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University Athletics' Stance on Taking a Knee

KERRY BREEN NEWS/SENIOR EDITOR

COURTNEY BUELL

Colin Kaepernick made national headlines when he knelt for the National Anthem during a September 2016 game between the San Francisco 49ers and the Green Bay Pack-

Stating that his stance was a protest against racial injustice in the country, he continued to kneel and was joined in his protest by other athletes such as U.S. women's soccer star Megan Rapinoe and Denver Broncos linebacker Brandon Marshall, according to SBNa-

As time went on, the protests received less and less attention, until President Donald Trump brought the topic back into the limelight, saying "Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say, 'Get that son of a ***** off the field right now, out, he's fired... For a week, (that owner would) be the most popular person in this country. Because that's a total disrespect of our herifor everything we stand for,"

at a campaign rally for Alabama lenge social inequalities, Republican Senate candidate Luther Strange.

Following Trump's comments, dozens of players from various professional teams knelt at games the next day, including the Baltimore Ravens, the Jacksonville Jaguars, and the New England Patriots, among others. ued. Team owners, including Trump donor and Jaguars owner Shad Khan, also joined the protests, as others denounced the president and his commentary on social media, according to Salon.

"The take a knee protest movement now means different things to different people," said Joseph Patten, Ph.D., an associate professor in the University's political science and sociology depart-

"Some are taking a knee to protest police shootings, others are taking a knee to protest against President Trump, and still others are taking a knee to promote freedom of speech."

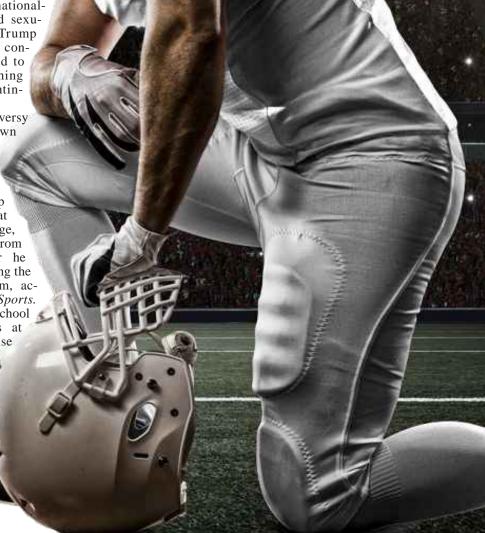
"What we're seeing here in the kneeling was that the protests wanted to call attention to the issues that were facing their lives from - maybe not directly, but the general human race," said Jennifer McGovern, an assistant professor in the University's political science and sociology departtage. That's a total disrespect ment. She also focuses on how sports can both reflect and chal-

such as race, ethnicity, social class, nationality, gender, and sexuality. "Once Trump weighed in, the conversation started to be about something else," she contin-

The controversy also trickled down into college high and school teams. Gyree Durante, a backup quarter backAlbright College, was removed from the team after he knelt twice during the National Anthem, according to CBS Sports. Two high school &

football players at Victory and Praise Christian Academy in Crosby, TX also were removed their team after they knelt. However, at Glen Burnie High **ATHLETES**

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Homecoming Celebrated at New Kessler Stadium

MEHDI HUSAINI ASSOCIATE NEWS EDITOR

University students, faculty, and alumni took part in the University's annual Homecoming celebrations this weekend from Oct. 20-21. Events consisted of a pep rally and football game in the newly-constructed Henni Kantor Kessler and John H. Kessler Stadium.

The pep rally took place on Friday and was sponsored by the Student Government Association (SGA) with the theme "Rise of the Hawks."

The Hawks won the football game the following day against Liberty 56-39 with 364 rushing yards and a record kickoff of 95

At the game, the following students were honored as this year's Homecoming Court: Seniors Vincent Welch and Shannon Marren were King and

Queen; juniors Nicholas Verzicco Monmouth football in a brand new, and Pooja Shah were Prince and Princess; sophomores Michael Welch, Faridat Busari, and Jillian Staub were presented as Duke and co-Duchesses; and freshmen Anthony Flores and Gianna Marretta were Lord and Lady.

This year marked a unique instance where there was a tie for the Duchess position, and both students that came first were honored.

"There were a couple of things that were unique [about Homecoming] this year," said Vice President for Student Life Mary Anne Nagy. "Certainly, the stadium was one of them but we have a new President who is very involved in the life of the campus, we have new leadership in our alumni affairs area and they did a great job of bringing alums back to campus, there was lots of energy and let's face it, probably the best weather in years!" Nagy explained further about how attendees were excited by and proud of the new stadium.

"Fans were able to fully experience

modern athletic facility with more seating, improved sight lines, a new state of the art digital scoreboard, and dedicated food operations which all contributed to the overall fan experience," said Dr. Vaughn Clay, Director of Off-Campus and Commuter Services.

This year's theme was also chosen carefully to relate to the new facilities and garner excitement for football season and the direction the University is headed in.

"When it came to deciding on a theme it was really hard," said Jihad Johnson, who planned this year's festivities as Homecoming Chair. "I wanted [a] theme that promoted our new additions on campus such as the new buildings, improvements of the dining hall and most importantly the stadium. I wanted the school to know that we were on a rise and that Monmouth is transforming into a

HOMECOMING cont. on pg. 3

Monmouth Celebrates Founders' Day

COURTNEY BUELL

The annual Founders' Day Convocation to celebrate the University's "Mission and Tradition" of 84 years, was held on Oct. 11 in the OceanFirst Bank

Roughly 300 faculty and administrators made their way to the ceremony, clad in academic robes of various colors and designs, accompanied by student leaders and other attendees.

Monmouth University Chamber Orchestra's processional, under the direction of Michael Gillette, a professor of music, and Bryan Jenner, Assistant Conductor.

Michael Plodwick, Chair of the Board of Trustees, gave a warm welcome to the audience and announced the performance of "America the Beau-

tiful," sung by the Monmouth University Chamber and Concert Choruses, under the direction of David M. Tripold, accompanied by Maggie Tripold.

Evan Kudish, a senior music industry student and member of the Chamber Chorus, said, 'It is really great to perform at the University you love and be involved in a tradition that goes back years. It is a real honor to be part of a ceremony like this one.

Plodwick delivered the In-The ceremony opened to the vestiture and presided over the Ceremony when he invested Grey J. Dimenna, Esq., with the charge as the 9th President of

Monmouth University

Dimenna addressed the audience and spoke of future goals he wished to accomplish in his time as President. Dimenna said, "By the time I am through,

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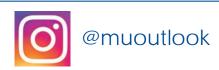
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IMAGE TAKEN FROM CBS Sports

Colin Kaepernick knelt during the anthem at a September 2016 game played between the 49ers and the Dallas Cowboys



Shad Khan, Jaguars owner and Trump donor, locked arms with his Marcedes Lewis and Telvin Smith during the anthem before a Jaguars-Ravens game on Sept. 24, after Trump's comments



Tommie Smith (center) and John Carlos (right) raised their fists in a black power salute during the playing of the national anthem at the 1968 Olympic Games. Both had won medals for track.

Monmouth Talks Taking A Knee

ATHLETES cont. from pg. 1

School in Maryland, three students knelt at a homecoming game on Friday, Oct. 13 and were supported by their school, according to the Capital Gazette.

"When this topic first arose last year, I had discussions with our coaches, who in turn had discussions with their student athletes," said Marilyn McNeil, the University Director of Athletics.

According to McNeil, the University currently has no rules, nor do they apply any pressure to its athletes, that could limit or prohibit them from exercising their freedom of speech. However, the University athletes are not usually on the field when the anthem is playing.

'In 99 percent of college football games, the anthem is sung before the teams come out of the locker room," said Greg Viscomi, the Associate Athletics Director for New Media and Communications at the University. "In 11 years at Monmouth, I think only one time we've been out of the locker

According to Viscomi, when the University played the Bucknell University Bisons on Saturday, Sept. 30, it was the first time "in many years" that the team had been on the field for the anthem. He added that all members of the football team stood.

middle of the season want to take attention or focus away from the team and what they are trying to accomplish," Viscomi said.

According to the University's Student Athlete Handbook,

"All interviews must be set up by a member of the Athletics Communications Office, preferably through the specific sport's media contact. This includes requests from newspapers and all other media outlets, including on-campus entities and student requests."

The handbook also states that students cannot participate in an interview without prior knowledge of the Athletics Communications Office, and interviews should not be conducted over e-mail, as "face-to-face interaction and/or a phone conversations are much easier to manage." The handbook also states "Phone interviews will be done in the Athletics Communications Office, unless you are instructed otherwise."

Kristine Simoes, a specialist public relations professor at the University. "You are a representative of the organization. If they're quoting you as an employee, representative, or in this case, Monmouth athlete, then your name is tied to the company. Therefore, the company runs a risk when they let you speak freely without them; it could come back on the company."

Viscomi assured that the University as well as many others have this policy in place to protect student athletes, rather than censor

'We do not censor our kids," said Viscomi. "These guys are really great kids, and they are really responsible. We're just here to make sure that they are being responsible, and have put thought into what they say."

"If that's (the policy) consistent across all sports and at all times, I can understand why they would have that policy," said McGovern.

"What often happens is that a stu-they are coming from, and what's dent will take something out of context, or something comes off as the University's position when it's not. Provided that [the policy] is always consistent, and that has been the policy prior to these issues coming up, the fact that the individual is balanced with someone representing the institution makes sense."

"There are two viewpoints on it," said Simoes. "There's the viewpoint from the organization, which is to protect the organization's reputation and brand at all costs. As a public relations person, that's what you do. On a personal side, there's a first amendment right to the freedom of speech – but that's only a personal freedom. It doesn't apply to you representing anyone other than yourself. You can't wear a Monmouth sweatshirt and be a Monmouth athlete and go on camera and say whatever you want, because at that time, you are representing Monmouth.'

"I think so long as the University isn't censoring the players, if they're just saying we need both voices to be at the table, that's a good thing," McGovern continued. "More voices at the table is always better. The policy encourages exactly that."

"We haven't addressed it since people started taking the knee or things like that, but we talk about social issues all the time," said "I just don't think that in the King Rice, the Head Coach of

going on in the world today."

Sophomore tight end Nick Venier, who is also a United States Airforce veteran and President of the Student Veteran's Association, added to the conversation discussing whether kneeling during the National Anthem implies disrespect toward the Nation.

"Personally, I would never take a knee, but I support my teammates in how they want to express themselves," Venier continued. "People have the right and freedom to do so if they want. As a veteran, we understand the customs and courtesies associated with the flag, so many probably wouldn't take a knee. But a lot of veterans, including myself, wouldn't be offended as a veteran if someone was to do it, because they have the right to do so," he said.

"Every citizen has the right to express themselves," said Football Head Coach Kevin Callahan. "Freedom of speech and expression is important, especially in an academic setting."

"People say that there is no place for politics in sports, that politics have no place in athletics, but sports are inherently political," added McGovern, pointing out that taxpayer dollars may fund part or all of the stadiums as an example. "You can't say you want political gestures out of sports, and have that."

McGovern also pointed out that

political protests in sports is not entirely uncommon, highlightingthe 1968 Summer Olympics, where and-silver placing med-Tomalists mie Smith and John Carlos

raised fists in what was widely viewed as a black power salute as they stood on the podium for the national anthem. The United States Olympic Committee suspended both athletes and sent them

During the 1972 Summer Olympics, track athletes Vince Matthews and Wayne Collett, were barred from the competition after they took the podium in Munich and did not face the flag as the anthem was played. According to the Times, the pair "...stood casually, hands on hips, jackets unzipped... they chatted and fidgeted." After the anthem ended and they left the stand; they were booed, and Collett "gave a black power salute" while "Matthews twirled his "This type of arrangement is stand in their way. I'd fully support medal." The two were later barred ormal for public relations," said it if it's coming from a good place. from competition by the International Olympic Committee (IOC).

In March 1996, the National Basketball Association (NBA) suspended Mahmoud Abdul-Rauf, a player for the Denver Nuggets, for refusing to stand during the anthem, according to The New York Times. According to Abdul-Rauf, who had converted to Islam in 1991, he did not believe in standing for any nationalistic ideology.

"People are really asking the question, 'Should political gestures that make me uncomfortable be in sports?" McGovern said. "And I would say, 'Why not?' I think it takes a lot of courage for an athlete to make a political protest; they have a lot to lose."

Monmouth Athletics has continued the dialogue with both coaches and athletes alike. "We continued to have the conversation and will continue to discuss the topic as long as it remains relevant to the current athletics landscape," said

"People are really asking the question, 'should political gestures that make me uncomfortable be in sports?,' And I say - why not?"

JENNIFER MCGOVERN **Assistant Sociology Professor**

the University's Men's Basketball Team, in an interview with the Asbury Park Press in fall of 2016.

Rice has since declined to comment on this story, along with the entirety of the men's basketball

However, Women's Basketball Head Coach Jenny Palmateer commented on the issue, "I really don't think that politics has a place in college sports. I think it should stay in its own lane, and let athletes be athletes. The team atmosphere becomes too divisive."

Alexa Middleton, a sophomore forward on the women's basketball team, believes that the issue is important. "It's about equality," said Middleton. "Whoever wants to stand up for equality, I wouldn't It's about making the world a better place.'

Other athletes from the University teams also had their own opinions on politics being present in athletics.

"I would say that [politics] do have a place in sports," said senior football defensive back Kamau Dumas. "But we're a team, and our main goal is to win games. Sports are a place where people come to forget about the real world and get away from outside distractions. However, this issue is something that we as a society can't run away from. I support all of my teammates. We're brothers, and any team should stand behind one an-

"I don't think [politics] have as big of a place in college football as it does in the NFL," said junior wide receiver Reggie White, Jr. "We play as a team. I would definitely support a teammate taking a knee. It's important to know where

Monmouth Hawks Rise to the Top with Homecoming Win

HOMECOMING cont. from pg. 1

better environment."

Planning the event came with specific challenges to improve on previous years. According to Nagy, safety was the main priority in managing the large crowds.

"It is a real delicate balance and I think everyone did a great job this year to ensure a positive environment," she said.

Nagy went on to reference new policies enacted by Greek Senate, as well as work done by the University's Greek organizations, in making this year much safer and smoother than past Homecoming events.

"The most significant challenge was setting aside my personal opinion and interest at times to benefit a larger group," said Johnson in regard to plan-

ning out the weekend.
"I had many ideas that sounded good to me but may not have been something that would have benefited everyone. It was a learning lesson, where I was able to learn that sometimes you have to compromise," he continued.

"This was the first year that we did not have any T-shirts left over and we ordered 800," Johnson explained.

"I was really excited about the turn out. The stands seemed to be jam packed and that's not even including everyone that participated in the tailgate...So, I want to say that attendance for this year gets an A++.'

"There was a strong response community over the years."

from alumni, especially those that graduated Monmouth 50 years ago," said Cassondra Giarrusso, a junior psychology student who helped with alumni outreach for the event on behalf of SGA, "A lot of alumni came out to see the new stadium and talk to current students about how Monmouth has changed over the years."

Giarrusso reported that this year saw a very significant increase in alumni attendance at the Homecoming game with more than a thousand former Hawks present.

According to Giarrusso, this year also saw a 113 percent increase in alumni pre-registration, with about 100 people visiting the Student Government Association's tent the day of the

"It has been a pleasure to serve as Homecoming chair,' said Johnson. "As I sit back now and look at how I was able to contribute to this event I am extremely pleased that I had the opportunity. Homecoming 2017 was definitely one for the books and if I could, I would do it all over again.'

"Homecoming has been an important way to gather and celebrate the life of the University," Clay remarked.

"Having an annual event like Homecoming helps us stay in touch with our history and the many students, faculty members, administrators, employees and friends of the University who have meant so much to our





PHOTOS COURTESY of Monmouth University Facebook

Students, alumni, and fans gathered to celebrate Homecoming on Oct. 21 with a tailgate and a football win against Liberty University.

Annual Internship Fair Welcomes Students

AMANDA GANGIDINO

Monmouth University students had their resumes on hand to impress prospective employers for the Office of Career Services' annual Internship Fair on Tuesday, Oct. 10 from 1:00 p.m. to 3:30 p.m. in Anacon Hall.

Forty-six employers were welcomed to campus to meet potential interns and employees.

Amongst the usual companies in attendance, new employers included Adapting Social, Collegic Nav, Dr. Reddy's Labs, Hackensack Meridian Health, LADACIN Network, NJM Insurance Group, TTI, TEDxAsburyPark, USA Today, Vydia, and Xela communications.

The Internship Fair has aided students in their search for a rewarding internship with influential companies throughout the tri-state

Local and regional employers participated in this event with the intention of hiring Monmouth University students.

The fair is part of the Transformative 10 series, which is described by Jeffrey Mass, the Assistant Director of Career Services, as a new initiative designed to help students connect their majors to a career in preparation for life after graduation.

Rather than learning about a company's available internships via a website, students were able to inquire about these positions in a non-intimidating face-to-face meeting with recruiters.

The event even allowed for students to have an impromptu interview with employers.

155 students in attendance.

"I made some strong connections at the internship fair," Consentino said. "It was an intimate setting, which allowed me to elaborate with recruiters on my previous work experiences and learn about the internship opportunity available at their company."

Beyond the coffee runs and business formal attire, internships provide current students with a glimpse into the 'real world' while gaining experience for their re-

"Internships are key to building experience as a student or recent graduate," said Mass. "Employers are much more likely to hire someone with internships and work experience rather than someone with a generic resume, lacking experience. It is important that a great time," he said. you choose you internships based on your interests and career pros-

While sophomores and juniors were especially encouraged to attend the event, students of all classes, regardless of their major,

could benefit from this event.

Mass believes that effective "people skills" are an important asset to possess in the professional

Events of this nature help current students refine their communication skills and network with professionals, which will ultimately help them adjust to a professional setting.

This year's fair was a success and directed many students to a possible internship with interviews and industry contacts.

"I feel that the internship fair was a great experience," said Raymond Romanski, a junior television and radio communication

"I scheduled a few interviews, made a few connections, and had

While this particular career event was on a smaller scale and catered to sophomores and juniors, the Office of Career Services will also be hosting Fall Career Day on Wednesday, Nov. 1 from 12:30 p.m. to 4 p.m.



PHOTO TAKEN by Courtney Buell

Alyssa Cosentino, a senior psy- Over 155 students attended the Internship Fair in Anacon Hall in chology student, was one of the hopes of finding a perfect match.

Founders' Day Brings University Together

FOUNDERS' DAY cont. from pg. 1

the three most spoken words on this campus will be: 'Hey President Dimenna.'" Dimenna stressed the importance he places on being visible and attending as many campus events as possible.

Dimenna also mentioned what he loved most about the school, which included the "high caliber of faculty and staff," and added that it was "the people" that made the University so special.

What makes a Monmouth education different from all others, according to Dimenna, is that they can be leaders.

to keep tuition increases low, and to make an effort to raise scholarship funds.

Closing out his speech, he asked all student leaders in the room to stand for a round of applause, then welcomed both Nicholas Verzicco, a junior business administration student and President of the Student Government Association (SGA), to the stage to give student remarks, respectively.

"This [Founder's Day] was a very humbling experience," Verzicco said. "Being able to get up on stage and congratulate University President Dimenna was an opportunity of a lifetime. President Dimenna is very visible and I am glad that I got to give praise where of school spirit but this really OceanFirst Bank Center.

amped everything up and set us up for a great rest of the semester," he continued.

"Seeing Nick on stage speaking was incredible. This gives us as students and leaders a voice. We go because we want to be there and that's why there was such an amazing turnout--because we all want to be there," said SGA Vice President and junior business administration student, Dan Pizzuti.

Three awards were given at the celebration. A conferral of an honorary degree was awarded to Henry D. Mercer III, the Immediate Past Chair on the Board of Trustees.

In addition, William "Bill" that students receive so much Elliott received the Distinmore than their diploma, but guished Alumni Award, and instead receive the realization John K. Lloyd, FACHE, Co-CEO of Hackensack Meridian Dimenna spoke of his desire Health was awarded the Maurice Pollak Award for Distinguished Community Service.

> "Seeing Bill (William Elliot) receive the Distinguished Alumni award really hit home for me, it shows us that we can still do a lot and that these people like alumni and the Board of Trustees still look out for us,' Verzicco added.

The ceremony was brought to a close following a musical selection of Justice, followed by the Alma Mater, which was performed by the Monmouth University Chamber and Concert Choruses.

recessional Monmouth University Chamber Orchestra concluded the ceremony, where attendees were welcomed to attend a recepit is due. I always have a lot tion on the second floor of the

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A Knee'd for Answers

EDITORIAL STAFF

Over the past month, media outlets have been flooded with stories of players in the National Football League (NFL) kneeling for the national anthem. Although former NFL quarterback Colin Kaepernick began kneeling for the national anthem last year, the topic continues to spark controversy. These players are peacefully protesting the racial and social injustice that is still present in the United States. Some politicians are distraught with the idea that players are not

ful protest. "I've never seen the act of kneeling during the national anthem as 'disrespectful' at all, since kneeling is usually a sign of respect," said the editor.

"As a woman of color, and a minority in the world (as well as at Monmouth), I would 100 percent stand behind an athlete who decided to take a 'stand' by kneeling," said another editor.

While student-athletes undoubtedly have the right to peacefully protest and voice their views, the University and the community may show some resistance.

"With the University – and idea that players in uniform must

taken seriously until a celebrity or athlete brings light to it.

"Athletes are held to such a high standard and placed upon a pedestal that it should cross their minds to stand up for something they believe in or something that should be addressed," said one *Outlook* editor.

Despite the fact that editors all buy into the idea that the athletes at Monmouth have the right to kneel or voice their opinions, there have been no instances where Monmouth athletes have taken a knee

One staff member spoke of the idea that players in uniform must

"Athletes are held to such a high standard and placed upon a pedestal that it should cross their minds to stand up for something they believe in or something that should be addressed."

standing for the flag, furthering the divide of our nation.

What would happen if college athletes decided to 'take a knee' during the national anthem? What if it happened at Monmouth?

Editors at *The Outlook* agreed that Monmouth athletes have the right to peacefully protest, but their opinions varied on how the University and the community would or should react. They also commented on whether or not politics have a place in athletics.

One *Outlook* editor said that they fully support any athlete that decided to kneel for the national anthem in a form of peace-

West Long Branch – being a conservative area, I feel that there might be some negative thoughts about or said to the athletes and the athletics as a whole," said an editor

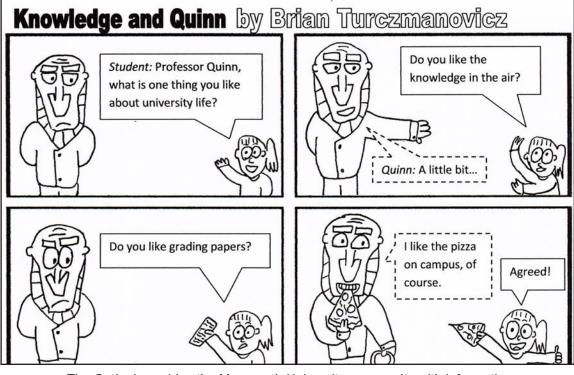
Another editor acknowledges that there would be backlash and said, "It is unfortunate that there would be a consequence for peaceful protesting, but I understand that with the university climate and our athletic hierarchy that something would happen."

Nonetheless, the editors at *The Outlook* believe there should be a place for politics in athletics. One editor spoke of the fact that issues are often not noticed or

follow the rules of the coach and of the team. "If the rules are we stand, then we stand. If the rules are we kneel, then we kneel," said the staff member. "You run the play that's called essentially."

"It is incumbent on us to speak, and for [a university] to tell us not to, flies in the face of everything that a university is," said one staff member. "I don't know if that's the situation here or not, but wherever that is the situation, that's wrong."

"While some might not agree or support the politics being expressed by the athletes and coaches, they have the right to say it," said an editor.



The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

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

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Halloween Costumes for 2017

CARLENE SANTOS

Halloween is right around the corner, and whether you planned out your costume a year in advance or wait till the last minute, there are so many costumes to choose from. Whether it is Eleven, Mike, Dustin, Steve, a loved classic or a new trend, there is something out there for

On Halloween, we can become anything we want, whether it be your favorite movie, tv character, celebrities, or even Just find articles that are closest our favorite animals. The possibilities are endless.

The popular and recently remastered movie IT, has revived Pennywise the clown just in time for Halloween 2017. Whether you follow a makeup tutorial online, or grab a clown suit and a mask, you'll be sure to give a lot of people a scare that night.

If you plan to save the world on Halloween, gear up, and unleash your inner hero. The classic superhero costume of Wonder Woman is also making a comeback this year due to the Emmy nominated, 2017 redition that took the boxoffice by storm this past summer.

The Wonder Woman costume has been around for years, and every year it's a top costume, with a new look. You'll be sure to capture the warrior within while wearing metal cuffs and The characters of the Wizard of Oz make classic Halloween costumes and are great for groups.

swinging the Lasso of Truth.

It's no secret that Netflix is one of our guilty pleasures. If you binge watched Stranger Things on Netflix and loved it, the characters from the showmight be a costume decision ange is the New Black is a show worth making. Whether it be Nancy, or Barb, you can dress up like you're ready to go hunt for the Upside Down.

These costumes can be super simple because you can use clothes from your own closet.

to pick up a box of Eggo waffles to go along with your Eleven costume, and a little fake blod under the nose is the final touch.

Another Netflix classic, Orthat has multiple costume possibilities, just like Stranger Things. These ideas can be transformed into group costumes becuase ther are various recognizable characters.

Group costumes are popular, especailly among college students. Roommates, suitemates, collective costume. High quality group outfits can include characters from Scooby-Doo, The Wizard of Oz, Game of Thrones, or Rick and Morty.

If you're looking for a costume for you and your significant or you and your best friend, the possibilities are also endless. The top couple costume for 2017 has to go to the Suicide Squad Joker and Harley Quinn.

Since the trend began last year, after the movie was released, the costume has become

to that character's attire. Be sure and teammates often go out in a one of the most popular whether you go about it alone or with your significant other it's going to be seen around more than once.

> A favorite of mine has to be Danny and Sandy from Grease. It's a simple outfit but people will know who you are in an instant. Both are loved couple's costumes, and many fans praise the relationship of the characters in the movie.

> There are two costumes that I've seen a lot of lately is the Holy Guacamole and the Holy Cow. For the guacamole costume, you just have to wear an all green outfit with a brown patch over your stomach to signify the avacado pit. The cow costume is also simpl, only requiring a white shirt with black sports. Add a halo atop your head and you are good to go.

Every year on Halloween there are so many surprises that come our way. If you're keeping your costume a secret, keep it. Keep it original and well put together.

On the other hand, Halloween is a time for all of us to have fun with this holiday that was designed for children. I can't wait to see who's walking around campus this year. Maybe we will see Wonder Womenfighting Ares in front of Wilson Hall. Perhaps we will even see a T-Rex making its way across



Born in the Wrong Decade?

KIERSTEN BECHT CONTRIBUTING WRITER

As I sit down to write this, I've got two pies baking in the oven, my apron on and Frank Sinatra serenading me through a speaker. I've said it once and I'll say it again, I am an old soul Tony Bennett live in concert two weeks ago? You bet. The 2000's have been great, albeit 2017 and simply put it: talent. all that has happened over the past several months. However, this just is not the decade for me. I can't help but think that I was about the 1950's that I just can't seem to let go of.

First things first, there is no denying the fact that the music in-Martin, Ella Fitzgerald, Johnny line, something that is unheard of

Cash. You get the picture.

Such artists produced music that you could actually dance to, not just jump around or sway back and forth to; and the lyrics were meaningful unlike some of the absolute trash that is played on the radio today. There was no such thing as auto tune or crazy electhrough and through. Did I see tronic beats or dub-step, but rather an appreciation for actual instruments and un-altered vocals; to

Having just added another World War under it's belt, the United States economy was anything but suffering, in fact it was born in wrong era; yes, I'm a booming like no other. Wages 90's baby, but there is something were high, unemployment was low, and the country's GDP (Gross Domestic Product) was growing before everyone's eyes.

During this time, people had dustry was thriving in the 1950's. disposable income and could ac-With artists like Frank Sinatra, tually live off of minimum wage Tony Bennett, Ray Charles, Dean without being below the poverty

When it comes to communicating in 2017, things can get tricky. I find myself wondering "What does this emoji mean?" or "Did they put a period because they are angry?" etc... While technology makes communicating with another another instantaneous, it tends to leave a lot of room for questioning.

Navigating through texts, Instagram, and Snapchat's can get tedious and tend to drag out what could have been very simple conversations. What happened to the days of calling someone up on the phone?

I feel like our generation has lost the ability to truly engage with one another, without staring into a screen or using our phones as a social crutch. I hate going out to dinner because nine out of ten see two people on a date, yet neither are actually talking to one another. What happened to the art of an old fashioned conversation? Don't you want to know who people really are? How they really feel about certain things? Why don't people take the time to greet you at your door, rather than send a "here" text?

Face to face interactions reveal authenticity and lead to more enriching conversations, rather than back and forth text messaging. I know, I sound like your grandma right now, but just trust me on this,

I get it, I am stuck in the past. Do I show up to class in Wilson Hall 20 minutes early just to walk around and marvel at its elegance and rich history? I sure do. One of the things that makes Monmouth so special to me is that serves as a time capsule for years past and vears to come. Our campus embodies the past, the present and most importantly, us, the future.

HALLOWEEN:

A Holiday for All Ages

CAROLINE MATTISE ASSOCIATE OPINION EDITOR

Happy spooky season! Halloween is thought to be a children's holiday, where they dress up in their little costumes and walk around the neighborhood trick-or-treating. But people of any age can can paticipate in the fall festivities.

Personally, I stopped trick-ortreating at the age of fifteen. I, or should I say my mother, felt that the tradition of collecting candy from neighborhood houses should be reserved for those young enough to believe in Santa and the Easter Bunny. But, my mother played a large.

However, my friends would still go out and collect candy from their neighborhoods. Although I did not partake in the candy collecting, I still attendtimes I'm either sitting at a table ed haunted houses and scary where at least half of the people corn mazes. Just because you are scrolling on their phone, or I do not go trick-or-treating does not mean that you cannot take part in the Halloween activites in your area.

I feel as though there are more Halloweem costume opportunites for as you get older. Children are usually pumpkins, or princesses, and maybe the ocassional Mike Wazowski. Adults can pull off the toga costumes and Rosie the Riveter. Not to mention that adults make better superheroes.

Monmouth students are sure to dress up Hallo-weekend for a night out on the town. While they might not be going door to door looking for candy, they are dressing up and having a good time just the same. Some may chose to work a solo costume, while others are involved in a group theme.

Even after college some adults continue the dress-up traditions by throwing elaborate Halloween costume parties. They take it very seri-

ously. Their houses and yards are decorated as though they were actually haunted and the guests look as though they are trying to win a prize.

Even if you do not dress up for Halloween as an adult, there is still a job for you on this spooky night. Distribute candy! Every kid loves that person on the block that gets super excited about the holiday and wears a costume even as they hand out candy.

Plus, who doesn't love eating Halloween candy. There is not other hiloday that is so much associated ith candy. October is the only time of the year that I eat candy corn or popcorn balls. Not to mention that glorious feeling when the Halloween candy goes on sale. Aisle three will be completely cleaned out of candy Nov.

Magill Commons Dining fall has also gotten into the Halloween spirit. The ceilings, walls, and floors are decorated with caution tape, bloody footprint, and severed limbs. There is even a costume contest that will be held for students on Halloween night, Tuesday October 31.

Monmouth also puts on its annual Trunk or Treat event, hosted by the First Year Service Project, so that kids have a safe and fun way of trickor-treating. During this event, students and faculty decorate the trunks of their cars, dress up according to their cars theme, and hand chandy and prizes out to the neighborhood children

This goes to show that Halloween is a holiday for all ages. From babies dressed up as pumpkins, to adults handing out candy, the is something for everyone on All Hallows Eve.



PHOTO TAKEN by Brett O'Grady

Record stores allow people to listen to the music of another decade.

Environmental Protection Agency Pulls Scientists from Conference

GABRIELLE IENTILE POLITICS EDITOR

NICHOLAS COSCARELLI

The Environmental Protection Agency canceled the scheduled appearances of three scientists from the agency who planned climate change discussions at a EPA scientists to speak. conference in Rhode Island on Monday.

According to the New York Times, officials from the EPA did not divulge the reason for pulling the scientists from the conference. However, the latest development has become a major concern for scientists who feel as though the EPA has avoided climate change topics during President Trump's administration.

The three scientists – Autumn Oczkowski, Rose Martin, and Emily Shumchenia – contributed significantly to the 500-page report being presented at the State of the Narragansett Bay and Watershed program, located in Providence. The conference is centered on analyzing the health of Narragansett Bay, in which one of the cut speakers was to give the keynote address.

The report details the effect of climate change on the bay, including warming temperatures of the air and water, changes in precipitation, and rising sea levels, according to Slate. The removed speakers intended on focusing on these climate changes issues. However, the replaced address is listed as "Narragansett Bay as a Sentinel Estuary."

EPA spokesperson gave CNN a statement on the decision:

"EPA supports the Narragansett Bay Estuary, and just this month provided the program a \$600,000 grant. EPA scientists are attending, they simply are not presenting; it is not an EPA conference" John Konkus, a former Trump campaign operative in Florida, confirmed.

The EPA refrained from giving a reason for not allowing

Konkus has vetted all EPA research grant requests during the Trump administration in order to make sure that the grants "adhere to the Trump administration's goals and policies and the EPA's back-to-back agenda" *E&E News* reported.

Martin and Schumchenia planned a panel titled "The Present and Future Biological implications of Climate Change," and Oczkowski, the original keynote speaker, wrote a speech to introduce how climate change has altered the bay's ecosystem and overall health.

The last minute effort serves to confirm the fear that Scott Pruitt, the Administrator of the EPA appointed by President Trump, will end federal grants to governmental scientists if their research concerns climate change. The move alludes to the idea that Pruitt wants to silence scientists who wish to publicly tackle and discuss climate change, its effect on the planet, and how to begin to reconcile it.

"It's a terrible, terrible idea to remove all recollections and to disband the EPA," Dr. Abha Sood, a lecturer in the English department at Monmouth. "They're trying to undo the work of all these groups of people...



The Narragansett Bay and Watershed have experienced changes in temperature, precipitation, and sea level that scientists attribute to climate change.

it's irresponsible and inconsider-

Pruitt, a lawyer and politician from Oklahoma, has previously stated that greenhouse gases caused by human activity are not the reason for rising global temperatures. The EPA administrator has also worked with fossil fuel companies in the past to sue the EPA.

Senator Sheldon Whitehouse criticized Pruitt for the EPA's blocking of climate change discussion by scientists who worked on the research that will be presented at the conference.

According to CNN, the majority of Pruitt's schedule is concerned with meeting with stakeholders in the fossil fuel

mentalist or science groups.

The head of the EPA has been partly successful in undoing environmental regulations, such as repealing the Clean Power Plan. This plan may significantly affect the National Estuary Program - it would be removed, leaving the Narragansett Bay at considerable risk.

Carly Miller, a senior homeland security student and eboard member of the Youth Activist Group at Monmouth, said, "I love the environment!" capturing the importance of maintaining the EPA's focus on researching climate change issues.

industry. One percent of these lish student feels the fact that the meetings have included environ- EPA must align with Trump's goals:

> "I think politics are become too involved in science," he said. "Climate change is a real issue and we need to get the word out to as many people as possible. The EPA preventing [climate change discourse] in any measure is only hurting the cause. It has to be talked about...to get people to realize they need to take action," he continued.

Though the EPA under Scott Pruitt offers a – fragile – façade of pursuing climate change issues, the fact is that his attack of policy will undo environmental protection for the benefit of fos-Robert Zadotti, a senior Eng- sil fuel and coal industries.

President Trump's Executive Order on Healthcare

NICHOLAS COSCARELLI STAFF WRITER

President Trump issued an executive order on Thursday, Oct. 12 which he believes will help mitigate adverse consequences of the PPACA— Patient Protection and Affordable Care Act -- such as the high premiums and deductibles, and the minimal options in select-

This follows the unsuccessful efforts to "repeal and replace" the PPACA by Republicans in Congress.

The promise to overturn the PPACA has been a Republican cornerstone, and the Democrats have been steadfast in their op-

partisan gridlock has led to no compromise in our Congress.

As a result, no substantive

costs of healthcare down; in- payer] system...I am not sure gether and a third of Democrats state lines] would work." Inhave advocated for opting to deed, purchasing a plan from a single-payer "Medicare for another state's insurer would issued an executive order in- er costs as a result.

the White House Press Seclows small-business employers insurance from Arizona, she/ spreading the costs and al- insurance. lowing for lower payments for Vertiginous squabbling and der enables individuals to pur- many detractors have called state lines".

Amy Mader, a senior hisimprove the PPACA and bring "I'm more in favor of a [single-

stead, many Republicans have how well [allowing individuals called for scrapping it alto- to purchase healthcare across All". Until the PPACA can be inevitably create more national improved, the President has competition, and possibly low-

However, the ethical implica-According to the Office of tions of this may not fare too well. For example, if a New Jerretary, the executive order al- sey resident purchases health to buy into association health he may have to fly to Arizona plans, which would allow them in order to see her/his doctor to collectively self-insure or if only Arizona hospitals and purchase group insurance— doctors accept Arizona health

The executive order also individuals within the group. eliminates the federally-funded Additionally, the executive or- cost-sharing subsidies, which "bailouts to health insurance companies". However, on Friday, Oct. 13, America's Health measures have been made to tory major at Monmouth, says Insurance Plans and Blue Cross Blue Shield Association re-

leased a joint statement saysubsidies: the health-insurance causing consumers' choices to shrink and costs to rise.

The PPACA—or more colloquially called "Obamacare"— 'cost-sharing reduction" payments to approximately 7 million low-income Americans.

These payments help to offset insurance deductibles and other out-of-pocket expenses for those aforementioned individuare required to provide the aprant for any insurance company to sell those specific healthcare plans starting in 2018.

Moreover, because federal tax credits for many Americans covered under the PPACA rise when their premiums increase, eliminating these paytaxpayer costs by \$6 billion in 2018 and \$21 billion by 2020the non-partisan Congressional Budget Office (CBO) projects.

The CBO also said that although the "slightly higher number of uninsured" would be temporary, "5 percent of people live in areas that would have no insurers" next year if subsidies

the uninsured rate would be "slightly lower" by 2020: as more Americans could take advantage of more generous premium tax credits.

Under Title I of the PPACA, ventions," Amburg stresses.

Short-Term, Limited-Duration ing there would be "real con- Insurance (STLDI) plans are sequences" to ending these exempt from the regulated exchanges. The president's execumarketplace would destabilize, tive order would eliminate this exemption and allow individuals to purchase STLDI.

However, critics argue this could potentially lure youngprovides, what are called, er, healthier consumers from Obamacare exchanges cheaper and skimpier cies—leaving sicker and older consumers to pick up the tab with higher premiums on their exchanges.

In addition to making healthals and families. According to care more affordable and acthe Washington Post, insurers cessible, it is also imperative to stress the importance of prepropriate discounted prices for ventive care. "Having experieligible customers. However, ence in healthcare, I have seen ending the payments give war- a great number of people delaying care due to lack of medic to opt out of its federal contract coverage," Polina Amburg, a specialist professor of the Nursing Department at Monmouth, says, "In many cases, people sought medical attention when their conditions were too severe."

"Unfortunately, by saving ments would actually increase money on cutting preventative service the government loses money on the cost of care for the management of disabilities resulting from untreated conditions," Amburg notes.

"For example, a person with early signs of diabetes, if identifies and managed on time, could live a productive life and never develop disease comnded. plications," she adds, "On the However, it estimated that other hand, if not managed, diabetes could lead to a serious disability..."

> "All of those complications could have been averted with basic screening and early inter-



President Trump issues an executive order following his unsuccessful "repeal and replace.".



GENDER STUDIES PROGRAM ASSISTANT

Job Description:

- -Editing biannual newsletter
- -Promoting gender studies minor to classes and clubs
- -Assistance in organizing events on campus
- -Creative design of promotional items and events in support of gender studies
- -Four/five hours per week

Qualifications:

<u>This position is open only to work study students</u>. Some familiarity with feminist theory or sociological thought is necessary, although candidate does not have to be a past or present sociology or gender studies student. Activist and administrative experience is preferred but not required. Creative thinkers and enthusiastic leaders desired. Candidate should have comfort with public speaking, professional demeanor, computer proficiency, and English language fluency.

Compensation:

\$8.44/hr

To Apply:

Please visit the <u>Hawks Career Link</u> page, job posting #2789. A resume and a brief cover letter explaining how you are suited to the position will need to be supplied.

Once, hired, student worker is responsible for completing the following trainings before employment begins:

- -Emergency response
- -Preventing Discrimination and Harassment
- -Ultipro

Contact:

Dr. Corey Wrenn

Director of Gender Studies cwrenn@monmouth.edu



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-Ox Tales
-Curry Goat
-Jerk Chicken
Chicken & Beef Patties

2017 MUPD Crime Blotter

10/3/2017 1017 Lot 1/Traffic Office Student Misconduct 10/11/2017-10/12/2017 600 - 0600 Bey Hall THEFT

10/13/2017 0122 Beechwood Hall PULA w/alcohol 10/13/2017 0325 Laurel Hall PULA w/alcohol/student misconduct

10/16/2017 2226 Spruce Hall Student Misconduct

10/17/2017-10/18/2017 1500 - 0911 366 Cedar Avenue Criminal Mischief 10/21/2017 1226 Bey Hall Criminal Mischief/Disorderly

MONMOUTH UNIVERSITY

Monmouth University Career Services presents



Fall Career Day 2017

WEDNESDAY, November 1, 2017 12:30 p.m. - 4:00 p.m. * OceanFirst Bank Center *

Accu Staffing

Acelero Learning

Advancing Opportunities

Allied Wealth Partners

Alternatives, Inc.

Apex Life Sciences

Atria Tinton Falls

Atrium Staffing

AXA Advisors

BAYADA Pediatrics

Bed Bath & Beyond

CDW

Cenlar FSB

City of Long Branch Police Dept.

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Dow Jones & Co.

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Enable Inc.

Epic Developmental Services

Everas Community Services

Express Employment Professionals

ForeFront, Inc.

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Guardian Life Corp.

Hackensack Meridian Health

Hatteras Press. Inc.

HBK CPA's and Consultants

HCS (Healthcare Software)

HMP Communications

Holman Frenia Allison, P.C.

Horizon Blue Cross Blue Shield

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Insight Global

International Planning Alliance

Interworld Highway

J Knipper and Company

Jersey Shore Center Genesis Health

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lotus823

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Marcus & Millichap

Markel Corporation

MassMutual NJ-NYC

Maxim Healthcare Services

Medix Staffing

Millennium Communications

Monmouth County Sheriff's Office

Monmouth University HR Dept.

New Jersey Courts

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Philadelphia Police Dept.

Pinnacle Treatment Centers

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Six Flags Great Adventure

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Suplee, Clooney & Company

Techntronic Industries Co.

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The Kislak Company

Trinity Solar

United States Marine Corps

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Urner Barry

USA TODAY Network

Viogee, Inc.

Vonage

Wakefern Food Corp.

WRAT-FM (Beasley Media Group)

YCS - Youth Consultation Service



Check this link often for updates and additions:

https://www.monmouth.edu/university/fall-career-day.aspx

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THERE'S MORE TO LIFE THAN JUST EXISTING

AMANDA GANGIDINO

Every moment, we are living and dying with each and every breath. A simple fact of life is that you're living. However, as we go through the motions of than living we begin to simply

We go to jobs that leave us uninspired, count down the days semester, and often forget to tell and amazing they can be. those around us how much we value them. Our deadlines and daily obligations make us feel for others and even ourselves.

That exam we have to study to the beach. Our nine to five make you feel more alive.

workday prevents us from tak-We often feel trapped in our own lives by our constant obli-

But here's a fact that we are often too afraid to admit to ourour everyday lives, we often selves: you can do anything that forget this simple fact. Rather you want to do. If you're unhappy with your job, quit. Don't like where you live? Move. We are not here to live in fear of our own lives. We are here to until our next break during the make them the most fulfilled

Mary Harris, a specialist professor of public relations has come to embrace this shift as though we don't have time in perspective. Professor Harris' philosophy behind this idea is the following, "Dofor hinders us from taking a trip ing something differently will

PHOTO TAKEN by Alexandria Afanador

Traveling is a great way to find fulfillment in your life.

Harris encourages people to ing that much-needed vacation. ask themselves, "Do I feel like there's something missing from life?" If the answer to that question is yes, then you must ask yourself, "How can I cultivate change?

> Doing something that makes you feel alive does not necessarily have to include a plane ride or some elaborate adventure, but it can be acts on a much smaller scale. Volunteering your time, going for a walk, star-gazing, or just taking the time to be alone with your thoughts can renew an appreciation for life.

> Lauren Niesz, a computer science graduate student, said, "The one thing that makes me feel alive most is fulfillment. Once you complete something and you are proud of the object of completion, a true sense of purpose comes over you. I feel like you don't really feel 'alive' unless you have conviction of purpose in your life."

Niesz continues, "We have to appreciate the world around us to really appreciate all we have done to affect it. In order to do that, we need to just look at life and our surroundings and be still in them."

We often neglect to take advantage of the beauty that surrounds us. As Monmouth University students, we are a mile away from the beach but most of us never listen to the waves crash along the shore. We have become accustomed to having a constant routine in our lives, and while consistency is good it may lead to a mundane exis-

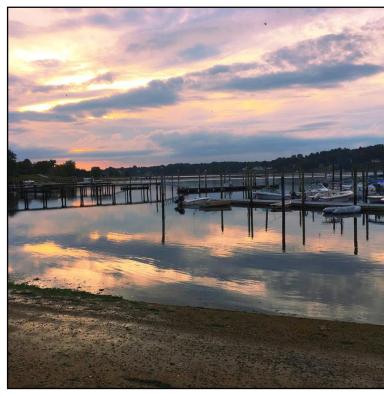


PHOTO TAKEN BY Campbell Lee

Sometimes we take advantage of the beautiful area we live in.

Alyssa Consentino, a senior ing deadlines, and making alive with a suitcase and passlearning about different cultures and customs throughout the world—it truly helps me connect to those around me, feel a sense of purpose and above all else- alive," said Consentino.

life than getting that 'A', meet- make you feel alive.

psychology student feels most money. While all those things are important in leading a fulport in hand. "Traveling and filled life, there are several experiencing new cultures other elements that play a vital makes me feel alive. I love role. We all crave excitement, connection, and adventure. Don't waste another breath on living a life off just pure existence. To quote a famous cli-ché, "Life is not measured by the number of breaths we take, but by the moments that take Don't allow the daily grind our breath away." Embrace the get you down. There's more to moments in your life that truly

Staying Healthy at MU

MELISSA BADAMO CONTRIBUTING WRITER

Many people are guilty of saying, "I don't have time to go to the gym," or, "I don't want to go to the gym alone!" However, getting fit is easier than you think, and it only requires a few lifestyle changes.

First off, it's important to set a schedule to find time for exercise. Find the perfect time to head over to the gym, whether it is in the morning, right after your classes end for the day, or in between classes. Keep track of your exercise in a journal, which will help keep you motivated as well. If you're uncomfortable going to the gym alone, find a gym buddy whether you ask a friend or just an acquaintance from class. Exercising is actually a great way to bond and make a friend or

There are plenty of ways to get fit right here on campus. This fall, take a stroll and appreciate the beauty that engulfs our lovely university. Monmouth's fitness center, located in the OceanFirst Bank Center, is free to all staff and students and can be utilized for strength, cardio, and flexibility exercises, to name a few. You can even sign up for group fitness classes, such as yoga and kickboxing, on the "Monmouth Rec-

reation" app.
You can always take up an activity off campus to maintain a healthy lifestyle. Freshman animation student Michael Gatta has taken up

a great activity to stay fit. He a vast selection of intramural shared, "I run because it makes and said, "I exercise by fencing with my friends. It's really beneficial because it's fun and a great way to stay healthy." It's important to have fun while exercising, so grab a few friends and find an activity you all en-

If you find a sport you excel at, you can always join an intramural team on campus! Monmouth University offers

sports such as volleyball, ten- me feel good about myself. It nis, basketball, and softball. You can participate in these intramurals competitively or recreationally. If you're interested in an intramural sport, keep an eye out for the registration dates!

Running is just one of the many fitness options you can pursue. Freshman biology student Samantha Peragino

helps me with my anxiety and is a great stress reliever." It is no secret that exercise elevates your mood and helps reduce stress and anxiety. Having a healthy mind is the first step to maintaining a healthy body. No matter what exercise you pursue, just make sure to get your heart pumping!

Adjunct professor of Health something to eat to refuel

Physical Education, Nancy Cizin, explained the importance of exercising and eating right. She stated that exercise can, "ward off type two diabetes, increase blood flow, and improve sleep." She also said that, "natural foods such as fruits, vegetables, and those high in fiber can maintain both mental and physical health."

Next time you're grabbing your body, think twice about your food options and go with something that will improve your health. If you're in the student center, stop by Roots, where you can customize a salad to your liking. Or, if you're planning to grab something to eat in the dining hall, sushi is always a great healthy choice.

As Professor Cizin mentioned, getting a good night's sleep is an important aspect of maintaining a healthy lifestyle. Many college students tend to underestimate the importance of sleep. Sometimes it's necessary to pull an allnighter in order to finish that five-page essay for English class, but try to catch up on sleep as much as possible. Not only does it improve physical health, but it also improves memory and concentration, thus helping you succeed academically.

There is no better way to boost your immune system than exercising and eating healthy, especially since flu season is quickly approaching. You may not want to skip the gym anymore when you consider the many health benefits that come with exercising!



PHOTO TAKEN BY Campbell Lee

Setting aside time for the gym is a great first step to starting a healthier lifestyle and can even help with destressing.

American Vandal Is Totally Binge-Worthy

STEPHANIE YOUNG STAFF WRITER

Every month Netflix releases so many Original Series that it's hard to keep track. Some of them, including House of Card, Stranger Things, and Making a Murder, gained traction and are now fan favorites and Emmy nominated television shows.

However, some fly under the radar and are overshadowed by the more popular titles.

In a binge watching society, this one show in particular proves that its crazy subject matter and controversial commentary on the justice systems within public schools posesses the ability to pull view-

After roped into the series, it will have the audience memvbers asking questions for hours after the show has finished.

That show is *American Vandal*. The show centers on an investigation by two sophomore students into a car vandalism case.

Sure, on the surface it seems like a typical crime show, until viewers learn that the details of the vandalism focuses on the drawing of twenty seven phallic symbols on twenty seven teacher's cars.

Viewers may be thinking that new ones constantly. this must be a raunchy, juvenile mockumentary on shows such as Making a Murder.

What the show begins to appear as at first takes a jolted turn into one of the most thought provoking television shows Netflix has ever released.

Seriously.

trying to solve this fictional case as if it was a true story, and that is what makes American Vandal the must watch television show of

In the first 5 minutes of the show, high school senior Dylan Maxwell is accused of the vandalism from the get go.

There are four keys elements that originally linked him to the crime outlined in the show; you will have to watch or infer for yourself, there are hardly any spoiler alerts here.

However, the two sophomore investigators, Peter and Sam, attempt to debunk these four elements, leaving themselves to wonder whether Dylan was framed or if he actually did do it.

Their main goal is not to exonerate Dylan but to find the truth through an investigation of the students and the teachers.

Unlike common or previous crime documentaries, American Vandal stays ahead of its audience at all times, making it almost impossible to predict the culprit until the ending episode is revealed.

New evidence is uncovered episode by episode causing viewers to abandon their theories and create

The first scene of the show features Peter and Sam interviewing students on the vandalism and whether they think Dylan did it. So many of them are quick to believe it due to Dylan's reputation.

The show provides an interesting commentary on reputation and how with only circumstantial

Viewers will be obsessed with evidence the school is so quick to accuse Dylan.

The question is, is reputation and circumstantial evidence enough to convict a student on such a serious charge?

American Vandal tackles this concept by introducing not just students, but teachers as viable suspects to the crime while still keeping the idea open that Dylan very well could have committed the crime.

American Vandal on the surface is an extremely entertaining and comedic show with characters that hold onto the stereotypes associated with high school while also developing them enough to see past their surface level fasods.

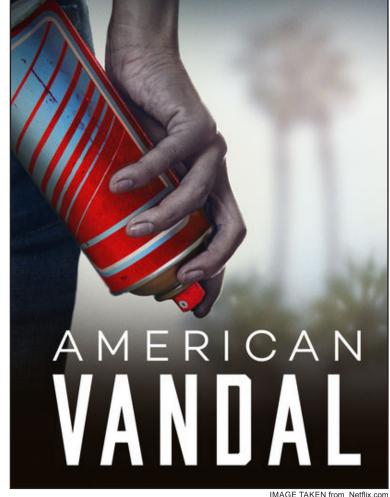
Everyone is a suspect, no matter who they are and everyone has things to hide whether they are linked to the vandalism or not.

It is the viewer's opportunity to decide what evidence they feel goes along with the case and what pieces of evidence are just red her-

When the show comes to an end, viewers will continue to debate whether the implied culprit did have something to do with the vandalism, whether other pieces of evidence suggest otherwise, or whether an entirely different theory is plausible.

With so many direction and paths to consider, American Vandal keeps its audience tangled in a web so complex that not discussing the show for hours afterwards is almost impossible.

American Vandal is eight epi-



American Vandal will provoke thought and keep audiences guessing.

sodes long, each episode lasting for about thirty minutes.

It is the perfect show to binge watch and some would argue it can only be binged watched to fully

Do not let this show go unwatched for any longer.

It is exactly the television show audiences have been waiting for: Funny, outrageous, gutting, and binge worthy.

There's Magic In The Florida Project

MARK MARRONE STAFF WRITER

Starring Willem Dafoe, Bria Vinaite, and Brooklynn Prince

My friend Andrew transferred from Monmouth to Miami University because he cut out for him. wanted a change of scene, and to see golden beaches, crystal trees, or a blazing sunset. When tography by Alexis Zabe. someone mentions Florida, these images come to mind.

mentions Florida to Director ic Castle Motel. Sean Baker, he thinks of the course, the purple Magic Castle Motel.

located right down the street to how she makes a living. Adfrom Walt Disney World, the place where dreams come true. It is home to a rebellious young as he keeps up on what's hapadult mother Halley, played by Bria Vinaite, who struggles to make each week's "rent."

Her around 5 year old daughter, Moonee, played by Brooklynn Price, is basking in the glory of summer, going off on daily excursions with her playmates.

As the ringleader of her small group of friends, she drives them to spit on people's windshields, ask customers for mondown the motel's power.

Ya know, kid stuff.

tel manager, played by Willem be. Dafoe, has a residency to run.

With the ice and laundry machines on their last legs, Gloria tanning shirtless by the pool, and fights breaking out in the Moonee. parking lot, Bobby has his work

What elevates the authentiche got it. Any time I receive ity to their lives are the excelphotos from Andrew, I expect lent performances, well written script by Sean Baker and Chris clear waters, enormous palm Bergoch, and gorgeous cinema-

Willem Dafoe shines in one On the other hand, when one Bobby, the manager of the Mag-

Bobby feels like a father figbusy roads packed with shop- ure to all the residents young becomes friends with Jancey, ping malls, the abandoned wa- and old. The actor can crack terfront properties, backcoun- the whip towards residents, try filled with cows, and of like when he kicks Moonee and her friend out of the lobby for dropping some ice cream on the The Magic Castle Motel is floor, or arguing with Halley as ditionally, Bobby shows an afpening in their lives.

> There is also a defensive side to his character, when people outside of the motel come to stir up trouble with the residents. For example, as the children are playing on the front lawn of the to children, she is much more motel, a creepy old man shows relatable and understanding. up to the scene.

Once Dafoe's character detects this threat, he approaches the old man and pulls him aside. After a calm long talk, Bobby ey to buy ice cream, and shut flips the switch and chases the old man off the premises.

While Moonee is out playing situation as Bobby feels natural special place.

with her friends, Bobby the mo- and shows how versatile he can

While Dafoe gives a careerbest performance, child actress Brooklynn Prince gives a breakthrough performance as

Moonee paints the honest portrait of adolescence by displaying great confidence and determination. Moonee is the young girl who will let nothing get in her way, even if it is being five cents short on a vanilla

Through her confidence, she of the best roles of his career as brings out the best in each character by pushing their boundar-

> There is a moment where she who is attached to her mother at the Futureland Motel. With her undeniable charm, Moonee convinces Jancey to come play with her friend Scooty, which winds up being a far walk along the busy road to an ice cream stand.

Another quality of Moonee fectionate side towards others, is the difference in language she has with kids her age compared to adults. Considering the way her mother acts towards others, she chooses to address adults bluntly, even with foul language.

However, when Moonee talks The script for Prince's character and other youngsters displays children through a humanistic

Although the Magic Castle Motel is down the street from Disney World, the cinematog-The way Dafoe handles each raphy can make this feel like a

The settings are beautifully captured through some wide shots, as the rascals walk past Orlando's quirky roadside shops like a wizard-themed gift shop and the dome-shaped Orange World.

Then there are some low angle shots that isolate the character as they walk in and out of the frame, while the sunsetting sky may serve as the backdrop. Despite these superb choices in cinematography, there is a par- face a lot of challenges as they ticular scene that embodies everything about this film.

captures the control

Dafoe's character has over the motel not only as a manager, but World. The real world is right parental figure too.

It is also one of the few quiet moments where we can take a breath and appreciate the beautiful roadside view from the balconv. The honest look into the resi-

dents of the Magic Castle Motel is magical.

Sean Baker's directorial style of shining a light on everyday struggles through the eyes of children and adults in this location feels unique. The residents are oddly surrounded by the head turning, purple behemoth There is a moment where that is the Magic Castle Motel. Bobby is leaning over the bal- Additionally, the actors who cony on the third floor, prepar- play the residents tremendously ing to light a cigarette at sunset. purvey a sense of authentic-When Bobby flicks on his ity, while making an instant lighter, the camera slowly ap- connection with the audience. proaches him as the balcony Although the motel could use lights begin to shine. This shot some work, The Florida Project is in no need of touchups.

> Go ahead, keep Disney up the street.

Mark's Remarks:



Rating: 3 out of 4 stars



The Fifth Biennial International and Interdisciplinary Conference on Race

"Race, Gender, and Leadership in History and Global Societies"

Monmouth University
Department of History and Anthropology
400 Cedar Avenue, West Long Branch, NJ 07764
November 9-11, 2017

Conference Highlights:

Thursday, November 9

Conference Opening Ceremony and Keynote Lecture

1:15 pm to 2:35 pm in Wilson Hall Auditorium

Dr. Jonathan Holloway, Provost, Northwestern University

Concurrent Panels on Race, Gender, and Leadership 2:50 to 6:00 pm in Magill Commons Club Rooms/Dining Room

Friday, November 10

Concurrent Panels on Race, Gender, and Leadership

8:30 am to 4:30 pm in Magill Commons Club Rooms/Dining Room

Special Lecture

11:40 am to 1:00 pm in Magill Commons Club Dining Room Jondhi Harrell, Executive Director and Founder, The Center for Returning Citizens

Book Talk and Lunch

1:15 pm to 2:35 pm in Magill Commons Club Dining Room Dr. Jennifer R. Scanlon, Bowdoin College

Plenary Address

6:30 pm in Magill Commons Club Dining Room

Dr. Elizabeth Higginbotham, Professor Emerita of Sociology, University of Delaware

Saturday, November 11

Concurrent Panels on Race, Gender, and Leadership

Time TBD in Magill Commons Club Rooms/Dining Room

See the conference website for presenter biographies, full schedule, registration, and further details:

https://www.monmouth.edu/school-of-humanities-social-sciences/interdisciplinary-conference-on-race.aspx.





MOMENTS AT MONMOUTH



LEFT:
STUDENTS AND
FACULTY CHEER
ON THE FOOTBALL
TEAM DURING THE
HOMECOMING GAME
AT KESSLER
STADIUM.
PHOTO
COURTESY OF:

KARLEE SELL

RIGHT:

MONMOUTH ALUM ROB
PANASUK (LEFT) AND
CURRENT STUDENT MATT
CHOI (RIGHT) GETTING INTO
THE HOMECOMING SPIRIT
AT THE HOMECOMING
TAILGATE EVENT.
PHOTO COURTESY OF:
KARLEE SELL







LEFT:

OF: KARLEE

SELL

THE MENS SOCCER TEAM HUDDLES UP ON THE GREAT LAWN TO TALK STRATEGY IN BEATING THEIR OPPONENTS FROM ST. PETERS THIS SATURDAY. PHOTO COURTESY

RIGHT:

COMMUTER STUDENT
MENTORS HOST THEIR 'MIND
OVER MADNESS' EVENT IN
ANACON B. (FROM LEFT:
KAYLEE COVERT, SHANNON
LAWRENCE, SABINA
GRAZIANO, ALEXANDRIA
AFANADOR, SUSAN SCHULD,
MEGAN KUDISCH, DAVINA
MATADIN, LAUREN RICE,
AMANDA

GANGIDINO) PHOTO COURTESY OF: MEGAN KUDISCH





Don't see your picture this week?

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



What de-stress techniques work best for you?

COMPILED BY: NICOLE RIDDLE



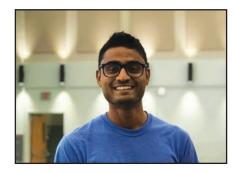
Maria Trujillo
Sophomore
o to the gym to take my mind o

"I like to go to the gym to take my mind off of stress and to get my energy back."

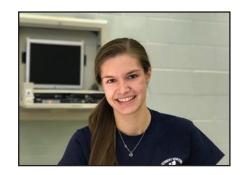


Shannon Lawrence
Junior

"Listening to music and dancing in my room helps to release my stress."



Parth Patel
Senior
"Essential oils help me to destress."



Susan Schuld Senior

"After getting home from school, I watch TV and spend time with my family before starting work to avoid any added stress."



Michael Phillips-Anderson, Ph.D. Associate Professor

"The best de-stressor for me is putting down my phone and getting a good night's sleep."



DEPARTMENT OF PROFESSIONAL COUNSELING

Monmouth University Department of Professional Counseling
Current Topics in Counseling Conference
Friday, December 1, 2017
8am – 4:15pm
Pozycki Hall, Monmouth University
5 CE hours will be awarded

Join us for the first annual conference sponsored by the Monmouth University Department of Professional Counseling's alumni group, Counseling Alumni Connection (CAC). Our featured keynote speaker is **Catherine Roland**, EdD, LPC, NCC, 2016-2017 American Counseling Association president. Dr. Roland will be speaking about the current challenges and ethical responsibilities of advocating for mental health. We are also excited to welcome MU 2017-2018 public servant-in-residence, former NJ Governor **Richard J. Codey**, who will be doing an address from 12:45-1:30 on *Mental Health & Public Policy* in Wilson Hall Auditorium. Hors d'oeuvres and beverages will be served during that time in Wilson and Governor Codey's talk is open to the public (no additional RSVP is required).

Link to conference website and registration: https://www.monmouth.edu/CAC-Conference/
All attendees must register in advance online by **Friday, November 17**th. Refunds will not be issued after this date; drop in registrations the day-of will not be accepted.

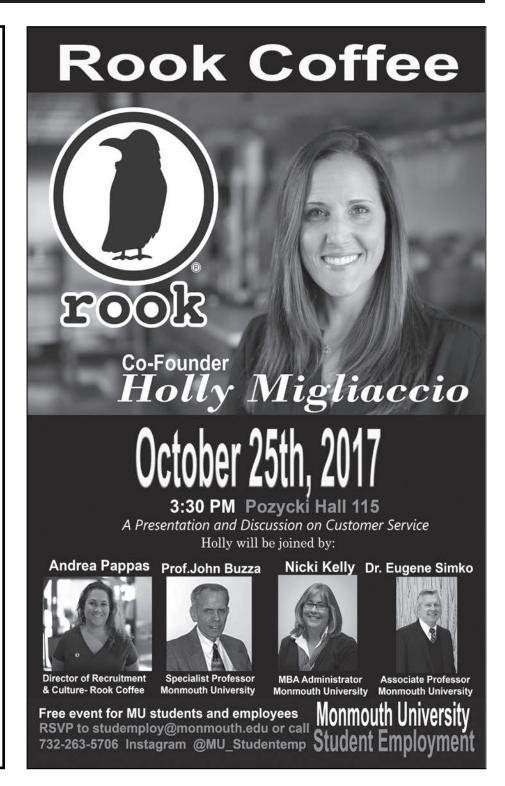
For questions contact: Lisa Himelman, $Professional\ Development\ Coordinator\ \underline{lhimelma@monmouth.edu}$ 732-923-4572

Alexandra Evangelista, Graduate Assistant aevangel@monmouth.edu



Monmouth University Department of Professional Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4242. Programs that do not qualify for NBCC credit are clearly identified. Monmouth University Department of Professional Counseling is solely responsible for all aspects of the programs.

If a participant would like to express a concern about his/her experience with Monmouth University Department of Professional Counseling, he/she may call or email Jessica Burkholder at 732-571-3570 or jburkhol@monmouth.edu. Although we do not guarantee a particular outcome, the participant can expect us to consider the complaint, make any necessary decisions and communicate with the participant within one week.



Greeting Card Contest

Sponsored by the GENDER STUDIES Program

Winner will receive

- \$100 prize
- Recognition in the Gender Studies Spring newsletter
- Recognition on the Monmouth University Gender Studies website
- Recognition at the annual Gender Studies Giraffe Awards (held in April)
- Potential recognition by The Outlook
- Complimentary copies of printed card

Qualifications:

Any Monmouth University student is welcome to submit; minoring in gender studies is not required. The winning submission will be printed onto a greeting card that will be used as an end-of-the-year notice of thanks and warm wishes for staff, faculty, and student organizations that have supported Gender Studies over the academic year. Submissions will creatively illustrate gender studies, specifically highlighting the goals and values of the Monmouth University Gender Studies program, including campus events and designated courses. Winter or holiday themes may be used in achieving this, but must be non-denominational. Image should be *free of any text* unless the text is in the background, not distracting, and will not conflict with any text that will be added on in preparation for printing. Contributors are encouraged to visit the MU Gender Studies website to familiarize themselves with the program. Program brochures and additional information are available in the Director's office in Bey Hall 234. A strong reflection of MU Gender Studies program values is more important than artistic ability.

Any medium is acceptable (photograph, painting, photoshop, etc.) and either color or grayscale may be used, but all submissions must be **submitted digitally** in high quality and ready to print on a 4.25 x 5.5 inch postcard. Students may contact the MU Copy Center for professional scanning of their artwork, otherwise scanners are available at the library. Submissions that are too small, unclear, or low quality will be disqualified. Images that contain plagiarized material will be disqualified. Limit one submission per student.

Submission Must Include:

- Name
- Major
- Phone number & email
- Title of submission
- Print-ready digital submission

To Submit:

Email Gender Studies Director Dr. Corey Wrenn at cwrenn@monmouth.edu with subject line "GS Card Contest Submission." Only submissions from valid MU student email addresses will be accepted. Submissions must be received by **November 20th**, **11:59 PM**. Winner will be announced December 1st by email.

Contact:

Dr. Corey Wrenn Director of Gender Studies cwrenn@monmouth.edu



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MONMOUTH MEN'S BASKETBALL IS LOOKING FOR

STUDENT MANAGERS

FOR THE UPCOMING 2017-18 SEASON!



// MUST BE FULL-TIME MONMOUTH STUDENT

// WILL BE INVOLVED IN DAY-TO-DAY BASKETBALL OPS

// CAN INCLUDE TRAVEL WITH TEAM

// WORK DIRECTLY WITH COACHING STAFF

// CHANCE TO SIT ON BENCH WITH TEAM DURING GAMES

// LOOKING FOR DEDICATED, ORGANIZED STUDENTS

How You Can Help Create a More Accepting Community on Campus with SPECTRUM

JANE LAI

SPECTRUM (Sexuality, Pride, Community, Truth, Respect and Unity at Monmouth) is the oncampus LGBTQ+ club where students are able to grow with one another and develop skills that will help them think more critically and intersectionally about the world and how they fit into a bigger system.

This club is one that does not ostracize anyone, but also a club that perpetuates equality and deconstructs bigotry and oppression across all facets of the LGBTQ+ community.

Members get the opportunity to meet like-minded students and faculty that push pluralistic thought while creating diversity and acceptance across campus. Through various interests and passions, inequalities overlap into every discipline and everyone has something to offer to the table to strengthen a progressive atmo-

There are three parts of the club to increase visibility for the LG-BTQ+ community including academic, social and activist layers. "It's important that we have representation and visibility because that encourages community," said Chris Rapaglia, Vice President of SPECTRUM and junior social work student. "Seeing someone

cessful or history-making, can empower and nurture young queer students," he continued.

Academically, the club offers opportunities including internships, conferences, panels, and volunteer work geared toward LGBTQ+ individuals. These are vehicles that promote inclusivity while preparing students to lead productive and professional lives after college.

P.U.S.H (Professors United for a Safe Haven) is a new initiative formed by the Gender Studies and Sociology faculty that SPEC-TRUM is often involved with. With strength in numbers, they plan to collaborate with student leaders and activists willing to step out of their comfort zones. Students can help contribute to their various projects such as sexual awareness prevention and enacting safe spaces for students. As a student, professors are a great resource to help move them along with the activism they choose to pursue.

Socially, every year SPEC-TRUM hosts 'Coming Out Day' on the student center patio. This year, the event was hosted within "Intersectionality Week" in conjunction with Youth Activists and SAGE (Students Advocating Girls' Education), attracting over a hundred students to learn about LG-BTQ+ education. So far, the club has done several events with other activist clubs such as Youth Activ-

who is like yourself, who is suc- ists, SAGE, Sociology and Gender Studies including the Women's March, a welcome-back social, and various tabling events.

Sophomore English education student Bianca Leon said, "This club brings to light a lot of LG-BTQ+ issues happening in our country today and what we can do as a community to prevent them or combat them.'

In the winter, SPECTRUM will be hosting, "Expression," a literary and music culture festival, on January 31 from 7:30 p.m. to 10 p.m. in Anacon Hall. The lineup, which are all groups with LGBTQ+ identifying members, includes indie pop bands such as Adult Mom and Free Cake for Every Creature as well as a ska-punk band known as Teenage Halloween.

The club will also have Melissa Febos, a professor in the English Department, read an excerpt from her memoirs. The festival brings light to the fact that there are many pieces of the LGBTQ+ spectrum that come into play in everyday life through the music, movies, and books people are exposed to.

The club hosts an annual Drag Show in the spring that will likely be coming back to campus this year. There is live music, dance, and interactive activities with the audience.

SPECTRUM also plans to bring back its Inclusivity Social event. The event focuses on LGBTQ+

topics and is very intimate with students sharing their personal stories as conduits to activism and freedom as a voice to their LG-BTQ+ peers. The goal is to allow individuals to gain new perspectives about others as well as them-

The club is largely centered around creating a more accepting environment on campus for everyone which explains the activist layer. "I think of student activism according to the lights of a liberal arts education, more broadly, which takes as its fundamental mission to actively empower young adults with a panoply of critical tools with and by which they might better understand, appreciate, and change both themselves and the world around them," said Dr. George Gonzalez, co-advisor

for SPECTRUM and Assistant Professor of Religious Studies.

SPECTRUM is a club based on community and acceptance where students and faculty are able to come together and be a voice for the disenfranchised. While the focus may be on the LGBTQ+ community, it is agreed that everyone, regardless of race, gender, religion or age, deserves a haven of peace and safety that so many take for granted every day. SPECTRUM's mission is to bridge those gaps, welcome individuals with open arms, and build a pluralistic environment from a foundation for student activism.

Students looking to get involved with SPECTRUM can attend one of their meetings which take place every Wednesday at 3:15 p.m. in Bey Hall 222.



Monmouth students pose for a photo at 'Coming Out Day.'

Student Activities Board Helps Students "Bee the Change"

NICOLETTE PEZZA

held its event, Bee the Change, on the Rebecca Stafford Student Center patio Wednesday Oct.

The purpose of the event was for the club to promote and raise awareness about the declining bee population. The club set up on the patio and stayed outdoors from 12 p.m. until 3 p.m.

The event consisted of a table with an array of goodies incorporating facts about bees for students to take in order to get their attention and create a greater understanding of how much bees influence and effect to get people involved at the everyday lives.

Members of the Student Activities Board handed out free Awareness Chair for the Stu- issues happening around you! water bottles with labels saying, "Thanks for buzzing by' and jars of honey with bee facts written on attached labels. Students were also able to help themselves to beenive and bee shaped cookies, as well as black and yellow bee-themed cupcakes. The club made sure to get students actively involved by writing things that makes them happy on paper bees to hang on a "Reasons to Bee Happy" sign and promote further awareness.

Senior marketing major Tianna Fougeray and Novelties chair for the Student Activities Board helped work the event. "Bee the Change was all about promoting bee awareness. As students would walk by our table set up on the patio, we would ask them to write down ways to 'bee' happy. From there, they could pick out their own jar of honey with an attached bee fact and help themselves to cookies and cupcakes as well. Members of SAB hung up each response on a poster. It was great to see all of the responses hung up together. This event was amazing

because it showed how our lives dent Activities Board who without bees would be totally The Student Activities Board different and there is a lot for us to 'bee' happy about," the senior said.

> According to Lindsey Smith, Assistant Director of Student Activities and advisor for SAB, the event was very successful. "The Bee the Change event was an awesome event to promote awareness of the declining bee population. The Awareness chair, Kendall, did a great job and how they influence the whole food pyramid, but also had a good interactive activity table," she said.

Junior Kendall Lotosky,

was in charge of the event was also happy to see how well the event turned out. "As Awareness Chair for Student Activities Board, I was ecstatic to see my first event come together so well. It was great to have not only students, but professors as well come up to the table and ask about the event and to compliment SAB as a whole. Individuals seemed very interested in the event, 'Bee the Change' which only makes me more excited to raise awareness for more causes and bring them to attention," Lotosky said.

Lookout for more events from the Student Activities Board to help increase your awareness of



PHOTO COURTESY of Tianna Fougeray Kendall Lotosky poses for a photo at her event, "Bee the Change."

Club and Greek Announcements

Counseling Student Association

The Counseling Student Association has teamed up with The Ashley Lauren Foundation to host its first ever Dance-A-Thon, Dance for Hope, fundraiser. The Ashley Lauren Foundation is a non-profit organization based out of Spring Lake, N.J., that supports children with cancer and their families. They will be dancing for the children and families that the Ashley Lauren Foundation supports on Nov. 19 from 3 p.m to 8 p.m. at the OceanFirst Bank Center. Students can join as an individual or a team! All participants must raise at least \$50 if above the age of 18, or \$25 if below the age of 18. All persons under 18 must be accompanied by an adult. If you would like to join Monmouth in the battle against pediatric cancer, text DANCE to 7177 or visit ashleylaurenfoundation.org for more information.

Students Advocating Girls' **Education (SAGE)**

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

Sociology Club

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

Think Pink:

October is Breast Cancer Awareness Month

CRISTINA MEDLIN

"You can and you will," I say to my mom who has stage four metastatic breast cancer. She was diagnosed four days before I moved into college my freshman year, and it became the new normal. Between these two organiza-Though this may not be the typical story of many college students, it surely could be the harsh reality.

I used to be avid about breast cancer awareness dence on mammography, when I was younger, along with many others who avidly wore "I love boobies" bracelets in our middle school days, but I never even considered that my mother who is my absolute best friend, would fall victim to such an angering and insidious dis-

The stereotypical "It could happen to anyone at anytime," quote has been shouted at everyone from the rooftops. Does anyone ever think that it will hit home until it happens to them? Or, when it hurts the one person you love the most?

This further leads me along with many other advocates to encourage everyone to get an annual mammogram, as well as make sure the special women in their life also get

checked yearly.
Sometimes, the tumors are too small to feel on your own, this is why the Affordable Care Act enables everyone to get screened at no cost.

Unfortunately, it appears many people overlook the importance of being proac-

Dr. Jaime Myers assistant

cer prevention recommendations: the U.S. Preventive Services Task Force and the American Cancer Society. tions, there have been a lot of changes in breast cancer prevention recommendations over the past 10 years.'

"Based on scientific evi-

professor of health studies both organizations have recommended starting at 40 cancer, including men's and said, "Two organizations moved back their recom- years old," she continued. women's breast cancer. As are generally considered the primary authorities on cancer prevention recommendations they provide. Since 2009, is huge. It is vital for wom-the U.S. Preventive Servicent of all ages to know how es Task Force recommends to self check for breast canthat women ages 50-74 get a mammography every other year," she said.

> like a lump, or a history of breast cancer in the fam-

Albinson, a junior nursing student, "I think awareness

"If you have symptoms, ily, then mammography is

said. "Also when it comes to early detection, mammograms are so important. Keeping up with a regular schedule of mammograms as well as self-checks is crucial. We can stay on top of our own health and if/when an abhelp and testament that is needed right away," Albinson continued. Unfortunately, it is often misinterpreted that breast cancer is only a women's disease. According to the American Cancer Society, "About 2,470 new cases of invasive breast cancer will be diagnosed and about 460 men will die from breast cancer." Many men, especially in

the United States, overlook these statistics and end up being stricken with a disease that is often perceived as just

students about men's breast cancer as well.

Senior nursing student, ing our medical-surgical lec-month, be aware all year tures we cover all types of round.

According to Samantha a nursing major, I also have guided nursing electives, one of which was Human Sexual-

men's and women's breast cancer," Larouche continued. cer. Something this simple can help with early detection which will lead to the "As a nurse, there is the potential to be exposed to both sexes having breast cancer care and treatment needed to combat breast cancer," she and to being able to identify it in both is important," she

ity where we also discussed

commented. Dr. Hettie Williams a lecturer of African American history in the history and anthropology department, agrees that many people are unaware that it affects males as well.

"I think students in gender normality is detected get the studies tend to be aware, but outside of a gender studies class, it's likely not the case and it's probably because they don't know how gender operates in society," she said.

To identify breast cancer in both sexes is so essential when treating it, because it can manifest itself initially in so many different ways such as redness on the breast, nipple, or near the armpit, a lump beneath the skin, or dimpling of the skin. If you or a loved one identifies any of these on the body, it is best to go see a physician.
"If your family has a his-

happening to women.

Luckily, Monmouth is on
tory of breast cancer, you
might want to consider getop of teaching their nursing
tory of breast cancer, you
might want to consider genetic testing for these genes to see if you are at increased risk," Myers said.

Instead of just October be-Melina Larouche said, "Dur- ing breast cancer awareness



PHOTO COURTESY of Cristina Medlin

Freshman education student, Cristina Medlin helps her mother battle stage four metastatic breast cancer everyday of their lives and advocates for others to get tested and be mindful.

Theatre as a Political Art Form

KARA D'ANTONI

Theatre is more than a form of entertainment, it is art. The stage can be used as a platform for self-expression, powerful messages, and political movements.

For example, in November of 2016, the cast of the Hamilton, a hip-hop musical inspired by the life of Alexander Hamilton, sparked controversy when they spoke out against Vice-President Mike Pence while Pence atcast of minorities expressed their concerns for the future of America and addressed the fact that they do not feel protected under the new presidential administration.

Chris Tuttle, a junior secondary education and English student, had insights on the connection between theatre and politics. Sticking to the theme of Hamilton, Tuttle explained that, "In a show like Hamilton there is this idea of independence, I need to be, I want to be free, I want to escape all of this."

On top of that, Tuttle elaborated on how the producers of *Hamilton* made a large political statement by casting actors with African American, Hispanic, and other culturally diverse backgrounds as figures in history, for example, the character George Washington was played by Christopher Jackson in the original cast.

Washington is more impactful than a white man. In our generation you don't see it like that. You see it as a certain color becoming the dominate power... it changes the cially significant on a collège way you're seeing things."

theatre and politics is complex. Communication professor, Nicholas Messina, made a notable point by saying, "I'm not always sure which came first, like the chicken show's production is wonderor the egg. Did theatre impact fully fitting for the political tended a performance. This cast of minorities expressed politics or are politics impacting theatre?" Although Hair is a rock music it is difficult to uncover the premiered on Broadway in mystery of who started this back and forth feud, theatre sical dives into topics like has shown the willingness to break boundaries by making ment, the sexual revolution, bold choices on the stage.

"Theatre, in a contemporary sense, is not afraid to there when they need to... sometimes it's difficult for individuals to go ahead and maybe look at social issues and politics, but if it is done through performance, a live performance at that, you can

audience," Messina said.

Theatre has given the opportunity for performers to speak their minds about social issues they feel need to be brought to the public's attention. Relating to that, performers have this ability to represent those who struggle to stand up for themselves.

stage where the voiceless are society.

Tuttle stated, "...having heard; college campuses are a black man play George also known for pushing lim-

Evan Kudish, a senior music student, explained the importance of college level theatre, "This idea is esperay you're seeing things." campus, since the students The relationship between are the future leaders and are some of the most politically informed. I think that our University doing Hair this semester and it being the 50th anniversary of the

> Hair is a rock musical that 1968. This flower power muthe anti-Vietnam War moveracism, peace, love, and the counterculture lifestyle.

Tuttle, who is playing the put that big middle finger out role of Woof in Monmouth's production of Hair clarified that the show has, "the idea of free love and beauty and wonderful things happening in the world even if there is so much tragedy."

Considering all the negaconnect so much more to the tivity in the world, Hair is the perfect production to present.

Hair will be playing Nov. 10-12 and 15-19 at the Lauren K. Woods Theatre, for tickets call: 732-263-6889 or visit Monmouth.edu/mca.

Come join the "Age of Aquarius", spread the love, and embrace the immense Broadway is not the only impact theatre can have on





The cast of Hair looks forward to sharing this masterpiece with the Monmouth community.

Mind Over Madness

ALEXANDRIA AFANADOR MANAGING/FEATURES EDITOR

The Commuter Student Mentor Program (CSM) in conjunction with Counseling and Psychological Services put together a destress event titled "Mind Over Madness" on Oct. 18. The event consisted of nearly 100 students flowing in and out of Anacon in search of delicious treats as well as games, coloring, and the famed "Proud Mom Fridge."

Destress events have been one of the many things students look forward to by the end of the semester, but to have one right after fall break in the midst of hectic midterm schedules and class loads that are breaking students' backs, the CSM Program decided it was time to relax.

The event featured a "Proud Mom Fridge," where students were able to post their accomplishments such as "I passed my counseling exam," and even "I got out of bed

Along the divider between Anacon A and B was also a wall filled with colorful post-its deeming positive messages such as "It is okay if the only thing you do today is breathe," and "You're a rockstar!" where students were able to take what they needed to get them through the rest of the semester, as well as leave what they wanted someone else to grab hold of.

In the corner of the room was a poetry wall where students were able to piece together bits of poetry to express whatever thoughts were rummaging through their head that day. A number of tables and



The famed "Proud Mom Fridge" featured a number of students' accomplishments throughout the

sit and color while they ate candy or munchkins. Also, Counseling and Psychological Services provided giant Connect 4 games where students rivaled each other as a calming playlist was droning in the background.

Amber Galati, a sophomore accounting student and Commuter Student Mentor (CSM), said, "There was tables filled with coloring pages and crayons for everyone to relax their mind and also giant Connect4 games for students to play. The room was filled with ways for everyone to unwind and feel less stressed by the time they left."

"The Mind over Madness event was a successful event for the CSMs. There were positive messages all around and it really helped to bring a positive attitude chairs were laid out for students to for midterm season," Galati con-

Lauren Rice, a junior health studies student and CSM, agreed that the event was a successful first event for the program.

"I thought it was a great event for giving students the opportunity to relax and unwind from midterm stress. The games, food, and activities all helped me, as well as other students, take our minds off the pressure felt half way through the

For the past few weeks, students have been expressing that they are stressed from the number of assignments that have been due or assigned. Over fall break, more times than not, students are assigned homework, have assignments due, or are overloaded with work to make up for the two days lost for

Christopher McKittrick, Psy-

chological Counselor with Counseling and Psychological Services (CPS) said, "Events like Mind Over Madness and De-Stress Fest are important for the Monmouth community because it provides a reminder for students, faculty, and staff to invest in their own selfcare. Stress and anxiety naturally occur in the college experience; taking time to relax and refocus enables us to manage and safeguard our anxiety and mood."

According to McKittrick, "Anxiety is the most common topic that students want to address when they consult with Counseling and Psychological Services." It is no surprise that college students are riddled with anxiety, but providing an environment where the entire Monmouth community is not only invited but welcomed, is something that the CSMs wanted this again," Clay said.

to give.
"I think that providing that type of space where students were free to roam around and give their creative muscles a test and even just sit and hangout with friends made for a pleasant atmosphere," Lawrence said.

"The group aspect of events to cope and express stress reinforces the protective factor of being a part of the Monmouth community. Feeling a sense of belonging is an important part to identity and managing wellness, both physical and mental," said McKittrick.

Dr. Vaughn Clay, Director of Off-Campus and Commuter Services and director of the CSM Program, said, "This gave students the opportunity to take a time out and think about something other than their assignments, essays, homework, etc. There was a moment for everyone to catch their breath, unwind, refocus and clarify."

Clay continued, "Being able to socialize the event by showing students that they are not alone in their struggles makes it easier to cope. The 'I'm the only one' attitude is constant in students so being able to normalize and breakdown the perceived stigma of 'it's just me,' was great."

Whether it is going to CPS, working out at the gym, finding time to color, or going to other services for help, it's important to recognize you are not alone and everyone is going through their own war. "We live in a crazy, hectic world and letting students know they can have fun and relax is important. We would love to do

Sunshine on a Cloudy Day: Jenn Cabral Brightens Students' Days

MARIE SOLDO

If you have classes in Plangere or are a communication student, you probably know Jenn in the coffee shop downstairs. If it wasn't for her, we would not have the luxury of getting a hot coffee and toasted bagel to keep us awake in an 8:30 a.m. class.

Her kindhearted attitude, bubbly nature, and infectious laughter can easily bring a smile to your face, just like her usual greeting, "Hey sweetheart, what can I get you today?"

A Long Branch local, Jenn Cabral, has worked on campus with Gourmet Dining for 22 years. Before this, she worked at a drug rehabilitation center and as a front desk receptionist for a hotel.

She loves Monmouth University, but what she loves most about it is the coming and going of college stu-

Interacting with all of Monmouth's students and faculty is one of the biggest says this is her home away from home.

"I see you guys as my family, I take care of you and I feed you guys day after day." She truly cares about the students she serves. That is more than evident in the way she has students test their coffee or smoothie before heading back to class.



PHOTO TAKEN by Alexandria Afanador

Jenn Cabral continues to be a ray of sunshine for many students who come into the building

Shannon Lawrence, a juhighlights of her day. Jenn nior music industry student said, "You can tell she really loves her job by the way she acts. She is so outgoing and always strikes up a conversation with me or my friends when we pass by or are getting our morning breakfast. She even knows some people's orders already by the time they walk in.'

When Jenn is not working

on campus, she enjoys reading, singing, and simply relaxing.

Even though she loves her job, she deserves rest and relaxation after helping student in that building and it's suafter student, making coffee after coffee. Jenn has always been one to never complain about anything that comes her way, she tackles it head on, independently and usually with a smile on her face. always such a pleasure being way.

student, Kayla Cardona, money. Regardless of what loves Plangere's little coffee

"I spend most of my time per convenient when I need a quick snack or coffee. Jenn, however, is what makes that around her," she said.

Former communication student and graduate, Jimmy Fanizzi, loved the smoothies from Plangere's little shop. Fanizzi can usually be found in the radio station as he still does a radio show with WMCX. Occasionally, he will see Jenn and pick up a smoothie before doing his three-hour show.

"It's very convenient. Everyone is always on the go, so it's very helpful to have that coffee shop there for students and faculty. And Jenn is a sweetheart! She always treats everyone so well and knows exactly what everyone needs.

Since Jenn cares about all of us so much and sees us as family, I asked her what is one piece of advice she would give us students.

She emphasized the importance of studying and keeping our heads in the books because it's a tough world out there and a degree is important.

"You have to live your life because there is much more A senior communication to life than working and you go through in life, you have to make time for yourself and take care of yourself...it's important to do what you love," she said.

So while we are here working towards a degree, we are little shop so wonderful! lucky to have Jenn caring for She always greets me with a us and making delicious cofsmile and is super nice. It's fees and smoothies along the

Football Runs Past Liberty with 364 Rushing Yards

ZACH COSENZA SPORTS EDITOR

Football defeated FBS-bound Liberty 56-39 behind 364 rushing yards and five rushing touchdowns on Homecoming weekend. The win starts Monmouth 1-0 in conference play.

Freshman running back Eric Zokouri and first-year, sophomore running back Pete Guerriero combined for 355 of the 364 rushing yards. Zokouri had two touchdowns, his third multiscore game of the season, while Guerriero added a rushing touchdown of his own.

"We've been running the ball well most of the season, our objective is to stay balanced but we hit some gashes today," Head Coach Kevin Callahan said, "We have four backs that we use on and off and they all bring a little bit something different to the

After Liberty started the game with a passing touchdown, Guerriero would return the ensuing kickoff for a Monmouth record 95 yards for the touchdown to tie it at seven all. It would be his second kick return touchdown of the season for the sophomore.

"My blockers set it up perfectly, I just hit the hole like I am taught, it opened up wide and I just took off from there," Guerriero said on his kick return for touchdown.

The Hawks would force a quick punt for Liberty on the next drive. The offense would drive down the field to the Liberty 25 yard line where Zokouri finished it off with a 25-yard rushing touchdown to make it 14-7. Monmouth would not look back and have the lead for the rest of

In the late first quarter, sophomore quarterback Kenji Bahar would convert a pass to junior



PHOTO COURTESY of Karlee Sell

Sophomore running back Pete Guerriero scored two touchdowns in the 56-39 victory over conference opponent Liberty Saturday afternoon.

"We've been running the ball well most of the season, our objective is to stay balanced but we hit some gashes today."

KEVIN CALLAHAN Monmouth Head Coach

wide receiver Reggie White Jr. next drive early in the second on fourth down. Later that drive, sophomore wide receiver Lonnie touchdown pass. After they Moore IV ended the drive with missed the point after, the score an 11-yard rushing touchdown on was 21-13 blue and white. a reversal that caught the Liberty defense off-guard to make it 21-7

quarter, scoring on a 76-yard

the ensuing Monmouth would score on their third straight drive, again with Liberty would attack on the Zokouri, rushing for a 35-yard

touchdown run.

After another Liberty punt, Guerriero would score again, this time rushing it 41 yards to pay dirt to increase the Hawks

Liberty would close the gap late in the first half, scoring on another long passing touchdown. South opponent.

After Liberty failed to convert the two-point conversion, the score would be the eventual halftime score of 35-19 MU.

On the first drive of the second half, Bahar would complete a pair of passes to White Jr., the second reception would be an eight yard touchdown pass to White Jr. where he ripped the ball out of the defender's hands.

The Hawks would force another Liberty punt, but the Flames would pin MU at their own one yard line. On the first play, Bahar would complete a 27-yard pass to White Jr., going above the defender and bring it down near the Monmouth sideline. Zokouri would rush it 50 yards all the way to the Liberty four yard line.

On the next play, junior running back Devell Jones ran it four yards for his team-leading eight touchdown to make it 49-19 blue and white.

Liberty would rally late in the third, going on a 20-0 run. Liberty would score three touchdowns in only six minutes, with the score at the end of three quarters 49-39 MU.

In the fourth quarter, White Jr. would score his second touchdown of the game, a 61-yard Bahar to White Jr. pass to make it the eventual end score of 56-39

For the game, Bahar would end 244 passing yards on two touchdowns. White Jr. ended with a career-high 187 receiving yards on ten completions. Senior safety Mike Basile would finish with a team-high seven tackles.

The Hawks (6-1, 1-0 Big South) now have won four straight games. They will look to make it five in a row when they face Charleston Southern on Saturday, Oct. 28 at 6 p.m. The game will be their fifth road game in six games as they face the Big

Women's Soccer Wins Twice to Finish Regular Season

MARK D'AQUILA

Women's Soccer defeated Fairfield 2-0 and St. Peters 2-1 in an overtime battle to close out the regular season on a three game winning streak.

MU hosted their final regular season home game on Wednesday night when 6-8 Fairfield came to Hesse Field

for Breast Cancer Awareness night. The Hawks all-time record against Fairfield was 5-1-1 going into the game as they hoped to keep things rolling.

The theme early on was the corner kicks for Monmouth, as several opportunities were presented thanks to the corners from freshman defender

Eventually, in the 29th min- ing.

ute, Jones nearly put her corner kick in the back of the net, however senior defender Gabriella Cuevas was able to find the loose ball and finish it off for her third goal of the season.

The Hawks were able to hold onto the 1-0 lead throughout the first half as the ball seemed to stay in the Monmouth zone and the defense wasn't bend-

Sophomore Amanda Knaub, found herself a half away from another shutout without even having to record a save in the first half. Her first save came early on in the 2nd as she barely had to her 4 saves on the night.

The second half went very similar to the first, as the ball barely reached the Fairfield zone and Monmouth continued to get scoring opportunities.

The Hawks were able to exminute when senior midfielder was deflected by sophomore forward Dana Scheriff past the Fairfield keeper for the goal.

Sure enough, Knaub was able to close out her 10th shutout of the season, as Monmouth notched themselves the 2-0 win in front of their home crowd.

Sophomore forward Madie Gibson made an impact early in the game with a couple of quality runs before she collided with Fairfield's goalkeeper in the third minute, causing her to exit the game. Luckily, she did return to her 36th consecutive start and should be healthy moving forward.

best team over the stretch of an entire regular season." said Head Coach Krissy Turner after the game. Yet that's exactly what they did as they closed out their 5th consecutive Met- for a championship.'

goalkeeper, ro Atlantic Athletic Conference (MAAC) regular season championship.

After already clinching the conference, MU still had one more regular season game to play as they traveled to their move, which was a theme for rival Saint Peters on Saturday afternoon.

> The Hawks were 10-0-0 when scoring first in 2017, however they fell behind early in this one as Saint Peters got it past Knaub in the 23rd minute.

Monmouth wouldn't let this tend their lead to 2-0 in the 71st deficit last long as junior defender LeAnne Davis finished Sophie Centi ripped a shot that off the pass from senior defender Lexie Palladino to tie up the score before the half.

The second half was a defensive battle as neither team found the scoreboard and the game reached overtime where Monmouth was 0-0-2 on the vear.

That would change here however as the Hawks got their first overtime win of the year when junior midfielder Alli DeLuca assisted Gibson for the game winner.

The win closed out the Hawks regular season where they had an excellent 12-3-2 record, which carried them to the conference crown and the "It is very difficult to be the number one seed in the MAAC tournament.

> Turner expressed the team's excitement saying, "We look forward to heading down to Disney next week to compete



Sophomore forward Madie Gibson's overtime goal was the game-winner in the 2-1 victory against St. Peters Saturday afternoon.

Field Hockey Extends Win Streak to Four Games

CHRIS FITZSIMMONS STAFF WRITER

The Field Hockey team won three of their matchups over the past two weeks. Over fall break the Hawks handily defeated LIU Brooklyn by the score of 10-1 and pulled off an impressive 3-2 overtime victory over Villanova. This past Friday they cruised to a 9-1 road win over record of 12-3 and extend their winning streak to four.

The Oct. 13 matchup against LIU Brooklyn featured an offensive explosion for the team. Six different Hawks netted goals and four Hawks had a multi goal game. Sophomore forward Josephine van der Hoop initiated scoring with a goal at the 5:30 up from there.

By the time the first half concluded, the Hawks were up by seven and had registered a total of 23 shots. Coming out of the half, Monmouth wasted little time padding the score. This time it was junior forward Elyssa Okken who further added to the lead with her second of the in tying the game late and then

first and only goal of the game league play and being nationally in the 39th minute but it was too little too late at that point. Junior forward Georgia Garden Hoping that the lessons learned Bachop tacked on the final two goals to finalize the scoring and the Hawks walked away with a 10-1 victory.

"It was a great team win today.

Everyone implemented what we worked on in practice and I am proud of the progress we made this week," Head Coach Carli Figlio said on the win.

Monmouth took on and defeated Villanova on Oct. 15 in a thrilling 3-2 overtime victory. The Hawks once again seized the early lead in the 17th minute in this one. It was in thanks to van der Hoop, who was assisted Siena to improve to an overall by senior forward Meg Donahue. The Wildcats however, tied it up 40 seconds before the half and the game went into the half knotted at one.

Villanova would take the early lead six minutes in the second half, but Monmouth would tie it up in the final minutes off a goal from junior forward Kelly Hanna. The overtime period mark and Monmouth did not let went scoreless, but Monmouth was given a chance to win the game with a corner opportunity. Freshman defender Tamar Klinkhammer tipped in the game winner off assists coming from fellow Netherlanders, van der Hoop and senior defender Julie Laszlo.

"We showed a lot of character held our composure in double LIU Brooklyn registered their overtime. Finishing 9-2 in nonranked during that time is a tremendous feat for our program. during non-conference play will help us the final few weeks of the season," Figlio said on the



Junior forward Kelly Hanna recorded her second career hat trick in the 9-1 victory against Siena on Friday afternoon.

ena this past Friday with a 9-1 victory in Loudonville, NY. Klinkhammer continued her exceptional play by registering Monmouth's first two goals of the game once again assisted by Laszlo. The Hawks added two more before the half and even more impressively did not let Siena register a shot in the first period.

was senior forward Mallory Kusakavitch who buried a rebound to put the Hawks up by five. Siena got on the board in the 53rd minute but it was Monmouth's sophomore forward Kelly Hanna who capped off scoring for the day to complete her second hat trick of the season.

'Top to bottom, today was Coming out of the half a total team effort. Our small celebrate senior day at So Sweet The Hawks sailed past Si- Monmouth wasted little time passing game allowed us to keep A Cat Field.

adding to the lead. This time it attacking well. We will look to continue the momentum as we head into the final weekend," Figlio said on the team's win.

Monmouth will take on Bryant University in Rhode Island this Friday for their final road game of the season. Game time is scheduled for 4 p.m. The Hawks will then face off against Rider on Sunday at 1 p.m. and

Men's Soccer Splits Against Canisius and Fairfield

EVAN MCMURTRIE

Men's soccer defeated the St. Peter's Peacocks on Saturday night at Hesse Field on the Great Lawn, extending their record to 5-8-2 on the season and 2-4-1 in Metro Atlantic Athletic Conference play on Saturday night.

"All the credit goes to the guys tonight," said Monmouth Head Coach Robert McCourt. "We've been on the road a lot this year, so it's always nice to have a home game in front of a great crowd."

It took just four minutes for the match's first goal to be scored. St. Peter's freshman forward Dominic Laws thumped an effort from eighteen yards out into the back of the net to put the Peacocks in

McCourt praised the team's ability to not let such an early opening goal get to them. He said, "When it gets into crunch time in these conference games, you just have to stay calm and good things are going to happen."

ten minutes later through sophomore forward Donovan Pollock. Redshirt senior midfielder Colin Stripling sent a pass across the box to Pollock, who equalized.

A few minutes before halftime, the Hawks were able to edge themselves in front. Freshman forward Anes Mrkulic was there to clean up a rebounded shot and finished inside of the left post.

In the 67th minute, Monmouth put the game to bed by adding a third goal to their tally. After a shot was blocked in the box, senior midfielder Jake Areman pounced on the loose ball and scored to make it 3-1.

'We created a bunch of chances tonight and scored three goals. It's the most we've created all



PHOTO COURTESY of Karlee Sell

Monmouth replied less than Freshman forward Anes Mrkulic scored what proved to be the game-winning goal in the 3-1 victory over St. Peters on Saturday night.

think," said McCourt.

Monmouth is now 4-1-1 in home games this season.

On Wednesday, Oct. 18, Monmouth men's soccer travelled to Buffalo, NY to take on Canisius at the Demske Sports Complex.

In under a minute, the home side forced their way in front. The ball was launched into the box via a throw in, and freshman forward Filippo Tamburini headed the ball back towards the eighteen yard mark where junior midfielder Melvin Blair was waiting. Blair smacked a rightfooted volley past Monmouth ju- in a third goal for Canisius. The cut in yet another MAAC battle.

season, so we got a just reward I nior goalkeeper Bobby Edwards for his third goal of the season.

Canisius doubled their advantage just before halftime. Senior forward Eric Strauchen's shot rang off the crossbar and landed directly onto the foot of junior forward Hunter Walsh, whose attempted first touch of the ball rolled it right into the empty net.

Monmouth saw their biggest chance to get on the scoreboard saved in the 76th minute. A long throw in into the box was headed on target by sophomore midfielder George Akampeke, but it lofted right into the keeper's hands.

Blair was involved once again

midfielder's tricky dribbling got him past a Monmouth defender inside of the box, where he then took a shot at Edwards. The goalkeeper made a quick reaction save with his left foot, but it rebounded right off of freshman midfielder Santo Arena and into the back of the net for an own goal.

Canisius improved to 10-3-1 on the season and 4-1-1 in the MAAC with the 3-0 win over Monmouth.

Monmouth men's soccer is in action Oct. 25 at 7 p.m. where they will be matching up against Fairfield on the road in Connecti-

UPCOMING GAMES

Wednesday, Oct. 25 MSOC at Fairfield* Fairfield, CT 7:00 p.m.

Friday, Oct. 27 FH at Bryant* Smithfield, RI 4:00 p.m.

Bowling at TBA McKendree Bearcat Open Fairview Heights, IL TBA

Saturday, Oct. 28

Cross Country* MAAC Championships Holmdel, NJ 11:00 a.m.

Swimming at Fairfield* Fairfield, CT 1:00 p.m.

Football at Charleston Southern* Charleston, SC 6:00 p.m.

MSOC vs. Ouinnipiac* Hesse Field on The Great Lawn West Long Branch, NJ 7:00 p.m.

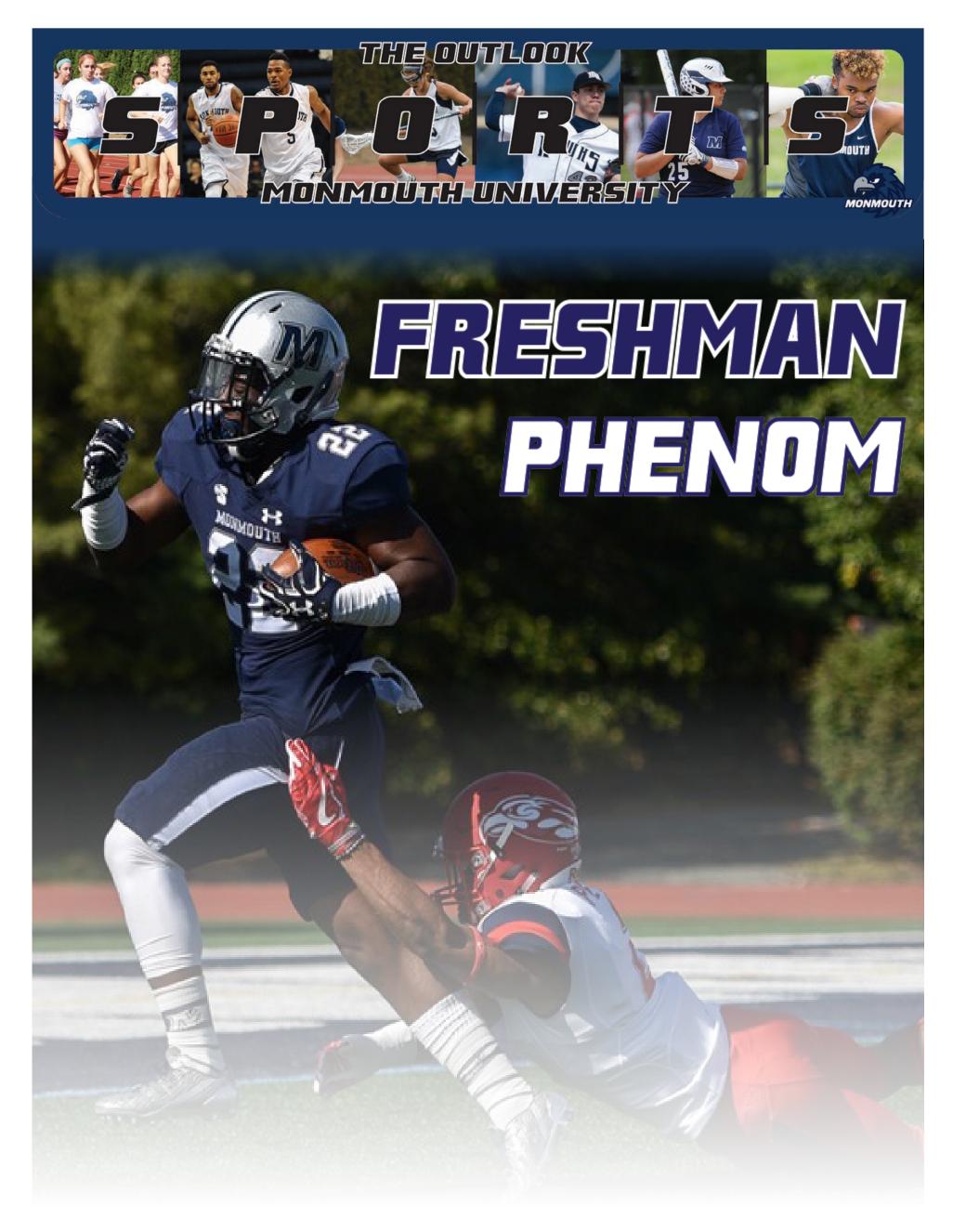
Bowling at TBA McKendree Bearcat Open Fairview Heights, IL TBA

Sunday, Oct. 29 FH vs. Rider* So Sweet A Cat Field West Long Branch, NJ 1:00 p.m.

WSOC vs. TBA* MAAC Championship Lake Buena Vista, FL 2:15 p.m.

Bowling at TBA McKendree Bearcat Open Fairview Heights, IL TBA

*conference games



Freshman running back Eric Zokouri tallied 193 rushing yards and two touchdowns in the 56-39 Homecoming win against Liberty Saturday afternoon. The freshman now has three multi-score games on the season.