatives were encouraged to gather in the lobby of Pollak for light desserts and





PHOTO COURTESY of Shannon Marren

society dropped the word "frater- Phi Eta Sigma is a National honor society that acknowledges the academic excellence and involvement in student activities of first-year

Club and Greek Announcements

Students Advocating Girls' Education (SAGE) & Sociology Club

SAGE and the sociology club will be having a combined meeting tomorrow in Bey Hall room 226 at 3:30 p.m. They are collecting feminine hygiene product drive for homeless women. Please bring any products you can spare to donate. If you have any questions, please contact the Club President, Kaitlin Allsopp, at s1034953@monmouth.edu.

Hawk TV News

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

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

Blue Hawk Records

Leading up to Blue Hawk Records' twelfth compilation album After Midnight, the Blue Hawk team will be holding an exclusive listening party to commemorate the album. The album will feature all the original songs from the artists and an special cover of Eric Clapton's "After Midnight" performed by Monmouth University's own President Dimenna. The listening party will take place at The Outpost in Asbury Park, NJ on April 11 from 7 to 10 p.m.

RSVP to the event our Facebook page Blue Hawk Records.

The National Student Speech Language Hearing Association is a organization where aspiring speech-language pathologists can learn more about the field from current graduate students and professionals guest speakers. Meetings are typically held at the Monmouth University Graduate Center on

If you are interested or want to learn more, email NSSLHA President Stephanie Parada at s1171150@monmouth.edu.

HERO Campaign Club

The HERO campaign promotes the use of designated drivers for our students as well as our local community. There will be a meeting today in Bey Hall room 229 at 3:15 p.m.

For more information, email the Club President, Gretchen Keyser at s1044974@monmouth.edu.

Tell Me Your Story: All About Tony Lombardo

EMA SVORINIC CONTRIBUTING WRITER

River, NJ, is the epitome of a fighter. Lombaro is the son of immigrant parents and lived in Brooklyn, NY for a large porchanged when he was diagnosed (MS), right after the birth of his daughter.

"The first symptom was double vision, followed by dragging my left foot and leg as I walked. Eventually I started using a cane, and then a walker. I have been using a motorized wheelchair for 18 years," he said.

MS is a nervous system disease that has the potential to affect the brain and spinal cord. It took doctors seven years to diagnose Lombardo, which was "emotionally taxing," as one would imagine.

Even though Lombardo was affected by this life altering ill- ration, not only to individuals ness, his story is one of strength and courage. Rather than letting MS hold him back, it instead propelled him to inspire others in their life. I have known Tony with his words of courage.

Lombardo learned from others' challenges and tales of how they overcame obstacles and lives. Tony is a disciple from used them as "a means of pay- heaven-we need more Tony

ing it forward." He established Lomabardo's [in this world]," the social impact organization, "Let's Hear Your Story" which Tony Lombardo of Forked takes in stories of courage and conquering setbacks and shares them on his website.

Lombardo is also the author of On Both Sides of the Fence... tion of his life. However, his life How to Successfully Lead a Fulfilling Life Despite the Presence at age 28 with multiple sclerosis of Any Physical Challenge, to share his story and convey the message to never let life's obstacles hold you back. He has many plans to expand his initiative as well, and many other ideas with which he hopes he can inspire

John Buzza, specialist professor of management and decision sciences, is a good friend of Lombardo's; he has been working with him for many years with his Small Business Management classes to help him expand and enhance his business with "Let's Hear Your Story."

"Tony Lombardo is an inspiwith afflictions, but to anyone that will struggle with physical issues or demons at some point now for almost ten years and have seen first hand how it has made a difference in so many Buzza said.

Tianna Fougeray, a senior business administration student, is working with Lombardo's group. "I really enjoyed working and revamping his brand this semester."

It is exciting to be able to work with someone who is fighting for such an incredible cause and so grateful to have other minds working to enhance his venture.

The public relations group is looking to reinvent Lombardo's website and have plans to make some minor yet impactful changes to his brand and website and finding other opportunities that can help Lombardo expand his business.

Monmouth has a plethora of opportunities that students can use to help not only themselves, but also others in the community; the group is hoping to use some of their skills to help with Lombardo's inspiring business venture.

Not only does Lombardo have a successful and opportune business, but he is also spreading an incredibly valuable message. Even with an illness that most could not even imagine having to live with, Lombardo is posigreets everyone he meets with come in contact with him."

Everyone Has A Story To Tell...Let's Hear Yours! www.LetsHearYourStory.org LH How We Conquer Life's Obstacles

IMAGE TAKEN from Letshearyourstory.org

According to Lombardo, everyone has a story and his goal is to hear everyone out.

a smile and is inspired by those who have dealt with their own struggles, when he himself is an inspiration.

His "nuts-and-bolts" business, as he calls it, is made to lift up others, as many have done for him. Tom Wakeling, another member of "Tony's Troop," said, "Tony is a strong force to be reckoned with. He is a strong tive, upbeat and life loving. He example to our team and all who

Lombardo is prided on the fact that he has never used MS as an excuse to remain stagnant, but has rather used it as a force to continue forward.

As Lombardo says, "Everyone has a story to tell. It takes someone strong to make someone strong."

We encourage everyone to share his or her story, which can be done anonymously, at www. letshearyourstory.org.

LGBTQ + Friendly Safe Spaces: Are Schools Doing Enough?

KERRY BREEN

According to Reuters Health, a growing number of United States schools are increasing school safety and accommodations for LGBTQ+ students. The study, which addressed high schools and middle schools in there was an increase in antiharassment policies and designated safe spaces for those who might be in need of counseling

The study, which looked at 2012, and 2014, found that in students. general, school policies were trending toward the support of LGBTO+ students.

indicated that higher education their support of LGBTQ+ students.

Monmouth University has worked to support LGBTQ+ students on campus, including the rollout of gender-neutral bath-Community, Truth, and Unity at Monmouth (SPECTRUM). an LGBTQ+ organization, on campus. Many professors and administrators also have stickers on their doors marking their office as a 'safe zone' for LGservices is also available to stu-

professor of political science and sociology said, "We do have individual staff and faculty committed to creating and protecting safe spaces for all students, including folks working in the Office of Equity and Diversity, the Office of Counseling and Psychological Services, and faculty the United States, found that that are part of Professors United for a Safe Haven (PUSH), and the university has made important strides against heteronormativity in the 15 years that I have been

However, some students bedata collected nationwide from lieve that the University could do questionnaires in 2008, 2010, more to accommodate LGBTQ+ University.

I believe While Monmouth is a safe space for LGBTO+ students, I feel that Monmouth, based around sup-While colleges are not the there is still room for improvesubject of the study, researchers ment when it comes to accommodating them on campus," said facilities were also increasing Jesse Lee, a sophomore social tioned included the student's abilwork student.

The need for LGBTQ+ accommodating housing was mentioned several times as a way Monmouth could improve.

"When it comes to things such rooms in 2016 and the presence as housing, I feel that it is imof Sexuality, Pride, Education, portant to include students who fall outside of the sexual/gender binary," said Lee. "Therefore, we must give them a space where they have the ability to be themselves, without worrying about being ostracized by their peers."

A list by collegechoice.net also BTO+ issues, and the office of provided insight into what creatcounseling and psychological ed an LGBTQ+ friendly campus Monmouth needs to pay more atin their 2017 ranking of the "50 Best Colleges for LGBTQ+ Stu-Johanna Foster, Ph.D. Direc- dents." Key things mentioned in- modating their needs," said Taffy

tor of Sociology and assistant cluded a non-discrimination policy including gender expression and sexual orientation, which Monmouth does have, as well as comprehensive health care, a safe campus in regard to LGBTQ+ hate incidents, and a curriculum and faculty board which is representative of LGBTQ+ communi-

> The list, which was compiled based on the features above, as well as many other factorssuch as college affordability and academic reputation- included schools such as Princeton University, the University of California Los Angeles, and New York

Many of the schools also feathat tured expansive campus groups, much like SPECTRUM at porting LGBTQ+ students on

> Other school features menity to easily update their name and pronouns in the school's information systems- as is the case at Lehigh University, as well as several other institutions- and health insurance which covers counseling services, hormone replacement, and LGBTQ+ support

> While Monmouth University has made steps to embrace and accommodate LGBTO+ students on campus, it is clear that more could be done to help students feel at home.

"From what I've seen, tention to its growing LGBTQ+ community and work on accom-



PHOTO TAKEN by Alexandria Afanador

On campus, there are safe zone stickers on faculty offices to show students their office is a safe zone for LGBTQ+ Hawks.

Lashley, a sophomore communi- sis of hegemonic masculinity, cation student.

athletics and the upkeep of our and its impact on so many levels well-maintained campus could be used to create LGBTQ+ living spaces, increase the number of gender-neutral bathrooms, and to fund student clubs such as SPEC-TRUM. There also needs to be more of a zeal in its student body, which will hopefully change over time," Lashley continued.

"Like many other colleges and universities, we are not tackling institutional inequalities head on in ways that we could be, and that is true for the mechanisms of sexism and heterosexism as well," Foster said.

sations about the cultural cri- ally do something about it.'

which has heterosexism and "The money they put into homophobia as part of its core, of social organization, whether it is in our conversations about sexual and gender violence on campus, or about micro-aggressions, or about gun violence," she continued.

"In order to improve [LG-BTQ+ accommodation], the higher-ups at Monmouth University must address this issue directly," said Lee. "While it is wonderful that they hold the value of respecting and loving everyone regardless of who they love and how the identify to a high regard, there is no progress "We do not have open conver- unless they are willing to actu-

How to Ace Your Interview

ALEXANDRIA AFANADOR MANAGING/FEATURES EDITOR

At some point in our lives we have or will be going into an interview; more times than not, we are nervous, excited, and a little sweaty. To combat those unfortunate side effects of finding your perfect career or finding a side job to make some cash, there are some tips and tricks that can help you navigate your way through it.

Assistant Director of Career Services, Jeff Mass said, "The interview is essentially an 'elimination process' and the employer is trying to weed out those who are not the most worthy of the position."

Having a resume is typically what gets you into the interview process. "Your resume was strong enough to get you to the interview - now it's time to bring it to life. Turn your experiences into a compelling story that reflects who you are, what you have done, and how you have mad an impact," Mass said.

Before even getting to the interview, it's important to remember that preparing yourself and planning ahead are the two most essential tips you will need to remember.

Mass suggested, "If you are a college student, set up an appointment with your career center and have them conduct a don't necessarily want to memo- ahead of another potential hire. rize responses, but try to have a common interview questions."

want to think about prior workthat describe your endeavors or going to be?"



PHOTO TAKEN by: Nicole Riddle

Preparing answers to interview questions gives you an edge over the competition.

show how you dealt with a difficult situation," he continued.

Being able to draw on previous situations you were able to navigate that another candidate may have not have had to face or did not mock interview with you. You bring up might be able to put you

Maggie Ripnick, a senior Enggeneral strategy for answering lish and education student said. "When I first go into an interview, "To prepare for these, you'll my first thoughts are: what are they going to ask me, who exactly is goplace or internship experiences ing to interview me, how long is it

"In order to prepare for my interview I try to stay calm as best as I can. I also research the company or school that I am going to interview with so I am prepared and have some background knowledge on them. I also keep in mind that everyone at some point in their career goes through the same process of interviewing so it helps me realize I am not the only one and that makes me less nervous," Ripnick continued.

Ema Svorinic, a senior business administration student said, "My first thoughts are to relax and be

"I research the company's background, their major focuses and initiatives and think of ways that I can fit into that culture and team and what I can bring to the company so that I am prepared to bring that to the interview," Svorinic con-

The way you answer questions is abundantly important and one of the main pieces of an interview with any future employer whether guage, be friendly to everyone it be for a summer job, an intern- you meet."

ship, or your potential career.

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When nearing the end of an interview, a lot of people get stumped when the interviewer asks, "Are there any questions you have?" Mass suggests that you should be able to ask questions that prove you are willing and eager to learn more about the company.

His examples are: "What are your expectations for this role during the first 30 days, 60 days, a year? Describe the culture of the company, what are the next steps in the interview process?"

Of course, the way you are able to speak and communicate with your future employer is necessary, the way you present yourself is also a key factor in being hired.

"First impressions can go a long way, especially when it comes down to the way you appear in front of your future employer. Dress in a manner that is professionally appropriate to the position for which you are applying. In almost all cases, this means wearing a professional suit," Mass said.

While doing all of these important things before and during your interview may help you with your employer, there is a little more to it than just the big

"An interview is about more than just giving answers to questions- it's also about the impression that you make. Here are some of the 'little things' that matter: arrive on time, send a thank you email or note within 48 hours, know the dress code, pay attention to your body lan-

A 66 Jack 99 of All Trades: Jackman's Rise to the Top

NICHOLAS COSCARELLI

The Fitness Center opened in 2009, and John Jackman, the Direcexpansion through.

If you have ever have been at the University's Fitness Center, you definitely know who Jackman ismore commonly known around the University as "Jack."

It comes as no surprise that petition, she passed away." Jackman is a fitness enthusiast; however, he is also passionate it was difficult not having his bout ensuring the comfortability of his employees and gym-goers.

Jackman says that he is committed to keeping an environment in the gym that fosters comfortability and safety; one of his goals is to build up the center more with another level that includes more updated and state-of-the-art equip-

Jackman was born in Keansburg, NJ, and his passionate for fitness came early, starting weightlifting at 11 years old. "I wasn't much in to team sports, so at 11 years old, I decided to become a body builder," Jackman said.

Gyms were Rocky type gyms and kids were not expected to just walk in, but I eventually did," he said, and he later went on to participate in his first body building competition at 19 years old.

After a few years of bodybuilding under his belt, Jackman won his first big competition in 1988, at Cup Body Building Championship in Asbury Park, NJ. Not only was

triumph, it was also one of his fondest memories because of the person whom he shared the victory with: his mother.

'My mom was my biggest fan," tor of the Fitness Center, saw its he said. "When I was a kid, she would follow me all over New Jersey for my competitions, then she got sick. The Governor's Cup was the first show I ever won and I brought the house down," Jackman said. "Five months after the com-

> Jackman said that although mother in the audience at his following competitions, he entered one competition as a way to honor her memory. "My mom loved the beach so it meant a lot for me to compete in Mr. Jersey Shore. I won and I always felt like I won it for her. She would have been really excited," he said.

Jackman went on to win numerous titles in bodybuilding such as "Mr. Atlantic Coast," "Mr. Jersey Shore," and "The Jersey Classic."

Eventually, enough wins qualified him for the 1991 "Mr. America" contest held in Atlantic City, NJ. According to Jackman, it was the biggest competition of his life, however, it also marked the last chapter in his life as a competitive bodybuilder.

"I remember I had my whole gym come and watch, which made it the most fun for me," Jackman said. "After that, I just decided not to carry it any further. I used to choreograph my own music and my own poses, but it wasn't the same without having my mom out there," he said.

this competition Jackman's first big Jackman placed in the top ten in the contest.

> Looking back on his ten year body building career, Jackman recalled one of the best days being when he met world renowned body builder Arnold Schwarzenegger.

> "I met Arnold at a body building show and got to spend some time with him. He gave me the classic 'how you doing' and we got to work out together the next morning."

Although his career as a competitive bodybuilder has since concluded, Jackman has embraced his passion of fitness through other means.

As former owner of Champions Gym, Jackman began to dedicate his life to helping others maintain their own fitness. In fact, he used to have his own personal training business, through which he was able to help people, including New Jersey-born musician Bruce Springsteen.

However, Jackman did continue to attend body building competitions—as a judge.

"I was an official judge at the Mr. and Mrs. Trenton body building show for about seven years which was a huge honor for me," he said.

Jackman is very proud of where he has been but even more proud to have spent half his life as a part of Monmouth University's Fitness Center staff, who says that his passion for fitness and helping others demonstrated by Jackman's gregarious personality and kindhearted spirit.

Jill Murphy, a senior communication student, who has been working in the fitness center since the end of her freshman year, said that



IMAGE TAKEN from John Jackman's Fac

Jackman had an illustrious career as a bodybuilder before working at Monmouth

Jackman's dedication to his work and connection with its members and faculty inspired her to be as boss like him when she is in her

"I've been with the fitness center for over three years and I've had a really great experience because of my boss [Jackman]."

"I'm going to miss it a lot here [when I graduate] because of him and he's been nothing but great to me and other people," she said.

Jackman's success in expanding Fitness Center over his past 25 years here, and making it what it is today, is due to his hard work and positive mind-set.

"The mind and heart are like parachutes. They are only worthwhile and useful when they're open," Jackman said.

'When it comes to goals in life or trying to overcome obstacles in your path, try and use the approach of not believing in a 'no win scenario," Jackman suggests. "Find a way—sometimes it may not be the way you originally planned but keep an open mind, an open heart and find another way. Believe in the "Win-win scenario."

With the addition of the current Student Personal Training Program, introduced by Jon Cascone, Director of Recreation and Intramurals, and headed by Christian Esola, Fitness and Wellness Coordinator, the Monmouth University Fitness Center is the perfect opportunity to achieve any of your personal fitness goals.

Baseball Comes Back to Win Series Against Canisius

ANDY STUDNA STAFF WRITER

Following a series loss at the hands of Marist, the Monmouth University baseball team looked to rebound in their first four home games of the season.

Last week, the Hawks split decisions in four home games which included a matchup with Hofstra and a three-game set with Canisius.

The Hawks' first home win of the season came in a 4-2 victory in the opening game of the series against Canisius. The Golden Griffins jumped out to an early 1-0 lead after a run batted in (RBI) double in the third inning. The blue and white wasted no time in responding in their half of the third.

The inning started with a leadoff double courtesy of senior infielder Justin Trochiano. Junior outfielder Kyle Norman capitalized on a successful sacrifice and laced an RBI single up the middle to tie the game at one. Senior infielder Shane Hughes capped the inning off by driving in a run on a groundout, giving the Hawks the lead at 2-1.

Senior right-hander Rickey Dennis threw six strong innings, allowing his offense to go to work later in the game. Dennis struck out four and allowed only two earned runs in what turned out to Papcun provided the insurance be his second win of the season. in the next inning, launching his "We've been working on having a presence and Ricky came through big," said Head Coach Dean Ehehalt.

work again in the fifth. Sophomore outfielder John LaRocca the opener, the Golden Griffins throw to first was off-target. It al- three innings to open an early 5-0



PHOTO TAKEN by Karlee Sell

Senior right-handed pitcher Austin Counsellor pitched five shutout innings in the Canisius series. Counsellor pitched two innings in the 4-2 win on Friday and three on the 9-3 win on Saturday.

lowed Norman to come home and lead over the Hawks. The blue offense could not follow it up as score all the way from first base. Senior infielder/outfielder Pete fifth homerun of the season to give the blue and white a 4-2 lead for good.

On Saturday, Canisius and The Hawks' offense went to Monmouth wrapped up their series with a doubleheader. In

and white responded in their half of the third when junior catcher J.D. Andreessen hit an infield single to second base, which allowed a run to score on a fielding error. Papcun followed with a base hit to right-center field, plating two runs and making the score 5-3.

The Griffs added two more runs in the fourth and the Hawks responded immediately thanks bunted for a base hit and the late scored five runs over the first to a Norman RBI double which made the score 7-5. The Hawks'

they did not have a baserunner on board for the rest of the game and eventually lost by the same 7-5

The second game of the double header provided a different story. The Hawks jumped out to the early lead in this one after LaRocca and junior catcher Clay Koniencki each had RBI singles in the second inning, making it 2-0 in favor of the blue and white. Saturday with the The Griffs answered right away, coming on Sunday.

tying the game with one swing on a homerun in the sixth and then adding another run on a double to make it 3-2.

The Hawks came to the dish on fire in the seventh. Their offense got going when back-to-back walks with the bases loaded allowed them to regain the lead at 4-3. Then, Papcun and Hughes scored on a fielding error to make it 6-3. The inning was capped off when LaRocca doubled down the right field line, plating the blue and white's fifth run of the inning and making the score 7-3. Senior right hander Austin Counsellor fired three flawless innings to allow the Hawks offense to win him the game by a final score of 9-3.

"Plate discipline was huge. We scored two big runs [in the seventh] by walking against a real good pitcher with two guys that had previously been chasing pitches," Ehehalt said. "We strung together seven good atbats in a row and had that neversay-die attitude."

While the Hawks picked up the series win over their conference rival Canisius, they dropped their home opener last Tuesday to Hofstra by a score of 14-6. In the defeat, Papcun had two home runs as well as a triple. The Christian Brothers Academy graduate had five RBIs on the day, his most in a game since last April 1, when he knocked in six.

After the four-game week, the Hawks' record stands at 7-15. They will take the field again this Wednesday in Princeton to face the Tigers. They will then travel to Connecticut to face Quinnipiac for a three-game series which will include a doubleheader on Saturday with the rubber match

Men's Lacrosse Dominates Siena in 17-8 Win

MARK D'AQUILA STAFF WRITER

Men's lacrosse improved their record to 4-5 on the sea-Athletic Conference (MAAC) play with a dominating 17-8 victory at Siena on Saturday.

It was a resounding bounce back from Monmouth who had fallen in a 9-8 overtime heartbreaker last weekend to conference foe Detroit Mercy.

a 1-0 lead. Junior Griffin Figel Monmouth victory. took it from there scoring in the every game so far this season.

impressive rookie season with a man-up goal of his own, Senior attack Bryce Wasserman remained red hot with his first in last year's matchup. of four goals and seven points on the day to give MU the 4-0 lead. The man-up goal from the day for Monmouth who was conference win." an efficient 4-6 on extra-man opportunities.

points was a career high which also equaled a program record that has only been achieved three times. Leading the Hawks charge isn't something new for Wasserman as the senior leads

The Hawks went into the second quarter with a 5-1 advantage before the Saints found the back of the net twice to begin son and 2-1 in Metro Atlantic the new quarter. It didn't take long however for Monmouth to regain control of the game as they responded in a huge way scoring the next ten goals, the last coming from junior attack Hunter Jones for his 14th of the season to make the score 15-3.

Siena attempted to come back Senior midfielder Chandler in the fourth quarter scoring Vanderbeek got the scoring go-five times, but it was too little ing early with his first goal of too late as the Hawks tacked on the season in the first minute two more goals in the quarter of the game to give the Hawks to make the final score a 17-8

The 17 goals tied a single third minute and extending his game team record for the streak of recording a point in Hawks who reached the magic number for the second time After freshman midfielder this season and fourth time in Casey Kimmel continued his program history. It also wasn't the first time they had put up 17 on this Saints defense as Monmouth defeated Siena 17-9

"We had a really good week of practice," Head Coach Brian Fisher said. "And it showed to-Kimmel was just one of four on day as we picked up another

The MAAC victory also extended MU's eight game win-As for Wasserman, the seven ning streak in conference road games and improved their alltime record against Siena to an impressive 4-1.

The offense wasn't the only part of Monmouth's game that excelled on Saturday, as freshthe team with 22 goals on the man goalie Noah Lode made an

year with double-digit saves.

"It feels good to be back on track," Fisher said. "Especially with a quick break for the holigame at home on the horizon."

home on Tuesday for the first 3:00 p.m.

days followed up by a midweek of four consecutive games at Kessler Stadium where they The 4-5 Hawks will return will take on 2-9 Lafayette at



PHOTO TAKEN by Karlee Sell

year and 87 for his career. Not impressive 15 saves on the day Senior attack Bryce Wasserman earned another hat trick in the 17-8 win over Siena on Saturday to mention it was his 12th career which was his sixth game of the afternoon. Wasserman had seven points and four goals in the contest.

Softball Sweeps Fairfield in Two Games

SOPHIA GALVEZ STAFF WRITER

Softball crushed preseason Metro Atlantic Athletic Conference (MAAC) favorite Fairfield University with a 6-0 shutout in game one, and 8-2 in game two in opening games of the MAAC conference on Saturday afternoon.

In game one, senior righthanded pitcher Amanda Riley was a menace on the mound, pitching a complete game with 12 strikeouts, while sophomore right-handed pitcher Megan Stauffer picked up the game two win also pitching a complete game.

Head Coach Shannon Salsburg commented on the girls' pitching performances. "Both pitchers threw outstanding today. Amanda [Riley] really shut them down in game one, and Megan [Stauffer] came in for game two and just got ground ball after ground ball. I couldn't have been more pleased with their start.'

The Hawks took the lead early in game one with sophomore first baseman Kayla Rosado hitting a run batted in (RBI) single to right field, allowing senior outfielder Chloe Howerth to score. Howerth was able to score again twice more - once in the top of the third inning off of sophomore outfielder Amber Wozniak's double, making the score 2-0, and again in the top of the fifth tually win with, starting with inning when senior outfielder sophomore utility infielder the early lead in game two by an RBI single, and Tomasetti First pitch is at 12:00 p.m.



Senior right-handed pitcher Amanda Riley threw a complete-game shutout in the 6-0 win over Fairfield on afternoon.

Katie Baron hit a single and Amanda Hopeck's solo home scoring three runs in the top sent her home.

In the top of the sixth, the Hawks made the score the 6-0 shutout that they would even-

run ignited the inning. Later, of the second inning. Rosado scored sophomore

Sophomore shortstop Deangroundout with bases loaded. bases loaded, freshman out-

on a fielder's choice allowing Hopeck to score. Fairfield scored their first run of the day during the third inning, but Monmouth was quick to retaliate in the top of the fourth with one more run with Jimenez hitting an RBI double to right field.

The Hawks added three more runs in the top of the fifth inning with Baron hitting a double to right center to score Howerth. Wozniak hit another double to score Baron, and Hopeck hitting a single to score Wozniak, making the score 7-2. In the top of the seventh inning, Hopeck kept the momentum with yet another RBI single to send Wozniak home and making the score 8-2 where it stayed for the remainder of the game.

"Defensively, we had some huge double plays and our middle infielders did a great job of getting rid of the ball and getting that extra out," said Salsburg, "Offensively, from top to bottom we were super aggressive and had quality at bats. Hopeck had such a big day for us, and she gave us a huge spark. Everyone contributed today and it was great to get those two wins to start conference play."

After these two wins, the Hawks improve their record to 10-13 (2-0 MAAC). They will outfielder Sam Tomasetti on a gie Jimenez walked with the return to West Long Branch to play a double-header against

Women's Lacrosse Falls to Marist 14-3 on Saturday

CHRIS FITZSIMMONS

Women's lacrosse dropped their matchup over the weekend against in conference rival Marist, 14-3. The Hawks now stand at an overall record of 3-8 and 1-1 in Metro Atlantic Athletic Conference (MAAC) Play.

Marist registered the first goal of the game in the 25th minute taking advantage of a Monmouth yellow card. Monmouth quickly responded with a goal from sophomore midfielder Chloe Novak a minute later. At this point both defenses buckled down and no team let up a goal for the next six

Marist would break the scor-

within two minutes of each other, to take the 3-1 lead. Monmouth's senior midfielder Alexa Smith and sophomore midfielder Allison Turturro each scored to bring the Hawks to even with ten minutes left in the half.

Marist snatched back the lead moments later and Monmouth appeared to have tied it again off a goal by Smith, but it was recalled due to a crease violation. The Red Foxes pushed their advantage with three goals over the remainder of the half and it stood 6-3 Marist.

The narrative at this point was that both teams were evenly matched and neither able to grab a substantive lead. Both teams

tistics department. For instance, Monmouth recorded 14 shots compared to Marist's 13.

The second half however was different story as the Red Foxes pulled away on the scoreboard. Marist would go on to score eight straight unanswered goals in the second half to firmly secure their

Head Coach Jordan Trautman said this after the game, "I'm really pleased with the effort the team showed for 60 minutes despite the situation we were in. It was 60 minutes of tough and gritty play and although the X's and O's weren't there, we do have some positives to take away from this game and I know we can

ing drought with two goals each were nearly dead even in the sta- build some momentum from this experience.'

Some of those positives center around the ability for Monmouth to generate chances. The Hawks took a total of 27 shots compared to Marist's 30 with 20 of those shots on goal. Furthermore, the team was able to take a total of nine free positions with six of those in the second half. The issue was that Monmouth was unable to convert any of those highquality chances.

Additionally, Marist's Goalie Galvin Delaney can be credited with an impressive performance. Delaney was a stalwart in net all day and she made a total of 17 saves when it was all said and done.

In other news, Smith was named as the Metro Atlantic Athletic Division student-athlete of the week. This was following an impressive periormance against Quinnipiac where Smith recorded four goals in the win. Smith currently holds a 3.8 grade point average and is expected to graduate in May with a degree in Biochemistry.

This is not the first time Smith has been recognized for her academic efforts. Smith was named to the Intercollegiate Women's Lacrosse Coaches Association Academic Honor Roll and MAAC All-Academic team last year. Furthermore, Smith has scored in 17 straight games and is 12th on goals list in Monmouth's History.

Monmouth will look to return to winning ways with two matchups this week. First, they will take on Fairfield at 3:00 p.m. on Wednesday April 4th in West Long Branch. Then on Sunday, they will travel up to Buffalo to face off against Canisius at 11:00 a.m. Both games will be broadcasted on ESPN3.

UPCOMING GAMES

Wednesday, Apr. 4 W Lax vs. Fairfield* Kessler Stadium West Long Branch, NJ 3:00 p.m.

W Tennis at Quinnipiac* Hamden, CT 3:00 p.m.

Softball at Delaware Newark, DE 3:00 p.m.

Softball at Delaware Newark, DE 5:00 p.m.

Thursday, Apr. 5 Baseball at Princeton Princeton, NJ 3:00 p.m.

Track & Field Colonial Relays Williamsburg, VA TBA

Saturday, Apr. 7 Softball vs. Rider* West Long Branch, NJ 12:00 p.m.

Softball vs. Rider* West Long Branch, NJ 2:00 p.m.

Baseball at Quinnipiac* Hamden, CT 12:00 p.m.

Baseball at Quinnipiac* Hamden, CT 3:00 p.m.

M Lax vs. NJIT Kessler Stadium West Long Branch, NJ 1:00 p.m.

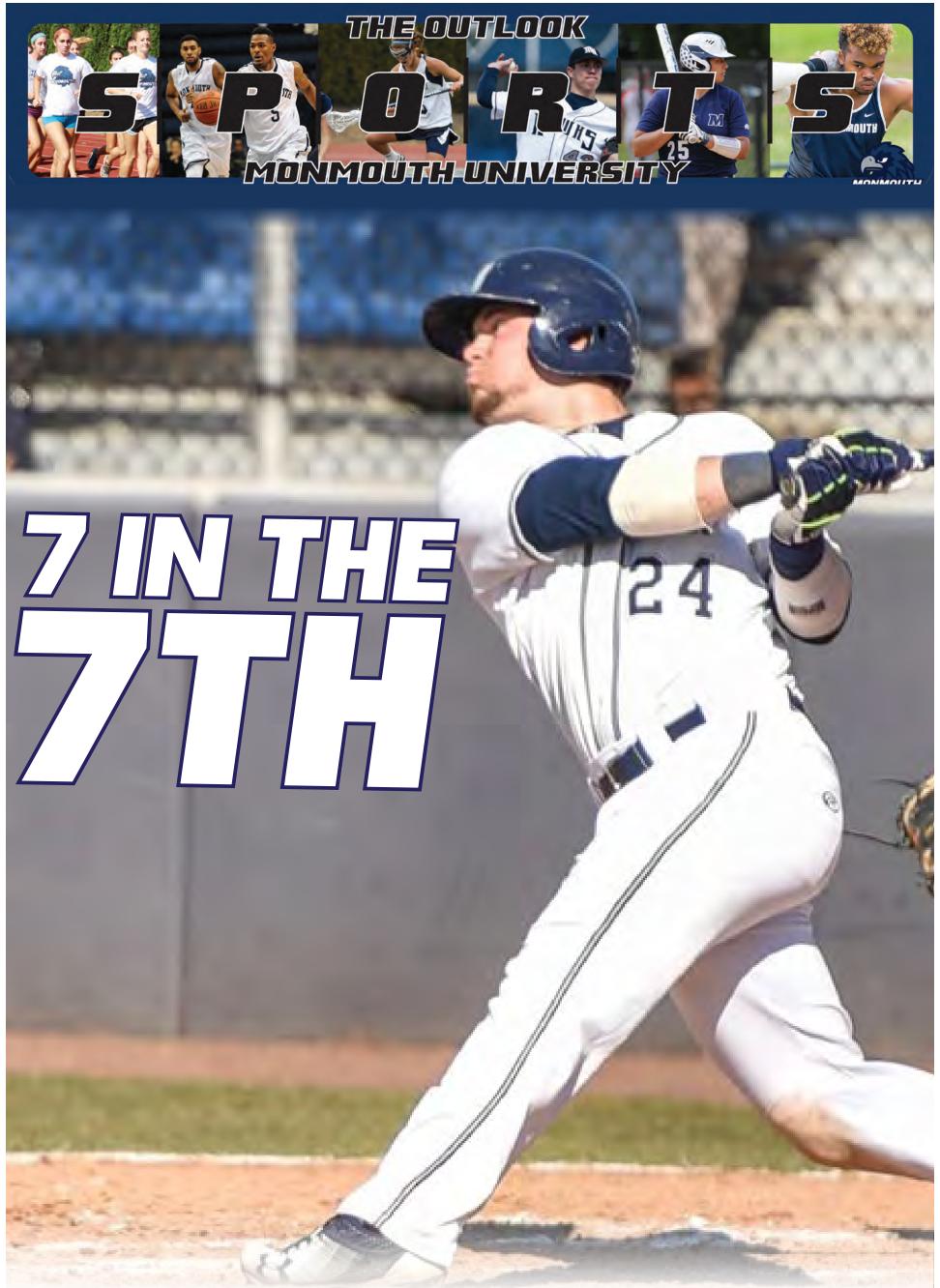
*conference games



PHOTO TAKEN by Karlee Sell

Senior midfielder Alexa Smith's goal against Marist kept her goal streak alive. Her streak is now at

17 straight games.



Going into the seventh inning down by one, the Hawks exploded with seven runs to make the eventual score 9-3. Sophomore catcher Zach Schild reached on a fielding error that gave them two of the seven runs.