



THE OUTLOOK

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Model UN Wins Big at Oxford University Competition

COURTNEY BUELL
EDITOR-IN-CHIEF

The University's Model United Nations Team (MUN) competed at Oxford University's annual MUN contest from Nov. 3 through Nov. 5, where eight Hawks joined other students from Europe, Asia, and Africa.

The three-day competition in Oxford, England consisted of thematic committees where students individually wrote position papers and negotiated policy resolutions. In order to obtain their win, the students were asked to pen a resolution, defend it against rivals, and convince their committee of 25 to 40 rival students to pass it.

Successful resolutions required extensive research, effective public speaking and critical thinking, and clear, efficient, empirical/data-based writing. Opening ceremonies took place at Christ Church College, and awards and closing ceremonies were at the historic Sheldonian Theater.

All University students wrote resolutions and performed in the competition. Three students won awards at the competition. MUN captain and senior political science student, Prachi Patel, won first place for "Best Delegate" on

an International Court of Justice (ICJ) committee that debated rival claims of genocide in the former Yugoslavia and the legality of a border wall separating Israel and Palestine.

"Overall, going to Oxford was not only the best academic experience of my college career but I also learned

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PHOTO COURTESY of MU Model UN

Students from the Model UN pose for a photo in Oxford, England.

University Holds Biennial Interdisciplinary Race Conference

JOY MORGAN
ENVIRONMENTAL/ASSISTANT NEWS
EDITOR

NICHOLAS COSCARELLI
CO-POLITICS EDITOR

The fifth Biennial Interdisciplinary Race Conference was held at the University from Nov. 9 – 11. With discussions led by numerous distinguished scholars from 15 U.S. states, four continents, and twelve nations, the conference focused on leadership and how it relates in terms of race and gender.

Hosted by the Department of History and Anthropology, the Interdisciplinary Race Conference's sub-theme was: Race, Gender, and Leadership in Global Societies: Goals, Strategies, and Reconciliation. Each of these subtopics were discussed at length over the three day conference period with presentations of scholarly works and open conversation.

The primary conference organizers were Hettie V. Williams, Ph.D., a lecturer in African American history, and Julius O. Adekunle, Ph.D., a professor of history and an-

thropology. Originating in 2008, the first race conference occurred the year that Barack Obama was elected president, and was conceived out of conversations between Williams and Adekunle. "My dissertation concerns African American women in the civil rights movement and I have written on the topic of race/taught courses of the subject for several years," said Williams.

The first day of the conference was held in Wilson Auditorium. The conference opened with a performance of "Glory" by Deacon Solomon Cobbs of the Freehold Church of God. Cobbs was followed by a presentation from the keynote speaker, Jonathan Holloway, Ph.D., the Provost of Northwestern University and the former Dean of Yale College.

Holloway deliberated the topic "The Price of Recognition: Race and the Making of the Modern University." Among the subtopics were how to include students of color in "historically white institutions." Holloway elaborated on the idea, explaining the tension

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Second International Education Week Held

KERRY BREEN
SENIOR/NEWS EDITOR

The University's second International Education Week will be held from Nov. 13 to 17, presenting a variety of programming about the importance and benefits of learning abroad.

According to Jon Stauff, Vice Provost for Global Education, "International Education Week focuses on mobility – the movement of students from Monmouth abroad and our engagement with international students and their cultures from over 30 countries."

"We highlight Monmouth's work in international education, including study abroad, international student services, global service trips, and our campus commitment to the United Nations," he added. "Our events all serve to share a core message with students in particular – you can do this!"

Programming for the week includes speakers sharing their own experiences abroad, informational panel presentations about things such as daily challenges faced by international students, educational entertainment events such as a fashion show and tea ceremony, and opportunities to learn more about study abroad, according to Stauff.

"We are doing a mix of events to cater to as much of our student audience as possible," said Samantha Falvey, office coordinator for the international education department. "We choose events that will provide the opportunity for our campus to gain a global perspective, that will be engaging, and that come in many creative forms. We try to balance catering to Monmouth's tastes with getting everyone to think out of the box."

Specific events include an international fashion show at 7 p.m. on Tuesday, Nov. 14,

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Monmouth President Discusses Important Issues on WMCX

JERRY TROTTA
CONTRIBUTING WRITER

University President Grey Dimenna, Esq., sat down with WMCX sophomore hosts Molly Fitcher and Noah Preschel to discuss topics such as Deferred Action for Childhood Arrivals (DACA) and the Title IX violation concerning the University in March of 2016 on Tuesday, Oct. 31.

The segment, titled "Bird's Eye View," was live-streamed on the University's Facebook page and began with Dimenna describing the DACA email he sent out in early October. The DACA program, according to *Fox News*, allows individuals called "Dreamers-dreamers," who come to the U.S. illegally as minors, to be protected from immediate deportation.

Dimenna said that, to the best of his knowledge, the University is not becoming a sanctuary campus. According to Dimenna,



PHOTO COURTESY of WMCX

President Grey Dimenna spoke about a variety of topics on his livestreamed WMCX sit-down.

sanctuary campuses pass policies in which they refuse to cooperate with federal authorities in handling and detaining over undocu-

mented students, not just DACA students.

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Monmouth Students Win Variety of Awards



PHOTOS COURTESY OF MU Model UN Students from the Model UN explored popular tourist locations in Oxford, England, such as the Bridge of Sighs and Radcliffe Camera.

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so much about different cultures throughout the conference. As the captain, I am very proud of team and for the hard work and time they put in to preparing for the conference,” Patel said.

Also winning awards were senior political science student, James Hawk, in second place, and junior political science student, Justin Dritschel, in third.

Both were delegates on a World Bank committee debating post-conflict economic reconstruction in Syria and Iraq, and they quickly penned a seven-page resolution, with specific policy recommendations ranging from irrigation infrastructure to education to oil, that won unanimous approval.

“The experience as a whole was absolutely life changing considering we were fortunate enough to compete at one of the world’s most prestigious institutions and against students from incredible international schools,” said Hawk.

“Many students within my committee were graduate students, so being able to win an award was extremely humbling and is just a credit to our preparation and faculty advisors Dr. (Ken) Mitchell and Dr. (Kevin) Dooley. I am extremely proud of our team and all we have been able to accomplish this year, and I am looking forward to seeing what we can accomplish in the spring semester,” he continued.

The team had been preparing alongside Kevin Dooley, Ph.D., an associate professor of political science, and their faculty advisors, associate professor of political science, Kevin Dooley, Ph.D. and

Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology. Mitchell spoke highly of the team and the work they put in over the course of the semester to prepare.

“It is very satisfying to see them practice and succeed,” Mitchell said. “The challenge is how are you going to spend your time here at college, and these students have made use of their time here. College is the ultimate choice and making the most of that time is something these students have accomplished and their hard work shows.”

Other members of the team were involved in their own committees. Elizabeth Carmines and Pablo Catano competed on a UN Human Rights Counsel (UNHRC) committee that debated New Technology, Human Rights and Refugees.

Emma O’Rourke and Liam Coffey were on a North Atlantic Treaty Organization (NATO) committee debating alliance policy to deter Russian aggression in Europe.

Coffey co-wrote the lone resolution to pass the committee. Erin Brown participated on a UN Development Program (UNDP) committee focused on Natural Disaster Relief Policies; she was part of a coalition that co-wrote her committee’s only successful resolution.

MU’s MUN Team is open to all students and currently has around 25 members. No prior experience is necessary. For more information contact student president Prachi Patel (s0994127@monmouth.edu) or Dr. Dooley (kdooley@monmouth.edu) or Dr. Mitchell (kmitchel@monmouth.edu).

Dimenna to Speak Monthly on WMCX

RADIO cont. from pg. 1

“My reason for not adopting such policies is that I do not believe they are necessary given the limited number of such students attending our University. I think we can protect those students just as well without passing such a policy,” he explained.

“My goal in sending the email was to reassure any DACA Monmouth that we care about them and that the University will be as supportive of them as possible,” said Dimenna. “I also wanted to reaffirm to the campus community the values of inclusion, equality and non-discrimination that I hope are, and will continue to be, the principles of our University.”

Following the discussion on DACA, Fitcher asked Dimenna about his involvement in the Title IX “complaint” the University endured in March 2016. According to the University’s handbook, “Acts of sexual misconduct which include but are not limited to sexual assault, gender based harassment, dating violence, domestic violence, sexual harassment, sexual exploitation, and stalking pose a serious threat to this spirit of community, and as such, Monmouth University prohibits all forms of sexual misconduct and will endeavor to address these issues in the following manner.”

In the interview, Dimenna stated that he held the title General Counsel for 20 years (while also serving as Vice President). The General Counsel, according to Dimenna, is the lawyer for the University and is responsible for providing legal advice and representation to the University, its Board and all employees.

“Any complaint filed against the University either in court or with an administrative agency (in this case the Office of Civil Rights in the US Department of Education) would require the University’s Office of the General Counsel to provide legal representation,” said the President on his handling of the matter.

Confidentiality is a term that Dimenna stressed during the discussion of Title IX. The offices of Counseling and Health are the only “individuals” on campus who do not have to report issues related to sexual harassment.

“Both of those professions have codes of conduct that prohibit them from revealing information about their patients except under very limited circumstances,” said the President.

“The rationale behind these codes of conduct is to encourage the patients to be very open and honest with their

medical professional or mental health counselor. That trust in confidentiality is necessary to successfully treat such individuals.”

Fitcher and Dimenna proceeded to discuss the effectiveness of the University’s Code of Conduct.

“I don’t think I would change anything about the Code of Conduct system. I believe it is set up to provide a fair process for both involved sides and is able to provide a prompt resolution to the issues involved in each matter,” said the President.

Dimenna believes that Monmouth’s Code of Conduct is much faster than the criminal justice system. He explained “...It is a much simpler system and there are very few cases. The criminal justice system is very complex and there are thousands of cases so it takes much longer for each case to be resolved.”

The last fifteen minutes of the show consisted of a conversation on “The Big Event,” a topic that Dimenna elected to discuss.

“The Big Event,” according to the University’s official website, is the single largest community service project that takes place at the University every year. According to Dimenna, 500 students showed up on Saturday, Oct. 28 to participate in school and beach clean-ups.

Ensuring that Monmouth is not just an “enclave” in the middle of New Jersey is one of the President’s major principles. “Giving back is important to me because it is a basic tenant of my beliefs,” said Dimenna. “...I also believe that colleges and universities have an obligation to serve their surrounding community, not only as a center for education but also as a place which serves the community through service projects as well as through providing arts, entertainment and other opportunities.”

The interview concluded with a quick-fire question game titled “Ask the President.” The questions were available to students, faculty, staff, administration, alumni, and family members of students.

Questions were sent in via text, tweet, and through Monmouth’s Facebook page.

Dimenna has agreed to join Fitcher and Preschel once a month on WMCX.

According to Aaron Furgason, Ph.D., Chair of the Communication Department and advisor of WMCX, “President Dimenna is the first (President) to agree to a monthly interview and the X and staff is very appreciative that he offered his time to be a part of the program.

Race Conference Inspires Attendees

CONFERENCE cont. from pg. 1

and its written record, all while deftly incorporating narratives from Ralph Ellison’s *The Invisible Man*.

After his keynote address, an audience member asked his thoughts on keeping the University’s “Wilson” Hall, to which Holloway responded with an explanation of former President Woodrow Wilson’s significance at Princeton University. Holloway explained that he does not believe in renaming a building in vain.

“[I am] not for celebrating without knowing it was hard-earned,” Holloway said. He then went on to explain that many students at Yale did not understand Calhoun in his entirety—which left them confused as to why the University was making efforts to rename the building.

Holloway added that it was important to understand the impact of having named a building after such a figure in the first class. “It says a lot about what the University stood for in 1933,” he said.

Holloway inspired attendees, including Deanna Shoemaker, Ph.D., an associate professor of communication, who mentioned Holloway’s presentation to be one of the most thought provoking.

“In this politically explosive moment in history, being an institute of higher education, we should be the leaders in deciding what the 21st century stance on race and inclusivity is,” said Shoemaker. “It is important for us to step back and evaluate, what does our curriculum look like? What does our faculty look like? [At Monmouth,] our faculty members are predominately white.”

“It is important for our students to see faculty members of mixed races breaking through stereotypes

and stigmas,” added Shoemaker.

Nicolas VanDaley, a graduate student of anthropology, was present each day of the conference and said “[Attending the conference is] not just about supporting the community, it’s about supporting humanity. This conference was amazing. One stand out speaker was Laila Muhammad, who is W.D Muhammad, a past leader of Islam’s, daughter. Conferences like this give a sort of ground work to how to combat urgent issues in today’s political times.”

The second day of the conference was held in Magill Commons. This day drew attention to race in relationship to leadership, politics, religion, culture, community, and media. Academic works published by Monmouth University faculty were reviewed, including including “Hispaniola Re-Envisioned: Haitian Dominican Relations in Contemporary Dominican Cultural Production” by Paul Humphrey, Ph.D., assistant professor of world culture and languages, and “Every Voter Had to Run the Gauntlet: The U.S. Army on Election Day in the Reconstruction South” by Christopher DeRosa, Ph.D., the director of the history program.

The final day primarily explored race in relation to literature, education, and science in Magill Commons. From 9 a.m. to 12 p.m., a series of lectures explored the evolution of historically marginalized groups and sexes and connected these observations with methods to properly educate students in today’s society.

“One of the most distinctive aspects of the race conference involves the many ways in which MU students participate in the proceedings—both in front of and behind the dais,” said Kenneth Womack, Ph.D., Dean of the School of Humanities and Social Sciences. “We

owe this aspect to the leadership of the conference’s steering committee, which ensured that students, our most important audience, were involved in every aspect of the event, from planning through the delivery of the conference itself.”

Womack was involved in organizing the conference and retrieving various resources for its production. “With the race conference, the great benefit for Monmouth not only involves hosting this scholarly exercise, but looking for opportunities to share the knowledge that has been created on a number of fronts, both in terms of publication, but also in terms of the classroom, where the many MU professors and students who attended the event can continue to debate what they have learned and how it can be applied to our community,” he said.

Upon the conclusion of the conference, over 50 academics had taken part in roundtable discussions or presentations. Walter Greason, Ph.D., Dean of the Honor School and a race conference committee member, said, “The committee sustains a tradition of excellence that makes Monmouth University a world leader in discussions about race, leadership, diversity, and inclusion.”

Greason was asked by Adekunle and Williams to provide a pre-conference experience including three speakers on the day before the formal conference opening for this year’s conference. “The race conference has helped me produce groundbreaking new research on race, history, and economics over the last decade,” said Greason.

Greason continued, “year after year, dozens of scholars from the most prestigious institutions in the world come together at Monmouth University to explore some of the most difficult and important questions that face humanity.”



Harvesting for the Hungry

JOY MORGAN
ENVIRONMENTAL/ASSISTANT NEWS
EDITOR

Monmouth students enrolled in the Peace Corps Prep program harvested apples with Farmers Against Hunger to donate to disadvantaged families in time for Thanksgiving on Sunday, Nov. 5.

The event was hosted at Eastmont Orchards in Colts Neck by Farmers Against Hunger. The goal of the event was to gather surplus crops and harvest them with the purpose of donating to families in need of nutritious foods. Farmers Against Hunger accepts volunteers from various organizations and schools, including the Returned Peace Corps Volunteers of New Jersey.

It was officially announced by Elyse Yerrapathruni, the Gleaning Coordinator of Farmers Against Hunger, that the event successfully collected over 6000 pounds of apples.

“For many people who suffer financially, healthy food and produce can be extremely difficult to come by,” Yerrapathruni said. “Farmers Against Hunger provides tons of fresh produce to these families in need and thus provides nutrition and life.”

“I think it is very important that we connect directly with our food supply,” said Frank Cipriani, Director of the Peace Corps Prep Program. “The chain from farm to stomach is so long that we really should reconnect with what it takes to feed us, and to be aware of how our work can feed those who, for economic reasons, are discon-

nected with the chain.” According to the University’s website, the Peace Corps Prep program at Monmouth University audits the courses students take to see if they qualify for the prep certification. After the auditing process the program director will assist students in charting their schedule to reach the qualifications of the certification. While being a member of this program students are connected with internships and opportunities that make them especially experienced in fields relevant to the Peace Corps service positions.

The Peace Corps is a United States federal government agency. This agency sends United States citizens to foreign countries for a two-year deployment period. While in service the members assist underdeveloped countries learn languages, and develop efficient systems in agriculture, sewage and plumbing, and economics. The Peace Corps website lists its mission to be “dedicated to building and sustaining relationships with global communities through the service of our dedicated Volunteers.”

Cipriani organized this event for the students after receiving the monthly event listing from the Returned Peace Corps Volunteers of New Jersey. Cipriani notes that students showed interest for this event in particular.

“They showed wonderful energy and enthusiasm for the project,” he said. “I was surprised how, on a wet, cool day how wonderful the energy could be. Our students also got to connect with returned Peace

Corps volunteers.” “It rained a little while we were there and it was a little chilly,” said Andie Malie, a sophomore economics, finance, and English student. “All in all it was a great experience that I thoroughly enjoyed. It was not a terribly taxing task. Even though there was bending down to pick the best apples possible and lifting buckets full of apples, we were only there for a few hours. It did not hurt us at all to take a few hours out of our day to do a little hard work. I really enjoyed following through with my commitment to help gather the food we did for families who need it, so even though it was tiring work it was well worth it.”

Though the event was hosted by the Peace Corps Prep program, attendees included outside students with an interest in the Peace Corps Prep program. Janna Bogan, a senior nursing student, said, “I was astonished at the amount everyone had collected. I think it’s very easy to forget how fortunate I am. I was filled with gratitude from this experience, knowing all these families would have food donated for them for the holidays. This experience definitely put things in perspective for me.”

“I am so happy I am in a position where I can have the chance to help others,” Bogan continued. “Picking these apples not only is a positive for the families, but it was also a positive experience for myself. My thoughts on the Peace Corps prep program is that it’s an amazing program, and I am very happy to have been a part of this day.”



PHOTOS TAKEN by Joy Morgani
Monmouth students worked together to harvest 6,000 pounds of apples.

International Education Week Covers All Aspects of Global Education

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a workshop on teaching, working, and interning abroad at 2:45 p.m. on Wednesday, Nov. 15, and a ‘Passport Day’ at 11:00 a.m. on Thursday, Nov. 16, where students can apply for or renew existing passports. The week will end with an “international potluck” at 6 p.m. on Friday, Nov. 17, featuring international cuisine made by University students.

“Our speakers are here to relay messages about what it’s like to be an American abroad, and get our students thinking about what it’d be like for them,” said Falvey. “Our cultural displays give our community a taste of how other people live, feel, and what they value. And, the international panel is a way for our students and staff to learn about how members of our community may experience day-to-day living here in a different way.”

According to Stauff, students, academic faculty, and University alumni are all involved throughout the week’s events.

“Our Monday afternoon speaker, Jenna Lally, might be the favorite event last year,” Stauff added. Last year, Lally, who studied abroad twice and graduated in 2017, gave a brief presentation about studying abroad during Student Scholarship Week.

“We want her to expand upon her eight-minute Hawk Talk to share some wisdom about the impact of study abroad upon students and how the experience helps prepare one for what comes next,” Stauff added. “Plus, Jenna’s presentation will focus squarely on the student perspective of international education.”

“I hope I was able to stress that study abroad is the gift that keeps on giving,” said Lally, who spoke on Monday, Nov. 13. “The people you meet, the foods you taste, and the culture you experience are forever

engrained in your memory and once you go, you’ll be taking any trip that remedies your travel bug. It truly is contagious.

“The International Club and our Global Education Mentors have been really involved in these events,” added Falvey. “They are hosting events, working on getting the word out, and will be supporting staff at many of these sessions.”

Falvey also highlighted events run outside of the international groups, saying that faculty members involved in the University’s United Nations programs, as well as representatives from the social work and science departments, will be present

as well. “Our goal in hosting International Education Week is to bring Monmouth the opportunity to gain global perspectives,” said Falvey. “We achieve this goal by hosting events that engage our community’s openness and desire to broaden their understanding of the world.”

While this is only the second year that International Education Week has been hosted, Falvey says that it was well-received last year.

“We knew that we wanted to help [the week] grow for this year,” Falvey explained. “This year’s lineup is really great, and we are hoping to make an even bigger impact.”

INTERNATIONAL
EDUCATION WEEK 2017
NOVEMBER 13TH - NOVEMBER 17TH

MONDAY

4:30pm in Wilson Hall Pompeii/Versailles
KICK-OFF EVENT
HU ALUM JENNA LALLY WILL RETURN TO PRESENT HER 2016 HAWK TALK "WHY STUDY ABROAD ISN'T ENOUGH"

TUESDAY

11:45am in E 201 - Science Atrium
STUDY ABROAD LUNCH AND LEARN FOR FACULTY AND STAFF
LEARN ABOUT OUR PROGRAMS AND HOW YOU CAN GET INVOLVED

12:30PM in the Plangere Lobby
SPANISH CONVERSATION HOUR

3:00pm in Pozzycki 1st Floor Lobby
U.N. POSTER PRESENTATION

7:00pm Wilson Auditorium
INTERNATIONAL FASHION SHOW

WEDNESDAY

12:00PM in Wilson Auditorium
"MONIQUE AND THE MANGO RAINS" BY KRIS HOLLOWAY
A PRESENTATION ABOUT HER TIME AS A PEACE CORPS VOLUNTEER IN HALL, AFRICA.

2:45PM in Pozzycki 207
TEACHING, WORKING, AND INTERNING ABROAD WORKSHOP

THURSDAY

11:00AM in Pozzycki 214
PASSPORT DAY

12:00PM in Edison 201 - Science Atrium
THE EXPERIENCES OF AN INTERNATIONAL STUDENT IN TODAY'S POLITICAL CLIMATE

5:30PM in Edison 201 - Science Atrium
SCHOOL FOR FIELD STUDIES INFORMATION SESSION

FRIDAY

3:00PM in the Global Education Office
OPEN HOUSE & TEA TASTING

6:00PM in Magill Dining Room
INTERNATIONAL POTLUCK

FACEBOOK: @MONMOUTHGLOBAL
INSTAGRAM: MONMOUTHGLOBAL
TWITTER: @MUGLOBALED

International Education Week

MONMOUTH UNIVERSITY
GLOBAL EDUCATION

Annual Festival of Languages Celebrated

MARK MARRONE
STAFF WRITER

The Department of World Languages and Cultures presented the Festival of Languages in the Wilson Hall Auditorium on Wednesday, Nov. 8. The festival was celebrated by world language students and professors who showcased their language skills through artistic talents including song, dance, poetry, videos, and presentations.

The festival began with the reading of Gertrudis Gómez de Avelaneda’s poem “Al Partir” read by Keith Lee and Jasmine Garcia, followed by Malia Padalino’s violin performance of “Emma Zunz” by Jorge Luis Borges.

After the University students performed, Shore Regional High School Spanish honor students engaged with the audience in a tutorial of how to create an origami turkey, with all steps in Spanish. This was the second consecutive year the festival opened its doors to the surrounding community.

One of the 18 high school students who performed, sophomore Nicholas Silva, appreciated Monmouth University’s efforts to celebrate the importance of world language and heritage. “It was a great experience to see a diverse field of cultures and languages represented,” said Silva after his class’s performance.

Once the high school students finished their tutorial and fable recitation videos, seven of Professor Hiyam Sarsar’s Arabic 101 students dressed in traditional Arab garb, and performed a dance titled, “Arabic Fantasy.”

Following the dance, Chai Enteridge stole the crowd’s hearts with a beautiful French performance of Je Sais on acoustic guitar. Although nervous to perform in front of an audience consisting of both professors

and students who are familiar with the language, Enteridge, a French student, was pleased by the support he received. To Enteridge, the festival, “opened everyone’s perspective” on how the University values world language.

Enteridge’s song was followed by Brittany Macaluso’s French video reading of “Déjeuner Du Matin,” a poem by Jacques Prevert, followed by a PowerPoint presentation on Italian designer by Catie Mazzella.

The Italian language carried out the ending of the festival, which included Frank Lino’s fun trumpet video performance of Dean Martin’s “That’s Amore,” and a “Tarantella” dance by four Italian students.

The 23rd Festival of Languages was a success with a large turnout by world language students, professors, and administrators such as President Grey Dimenna, Provost Laura Moriarty, the Vice Provost for Global Education, John Stauff, and the Vice Provost for Academic and Faculty Affairs, Nicolle Parsons-Pollard.

The event was applauded by the festival’s coordinator, Dr. Priscilla Gac-Artigas. “I, along with my colleagues in the Department, felt extremely happy because we all are sure of the benefits that learning another language and about other peoples’ cultures can bring to anyone’s life,” Artigas said after the event.

This year’s Festival of Languages not only served as a celebration of world languages and heritage, but of Elsa Lake Ph.D’s enduring legacy left at Monmouth University, who passed away last June. Artigas noted how Lake was, “a great Cuban educator who was an enthusiastic supporter of the festival since the beginning, always encouraging students to participate.”

The Festival of Languages was dedicated to Dr. Lake thanks to the efforts of all students and faculty.

THE OUTLOOK

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Daylight Savings Time:
Is it Worth it?

EDITORIAL STAFF

Twice a year, we must remind ourselves to change the clocks and get used to a new schedule.

It's Daylight Savings Time (DST): an annual obligation to adjust to brighter mornings in the summer or darker evenings in the winter, and more people question its relevance to our modern society.

In its conception, DST was useful for agricultural societies in which farmers utilized brighter mornings to work longer on their harvest and spend less time doing so in the evening.

Consequently, the hours in the winter were changed since the harvest had been completed. Now that we live in an industrialized country, is DST truly necessary?

Throughout the years, some believe that the intent of DST has changed in accordance to our society's needs.

Now that our populations have grown significantly, technology has caught up with us and DST is only a part of that initial harvesting process. This extra hour could also provide more time for other individual activities.

In addition to being a part of agricultural practices, many of us at *The Outlook* associate DST with more daylight hours in the

summer.

The clocks move one hour forward, providing extra daylight in the evening for different events. This seems to be a more preferred time change. One editor said, "It would be better for there to be more light at night to prolong the day for people who are at work/school all day."

Unfortunately, the DST schedule for summer does not last, and we must set our clocks back in the wintertime.

This brought up a major issue with DST, as it conflicts with energy conservation efforts. At *The Outlook*, we promote Monmouth's efforts to be green and have a positive impact on our environment by conserving energy, so DST affects us in a variety of ways.

One editor said, "Its use is arbitrary... heating, electric, and energy companies are able to absorb higher bills from Daylight Savings." According to a New York Times article, a study that took place in Indiana found that residential electricity consumption increased by 1 percent overall, and monthly increases as high as 4 percent in the late summer and fall (2014).

With the winter months keeping us in the dark, electric and gas companies force people to pay the price. This continues to negatively impact our environ-

ment, with the prolonged use of fossil fuels to light and heat our homes.

Not only does it affect our electrical and heating bills, but it can also give people feelings of sluggishness and lacking the ability to concentrate.

Sometimes, this can develop into an issue that is commonly referred to as Seasonal Affective Disorder (SAD).

One editor said, "I dislike that it is dark so early because I struggle to be productive and I want to go to sleep when there is still half of a day."

In a period of time where jobs, school and other obligations are in the way, DST can be difficult to deal with.

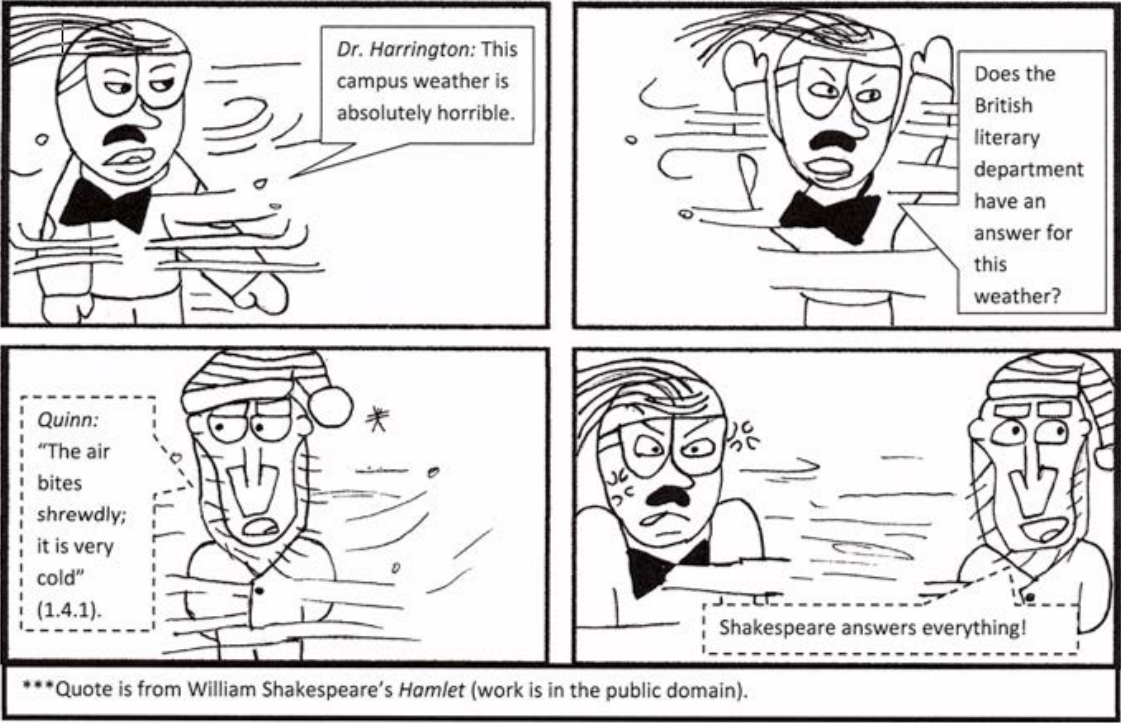
The concept of DST has its advantages and disadvantages depending on the time of year it is in effect.

Its modern significance is still in question, but the result of DST has common uses for everyone, making it likely to stay in place.

With the changes that occur each year, how can we better prepare ourselves in the future? One editor said, "Most people do not know DST is coming up until a couple of days before."

I think people should be more aware of it so that they can get their personal clock ready for the adjustment."

Knowledge and Quinn by Brian Turczmanovicz



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MU First Generation Students Need Programming

CLAUDIA DI MONDO
CONTRIBUTING WRITER

Being a first generation student can be really difficult, especially when your parents are from a different culture. Monmouth University could benefit from better programming to assist their students in their transition to college life.

Did you know that Monmouth University’s demographic data on first generation students is nearly half our student body? Two most recent facts-in-brief publications indicate that the fall 2015 incoming class was 42.9% first generation and the fall 2016 incoming class was 40.7% first generation.

Like many others, I am one of those first generation college students. Among our fellow students, there are a number of families that immigrated here to provide a better life and to be able to have the opportunity to live the American Dream.

Being a first generation student means having to get accustomed to having a lot of unknown variables. In many cases, this means that parents’ educations stopped at either high school or below. This in turn meant that students are forced to educate themselves on not just books and math and such, but also FAFSA applications, college applications, and extracurriculars--if that was a possibility. This adds to the foggy understanding of the American college application process. While universities can’t assist students in the application process, they can have an influence in helping in the transition of accepted students.

Sophomore computer science student, Davina Matadin, said, “Our campus needs to truly understand

the challenges of a first generation student. I believe that Monmouth University needs to have a separate program during orientation to explain some of the transitions into college life in more detail,” said Matadin.

“While first generation students get into Monmouth, there needs to be more action on helping these students stay in college. Everyone comes from different backgrounds and incomes, and it can be harder for others,” she continued.

Matadin mentioned that there needs to be a better understanding and that an initiative could happen through New Student Orientation which takes place over the summer for incoming freshmen students. Many first generation students agreed that their freshman year was filled with a lot of questions and not enough answers.

“It would be greatly appreciated if Monmouth University could understand that college can be a new experience for not only the student, but for the entire family as well,” Matadin added.

First generation students also may have to take into consideration a language barrier between the rest of the world and their family. Because of this many students end up acting as a parent, a translator, and also a student at the same time. It has been my experience that many high schools do not have the capability or the willingness to work with first generation students and their families.

After talking to a number of first generation students, many expressed that there are days where they feel like giving up, where the work could feel unbearable, and some days they could feel really

helpless.

Adding to that stress, financing college for first generation students is even harder--a lot of the time, parents cannot help or cannot help as much in giving guidance when it comes to how we can afford to pay hundreds and thousands of dollars to cover tuition fees. Figuring out how to take out loans, pay for books, and finance college is already difficult, and doing it alone can be even more difficult.

Furthermore, current students who are first generation, simply do not have all the resources they need to know about furthering their education or what comes next after graduation.

Dominique Williams, a senior political science and legal studies student, said, “I wish I had known that there is a plethora of scholarships designated for college seniors. If I would have had someone in my family who experienced college, there are a lot of things I would have done differently.”

Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion, said, “I like the first generation student programs that have been developed at colleges like Clemson and American University. Some of the features of these programs would be interesting to consider for first generation students at Monmouth.”

Schools like Clemson University offer Mentoring Programs that provide a great opportunity to learn from older students who have had similar experiences. First, participants are paired with a thriving junior or senior mentor in a similar field of study; mentors are also students who are the first in their family



PHOTO COURTESY of Claudia Di Mondo

First generation students look to eachother for support and guidance.

to obtain a bachelor’s degree. Mentors meet with students weekly to give support, encouragement and advice about succeeding at Clemson. They can give you the scoop about a class or help you out with a roommate issue. You will meet other new students in your mentor group who can become an instant group of friends on campus.

Clemson also provides a first summer preview program for their first generation students. Here, incoming first generation students are invited to campus to complete a 3-credit Clemson academic course during the summer. They experience the academic rigor of college and get familiar with campus while building lasting friendships. This is much like our own Educational Opportunity Fund (EOF) program.

What Monmouth could do to help these first generation students who need their assistance when it

comes to furthering their education, is create a specific department or office solely dedicated to bettering the educational experience of first generation students. Having an outlet for all first generation students to come together and be able to share in their experiences would really help with dealing with the issues that students like myself deal with every day.

I, along with a number of other first generation college students, can only hope for Monmouth University to better their programming for first generation students by creating programs like Clemson University and American University in order to do better for their first generation students. Some of the hardest working people come from this type of background, but we are goal driven, ambitious students who need these programs so we too can exponentially thrive without being deterred and frightened in any way.

Starbucks, Dunkin Donuts, & Rook: Which Company has the Best Coffee?

EMILY CONDRON
STAFF WRITER

Being at Monmouth University has made me realize that I am not alone when it comes to loving coffee. Though many students on campus use coffee for its caffeine after staying up studying or writing a paper, there are also those who see coffee as a flavorful treat to enjoy at any time of the day.

The common question among the student population is what the differences between the big three coffee shops are and why they matter to them personally.

These three locations are Dunkin’ Donuts, Starbucks, and rook and while they all provide the students with the same product -coffee- the big three also come with different varieties of this one product.

This creates a vast amount of choices for the customer, the main ones involving price, distance, and caffeine levels. So, which location IS the best and why?

Every college student has a concern for the amount of money they spend, especially on items that are not a necessity. When referring to coffee, buying from outside vendors can be expensive, particularly if coffee is a daily expense.

To be able to compare the locations, the price of the plain large hot coffee will be used. The cheapest choice out of the three options would be Dunkin’ Donuts with a price of \$2.09. In second comes Starbucks, having a cost of \$2.55. Finally, rook is the most expensive. For

rook, however, the strength of the regular coffee depends on how much it is. The mildest form of coffee they carry comes in at a \$2.75 and the strongest is priced at \$3.50. Another way to look at this is by realizing that Dunkin’ Donuts is on campus and accepts declining dollars for those students who have a meal plan.

Many students who live on campus do not have cars. For this reason, those students find themselves left with only two options: walk to the Dunkin’ on campus, which takes at most ten minutes, or walk to the nearby coffee shops.

When using Google Maps to find the distances and times, it is shocking. To walk to Starbucks, it would take an hour and three minutes compared to the ten-minute car ride. To rook, it turns into a forty-minute walk and only a six-minute car ride. Another way of getting to one these places is by taking an Uber. Although this is possible, it then adds money to the already more expensive coffee.

The problem that most students relate to is how much caffeine is found at the various locations. Although Dunkin’ has won the other two categories or being both cheap and on campus, it loses in this battle. Dunkin’ Donuts provides the weakest coffee out of the big three. In the middle comes Starbucks, having a richer coffee but also not overpowering with caffeine. Rook on the other hand, provides a high-quality coffee that can be overwhelming to the large majority. Growing up,

I had coffee every day starting at the age of five. Obviously, at that young age I was only allowed two or three sips from my dad’s cup, but as I got to middle school, I was consuming one or two cups per day. When drinking at rook, I realized that anything larger than a small in the dark roast was too much and made me shake. Depending on how prone to the caffeine you are currently and where you normally drink your coffee should determine where you drink from. If you are someone who rarely drinks coffee, but needs a pick-me-up, Dunkin’ will be able to provide that. On the other hand, if you are someone like me who drinks at least a cup a day from a stronger coffee, rook may be more for you.

The mainstream also determines where a large majority of young adults decide to spend their money. Celebrities and well-known outside sources are usually carrying a Starbucks coffee, unintentionally advertising for the company. Since these people have a large hold over thousands, if not millions, of people, it is easy for their followers to think to themselves, “Well, I love them, and they love Starbucks, so I have to drink it too.” Society determines life decisions based on others, and where to drink coffee from is one of them.

In the end, the answer to the question is determined on the person drinking the coffee. Personally, I enjoy a trip off campus, but not enough to do it on a daily basis. Having

to juggle homework and a social life is difficult for anyone attending college, from freshman to senior, and adding thirty minutes to my day to get a coffee is not something that seems reasonable when I walk past the student center on campus every day. Also, if you find yourself in dire need of a stronger coffee, Dunkin’ offers

energy drinks and stronger coffee strengths that are only a dollar or two more than the regular. But, again, the choice is up to you and varies between how strong you like your coffee, how long you are willing to take to get that coffee, and how much money you have to spend on that coffee. Where will you choose?



PHOTO COURTESY of Kelsey Alpaugh

With various local and name brand coffee spots in the area, it can be difficult to pick your favorite spot and drink.

President Trump Speaks on Mass Shootings in NY and TX

JUSCELUCIO DASILVA, JR.
CONTRIBUTING WRITER

In less than a week apart, two acts of terror occurred in the United States. The first was an attack in New York City on Oct. 31; the other took place six days later at the First Baptist Church in Sutherland Springs, TX, on Nov. 5.

According to the New York Police Department (NYPD), the killer, identified as Sayfullo Habibullaevic Saipov, rented a truck from a Home Depot in Passaic, NJ, and made his way to Manhattan. Upon entering the city, Saipov verged onto a bike pathway, and drove into pedestrians and bicyclists, taking innocent lives before colliding with a school bus that carried children with special needs. Saipov subsequently left the truck and shot both a paintball gun and a pellet gun before being arrested.

On the same day of the attacks in New York, President Trump was quick to order stricter immigration laws, tweeting: "I have just ordered Homeland Security to step up our already Extreme Vetting Program. Being politically correct is fine, but not for this!" In a later speech, Trump stated that his administration was going to "further investigate this animal who did the attacking."

Following through on a promise in his 2016 presidential campaign, Trump said he was "starting the process of terminating the diversity lottery program."

Additionally, the *New York Times* reported Trump called for Saipov to receive the death penalty, even suggesting to send him to Guantanamo Bay.

In the second attack, the shooter, Devin Patrick Kelley, opened fire on the TX church, killing 26 people before entering in a shoot-out with a neighbor, *CNN*

reports. Kelley was later found dead in his SUV, with a gunshot wound to the head.

Trump's reaction to the shooting in Texas differed from that of the New York attack. Trump briefly sent his condolences to the families of the horrific attack in Texas, while delivering another speech in Japan on Nov. 6. Trump spent little time on this mass shooting before continuing with his scheduled speech. While calling this attack an "act of evil," he declared the NY killer, himself, an "animal." Later, in a joint news conference with the Prime Minister of Japan, Trump said the shooting "isn't a guns' situation," it is a "mental health problem at the highest level," and subsequently called Kelley a "deranged individual." Additionally, Trump said it was "simply too soon" to talk about gun control, yet was quick to tweet about ending the lottery Visa program after



IMAGE TAKEN from Huffington Post

First Baptist Church of Sutherland Spring reopens as a memorial.

the attack in New York.

Moreover, Trump has rolled back Obama-era regulations that made it difficult for individuals with mental illnesses to purchase guns—individuals such as Kelley. The regulation was replaced with H.J. Resolution 40, which instead is aimed at limiting the access of guns only for people that received full disability benefits because of a mental illness and people who could not manage their own Social Security benefits.

The two different positions taken by Trump in regards to these attacks are evident in both his speeches and tweets. "This has been an issue for the Trump administration over the year," Joseph Patten, Ph.D., an associate professor of political science, said. "For instance in Charlottesville, in terms of his reaction to the neo-Nazi marching, saying that some of them were really good guys," he continued. "His administration has been criticized by some for not holding an equal standard particularly against terrorism."

Kevin Dooley, Ph.D., an associate professor of political science, explains Trump's statements of gun control is patronage to his base that support their Second Amendment right to bear arms. "He realizes at a certain level those people make up a majority of his base," Dooley said.

"I think he's just playing into a political base; I don't know if there's anything more than saying 'I have to be consistent in what I've said to people during the campaign, and now I'm being consistent as a president,'" he added.

The Centers for Disease Control and Prevention of the U.S. State Department released data that shows over 440,095 people have been killed by firearms in the United States while 3,412 have been killed through foreign terrorism.

"I don't understand why Trump can call the New York attacker a 'terrorist,' but not the attacker in the Texas shooting," Nawaf Bousbait, a political science student, said. "They are both horrible men, and caused terror in the lives of the innocent."



IMAGE TAKEN from CNN

Police and CSI gathered outside the Sutherland Springs First Baptist Church after the mass shooting.

Did Hillary Clinton 'Rig' the 2016 Democratic Primaries?

NICHOLAS COSCARELLI
CO-POLITICS EDITOR

Donna Brazile, former Democratic National Committee (DNC) Chairwoman, ignited controversy after releasing an excerpt from her upcoming book, *Hacks*. In the excerpt, published by *Politico* on Nov. 2, Brazile says she found a fundraising contract between the DNC and Secretary Hillary Clinton's campaign, insinuating the primaries had been rigged against Bernie Sanders.

"If the fight had been fair, one campaign would not have control of the party," Brazile writes in the excerpt. However, when confronted about her accusations in an interview with George Stephanopoulos on Nov. 5, Brazile said that she "found no evidence, none whatsoever" that the primaries had

been rigged.

Brazile explains that, under her predecessor, Debbie Wasserman Schultz, the DNC agreed to form a shared fundraising committee with the Clinton Campaign in August 2015. She writes that after Obama's negligence of funding the Committee—focusing instead on his own group, Organizing for America—he left the Democratic party "in significant debt."

The morning after the Democratic National Convention, Gary Gensler, the Chief Financial Officer of Clinton's 2016 campaign, told Brazile that the DNC was "broke" and two-million dollars in debt, leaving Clinton with the tab. Gensler explains that after Obama's campaign, he left the Democratic Party \$24 million in debt—with "\$15 million in bank debt and more than eight-million dollars owed to

vendors," Brazile writes.

Clinton vowed she would build the party "from the ground up... When our state parties are strong, we win," Clinton said, according to a *Politico* report last May, "That's what will happen."

Consequently, the agreement between the DNC and the Clinton campaign was aimed at reconstructing the party's devastated finances by simultaneously fundraising for Clinton's campaign, the National Committee, and the individual state party organizations, the *Washington Post* reports.

The Clinton campaign had also signed an additional "memorandum of understanding," according to *NBC's* Alex Seitz-Wald. The memorandum outlined that Clinton would have access to budgeting, data, analytics, and communications. In addition, Clinton

would also have a say in staffing; for example, according to *The Philadelphia Inquirer*, if there were a vacancy in the DNC's staff, Clinton would be consulted of the three finalists in consideration, but the DNC would ultimately make the final decision itself.

Brazile refers to this agreement, in her excerpt, as "Hillary's secret takeover of the DNC." However, the agreement related only to info pertaining to the general election, not to the primary election. Furthermore, it did not grant Clinton such authority until after she secured the nomination, if she did at all, which is common for candidates to do. Even Brazile, herself, writes, "When the party chooses the nominee, the custom is that the candidate's team starts to exercise more control over the party."

Moreover, the Sanders campaign was also offered joint-fundraising agreements. According to the *Washington Post*, Perkins Coie, a law firm representing the DNC, emailed the Sanders campaign in September 2015 with a copy of a "standard joint fundraising agreement."

"This is the same one we have used with other campaigns," Graham Wilson, Esq., wrote in the email. "Wilson suggested that should the Sanders campaign raise 'significantly more' money than was required to pay for the party voter file, then Sanders could have a say in how those funds would be used 'to prepare for the general election,'" the *Washington Post* reports with the obtained email.

"The DNC has had discussions like this with the Clinton campaign and is of course willing to do so with all committees raising funds for the [DNC]," Wilson wrote in his email.

However, Sanders and his staff dismissed these joint fundraising deals because "they had their own way of raising money through small donations," Brazile writes. Instead, Sanders focused on fundraising from "organizations such as Justice Democrats, Political Revolution, and the Democratic Socialists of America," Roxy Nicoletti, a sophomore biochemistry student and Sanders supporter, explained. "[They] are paving the way for candidates who will fight for causes like [single-payer] healthcare..." she said.

Tom Perez, the current DNC Chairman, also points out that primaries are run by states and individual voters—not by the DNC. Furthermore, in a segment on "Meet the Press," he said of the DNC, "We run caucuses, [not primaries,] and Bernie Sanders did very well in the caucuses."

"'Rigged' is the wrong word," Christopher DeRosa, Ph.D., an associate professor of history and the Director of the History Program, said. "Parties' national committees normally back who they think has the best chance of winning [and it] isn't the DNC's obligation to bend over backwards for a candidate who has been loudly and proudly not a Democrat, and there is no reason to think that Clinton's nomination reflected anything other than the will of the party's majority."

Indeed, four-million more voters simply preferred Clinton's pragmatism over Bernie's proposals in the Democratic primaries.

Clinton, herself, has recently responded to Brazile's accusations: "I didn't know what she was referring to because, as has now come out, that just wasn't the case," she said during an appearance on "Late Night with Seth Meyers" last week.



IMAGE TAKEN from ABC News

Secretary Hillary Clinton accepts the Democratic Party's nomination at the National Convention.

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Protein shakes to Please your Tastebuds

EMILY CONDRON
STAFF WRITER

Living a healthy lifestyle is the best thing you could do for yourself. Especially in a world where society shames those who do not fit into the physical mold the mainstream has created. College students are highly affected by this and by the people surrounding them. Another component to striving to be healthy is just to feel better in your own skin. Some have set out to find tasty, healthy smoothies and protein shakes that everyone can enjoy. Here are some of the results that would benefit everyone!

When making these shakes, one must remember that protein powder is the key ingredient. With help from the Tasty app, you can find a few recipes that give you a high protein level but also taste great so that you can drink with ease. Sometimes protein shakes leave a chalky aftertaste or are unbearable and end up throwing them away because they are so bad. But there are ways to create your own smoothies that you will love to have for any meal!

The first shake you can attempt is a Dark Chocolate Peanut Butter Banana Protein Smoothie. After setting up your blender, you will want to grab all of your ingredients: your choice of water, yogurt, or milk (this determines your thickness and even sweetness); chocolate protein powder; peanut butter; dark chocolate cocoa powder, and two frozen bananas. For this, you will want to have sliced the bananas and placed them into the freezer for at least an hour before beginning.

After choosing between water, yogurt, and milk (a lot of people prefer using yogurt because it adds protein and makes it smooth, but again, totally up to you!), you want to measure out 1.5 cups and put it into the blender. Next, you want to place one scoop of the chocolate protein powder into your blender (Premier Protein is an example of a good brand). For the peanut butter, you should measure ¼ of



PHOTO TAKEN by Alexandria Afanador

Protein shakes are a great meal replacer and nutrition booster for people with limited time and who want to better their health.

a cup. The dark chocolate cocoa powder should be added to the blender after measuring out one tablespoon worth. Lastly, add two frozen bananas. Once everything is in, place the lid on top of the blender and blend so all ingredients are mixed. Pour into a cup and enjoy!

The second at home protein smoothie you can make is called the Tropical Green Protein Smoothie. Yes, it does involve some spinach, but do NOT freak out, you cannot even taste it! The ingredients you will need are coconut milk (coconut yogurt can be used for a thicker smoothie), fresh spinach, vanilla protein powder, a frozen mango, and some frozen pineapple. Slice the mango and place it into the freezer along with a cup and a half of diced pineapple. After an hour, add it to the blender. Next, you will need to add 1.5 cups of coconut milk, or coconut yogurt. After that, place a

cup of spinach into your blender. Following that, a single scoop of protein powder will be needed. Blend all of the yummy ingredients and let your taste buds go on vacation.

The last recipe that is super delicious is named the Vanilla Berry Protein Smoothie. With this you should make sure to buy your choice of water, yogurt, or milk of your choice, vanilla protein powder, frozen strawberries, frozen blueberries, frozen raspberries, and frozen blackberries.

For the first ingredient on the list, choose which one to use and measure out 1.5 cups worth. Then, enter a scoop of vanilla protein powder. Finally, the frozen fruit, which should have sat in the freezer for about an hour before making. Both the strawberries and the blueberries should measure out to be about 1 cup while the raspberries and blackberries should be about ½ a cup.

These are flexible with whatever you choose to be the main flavors, so playing around with the recipe is acceptable. Once everything is in the blender, blend and drink.

The last option is premade shakes. Since making these smoothies at home can take time, it is sometimes easier to just have a premade one to grab on the go. Placing them in the fridge at least overnight and having them for a quick breakfast can keep you full all day and even make you feel better, especially if you have to skip a meal due to time. Sometimes, they do have a slight chalky aftertaste, but compared to most they are delicious.

A lot of students have used protein shakes before. Freshman health studies student Cameron Oakley recently got into a healthy pattern. She is a vegetarian and said, “When working out shakes are a great way to keep my energy up!”

Freshman health studies student Shannon McGorty agrees with Cameron’s idea of energy gain from protein smoothies. She said, “Before college I was a swimmer for my high school’s team and found that drinking protein shakes allowed me to keep her energy up. Also, since I had a crazy schedule, I usually used the premade shakes. It was a great way to make sure I supplemented a meal if I had to”

Department chair and associate professor in health studies Dr. Chris A Hirschler was also able to give his opinion on protein shakes. Hirschler said, “While I have had protein shakes in the past, I now recognize that they’re not necessary for me or anyone who is eating a balanced, plant-based whole foods diet. I have been vegan for nearly 20 years, and I have not used protein supplements, and I am fit. My strength hasn’t suffered at all – I still bench 225 ten or more reps and curl 80 pounds 20 reps, for example.” Though these are conflicting ideas, it is clear that you should only use these types of drinks if it is necessary in your diet.

In the end, it is obvious that if you are or ever want to become serious about your health, protein shakes are something that you should consider. They give you energy and are a great way to supplement for a meal if it has to be done. Although they have their benefits, make sure that before you begin drinking such smoothies that you map out your diet plan beforehand and maybe even talk to a nutritionist or your doctor.

Having too much protein can be harmful, and you do not want to have negative effects. In the dining hall, there is a nutritionist that visits every so often and then, if you see her, stop by the table and ask her questions, she is more than happy to help! Hopefully these recipes help you get past the mindset of protein shakes being gross and help you embrace them instead. Using apps such as Tasty will give you even more ideas. Have fun and drink your protein!

Best Foods for this Thanksgiving Season

OMAR MOUSTAFA
CONTRIBUTING WRITER

October has officially come to a close. Our focus begins to shift once we toss out all the extra Halloween candy. Stores have already begun decorating their shelves with gifts, vibrant lights, and counterfeit snow. Christmas season is officially here. This tradition of skipping over one of the most important holidays is nothing new, but still rather appalling.

To skim over a whole holiday, one that celebrates gratitude (as well as food) is a flawed tradition. Rather than use Thanksgiving as a segue to Christmas, we should experience Thanksgiving in all of its turkey induced glory.

That’s why, to make it easier for you, we at *The Outlook* have already compiled a list for you of the top five foods to have on your table for Thanksgiving.

When interviewing students as to what their favorite dish is to have at the table, the winner was clear: turkey. “It’s one of the main courses for Thanksgiving; without

turkey, is it really thanksgiving?” said junior communications student Jordan Smith.

Junior business student Robert Disko went on to emphasize the importance of turkey. He said, “It’s just dinner; without turkey Thanksgiving is not Thanksgiving.” The second central food to

a great Thanksgiving dinner is mashed potatoes. “Mashed potatoes compliments turkey. They go great together.” Junior business major Max Sobrano commented.

Likewise, Smith was in agreement: “Mashed potatoes are great- they truly make a Thanksgiving platter.” Mashed

potatoes have been a longtime staple for dinners, and they complement the overall platter nicely. Breaking the typical tradition of turkey and mashed potatoes is refreshing.

Scott Jeffrey, associate professor in management and decision sciences prefers lamb over the common turkey. “I’m

not a big fan of turkey... I’d prefer a leg of lamb.” Conversely, pot roast is another great lamb recipe to have at the table. While the dinner courses are great, the true beauty behind Thanksgiving is in the deserts. At the pinnacle of Thanksgiving deserts lies the apple pie. A classic Thanksgiving treat on par with the turkey in certain respects. Suggestions to compliment pie include; ice cream, apple cider, and sugar donuts.

Continuing the tradition of breaking trends, junior marketing student Grace Springer takes a refreshing and healthy approach to her Thanksgiving desert. “Sometimes Thanksgiving deserts are unhealthy; banana bread can be a healthy alternative to break the trend,” she said.

Springer often uses banana bread as a healthy alternative in her desert venue. Thanksgiving is a central holiday and should be enjoyed. Turkey, potatoes, banana breads, and so on. Break the tradition of skimming over Thanksgiving; go out and enjoy Thanksgiving and all of the amazing food it provides.



IMAGE TAKEN from pexels.com

Thanksgiving is a time to indulge in all your favorite foods like mashed potatoes, turkey, and stuffing!

IS MUMBLE RAP MUMBO-JUMBO?

JORDAN SMITH
CONTRIBUTING WRITER

Well known Hip-Hop artist, Nas, has expressed his passion for his genre of music by saying that “Hip-hop is the streets.”

The rapper continued this thought by explaining, “Hip-hop is a couple of elements that it comes from back in the days...that feel of music with urgency that speaks to you. It speaks to your livelihood and it’s not compromised. It’s blunt. It’s raw, straight off the street – from the beat to the voice to the words.”

Hip-hop has become a genre of music that almost everyone cultivates to.

Over the recent years, Hip-Hop has taken a turn in which no one truly thought it would.

This new era has been described as “Mumble Rap.”

It is a type of rap in which the listener is posed with a challenge of struggling to make out the words that sound like marbles coming out of the mouth of the artist.

Most of the popularity mumble rap has accredited is due to catchy phrases or instrumental beats that fans seem to enjoy.

The question that remains, however: is this type of rap and hip-hop here to stay?

Sitting down with Alicia Newton, a junior Music Industry student, she expressed her thoughts on the new genre of music that has taken over the industry.

Newton said It does not feel like real music.

“If anything,” she explained, “it seems more like music they play in clubs. It has no real meaning, it’s just a beat with someone mumbling over it.”

When asked what she thought this type of rap would bring for the future of the Hip-Hop industry, Newton said, “I don’t think the music industry as a whole will change because of this but, if this is what is popular now, what is next to come?”

She also stated that it’s more likely these artists are trying to make songs that are catchy, rather than meaningful.

Most artists today will produce songs that fans legitimately have no idea what the artist is saying.

The charts do not lie-- most will only listen to a mumbled song because it’s popular.

The overall message that from Newton on this ideal was that there is no real meaning behind these songs that artists such as Kodak Black, Lil Uzi Vert, 21 Savage, and others have been notoriously releasing.

Amanda Gangidino, a senior communication student, thinks that mumble rap is a new take on hip-hop that has truly undermined its predecessor’s talent.

She continued, “Mumble rap is just unrecognizable sounds thrown together with a beat and no deeper meaning behind it.”

Gangidino seemed to be against these “artists” as a whole and the fact they are making millions of dollars to mumble over a beat.

Additionally, when asked

how she thought this type of music would influence the future of hip-hop, Gangidino said, “I think that this genre essentially means that there will be more of an acceptance towards different artist’s style. The traditional rap structure has drastically changed, in my opinion, not for the better.”

She then continued to explain that the music industry has drastically changed with styles such as ‘mumble rap’ and auto-tuning.

“Music used to be about utilizing your words to evoke emotion within your audience, not about just a beat with some strange sounds,” Gangidino went on.

“I think that the music industry does not reinforce the need for talent in their audience.”

The communication student seemed to be highly against this music genre and she is left unimpressed and disappointed.

She shared almost identical ideas and opinions that Newton stated earlier.

They both are visibly against this genre and want any music that becomes popular to have meaning behind it, instead of mumbling over a beat that has no meaning.

Contrasting these student opinions, music industry professor, Joe Rapolla, seemed to be more open-minded about the concept of artists producing “mumble rap.” Rapolla said, “It’s kind of fun and catchy. I know there’s a few differing opinions about it amongst the hip-hop purist, but that happens with any new



IMAGE TAKEN from TeePublic

Mumble Rap has taken the Hip-Hop industry by storm, however, most audience members are still unsure how to feel about it.

version of a genre.”

Rapolla has had the opportunity to work with various artists in a wide range of genres, therefore, he initially nonjudgemental when it comes to any genre or sub-genre of music.

He also stated, “As always, it’s the fans that decide. If it moves people in a positive way, then it’s doing its job. Let art be art, and beauty be in the eye of the beholder.”

Rapolla’s overall message that he was trying to send is that we should be optimistic about this new sub-genre of music.

It may not be what we have been accustomed to, but the popularity of any genre is based on how fans react.

In the case of mumble rap, the fans seem to love it, but when digging deeper, perhaps a suggestion from other opinions would to make it more meaningful.

The predecessors of rap and

hip-hop such as Tupac, Nas, The Notorious B.I.G., A Tribe Called Quest, and many more would most likely be disappointed with what has happened to the genre that they made so popular.

There has been a substantial alteration in the hip-hop and rap genre but, it all comes down to what the fans favor.

Everyone has their own taste in what they like.

Whether it is 90s rap, mumble rap, or anything in between, a valuable piece of advice Professor Rapolla conveyed is that audience members should try to stay open-minded about these genres..

Ultimately, we have no idea where this type of genre will lead to. As always, we will just have to stay tuned.

For fans that are not fully supportive of mumble rap, all there is to do is hope this trend of music comes to an end, or perhaps becomes more audible, in the near future.

MURDER ON THE ORIENT EXPRESS
COULD PICK UP SOME STEAM

MARK MARRONE
STAFF WRITER

We all hate riding the NJ Transit trains. They’re slow, expensive, have stiff seats, loud passengers, and window views of construction sites.

Also, let’s not forget that lingering Jersey landfill smell bidding farewell to those as they head into New York.

Rewind ninety years back and there were trains such as the luxurious Orient Express.

It had cozy cabins, room service, star studded passengers, window views of towering mountains, and, oh, a murderer on board.

Well, I guess we take the NJ Transit for granted sometimes.

Before we hop on the Orient Express, we meet Hercule Poirot, played by Kenneth Branagh.

Poirot is an accomplished detective who has just wrapped up a case in Jerusalem.

When Poirot gets another case in England, he takes the Orient Express to get there.

On his way, Poirot is approached by Ratchett, played by Johnny Depp, who asks for his protection. Poirot denies his request and later that night, Ratchett is found dead.

On a train with a dozen suspects, Poirot attempts to find out “whodunit.”

Although the Orient Express

may have its luxurious appearance with an all-star cast and glossy production, it still operates like an NJ Transit train: slow and mundane.

There is no denying the juggernaut of talent on this cast. The cast ranges from longtime respected players like Judi Dench and Willem Dafoe, to rising stars like Daisy Ridley and Josh Gadd.

Each actor makes their respected contributions and does all he or she can. There are little lines for each character, considering there is such a huge group.

However, Kenneth Branagh takes their spotlight with most of the screen time.

Branagh is the leading man as Hercule Poirot, the gentlemanly, suave, and articulate detective who can solve any crime. We can trust him on this, because he looks into the camera and says, “I am possibly the world’s greatest detective” (Whatever you say!)

Poirot’s appearance is like a French Sherlock Holmes, with his cane and proper attire. Where Poirot stands out is with his epic moustache and funny French accent.

The French accent of Poirot is close to Professor Gorman’s imitation when he discusses the Seven Years’ War.

Not too shabby, but one that shouldn’t be used in a \$55 mil-

lion movie. Moreover, Poirot’s moustache is a work of art, serving as a well-trimmed silver bridge spanning from ear to ear. The moustache is practically the size of Branagh’s ego.

Unsurprisingly when the credits rolled, Branagh’s name shined as the director, producer, and main actor. This explains how Branagh’s character is given such a distinctive presence compared to the others who are simply dull.

We all know very well what this great group of actors can bring.

Willem Dafoe recently gave one of his best performances this year in The Florida Project, while Judi Dench continues to provide a strong lead like in the recent Victoria & Abdul.

However, they are mostly idle compared to Branagh’s commanding performance. As a director, if Branagh were to push the actors to pour a little more emotion into their roles, it could make for a compelling mystery.

Most of the time, Poirot interviews folks one-on-one to find the murderer.

Although this is prevalent to the story, the interviews are dull. Meanwhile, there are hardly any exciting scenes to wake the audience up.

It was a struggle to stay awake through a plethora of scenes filled with quiet dialogue. Sometimes

Poirot raises his voice to put someone in the hot seat, but there are hardly any passionate arguments or crucial moments to grip the audience in for the ride.

If Branagh were to trim some of the run time and bring out the best in his cast, this could be a thrilling experience.

While it disappoints with some wasted talent and a sluggish story, the technical aspects are worth applauding.

Haris Zambouloukos’s cinematography is smooth, as the camera glides swiftly through the tight corridors and out towards the scenic mountain views.

Zambouloukos’s tight shots add suspense to the mystery, as Poirot grills witnesses in the narrow hallway outside the passenger cabins. In midst of the holiday season shortly upon us, the cinematography captures a cozy feeling similar to 2004’s animated Polar Express.

The railroad is surrounded by towering mountains, there is a crisp feel in the air, and snow gently falls onto the train.

Meanwhile, inside the Orient Express feels like a small inviting environment with its tiny tables and warm wooden cabins.

Although it may not capitalize with its cast and story, the film does have a unique feeling perfect for this time of year.

As I pen my concluding

thoughts, the obnoxious whistle of an NJ Transit train sounds off at two in the morning.

Just like the NJ Transit train, Kenneth Branagh loudly toots his own whistle with an over-the-top performance, while leaving the rest of his strong cast with little to do.

The Orient Express stays safely on the rails, but with such potential in both acting and story, it is a shame this film did not rattle the rails a bit more. This isn’t a train wreck, but it’s worth punching a ticket for.

Mark's
Remarks:



Rating:
2 out of 4
stars

Tuesday Night Record Club: 'Rumours'

CORAL COOPER
ADVERTISING MANAGER

Tues-
day
Night
Record
Club
pre-
sented
"Ru-

mours" from Fleetwood Mac on Nov. 7.

Four televisions hung on the wall in Wilson Auditorium and those who were in attendance, the chilled rain that came down outside, quietly dried off while listening to Fleetwood Mac's live performance of the "The Chain."

Many in the audience closed their eyes to focus on the harmony, swayed with the music, or tapped foot to the

beat as they sat. The song concluded and the discussion began.

The panel was led by Dr. Kenneth Womack, Dean of the Wayne D. McMurray School of Humanities and Social Sciences, and Nicholas Messina, communication instructor.

The discussion began with pre-"Rumours" music and history of the members-- romantic, musical, and otherwise.

"Rumours" was the second best-selling album," Messina noted. 40 million copies were sold worldwide and many Record Club members reminisced buying the album when it was first released on February 4 1977.

"Black Magic Woman," which was written by Peter Green and released in 1968,

played for a few moments to

give the members a taste of the music produced prior to "Rumours."

Aaron Furgason, Chair of Communication PhD., said, "The record club is a celebration and a group discussion on the importance of music recordings to our collective culture."

Fleetwood Mac's "Rumours" is a classic album because it was their breakthrough album to the masses and the in-fighting of the band is on display in the songs and those songs stand the test of time."

One member asked if Fleetwood Mac was an American or British band; almost everyone

in the auditorium replied "yes" in unison.

Another member described their music as having the combined qualities of British blues and southern California sound.

The unique sound from Fleetwood Mac is not easily placed within a single genre. "Its blues, folk, rock, and disco," Messina said.

Womack offered quotes from William Faulkner, W.B. Yeats, Iris Murdoch, and the band members, which corresponded with a few lines of lyrics, as a foundation for discussion and potential writing prompts for the audience.

Record Club members took turns voicing their thoughts on individual tracks, band members, stylistic or sound qualities, and potential inspirations behind songs as well as what memories the album may have inspired in them.

"Dreams" was played. Stevie Nicks wrote the song and was lead vocals for the track. The song ignited a discussion about the romantic involvement of the band members.

It was argued that this track was Nicks' "singing the blues." The panel juxtaposed "Dreams" with "Go Your Own Way," which was written and sung by Lindsey Buckingham and is known for its distinct guitar sound.

After playing the two songs, the panel suggested that "Dreams" has a universal appeal and a lofty, softer response to Buckingham. It's attractive to listen to, but as you focus on the lyrics it becomes darker.

Messina described some of his favorite tracks on the album, "'Never Going Back Again' is lyrically gutting but the musical style of guitar picking and that staccato is amazing. 'Don't Stop' takes

me back to when I first heard it in a church. 'The Chain' is a wonderful collaborative, tender, lyrical mix."

"I think it's one of those albums that connects when you're in love, about to be in love and falling out of love; you can make it your own."

Although, it's important to know the backstory of the album," Messina added.

Raymond Romanski, a junior communication and TV/radio production student, is in charge of organizing the registration forms and attends most of the listening events.

"This was only the second event this semester and almost a hundred people registered. 'Rumours' is a very popular event. We'll get people registering till the very last minute," he said.

Romanski spoke of his love for music and of the university taking the opportunity to promote records that have the ability to connect people.

"It's great that Monmouth is doing something for students, faculty, and family to come together and enjoy music; that's what music is all about," Romanski revealed.

The albums are chosen by members of the club and the panel varies based on the record of the night.

For anyone interested in the record club Romanski said, "It's just a discussion based on the album; we usually have a lot of professors go and speak and it's open to all-- alumni, faculty, and students."

The events are free to sign up for and the forms are available on the Monmouth University website, www.monmouth.edu/record-club/ to anyone in wishing to experience music.



IMAGE TAKEN from TheHollywoodReporter

Fleetwood Mac's "Rumours" has been an influential album for many.

The Killing of a Sacred Deer Doesn't Disappoint

MARK MARRONE
STAFF WRITER

Imagine living the perfect childhood. You have it all: a big house, wealthy parents, any item desired, and above all, great health. However, one morning it all comes crashing down. You wake up for school and cannot get out of bed. It's not because of a big exam you didn't prepare for or meatloaf day at the cafeteria.

You toss and turn, frantically look around the room, and your heart is racing. You cannot move because your legs are numb. Your father keeps yelling at you to get a move on, but with all of your strength, your legs are paralyzed.

Why after so many years of perfect health that suddenly your torso completely shuts down? Is it because of some bug bite, or a serious health issue? Maybe it's hereditary and your parents never mentioned it.

The doctors deny each one of these questions and cannot figure out how this happened. With your condition out of the doctors' hands, maybe it's the act of some higher power.

But what if that higher power is physically in your presence? This is the situation Dr. Steve Murphy finds his family in.

A few years ago, Dr. Murphy,

played by Colin Farrell, was intoxicated and performed open heart surgery on a car accident victim. The victim died because of Murphy's careless practices, leaving a son and wife behind.

Out of pity, Dr. Murphy attempts to be a father figure to Martin, played by Barry Keoghan, the son of the deceased. As he uncovers the truth behind his father's death, Martin seeks revenge.

Yorgos Lanthimos' latest art-house film serves as a creepy modern day interpretation of Euripides' Ancient Greek tragedy Iphigenia in Aulis with its perplexing story and characters. However, the script is laughable and its score is obnoxious.

The weight of Lanthimos' work is heavy with religious allegories. Borrowing from Euripides, the story of Iphigenia is one interpretation of the plot.

Iphigenia's tragic story begins with her father, Greek hero Agamemnon, who could not sail for the battle of Troy because the goddess Artemis stopped the winds.

To appease the goddess, Agamemnon sacrificed his daughter for his troops to go on with the important battle, a Killing of a Sacred Deer, if you will. Dr. Murphy is similar to Agamemnon with the

health conditions his family faces.

Just as the winds stopped for Agamemnon, Murphy's children don't have the strength to move. This is why we pay attention in EN-201.

Another interpretation of Lanthimos' film involves religion, with Martin representing God and the power of karma.

When Dr. Murphy runs into challenges, Martin can either make matters better or worse. Dr. Murphy's conflict simply shows, "what goes around, comes around." Although Dr. Murphy's situation is terrible, it's hard to feel for the cardiologist with an empty heart.

In Dr. Murphy's opening scene, he removes his bloodied white gloves after open heart surgery. This symbolizes the doctor's clean slate. To make up for his past, Murphy creates time for the accident victim's son he left behind.

However, Murphy's time with Martin feels more like a nuisance to the doctor, considering his lack of care to the time they spend and the ill intent behind their meetings.

Murphy might be the lowest type of person who boozes during medical practices and finds it a drag to be with Martin, but he shares one thing in common with all the characters: a monotone voice.

To capture the perfect world, Lanthimos chooses for each character to speak in a perfectly monotone voice. Despite their voice tone relating closely to the environment, it can feel exhausting quick. The script, co-written by Lanthimos and Efthymis Filippou is especially ridiculous with the deliveries in monotone. Some of the lines are strikingly out of place that they are laughable.

For example, when his son cannot walk, Dr. Murphy demands, "If you don't stop playing games, I will shave your head and make you eat your hair. I mean it. I will make you eat your hair."

Later, Dr. Murphy laughingly attempts to shove a doughnut in his son's mouth, proclaiming that he must be a half dozen in five minutes.

Additional wacky lines come from Martin when he aggressively eats his spaghetti as he proclaims how similar his eating styles are to his father. I'm a huge fan of Guy Fieri's Old Skool Pasta Sauce on my spaghetti, but I would never indulge on the delight in Martin's unhinged fashion.

There is a deep story Lanthimos tries to tell, but some of the characters actions are baffling and throw off the eeriness this film could portray.

While the script is off kilter, so is

the score picked by music supervisors Sarah Giles and Nick Payne. The film begins with a black screen as the overbearing score sounds like a gladiator entering the Colosseum.

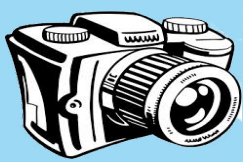
The beginning and closing pieces grip the viewers' attention with epic opera singers and a full piece orchestra rocking the theater. However, the score can feel annoying in moments of suspense.

Suspenseful moments are scored with a piercing violin, which may drive one to put their hands over ears. Additionally, there is a special score for Martin's presence. This part of the score sounds like when someone goes to a physical and they take a hearing test. When Martin was on the screen, I found myself raising my left and right hands. At least I will be prepared in May.

Even though one may score perfectly on their hearing examination during the experience, this art house feature by Yorgos Lanthimos is far from it.

There is a profound story by re-interpreting Iphigenia in Aulis and it is interesting to see a modern spin on the Ancient Greek tragedy. However, its script overreaches and the score is painful.

Is this worth the sacrifice of precious time? Yes, if one is interested in art house cinema.



MOMENTS AT MONMOUTH



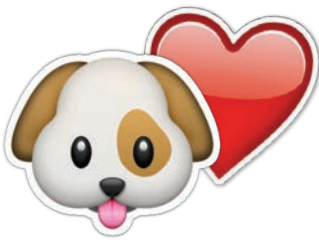
LEFT:
JUNIOR FORWARD DIEGO
QUINN DUKING IT OUT
WITH AN OPPONENT
FROM PRINCETON ON THE
COURT THIS
WEEKEND.
PHOTO
COURTESY
OF:
KARLEE
SELL



RIGHT:
STUDENT ACTIVITIES
BOARD (SAB) BRINGING
STUDENTS TO BROADWAY
TO SEE ANASTASIA THIS
WEEKEND.
PHOTO COURTESY OF:
SAB



LEFT:
COUNSELING AND
PSYCHOLOGICAL
SERVICES TREAT
STUDENTS TO PLAYTIME
WITH PUPPIES IN ANACON
HALL.
PHOTO COURTESY OF:
MEGAN KUDISCH



RIGHT:
STUDENTS COME
TOGETHER TO CELEBRATE
CULTURE AND DIVERSITY
WITH THE PERFORMANCE
OF ARABIC DANCING AT
THE ANNUAL LANGUAGE
FESTIVAL THIS PAST WEEK .
PHOTO COURTESY
OF:
MARK
MARRONE



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



What are you thankful for?
COMPILED BY: NICOLE RIDDLE



Emily Blaser
Junior

"I am most thankful for my mother. She has given me everything. Growing up with divorced parents, she was my rock."



Michael Sterns
Sophomore
"I'm thankful for my family."



Julianna Illiano
Junior
"I'm most thankful for my family, as well as the opportunity to come to Monmouth."



Peter Papcun
Senior
"I'm always thankful for my family."



Noel Belinski
Lecturer of English
"I'm most thankful for my friends, family and colleagues."



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Feel free to visit the office on Mondays or Tuesdays and/or contact the Editor-in Chief, Courtney Buell at s0972966@monmouth.edu.



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Students Take a Coffee Break with SAB and Haeley Vaughn

TIANNA FOUGERAY
CONTRIBUTING WRITER

The Student Activities Board (SAB) held its Coffee Break Concert and Novelty event on Friday, Nov. 10 in the Rebecca Stafford Student Center.

The event started at 7 p.m. and ended at approximately 10 p.m..

Students were able to take a coffee break with acoustic country singer and American Idol contestant, Haeley Vaughn.

The week of the event, members of the executive board were giving out free coffee and k-cups at their table. SAB also played original songs and covers by Vaughn at the table.

“Coffee Break was a creatively promoted event that was well-run by both our Concerts Chair and Novelties Chair,” said Lindsay Smith, Advisor for SAB and Assistant Director of Student Activities.

“Haeley Vaughn’s vibe was perfect with the overall theme of the night,” she continued.

The event also featured an opening performance from sophomore music industry student and Blue Hawk Records member, Monica Flores.

“I’ve been performing most of my life and I’ve enjoyed working at Monmouth with

the people in the music and theatre department and being in the overall creative atmosphere,” explained Flores.

“I’m hoping to work with everyone around me and take advantage of every opportunity,” she continued.

Set up for the event started at 5:30 p.m. The executive board and general members worked together to transform the student center into a realistic coffee house concert.

Lights were draped along the walls and candles were hung up to create a relaxing, laidback ambiance.

A stage was set up for both performers and tables were brought together for a DIY craft and coffee tumblers.

For the DIY craft, students were able to design their own scrabble tile coffee coasters.

Amped Events, a vendor for the event, arrived as well to give out customizable monogram coffee tumblers. Junior and math education student Jenna Koppel was excited to receive her tumbler. “I love how it has my monogram on it. It came out really cute and I can’t wait to bring it to class when I’m in a time crunch,” Koppel said.

The crafts served as a fun activity to do while students were enjoying the music. Students could take home their creations.

Members of SAB designed a coffee bar display so students

could warm up with a cup of free coffee, hot chocolate or tea.

Along with the hot beverages, this event had an array of desserts for students to enjoy. A junior English and education student and Concerts Chair for SAB, Brittany Bennett, put together the event alongside senior marketing student and Novelties Chair Tianna Fougeray.

“We wanted to give students an opportunity to unwind, hang out with friends and enjoy coffee and desserts with great music to listen to in the background,”

said Bennett.

Kendall Lokosky, a junior social work student and Awareness Chair for SAB, said Vaughn was the ideal performer to have for Coffee Break.

“She engaged the crowd throughout her performance by asking for requests of popular covers that the audience wanted to hear. Her energy was contagious and got the crowd singing along to throwback covers such as ‘Our Song’ by Taylor Swift,” Lokosky explained.

The artist set up a table of fan merchandise. At the end of

her performance she signed a poster for Bennett to keep and thanked SAB for having her at Monmouth University.

Brenna Sermarini, senior and Vice President of Finance and Logistics, thought that the event was an overall success.

“This coffee-inspired event was a success in creating a relaxing and fun night on campus for students,” she said.

Be sure to check out the Student Activities Board’s next event welcoming comedian Pete Lee in Anacon Hall at 9 p.m. on Saturday, Dec. 2.



Students enjoyed coffee, hot chocolate, and tea with coffee house themed desserts.

PHOTO COURTESY of Tianna Fougeray

SAB Hosts Annual Casino Night Event for Family Weekend

NICOLETTE PEZZA
CLUB & GREEK EDITOR

The Student Activities Board (SAB) hosted their annual Casino Night event on Saturday, Nov. 4 in Wilson Hall.

Taking place during family weekend, students and their parents had the opportunity to attend and take part in different casino-themed activities.

The event started at 7:30 p.m. and ended at approximately 10:30 p.m.

Emily Marsh, a junior marketing student and Festivals Chair for SAB, put together the event. “I was in charge of picking a theme, getting decorations, making schedules for the

student dealers, and assembling the prize baskets. The event was attended by over 100 people and was a huge success in my opinion. You could really tell that people were having fun with their families and enjoyed being there,” she said.

Some of the games attendees could play included blackjack and poker.

There were both door prizes and giveaways for those attending to have the opportunity to win.

“I think my favorite point of the night was when we did the drawing for the grand prize, an Apple Watch, and the girl who won was so happy that she literally cried. Overall, I am happy

with how the event went. I’m new to the executive board for SAB and this was my first event so I had a lot of help from my advisors and fellow board members; I couldn’t have done it without them,” Marsh continued.

Lindsay Smith, Advisor of SAB and Assistant Director of Student Activities, thought the event was perfect for family weekend. “The event was wonderful. SAB and the Festivals Chair, Emily, did a great job planning and executing the event. The vendors and DJ (LuAnn from CSSE) were great and provided an awesome experience for all who came,” she said.

“I think all parents and students really enjoyed the games, food, prizes, and music in Wilson Hall that night,” Smith continued.

Amber Galati, a sophomore accounting student and Travel and Tour Chair and Comedy Chair for SAB, was one of the members who participated in dealing games of blackjack. “Casino Night was a great success. Emily, our Festivals Chair, did a great job planning the event. It felt like I was in a real casino dealing blackjack,” she said.

“The atmosphere of the event was exhilarating because everyone was having a fun time with gambling with the poker chips they were given and having the opportunity to win big prizes! I had a great time and can’t wait for next year’s Casino Night,” Galati concluded.

As one of SAB’s biggest events according to Tianna Fougeray, Novelties Chair for SAB, Casino Night lived up to its reputation from previous years and was a fun night for both students and parents during Monmouth’s family weekend.



SAB members Tianna Fougeray (left) and Kendall Lokosky (right) pose for a picture on the Wilson Hall steps at Casino Night.

PHOTO COURTESY of Brittany Bennett

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, NJ, 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 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.

Pink, Blue, and Gender-Neutral?

MARIE SOLDO
STAFF WRITER

Pink is for girls and blue is for boys. Boys play with trucks and girls play with dolls. That may be true for some parents, but not for gender-neutral parents.

According to *Forbes*, enforcing gender stereotypes have negative effects on both adults and children. So, gender-neutral parenting is the way to go.

Forbes emphasizes that gender should be of little importance. It is common to impose gender roles and stereotypes on children, but it should be avoided. Instead of saying, "You're such a strong little boy," say, "You are so strong!" The same applies to girls. Girls are more than just a pretty face, so focus on other characteristics and qualities, like their intelligence or athleticism. Say, "You are really good at math," rather than, "You're good at math for a girl."

As early as nine months, girls and boys gravitate to toys of their gender. The reason it occurs so early is because of their parents.



PHOTO TAKEN by Alexandria Afanador

A gender-neutral upbringing can further help a child develop into a well-rounded individual.

If a couple is having a boy, it's blue everything. Something as simple as that can shape a child's development, so gender must not be imposed like that.

It is also important to note that toys do not have a gender. If a girl plays with only dolls and makeup, and a boy plays with only trucks and action figures, it limits the skills they develop. For example, if a little boy plays with dolls, he will learn how to be caring and nurturing.

Senior marketing student Nick Campanella believes that we

need to stop focusing so much on gender. He said, "I think we're living in a very emotionally sensitive time. Years ago, nobody cared about gender and people did whatever they want."

We need to stop seeing people as a guy, girl, straight, gay, etcetera, or we'll never progress in the world," added Campanella.

As Campanella said, it is important to just let everyone be who they are without labels and stereotypes.

Shannon Lawrence, a junior music industry student, said,

"It's fine by me, I think it's really up to the parents whatever they feel is right in bringing up their child."

One of the last things that *Forbes* mentions is to let children express themselves and make sure they are safe and comfortable doing so. Regardless of how old a person may be, they should be able to freely express their gender and personality.

"I've always been one to advocate for self-expression and the ability to freely express your true desires and what ultimately

makes you happy, so I can definitely understand why parents would choose to bring up their child as gender neutral and why it makes such a big impact on those children," Lawrence added.

Although Eleanor Novek PhD., a professor of communication, does not have children, she said, "Gender-neutral upbringings are fine. Parents need to love their children for whoever they are."

Senior psychology student Elizabeth Roderick said, "Gender-neutral upbringing allows kids to explore who they are, and what they are interested in. It frees them from societal expectations that boys can't like dolls, and that girls shouldn't want to build things. It erases toxic ideas like those that girls should be quiet and polite, and the 'boys will be boys mentality.'"

"Gender-neutral upbringing shows no signs of being detrimental to a child's development, it actually might help them to become more well-rounded and open-minded people," continued Roderick.

So, don't be afraid to let children explore who they are, and love them in the process.

Random Hacks of Kindness Jr.: Kids Coding for a Cause Comes to Monmouth

LAUREN NIESZ
STAFF WRITER

The Monmouth University Department of Computer Science & Software Engineering, in conjunction with Random Hacks of Kindness Junior (RHoKJr), a nonprofit that encourages a positive impact for technology use in other non-profits, hosted its first "Kids Coding for A Cause" event on Oct. 28.

This event welcomed over 50 young girls to the University to work on various projects. Students were divided into 13 teams, with each team working on behalf of a local non-profit organization, guided by a computer science and software engineering student and/or an alumna mentor.

The point of the event was for these young girls, ranging from 4th to 8th grade, to design, create, and test app prototypes for local non-profits.

Local nonprofits that participated in this event included STEAMPark, Coastal Communities Family Success Center, Redeem-Her, Family Resource Associates, Inc., CPC Behavioral Healthcare, Lunch Break, 180 Turning Lives Around, The Seeing Eye, Inc., Mary's Place by the Sea.

The girls were given the opportunity not only to gain experience using the open source coding tool, MIT App Inventor, but they were also given the opportunity to learn how to effectively communicate with a client (the non-profit) and deduce project requirements.

This is invaluable experience that these girls will move forward in their future careers having learned at such a young age.

Allowing budding female students to experience the immeasurable opportunities that the Science, Technology, Engineering, and Mathematics (STEM)

field has to offer is pivotal in the era that we live in.

STEM is a hugely important part of our society and there is a massive shortage of women in this field.

Megan Rapach, a senior software engineering student, said, "I had no exposure to coding before college. If I did, I feel like I would have had more confidence going into my freshman year at Monmouth."

According to the National Center for Women and Information Technology, 1.1 million U.S. computing-related job openings are expected by the year 2024 and, as of 2016, women held only 26 percent of professional computing occupations.

This number is abysmal and Monmouth University's Computer Science & Software Engineering Department is facing this issue head-on.

Specialist professor of computer science and software engineering, Katie Gatto, said, "A fair representation for women of all kinds in STEM fields is essential, both to the advancement of science and our culture."

The department has been proactive in getting more females involved in the field and, furthermore, it has worked on retaining the females it does attract to the field.

Along with this event, the department has also sent eight women/men to the Grace Hopper Celebration of Women in Computing for the past few years.

The department also hosts a High School Programming Contest, and hosts as many programs they possibly can for young girls interested in technology similar to Kids Coding for A Cause.

Gaining the interest of girls is an issue due to gender stereotyping and judgment; however,

an even bigger issue is the retention of girls who do get involved. Women in the field are targets for harsh criticisms and for the amplifications of their own insecurities.

Jessica Zemartis, a junior software engineering student, explained Imposter Syndrome, which is having low confidence and high personal standards playing a part in women being in STEM.

"As one of the few women in my classes, it can be difficult to feel singled out, whether it is in a positive or negative manner."

She continued, "At times, it feels as though your personal work, achievements and failures are extrapolated into becoming representative of all women."

"The drive to prove that

women are just as capable and belong in the field as much as anyone else can be a heavy weight to carry."

Through the opportunity that she received through attending the Grace Hopper Celebration, Zemartis realized that one of the biggest issues that women experience in the field is insecurity: "the biggest barrier to my success would be myself if I didn't truly embrace my skills, experiences, and passions," she said.

Giving girls like those who attended the RHoKJr, Kids Coding for A Cause event the opportunity to feel truly empowered being surrounded by other females interested in the field their own age is a priceless opportunity that, hopefully, will grow with them through

their educational journeys.

Chair of Computer Science & Software Engineering, Jamie Kretsch, said in regards to running events such as Kids Coding for A Cause, "[this is] a huge step toward building an 'I can code!' confidence in these young women— something essential given the current inequality in the computing workforce."

Women are often discouraged to enter the STEM field by men, but also by other women who consider the field to be a men's field.

The Computer Science & Software Engineering Department at the University is working to change the tide of the ocean of STEM to be inclusive of all genders one young female at a time.



PHOTO COURTESY of Teri Colella

Aspiring young women code for a local cause at Kids Coding for a Cause at Monmouth.

How Does She Do it All?

Student Spotlight on Julianna Emilio, President of Phi Sigma Sigma

DEANNA MORREALE
CONTRIBUTING WRITER

Have you ever wondered what it might be like to hold a position, such as President, in a Greek organization? Julianna Emilio, a senior nursing student, offers an inside look on what her role as President of a sorority entails. Julianna even gives suggestions to those seeking a leadership position in any organization on campus.

In the eyes of many Greek life students, several commitments come along with joining a sorority, it means whole-hearted dedication and the willingness to give back. It means giving back to a community larger than oneself and always striving for greatness.

Emilio has been a sister of Phi Sigma Sigma for almost two years now, and she has held the position as President for seven months. Her sisters know her as kind-hearted, enthusiastic, reliable, and extremely dedicated.

On top of that, she believes her past leadership positions like being on the board of the Panhellenic Council and President of the Panhellenic Council have helped her fully prepare to uphold the duties as President of Phi Sigma Sigma.

Monmouth University offers a total of 14 individually unique Greek organizations on campus. The fraternity and sorority community encompasses a diverse group of individuals, which is

just one of the reasons as to why it is so great.

Michele Kaplan, Assistant Director of Student Activities for Fraternity and Sorority Life, encourages students to pursue leadership roles within their organization.

She said, “By holding a leadership role in their organization, our student leaders are able to gain skills that will be transferable once they graduate from Monmouth.”

Emilio suggested, “Take all of the opportunities that are offered to you. Leadership retreats, Northeast Greek Leadership Association (NGLA), and workshops are super helpful and insightful. I always attended them [as an underclassman] because I didn’t mind volunteering, but if you take the information and make something out of it, then it will inspire you to move forward with a goal.”

Anyone who encounters Emilio can agree that her dedication is infectious and her positive attitude is equally contagious.

Her roommate of two years, Dennie Augustine, a senior communication student, said, “[I] get to see Jules [Emilio] constantly working her hardest as she balances the workload as a nursing major while fulfilling the obligations as President of Phi Sigma Sigma.”

As Emilio approaches graduation in the Spring, she reflects on her time here at Monmouth. As a student, friend, sister, and

mentor, she has truly fulfilled every opportunity that has come her way.

Her role as President of Phi Sigma Sigma, as she puts it, has rightly been one of the most memorable and rewarding.

Joining a sorority or fraternity during years spent here at Monmouth can truly change one’s experience in incredible ways.

Lifelong friendships, professional connections, and even the ability grow as a person are just a few of the benefits that joining an organization has to offer.

Kaplan also said, “Some of the greatest aspects about joining Greek life are the unlimited opportunities for learning through event planning, meeting management, networking, etc.”

Emilio believes that anyone seeking a leadership role on campus should certainly pursue it, knowing all the good and personal growth that comes along with it.

She said, “Greek life at Monmouth gives so many students the chance to become involved within the community and their own organizations, and it’s cool to be a part of that right now with everything going on in the world.”

So, the next time you find yourself wondering if it is possible to balance schoolwork and a leadership position such as sorority President, remember that it can be achieved. Just as most tasks require hard work and

dedication, assuming a role on campus requires those same elements.

And finally, always make the most of every opportunity during these four short years. Any

self-doubt and hesitation will only interfere with goals and the endless possibilities we have right at our fingertips. After all, it is simply our own doubts that which restrict us most.



PHOTO COURTESY of Deanna Morreale
Julianna Emilio (Left), President of Phi Sigma Sigma, offers advice on balancing workload and student leadership roles.

Contagious Senioritis:

How to Push Through Until the Finish Line

MARIE SOLDO
STAFF WRITER

Senior year of college certainly is an exciting time as you prepare to start the next chapter of your life. However, with senior year comes good old senioritis. Senioritis kicks in when you’ve lost all motivation and you’re in what seems to be a slump. All you want to do is cross that finish line, but not do all the work that will get you there.

According to *U.S. News*, here are some of the best ways to overcome senioritis.

First, do not let senioritis get the best of you. Classes still need to be attended and assignments still need to get done. So, set aside some time to relax and take care of yourself. If you eat breakfast to nourish your brain and find time to hit the gym, you will mentally stay on track.

No more staying up all night either. If you have a lot to do or an important exam, get things done throughout the day. Homework can easily be done between classes or while you eat lunch.

Plan on going to the gym? Bring something to study, like notes or your textbook. If you know you are going to be on the elliptical for 30 minutes, use that time to learn and memorize things. And if you don’t, stay on that machine until you do.

Joseph Coyle PhD., Department Chair of Mathematics, said, “I think that senioritis is difficult to overcome mainly because you are typically surrounded by others that have it as well.”

“As far as advice I would suggest to, in some sense, embrace

the feeling and focus on the transition from Monmouth. This may be in the form of looking for a job, applying for graduate school, or something you may not have thought of before. It also helps to let your instructors know your motivation is starting to decline. Most of the faculty have gone through the same thing. They can be more attentive to your circumstances,” Coyle added.

Robert Zadotti, a senior English student, said, “Being a college senior is a lot different than being one in high school - there’s a lot less

romanticism about leaving school. It can feel like you’re on the high dive waiting to jump, so many people choose to distract themselves. What’s important is walking the line between self-care, keeping relaxed, and not burning yourself out with work and stresses about college and the world beyond.”

Senior communication student, Kayla Cardona, knows senioritis all too well since this is her last semester. She believes that senioritis affects everyone differently, depending on what kind of student

they are.

“I can personally admit that it has affected me to some degree. I’m so anxious to graduate that the thought of assignments and last minute projects can be extremely stressful,” Cardona said.

Carly Miller, a senior homeland security student said, “I procrastinate so much that I sometimes forget what I say. It’s gotten that bad in the semester.”

For upcoming seniors, Cardona offers this advice: “Keep pushing to finish off strong! I know that being

lazy is such a tempting option, but putting in the hard work will certainly be rewarding.”

It is important to keep pushing and get motivated, which *U.S. News* also says. Instead of letting senioritis affect you in a negative way, turn it into a positive by looking forward to what’s next. Perhaps you’ll decide on grad school or you’ll land your dream job. Use that as motivation to do your absolute best during senior year.

Senior health studies student, Hayley Bray, said, “I feel like a lot of times, I can get into a bit of a slump as far as ‘senioritis’ goes. But, I also find that once I am able to recognize that I’m in a slump, I get motivated.”

“As soon as I am able to see I’m slacking a little in some area of my life, I immediately remind myself to look at the bigger picture and that the finish line is so close,” Bray added.

Recent Monmouth graduate, Jimmy Fanizzi, did experience senioritis but it is important to keep it in the back of your mind.

“Senioritis can affect someone’s performance in class but it *shouldn’t*, that’s the key. Just don’t think about it too much and do your assignments as you normally would. Senioritis will hit you eventually, but don’t let it hit too early so it won’t affect your grades,” he said.

With that being said, look forward to what’s coming next, but don’t let that excitement keep you from crossing the finish line.

You might be over college, but college isn’t over just yet. You’ve made it this far and you can make it all the way.

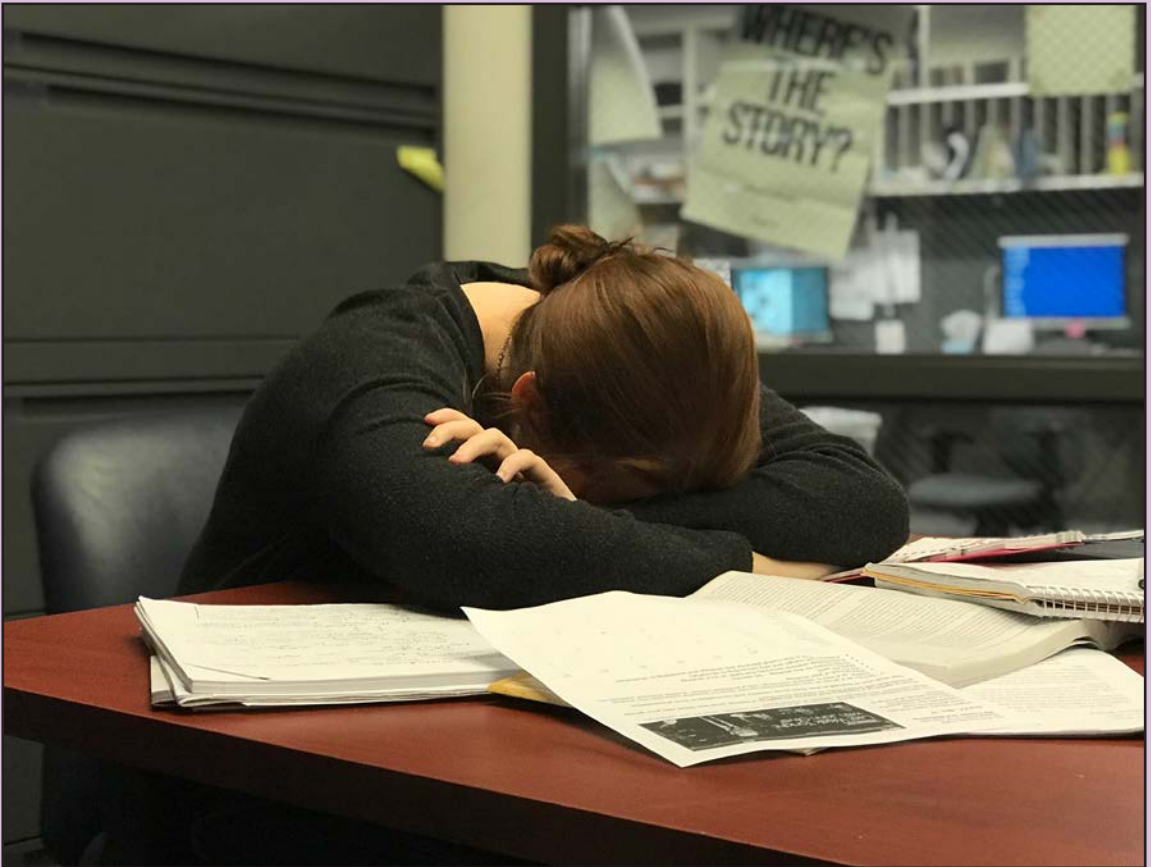


PHOTO TAKEN by Nicole Riddle
Senioritis slithers its way into many seniors’ schedules inducing a lack of motivation.

Football Wins, Finishing Perfect Season at Home

ZACHARY COSENZA
SPORTS EDITOR

Football defeated Gardner-Webb 41-14 to finish the season with a perfect 5-0 record at the brand new Kessler Stadium on Saturday afternoon. Monmouth will now play Kennesaw State for the Big South conference championship next Saturday.

“I know our players are very proud to play in this new facility,” Head Coach Kevin Callahan said. “The guys are excited to play here and I think that shows. Our performances at home have been really outstanding this year.”

Running backs Pete Guerriero (sophomore), Devell Jones (junior), and Michael Jolly (senior) ran for a combined 277 rushing yards and two touchdowns on the game. Guerriero lead the team with 108 rushing yards, Jolly and Jones were behind them with 85 and 84 rushing yards, respectively.

The Hawks defense would hold Gardner-Webb to 223 total yards, including forcing Gardner-Webb to only five total yards in the first quarter.

On the opening drive, MU started the game off with a Jones one-yard rushing touchdown to make it 7-0 early. The touchdown was his 11th on the season.

The Hawks would score again, this time on a sophomore quarterback Kenji Bahar to freshman wide receiver Joey Aldarelli touchdown pass.

The touchdown was Aldarelli's first career touchdown on his only second-career reception. After a missed point after, the score was 13-0 Hawks.



PHOTO COURTESY OF B51/Mark Brown

Sophomore quarterback Kenji Bahar threw for 175 passing yards and four touchdowns in the 41-14 win over Gardner-Webb on Saturday afternoon.

Bahar would then find junior tight end Jake Powell for a six-yard touchdown pass. Then on the next drive, Bahar would find junior wide receiver Reggie While, Jr., this one

from 14 yards out to make the score 27-0 MU. For the first half, Bahar finished with 147 yards and three touchdown passes to lead the Hawks to a convincing halftime lead.

Gardner-Webb would score with 38 seconds left in the first half on a 24-yard passing touchdown to make the halftime score of 27-7.

In the second half, the blue

and white would score twice, first on a second Bahar to White, Jr. passing touchdown and a Jolly six yard rushing down to make it 41-7. Gardner-Webb would add a late touchdown to end the game at 41-14 Hawks.

“It has been great to see how much this program has improved from my freshman year until now,” senior safety Mike Basile said.

“It was a lot of hard work from the older guys to the younger members of the team. We just wanted to get the win today,” Basile added.

For the game, Bahar finished with 175 yards on 15 completions and four touchdowns. White, Jr. had 46 yards and two touchdowns on five receptions. Basile ended with nine tackles and also earned a sack.

With the win, Monmouth (9-1, 4-0 Big South) will look to for their first-ever Big South Conference championship when they play Kennesaw State on Saturday, Nov. 18 at 2:00 p.m. The winner will advance into the National Collegiate Athletic Association (NCAA) Football Championship Subdivision (FCS) playoffs.

“I’m very excited for this team to be in this position,” Callahan said. “The message that we talk about as a team, as a program is win each day, and if you do that, when you get to the end of a season you’ll be where you want to be. It’s a credit to these guys. They bring a lot of energy. I’m just very happy for their success.”

The Hawks will be looking for their first-ever win against Kennesaw State. They lost to the Owls 49-17 last season.

“I know our players are very proud to play in this new facility. The guys are excited to play here and I think it shows.”

KEVIN CALLAHAN
Monmouth Head Coach

Men’s Basketball Splits Against Bucknell and Seton Hall

ZACHARY COSENZA
SPORTS EDITOR

Basketball split their own weekend games, first beating Bucknell in their season opener at the OceanFirst Bank Center on Friday, then losing to #23 ranked Seton Hall at the

Prudential Center on Sunday, 75-65.

“Tonight I felt like our kids really stuck together,” Head Coach King Rice said after the win against Bucknell. “I was probably as nervous as I was at my first game at Monmouth tonight, because we have a lot

of new kids and kids in new positions.”

After a Monmouth timeout with 24 seconds left in the game while being down 78-77 to Bucknell, junior guard Micah Seaborn was fouled with five seconds left in the game and hit two crucial free

throws to take the lead. Bucknell would attempt a game-winning buzzer beater, would miss off the backboard to seal the opening night win for the Hawks.

In the first half, Monmouth and Bucknell would trade shots until late in the half. The Hawks would finish the half on an 18-10 run to give MU the 41-31 lead at half time.

Bucknell would close the deficient in the second half thanks to the three ball, hitting a total of nine threes to give them the momentum.

Junior forward Diago Quinn helped swing the momentum back in Monmouth’s favor, getting a big block and then hitting two free throws before the final media timeout. Quinn would then get an offensive rebound and would be fouled immediately, hitting another two free throws to make it 71-69 MU.

Bucknell and Monmouth would keep trading baskets and free throws until Bucknell took the lead with 25 seconds left. Seaborn would then hit the game-tying and game-winning free throws to give the Hawks the opening night victory.

For the game, Seaborn led the way with 21 points and ten rebounds for the Hawks. Quinn had 16 points and seven rebounds. Freshman guard Deion Hammond had 13 points in his collegiate debut.

On Sunday, the Hawks were

defeated by #23 ranked Seton Hall 75-65 for the first time in the early season.

“I am more than happy with my team. We fought, we tried hard,” Rice said. “We got lumped up by a bigger group and then we fought back.”

The blue and white kept the game close for the first ten minutes, MU leading 16-15 before Seton Hall came back to take the lead after two free throws and wouldn’t trail for the rest of the game. Seton Hall’s lead would be as high 20 points in the middle of the second half.

Monmouth would bring the game to within ten points in the final minute. MU’s defense would not allow Seton Hall to score for the final three minutes, going on a 9-0 run to finish the game.

For the Hawks, they had more than half their points scored from freshmen (33), Hammond leading the way with 17 points.

“Deion [Hammond] has played good offensively and he’s done good things defensively,” Seaborn said. “All our freshmen have. George [Papas] comes out in the game and hits a three. Our freshmen are really locked in.”

Monmouth (1-1) will next take on Virginia in another National Invitation Tournament (NIT) Tip-Off game on Sunday, Nov. 19 at 1:00 p.m. at the John Paul Jones Arena in Charlottesville.



PHOTO COURTESY OF Monmouth Athletics

Junior guard Micah Seaborn’s last-second free throws prevailed Monmouth to a 79-78 win over Bucknell on Friday night.

Women’s Basketball Wins Season Opener

MATT DELUCA
STAFF WRITER

The Monmouth University women’s basketball team defeated the Sacred Heart Pioneers, 69-64 in their season opener Friday night at the OceanFirst Bank Center.

Sophomore guard Kayla Shaw led the Hawks with 22 points on 8-12 shooting, including four 3-point shots. Senior guard Rhaiah Spooner-Knight scored 11 points in her Monmouth debut, and three players contributed eight in the contest.

“I was so excited for this season,” Shaw said after the game. “So this feels really good. As a team, we played well through adversity today. It was a great first game of learning and adjusting.”

The two teams played a tightly-contested first quarter that featured five lead changes. Scoring 12 points in the paint in the opening ten minutes, the Pioneers used a 5-0 scoring run to close out the first quarter with an 18-14 lead. Monmouth fell behind by five early in the second quarter, before the Hawks stormed back on a layup by Spooner-Knight, a three from Shaw, and a three from sophomore guard Alaina Jarnot to give them a 22-19 lead. Sacred Heart responded by outscoring Monmouth 10-4 in the final seven minutes of the quarter to make the halftime score 29-26.

The third quarter featured five lead changes, as the Hawks took a lead in the final minute

on a Shaw three before the Pioneers scored on a layup in the final seconds to tie the game at 42 after 30 minutes of play.

The fourth quarter featured more of the same, as the two teams stayed within two points of each other for the first five minutes of the quarter. Spooner-Knight hit a three with 4:30 remaining in the game to give the Hawks their largest lead of the half, at 53-50. A layup from Shaw gave Monmouth a lead of five a minute later, but the Pioneers converted on two layups to make it a 57-56 game with two minutes remaining. Shaw hit a three-point shot with 1:30 remaining to boost the Hawk lead to four, and Monmouth would did not look back from there. The team hit nine free throws in the final minute to close out the Pioneers for their first victory of the season.

“Sacred Heart hit some huge shots, but I was really proud of our team,” Head Coach Jenny Palmateer said after the game. “We were able to switch defenses a little bit, and I think that made a big difference.”

For the game, Monmouth shot 40 percent from the field and 44 percent from 3-point range. The key to the game, however, came at the free-throw line, where the Hawks shot 92.9 percent, compared to a 60.7 percent mark during the 2016 season. The Hawks outscored the Pioneers 18-4 in bench points, continuing a trend from last season in which they outscored opponents’ benches in 29 of their 31



PHOTO COURTESY of Karlee Sell

Sophomore guard Kayla Shaw scored 22 points in the 69-64 win against Sacred Heart on Friday night.

games.

Shaw scored in double figures for the 20th time in her career, and came two points short of her career high of 24.

This is the second consecutive season in which the Hawks have opened with a victory, defeating Robert Morris 69-56 last November, only this time they did it at home.

“It’s awesome to be at home,” Palmateer said. “Anytime you can get a win at home, it’s almost a must. I’m really happy for our kids, and I couldn’t think of a better way to start the season.”

The Hawks look to build off their opening night victory as they host two games this week, playing Lehigh on Tuesday night, and Albany on Thursday night. Both games tip-off at 7:00 p.m., and both games can be found on *WMCX 88.9 FM* and *ESPN3*.

Women’s Soccer Ends Season in NCAA Tournament

MARK D’AQUILA
STAFF WRITER

Women’s soccer was defeated 4-0 on Friday night by 13th ranked Princeton in the first round of the 2017 Women’s Soccer Tournament.

On Monday, Nov. 6, the first-round matchups were determined during the Tournament selection show, which gave Monmouth the 13th seed and a date with 4th seeded Princeton at Roberts Stadium.

This was Monmouth’s third trip to the tournament since 2013 and second consecutive appearance. It was also their 5th tournament berth in the history of the program.

As for Princeton, it was their second time in three years hosting an National Collegiate Athletic Association (NCAA) Tournament first round game. The Tigers looked to improve on their 8-6 all-time record versus Monmouth.

Over 750 people were in attendance for the first-round, 29-degree clash between the 15-4-2 Hawks and the 15-2 Tigers.

The game got off to a quick start in favor of the Tigers as their forward worked around a Monmouth defender at the 18 and found the back of the net to give Princeton the 1-0 advantage in the 6th minute.

Princeton would continue their dominance of the first half in the 21st minute when another forward of theirs took a pass inside the box and ripped it from 16 yards out to extend the lead to 2-0.

The shots advantage for the Tigers was the story of the game as they went into the break with a 13-3 shots advantage.



PHOTO COURTESY of Monmouth Athletics

Senior midfielder Miranda Konstantinides had the lone shot on goal in the 4-0 loss against Princeton on Friday night.

tage. MU looked to increase the offensive pressure in the second half in order to come back from the 2-0 deficit.

It was more of the same in the second half as Monmouth was only able to get another 3 shots off in the next 45.

Then in the 66th minute the Princeton forward got her 2nd goal of the day recovering a loose ball and extending the Tiger lead to 3-0.

Princeton added one more to the scoreboard in the 71st minute off a rebound to cap off the 4-0 victory.

Despite giving up four goals, one of the major shining spots on this team, as she has been all season was sophomore goalkeeper Amanda Knaub. This was Knaub’s 34th consecutive start in goal as she notched 12 saves on the day with Princeton outshooting MU 28-6. Knaub out-saved the Princeton keeper 8-1 on the night.

Despite the season ending loss, Head Coach Krissy Turner was proud of her team’s phenomenal year saying, “We had a great season and while it is not the ending we wanted, the coaching staff is extremely proud of our team.”

Turner also had a special message for her seniors who have used their experience to help lead this team and especially the younger players throughout the season.

“The senior class has changed our program with their attitudes and passion for Monmouth women’s soccer. Their legacy will impact the future of our program and for that they should be very proud.” Turner said.

The Hawks program will look to use this influence to help move forward in the upcoming years with the underclassmen on this team. They hope to continue to lead the Metro Atlantic Athletic Conference (MAAC) in the upcoming years.

UPCOMING GAMES

Thursday, Nov. 16
WBB vs. Albany
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.

Friday, Nov. 17
Bowling at TBA
UMES Hawk Classic
Millsboro, DE TBA

Saturday, Nov. 18
Cross Country
ECAC & IC4A Championships
Bronx, NY 11:45 a.m.

Cross Country
NCAA Division 1 Championship
Louisville, KY 12:00 p.m.

*Swimming vs. Manhattan**
Richard Steadman Natatorium
West Long Branch, NJ 1:00 p.m.

*W Swimming vs. Siena**
Richard Steadman Natatorium
West Long Branch, NJ 1:00 p.m.

*Football at Kennesaw State**
Kennesaw, GA 2:00 p.m.

Bowling at TBA
UMES Hawk Classic
Millsboro, DE TBA

Sunday, Nov. 19
MBB at Virginia
Charlottesville, VA 1:00 p.m.

WBB at Clemson
Clemson, SC 1:00 p.m.

Bowling at TBA
UMES Hawk Classic
Millsboro, DE TBA

**conference games*



CHARGING TO THE CHAMPIONSHIP



Hawks will play Kennesaw State for the Big South Conference Championship on Saturday after defeating Gardner-Webb 41-14. The winner will advance to the NCAA FCS playoffs.