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OUTLOOK

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School of Education Introduces Research and Support Program for Rett Syndrome

COURTNEY BUELL
EDITOR-IN-CHIEF

The School of Education announced the Program for Research and Support for Rett Syndrome (RTT), in collaboration with the New Jersey Rett Syndrome Association (NJRSA) at a conference held in the Wilson Hall Versailles room on Friday, Nov. 17.

The purpose of the event was to provide information from interprofessional perspectives on care in RTT, and to educate attendees on the condition, the program and its functionality.

RTT is a rare non-inherited genetic postnatal neurological disorder that occurs almost exclusively in girls and can lead to severe deficiencies in communication, motor skills, eating, and breathing.

The conference began with registration and a light breakfast, with welcome remarks from John Henning, Ph.D., Dean of the School of Education, to open up the event to their guest speakers.

Patricia Remshifski, PhD, CCC-SLP, the Chair of the Department of Speech-Lan-

guage Pathology and Coordinator of the Program for Research and Support for Rett Syndrome, presented on the program.

Remshifski first explained

the the primary goal, which is to establish a University-based program for research and

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PHOTO COURTESY of Anthony DePrimo

Patricia Remshifski presented the Program for Research and Support for Rett Syndrome (RTT) in Wilson Hall.

Controversy Over Vaccinations Continues

MEHDI HUSAINI
ASSOCIATE NEWS EDITOR

The vaccine controversy, which stemmed from a falsified paper from 1998, still seems stronger than ever today despite an overwhelming body of evidence in support of immunizations and their positive effects on public health.

The U.S. Centers for Disease Control and Prevention (CDC) lists immunizations as one of the top ten medical achievements of all time, being directly responsible for the eradication of a laundry list of diseases, including polio and smallpox. A 2014 CDC report showed because of vaccinations given from infancy to childhood, 21 million hospitalizations and 732,000 deaths among children born in the last 20 years will be avoided.

“The issue is that we’ve gotten much better at detecting autism, and it just so happens that its signs show up at the same time vaccinations are given,” said Weisburg.

Weisburg also believes social media to be the catalyst for the anti-vaccine movement, as fear and ignorance about scientific data can be easily conveyed to mass audiences without fact checks.

“People have a fear of the unknown,” said Martin Hicks, Ph.D., assistant professor of biology and one of the main developers of a vaccine against cocaine. “When people don’t understand the cause of an illness or a disease, they have to ascribe it to something.”

Hicks went on to detail how an overprotective parental instinct may come into play as a reason why people are wary of

“People have a fear of the unknown. When people don't understand the cause of an illness or disease, they have to ascribe it to something.”

MARTIN HICKS, PH.D.
ASSISTANT PROFESSOR OF BIOLOGY

The main source of modern vaccine controversy is a paper published in a scientific journal, *the Lancet*, in 1998 where Robert Wakefield falsely asserted that there was a link between the measles, mumps, and rubella (MMR) vaccine and autism.

According to Jeffrey Weisburg, Ph.D., a specialist professor of biology, this paper was promptly retracted, as it contained falsified data with a small patient sample size of only 32 individuals. The study was then repeated by other scientists with thousands of other patients, where no correlation between the MMR vaccine and autism was observed.

In response to the accusation that there are monetary conflicts of interest in the new studies, Weisburg stressed that the new studies were undertaken by many financially unrelated parties.

Still, the paper is cited by many anti-vaccine groups as a reason why children should not be immunized, citing an unjustified fear of causing developmental issues.

injections for their children. “From my understanding, there is no [connection] between vaccination and a person acquiring autism, and those claims were made from a flawed study,” said senior biology student, Brian Reiss.

Another main concern raised by vaccine critics is the presence and possible toxicity of mercury and aluminum, especially in earlier vaccines, as adjuvants. These are added ingredients that help elicit an increased immune response from the body to increase immunity, according to Hicks.

“The mercury levels are less than what you’d get from a tuna sandwich,” said Weisburg. The aluminum and mercury presence are never at levels high enough to do damage, he assures.

Vaccines use the natural ability of the immune system to fight off bacteria and viruses, according to Hicks. Hicks described vaccine production as a process where the pathogen is either “attenuated,” or

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The Outlook Named Among Least Biased Media Sources

KERRY BREEN
SENIOR NEWS EDITOR

The Outlook was listed among the least-biased sources of news, according to *Media Bias/Fact Check (MBFC News)*, one of the most comprehensive resources for determining media bias.

According to the site, sources and stories for *The Outlook* have minimal bias, and stories use very few loaded words. The factual reporting is ranked as “high”, and *MBFC News* highlights that reporting is usually sourced, putting *The Outlook* among “the most

credible media sources.”

An independent online media outlet, *MBFC News* was founded in 2015, and currently has over two thousand media sources in its database. Media publications can be searched by name or URLs. The site also features original articles about media bias, journalism, and politics.

The site uses a published methodology to rank the bias of media sources, including the use of four different categories to determine bias. The categories include the use of biased headlines and wording, the use of factual sourcing, the story choices made by the journalist, and the politi-

cal affiliation of the journalist and the publication in general.

For each source, a minimum of ten headlines and five news stories are reviewed. Editorial and opinion pieces are also looked at, and the publication’s website is searched for various keywords to see how stories address terms such as “Republican,” “Democrat,” “Liberal,” and the names of political figures.

The site also looks at things such as bias by omission, bias by labeling, bias by placement, bias by selection of sources, bias

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IMAGE TAKEN from mediabiasfactcheck.com

The scale for MBFC News shows the bias of various media publications. *The Outlook*, whose ranking is shown here, is listed as one of the least biased sources.

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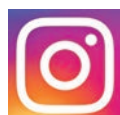
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New Program for Rett Syndrome Families Announced

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support for individuals with RTT and their families. She then highlighted the approximately 200 families in New Jersey who are affected in some way by the disease, and stressed that they are in need of support, education, and treatment.

These families were the inspiration for the establishment of the program, and the University is able to provide service, academic experience and a personalized education for students working with these families outside of the classroom.

"We hope to support Rett Syndrome in the community, and

provide treatment for communication while bringing families together," Remshifski said.

The initial outcomes of the program will include treatment via speech-language services by the Center for Speech and Language Disorders, the establishment of support groups and service learning projects, and

education in the form of an annual conference, which would include the attendance of professionals from the field of SLP, PT, nursing, as well as physicians.

Perspectives from these various fields were provided at the conference, with presentations from, Steven Kaminsky, PhD, the Chief Science Officer of the International Rett Syndrome Foundation, who believes the program will be "tremendously impactful."

"It is the best thing for the community to have multidisciplinary therapy, clinics, physical therapy and speech pathology all at one location to address all of the issues of development. That can really make a difference," Kaminsky said.

Joan Raso, MSN, RN, a nursing specialist professor and coordinator of the Nursing Simulation Lab at the University also spoke at the event. Raso's daughter has lived with RTT, and Raso was able to inform attendees on the reality of living with RTT, and why families often need more help.

"Being the parent of a daughter with Rett Syndrome has brought me full circle," Raso said. "Rett is a four letter word, and that word is love," Raso said in her presentation, explaining that while being the caretaker of someone living with Retts can be difficult, it is not any less rewarding.

"I truly know why I am a registered nurse; and I honestly do not know how parents without a

medical background manage the day to day care of their daughters. Carly inspires me every day with her radiant smile, unyielding patience and unconditional love," Raso continued.

Carleen Higgins, a graduate student of speech-language pathology, has been working with a young woman living with Retts syndrome through a clinical externship.

"I am extremely lucky to be working with this client and her family," Higgins said. "A lot of people might think that women living with Retts are unable to communicate, but that is not true. Just like any 19 to 22 year old, my client is motivated to learn and communicate by what interests her, and with patience and the right treatment it is possible. It is important now more than ever to have these services available to the community, as these girls are aging out of the school system."

Theresa Bartolotta, Ph.D., CCC-SLP, a professor of speech-language pathology, also presented on international clinical guidelines for the management of communication in individuals with RTT.

In addition to her over 30 years of experience, Bartolotta has a daughter affected by RTT. "Before she was diagnosed, I had never heard of it before. My personal life and my professional life goals all started aligning and I was able to do that because of the love I have for my daughter and what I do."



PHOTO COURTESY of Anthony DePrimo

The School of Education hosts the RETT Syndrome Symposium, featuring various perspectives on the disorder. Top, from left: Dean John Henning, Dr. Steven Kaminsky, and Gerard Saydah. Bottom, from left: Joan Raso, Leslie Greenfield, Dr. Patricia Remshifski, and Dr. Theresa Bartolotta.

Vaccines Questioned by Public

VACCINES cont. from pg. 1

neutralized, or where molecular indicators like specific proteins are taken and mixed with an adjuvant.

This removes the potential harm associated with the pathogen, as it is unable to evoke illness. Hicks said that side effects like flulike symptoms or slight fever are normal post immunization—it just means the vaccination is working to prep the immune system. The injection of biological indicators essentially teaches the body what disease looks like on a molecular level so that the immune system has the information to defeat pathogen invaders if needed.

This is a mechanism that Hicks believes has wider applications as an alternative to traditional medications and drugs for addiction and cancer if the right molecular markers are used.

Immunizations aren't just manufactured and administered; they're closely monitored by the Food and Drug Administration's (FDA) Center for Biologics Evaluation and Research (CBER).

Regulations on the FDA's website detail how a proposed vaccine is first presented to the government in an application, where it describes what the vaccine is, the way the vaccine is produced, and information about possible toxicity in animals. If approved, it moves into three stages of clinical trials: Phase 1 is used to test for toxicity and safety, Phase 2 shows the effectiveness and safety of a range of doses of the treatment, and Phase 3 is where the medicine is administered to a wide selection of patients to determine its over-

all effectiveness.

Afterward, data is analyzed and presented to the FDA, and if given the green light, the vaccine can be administered to the public, only if still monitored during something specific to vaccines: Phase 4. This is where mass data is collected in regard to adverse reactions, if any. All in all, it's a comprehensive, costly, and time-consuming process to ensure safety and efficacy.

Vaccines increase "herd immunity," which is detailed by the U.S. Department of Health and Human Services as when "a critical portion of a community is immunized against a conta-

rious disease."

This means that a disease will have a hard time gaining a foothold in the group preventing outbreaks from occurring.

"Lack of vaccinations leads to a direct decrease in herd immunity, which can lead to the resurgence of a viral disease that has already been eradicated like polio and rubella," said Koushik Muralidharan, a sophomore biology student.

"People who are concerned should talk to a pediatrician and take time to do their own research," said Weisburg. "You're really dealing with disaster when you make the decision not to vaccinate."



IMAGE TAKEN from the Australian Journal of Pharmacy

While vaccines have been questioned by the public, doctors and experts in the field reassure people that they are safe.

SVA Donates for Thanksgiving

CORAL COOPER
ADVERTISING MANAGER

The Student Veterans' Association (SVA) planned an event called "Ask-a-Veteran" on Nov. 13. Despite the low attendance of non-military affiliated students, the event turned into a food drive and branched into a discussion to plan more charitable programs.

Rocco Puzzo, a communication radio/television first-year student, Treasurer of the SVA and an infantryman in the Army said, "Well, the 'Ask-a-Vet' turned into a meeting simply because we didn't have anyone show up. We decided it was a good idea to talk about what we need to do for next time in order to make this event more of a success."

"The organization rallied themselves together to use it as an opportunity to brainstorm ideas on engaging with the community for the upcoming holiday season," said Michael Callahan, Coordinator of Veteran Services at the University.

Nick Venier, a junior marketing student, SVA President, and Air Force veteran said, "It was a failure in that not many people came but it was a success because we all got together and planned."

Although their original event became a meeting for the SVA, the assemblage led to the planning of charitable programs for the organization to take part in along with the completion of a food drive in time for Thanksgiving.

"It was a simple turkey drive; everyone contributed a certain amount of money and that got us a few turkeys to donate," Venier noted.

Shannon Hudson, a sophomore health studies student and Navy veteran said, "The event turned into a meeting and we ended up doing a food drive. We talked about an upcoming event, which is going to be a toy drive for Christmas."

"I thought the food drive was very successful; we were able to raise enough money to get eight full turkeys, six boxes of stuffing, one large apple and one large pumpkin pie," Puzzo said. He then delivered the collected food to the Peoples Pantry in Toms River. "We got 125 pounds worth of food. I wanted to at least attempt to make Thanksgiving just a little bit better for a family who doesn't have much," Puzzo continued.

The generous veterans will not know who receives their donations but Puzzo said he prays "it really made a difference."

"In the past, we've done runs to raise money and awareness, like a 5k for homeless veterans, and Habitat for Humanity, and volunteering in groups," Hudson said.

The organization is currently looking to help in charitable events in the Monmouth community.

"We want to make an impact on the community as much as we can but we don't have the numbers for big events so we want to get involved with sororities and fraternities and help out any way we can," Venier said.

"I thought it was important that we did something as an organization, especially being a bunch of veterans, I thought it would be a humbling experience knowing that since we all are no longer in uniform, that we could do something while still having all the values the military had instilled in us," Puzzo said.

"A major focus of the SVA is in developing peer and community leadership," said Callahan. "Through charitable causes and doing community service, the members of the SVA are able to 'continue to serve' by not only helping those in need, but by also offering support (either through student power or material support) to fellow student organizations."

Debate Team Wins Three Awards at On-Campus Tournament

JERRY TROTTA
CONTRIBUTING WRITER

The Monmouth University Debate Team hosted its 5th Annual Jersey Shore Invitational Debate Tournament on campus. Three University teams won awards by advancing into the playoff rounds.

More than 150 participants from ten universities registered for this nationally-sanctioned tournament, which took place on Nov. 18 and 19. Registered debaters included students from New York University, George Mason University, Liberty University, Cornell University, the New School, Rutgers University, University of Rochester, Wilkes University, SUNY Binghamton, and Monmouth University.

The University team took home three team awards over the weekend behind the team of sophomore political science students Landon Myers and Chase Petras, who made it into the quarterfinals after a playoff round victory on a 2-1 ballot over New York University.

“Advancing to the quarter finals was amazing,” said Myers. “To get there we won an upset against NYU in the elimination rounds. It was my first win in the elimination rounds and I was ecstatic. During the tournament I generally try to be unemotional because there is always that next round of debating and I need to stay focused.”

The team of sophomore Alexis Vasquez and senior Chris Diolosa received awards for advancing into the playoff rounds.

“I was jubilant, but debate teaches you to be humble and gritty because to get an award, you have to take a few on the chin to realize that you need to

keep on trucking through the tough times,” said Diolosa, a political science student.

“Practice is key in order to be prepared for a debate tournament,” said Vasquez. “This usually entails scrimmages in which teams run full debate rounds. Running scrimmages really help debaters find their footing by exposing them to potential arguments and developing their own cases. Winning a team award and advancing into the playoffs is great because we can see that our hard work preparing for the tournament, especially since it was at Monmouth too.”

The freshman team of Eric Schwartz and Matthew Cohen also received awards for qualifying for playoffs.

“My partner, Matt Cohen, and I were 3-3 for the tournament, meaning that speaker points [points given based on public speaking] would determine if we broke into the playoffs. Once we found out that our speaker points put us over the edge into the playoffs it was a great feeling for us and the team,” said Schwartz, a political science student.

“Debate is pretty exhausting so it was a double-edged sword,” said Cohen, a computer science student. “We were excited but very tired.”

The topic for this year’s Jersey Shore Invitational was Resolved: The United States Federal Government Should Establish National Health Insurance in the United States.

“Teams compete from the affirmative and the negative perspective and compete in six two hour rounds over the course of a weekend,” said Joseph Patten, Ph.D., the debate team advisor and an associate professor of

political science. “We have two separate cases when on the affirmative – one is a Medicare for all plan, and the other is a ‘One Health’ plan that calls on extending health benefits to humans and non-humans alike (i.e. animal care).”

Patten mentioned the teams approach when arguing from the negative side, “...it depends on the opponent’s affirmative case. We have about ten different arguments depending on what the opponent is running. Teams run a bunch of different cases. On the negative we run different policy arguments and different philosophical arguments.”

According to Diolosa, who qualified for the playoff rounds, “Questions we were asked pertained to how and who would pay for this kind of health care system, what would be the impacts on the economy and the pharmaceutical industry, long wait times for medical treatments and federal deficits and what groups of people do not have health care in the United States right now.”

The topic received mixed feelings among members of the debate team.

“I wasn’t too excited about the topic at first, because it’s very emotionally charged, and thus a little more difficult to argue against. But I am actually enjoying it a lot. There’s a lot of different approaches to solving the problems in the status quo regarding health care,” said third-year debater and political science student Kaitlin Allsopp.

“I was very excited that this year’s topic was focused on health care because it’s something that I had very little knowledge of, but was also

something that was becoming an important national issue,” said senior captain and political science student Emely Diaz.

“The resolution this year is not as exciting as last years in my opinion,” said Petras, a political science student. “Last year the resolution revolved around energy and this allowed debaters to have more options with their cases. This year the resolution involves healthcare which limits the options we have. So, it does make the topic this year not as enjoyable.”

Patten and the team went through days of preparation in order to be tournament ready. According to Schwartz, each team is required to scrimmage at least five times before their first tournament.

“They (the debaters) have to time themselves and make sure they can read their speeches in under nine minutes. They also write frontlines for arguments, which is an overview of the ar-

guments, both for the affirmative and the negative,” Allsopp added.

According to Patten, six debate alumni came back to help judge and coach including former captains Michelle Grushko and Dan Roman, as well as Saliha Younas, Danielle Doud, Matthew Doud, Payal Patel, and Ryan Kelly.

“It was very comforting to know that so many alumni were coming back to help coach for our home tournament,” said Diaz. “The fact that they had so much knowledge and experience made it all a bit less overwhelming.”

This was the Hawks’ third tournament this semester, and they will compete in two more tournaments in the spring semester.

“We are looking to compete at the New School in early February and our final tournament will either be in San Diego or Seattle,” said Patten.



PHOTO COURTESY of Joseph Patten

Monmouth students won three awards at the third debate tournament of the year.

The Outlook Categorized as a "Least-Biased" Publication

OUTLOOK cont. from pg. 1

by spin, bias by story selection, confirmation bias, the use of connotation and denotation, loaded words and language, and purr or snarl words.

“While *The Outlook* isn’t pub-

lishing the paper with the idea of ‘what awards will we win?’ – our focus, after all, is to bring fair and accurate news to the campus community – when we are recognized by outside entities, it often helps validate what we’re trying to do,” said John Morano, the fac-

ulty advisor to *The Outlook* and a professor of communication. “In this case particularly, being cited as a ‘least-biased’ publication is very satisfying.”

“When determining bias, there isn’t any true scientific formula that is 100 percent objective,” ac-

ording to *mediabiasfactcheck.com*, the website for *MBFC News*. “There are objective measures that can be calculated, but ultimately there will be some degree of subjective judgement to determine these. On each page, we have put up a scale with a yellow dot that shows the degree of bias for each source.”

Placing the yellow dot is determined by the ranking of bias in the different categories. In each category, the source is rated on a scale of zero to ten. The four numbers are then added up and divided by four to provide an average. That number is then placed on the line, determining its bias.

Publications ranked between zero and two are qualified as “least biased”. Those between two and five are “center biased” on either the left or right side, and those between five and eight are “biased”. Sources that fall between eight and ten points are registered as having “extreme bias.”

According to the site, “When calculating bias, we are not just looking at political bias, but also how factual the information is and if they provide links to credible, verifiable sources.”

The site has also included a voting poll on each page for readers to vote on their opinion of the bias of the source. The poll allows for “two perspectives in which people can decide whom to trust,” according to the site, and “allows *MBFC News* to examine if the public is agreeing or disagreeing with our ratings. If there is a large enough discrepancy, we will

re-examine that source and adjust accordingly after a thorough review.”

The poll for *The Outlook* has been voted in seven times. Five of those votes are for the “least biased” category, while two votes call it a “left-biased” source.

Other least-biased sources of news included the *Associated Press*, the Committee to Protect Journalists, and the Pulitzer-Prize winning International Consortium of Investigative Journalists. Other ranked student newspapers included *The Varsity*, a student-run newspaper based at the University of Toronto/Canada, which was rated as having a left-center bias, along with *The Daily Tarheel*, which is the student newspaper of the University of North Carolina at Chapel Hill. Other student newspapers ranked included *The Daily 49er*, a student-run newspaper from California State University, which had left bias.

“I think it is really important to be labeled as least-biased, because as a student newspaper, we are constantly learning and growing as journalists,” said Courtney Buell, a senior communication student and the Editor-In-Chief of *The Outlook*. “We strive to set an example of truth and objectivity, which is especially difficult when the university we attend is a large part of what we write about.”

“We put a lot of care into every story we write, and providing reliable news for our community is what is most important to us at the *The Outlook*,” said Buell.

How do you rate: The Outlook?

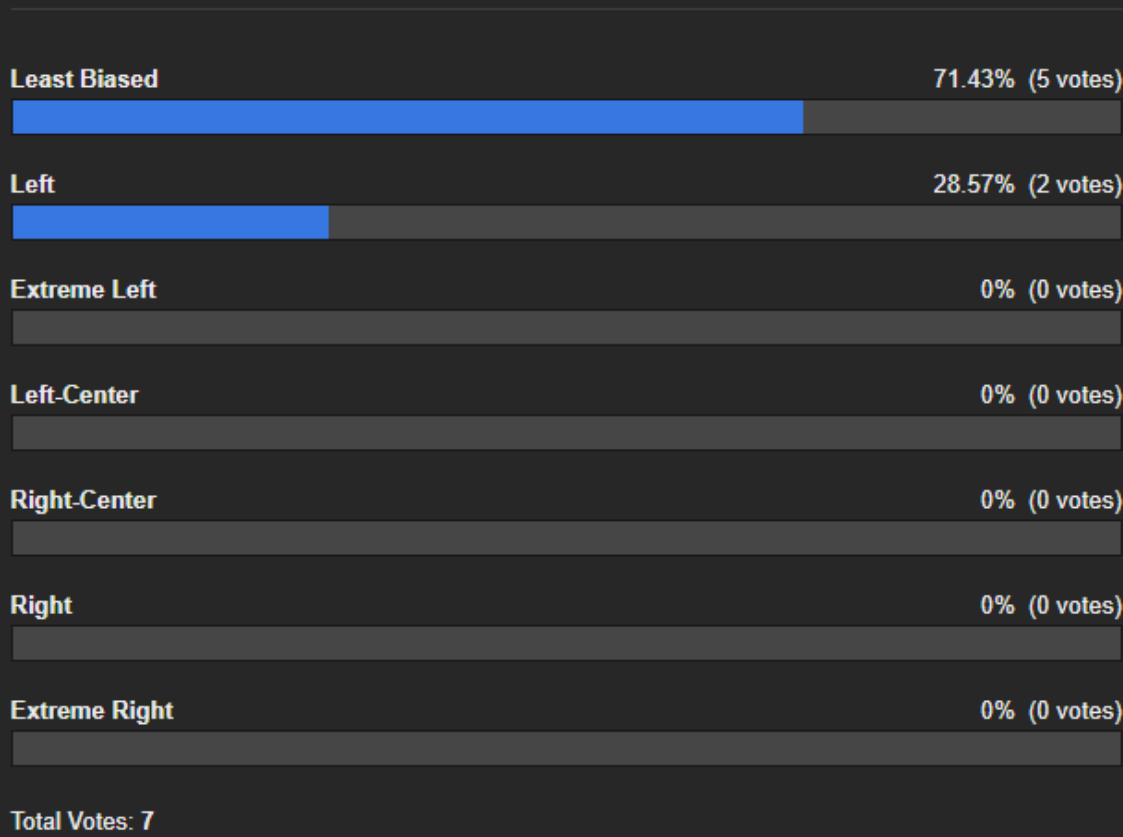


IMAGE TAKEN from *mediabiasfactcheck.com*

The scale for MBFC News shows the bias of various media publications. *The Outlook*, whose ranking is shown here, is listed as one of the least biased sources.

THE OUTLOOK

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Editors Talk Vaccinations

EDITORIAL STAFF

Flu season is upon us, once again making vaccinations a hot topic for discussion. This debate has been present since the invention of vaccines but seems to have grown in recent years following the surge of media and celebrity fearmongering over their supposed ingredient toxicity, side effects, and alleged links to autism, among other factors. These claims have been put to rest by scientific data time and time again, but the debate seems to keep continuing regardless of the proven effectiveness of immunizations.

As far as the links to autism go, editors seemed unified in refuting the false claim about linking the MMR vaccine to autism. "I have learned from all my doctors/nurses/professors that they do not cause any problems like autism. I have learned the doctor who said that they caused autism was discredited," said one editor. Skepticism, more often than not, seems to come from people being uncomfortable injecting foreign substances into their bodies. One editor expressed uneasiness about "the health effects from injecting thousands of complex microorganisms in an infant's body."

Another editor stated, "It's important to understand that vaccines work not by the injection of active bacteria or viruses; instead only key molecules are used to allow our immune systems to recognize invaders and deal with them before we get sick."

It's also important to understand the work that goes into the Food

and Drug Administration's (FDA) approval of vaccines, which consist of at least three phases of comprehensive testing for toxicity and efficacy, with subsequent testing in large patient populations. As one editor said, "I understand that there are extensive tests that the FDA run on all medications before it hits the shelves."

However, there was some disagreement within the Outlook staff, where one opinion raised questions about the FDA's ability to regulate vaccine safety. "Pharmacy and medical companies have a large portion of the nation's wealth. It is easy to lobby in favor of a vaccination that will be bought and sold for money."

"I'm not skeptical [of vaccines], I think that vaccinations are extremely important for the health of an individual and the people around them, especially when we reach the point of being able to eradicate diseases (i.e. polio vaccine)," said one editor. The Outlook staff seemed to share this opinion for the most part.

This idea is supported by current research. Vaccines boost something known as "herd immunity," which refers to when a significant portion of the population is vaccinated for a certain disease. The illness will thus not be able to spread within a group of people as a layer of secondary protection from vaccination. The result? Drastically decreased instances of disease among individuals with a lower risk of disease outbreak, meaning a healthier, less illness-prone society.

As an added bonus, herd immunity due to vaccines helps to eliminate certain diseases from the popula-

tion, as seen with the case of polio. Failure to vaccinate decreases our collective immunity and could mean that the eliminated diseases will make a comeback. This herd immunity is especially important when it comes to certain diseases like the flu being seasonal issues.

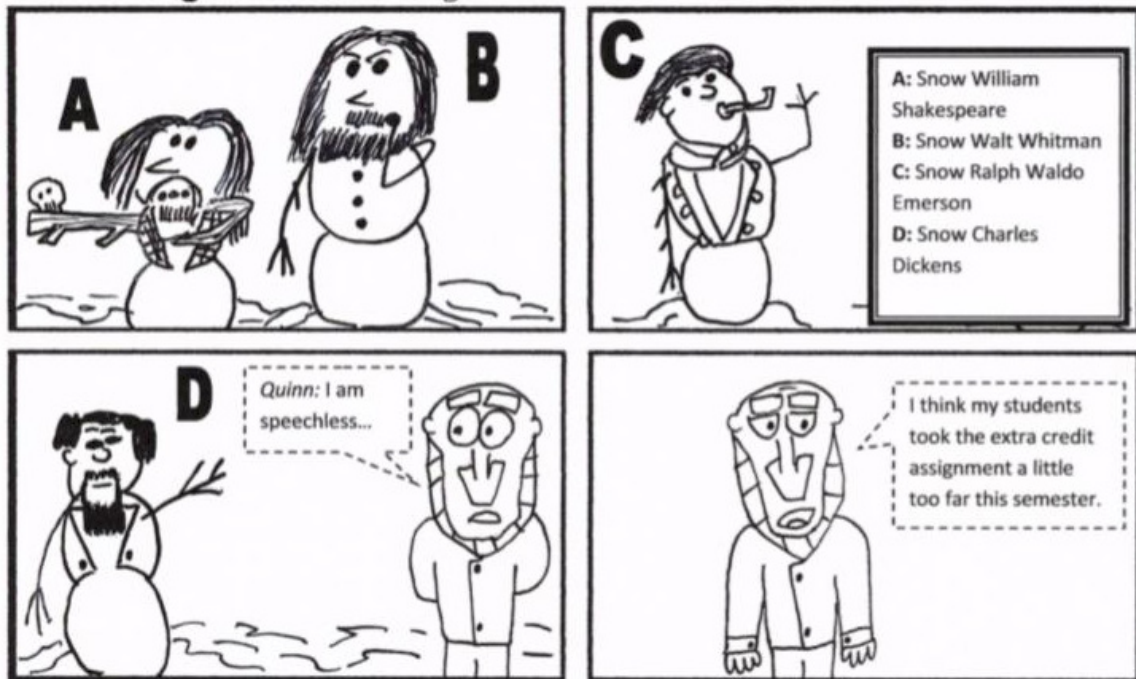
"It makes sense that flu shots would be given around this time of year, because the colder months are more likely to facilitate the 'common cold' under the seasons' conditions," said one editor. Cold months lower our immune response making it easier to get sick. Vaccinations against the flu each year help maintain that immunity to make it hard for a flu outbreak to occur. According to the College of Physicians of Philadelphia, because the flu virus mutates and changes so often, "researchers choose viruses for the vaccine based on which ones are likely to be circulating over the course of the coming flu season," thus giving us immunity to the one most likely to wreak havoc that year.

In terms of vaccines being required for students to attend the University, editors seemed to have some more varied opinions.

Most believed that certain vaccines, like the MMR immunization, should be necessary. One believed that, "[for] more basic illnesses, there's no excuse not to get a shot... [But] not all vaccines should be required."

"I think vaccines should be required for children and for young adults entering college. It helps not only you, but the people you come in contact with... it benefits all," another editor said.

Knowledge and Quinn by Brian Turczmanovicz



HOW TO SUBMIT ARTICLES OR LETTERS:

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

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

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Ranking of the Thanksgiving Dinner

EMILY CONDRON
STAFF WRITER

Everyone loves Thanksgiving. I mean, you see family members who ask a million questions, you are forced to dress nicely in clothing that is itchy and uncomfortable, and you even gain an extra 20 pounds back from the weight you tried so hard to get off. However, the one thing that everyone really looks forward to is the food; the one day a year where you can surround yourself with all you can eat and not feel an ounce of regret. The only problem that arises in the moment that you are allowed to devour everything in sight is what to eat first. There are those who have no order, those who eat their favorite first, and even those who are set on eating everything, beginning with their least favorite and working their way up the list. We all know what our favorites are, but could you list the sweet, mouth-watering goodness from best to worst?

I believe that, especially when we can select which foods to eat, many of us would prefer to skip the veggies. At the bottom of the list, I would place the greens that every host provides, but usually does not get touched. There are people, like my aunt and uncle, who love their veggies because they are personal trainers, but the vast majority of us would opt to stay clear of the healthy options. This does not mean only greens though. Veggies such as corn, spinach, salad, carrots, and asparagus tend to not be a fan favor-

ite around indulging time. Another food that would find itself towards the bottom of the list would have to be cranberry sauce due to the simple fact that it is out of a can most of the time and it just doesn't carry the same homemade flavor to it.

The next portion of the ranking would be the bread. From rolls to cornbread, the buttery goodness does melt in our mouths, but it also takes up a lot of room in our stomachs. When having so many different options, filling up on a few pieces of cornbread before diving into your main course is not the most ideal situation. If this happens, how would we be able to hold the rest of our meal?

Approaching the higher mid-section of the list comes the mashed potatoes, the mac-and-cheese, and candied yams. Basically, the sides that no one can get enough of. These additions onto the meal give so much flavor and makes you feel at home. For a college student, that means the world, which is why these flavorful additions are a favorite among everyone in the family, but mostly among those living on campus. They allow you to give your mouth that wonderful sensation, but also not overkill the small amount your stomach can actually hold.

The second most popular item on the list would be the main item on everyone's plates: turkey. Now, if you are a vegetarian or vegan family, this may be different, but as for those who follow the meat eating path, the turkey is the main objec-

tive of every Thanksgiving dinner, except for the top item on the list.

There are those that would disagree with the last statement and say, "actually, the turkey is the TOP item," but it really isn't. When approaching Thanksgiving, college students appreciate all parts, mainly because of the fact that everything is homemade most of the time, but what college students and anyone of any age seriously enjoys, has to be

the yummy dessert! Pumpkin pie, apple pie, brownies, cookies, pudding, and all the other outstanding choices placed onto the table – those are the top items of Thanksgiving.

Obviously, this list and ranking is not based on every family type; some families eat out on Thanksgiving, some families are vegan or vegetarian, some families base Thanksgiving on their cultures, and some families don't even cel-

brate the holiday. Although there are those differences to keep in mind, this ranking of the traditional Thanksgiving Day food will allow those who do celebrate, and celebrate with these foods, to pick and choose what to eat first. Another thing to keep in mind is that this list does vary based on taste buds of the individual who eats the food, but collectively, this is a great way to base your holiday food off of.



PHOTO TAKEN by Nicole Riddle

Thanksgiving is a holiday for family, as well as for piling a plate high with holiday favorites.

Specializing in Sports

CAROLINE MATTISE
ASSOCIATE OPINION EDITOR

College is the first time in my life that I have only played one sport. It feels foreign. I grew up going from one practice to the next, and now I only have one practice to worry about. I miss participating in other sports.

Today, many young children are told that they must play and specialize in one sport and only one sport.

The thought process is "why be average at three sports when you could be great at one?" Some parents want their children to focus on one specific sport so that they can excel and compete at the most elite level. The fact of the matter is that most athletes do not make it to that level. According to the National Collegiate Athletic Association (NCAA), only one per-

cent of high school athletes go on to play at the Division I level, and an even smaller percentage go on to play professionally.

Additionally, many elite, professional, and Olympic athletes grew up playing multiple sports and did not specify and focus on one until high school or even college.

An ESPNW article listed "Five reasons why you want your kid to be a multi-sport athlete;" fewer overuse injuries, less opportunities for emotional burnout, exposure to different kids, exposure to different roles, and not putting all of your eggs in one basket.

One drawback to specialize in a single sport at a young age is the potential for burnout. Training day in and day out, traveling on weekends, and spending summers away from friends can get tiring.

After many athletes complete

their high school athletic careers, they just stop playing. They are tired of the constant grind and often throw all that they have worked for away. All they did was eat, sleep, and play.

Specializing in one sport at a young age can also be detrimental to the athlete's body. Because the athletes are not cross training and using different muscle groups in different sports, they may become prone to more injuries. Adolescent girls are especially prone to knee injuries, such as ACL tears. Growing up, I luckily never had a sports related injury. Teammates of mine that only played basketball, or only played soccer, got injured often.

My tennis coach at Monmouth, Patrice Murray, was a standout athlete when she attended Monmouth and graduated in '82. She played tennis in the fall, basketball in the winter, and softball in the spring.

But that was a different time. Collegiate athletes no longer play three sports and only a few have the opportunity to play two. The seasons have become longer and training for each specific sport has become more intense. I know of very few athletes who compete on more than one collegiate athletic team today.

While they may not be able to play multiple sports in college, many coaches are looking for high school athletes who did not specialize. One of the reasons that my coach answered me was because I was multi-sport. In fact, I played the same exact sports as her.

Although most collegiate athletes cannot participate in more than one varsity sport, intramural sports offer them an outlet. To fulfill my need for other sports, I will be taking part in the intramural basketball tournament put on by Monmouth.

Why Thanksgiving Is The Best Holiday

MELISSA BADAMO
CONTRIBUTING WRITER

I know we all dread the "how's college?" question our families always ask us on Thanksgiving. If your family is as crazy as mine, you've experienced the cousins fighting over food, the adults arguing over politics, and overall everyone trying to talk over each other at the dinner table.

We've all witnessed someone in the family screaming at the TV during the football game and then immediately falling asleep on the couch right after. We've also experienced being put at the kid's table with all the little cousins, which makes you wonder if your aunt will hand you crayons and a piece of paper to trace your hand into a turkey.

But in the end, behind the dysfunction, our families give us so much to be thankful for. There's way more to Thanksgiving than dealing with our crazy yet lovable families.

While we're sitting at the table hearing an embarrassing story being retold for the thousandth time or someone going on about what they are most thankful for this year, we realize that we wouldn't be half of what we are today without our families. We realize that family doesn't just come and go; they will always be there, no matter what.

Many people prefer the holidays when you're exchanging gifts and setting up dazzling decorations inside and outside of the house. For this reason, Thanksgiving tends to be such an underrated holiday. However, nothing can beat the warm turkey, the creamy sweet potatoes, the fluffy corn bread, or

the delicious pumpkin pie just waiting to be eaten. There's no denying that we all look forward to the whiff of the turkey right when it comes out of the oven. And the best part is, we get to have another feast the day after with all the delicious leftovers. (Except for the sweet potatoes, which in my family is the first to go!)

Thanksgiving gives us a break from all of the stressful school work and studying. We finally have time to relax, catch up on sleep, spend time with friends, and even read a good book or catch a compelling movie. Those few days away from school can really make a difference.

Another great thing about Thanksgiving are the traditions. I personally enjoy breaking the turkey's wishbone and watching specials such as the Macy's Thanksgiving Day Parade. Another tradition of mine includes one of the cousins telling the same Thanksgiving joke every year: If April showers bring May flowers, what does the Mayflower bring? (The answer is pilgrims, for future reference.)

On Turkey Day, we also get a chance to show off our magnificent fall outfits. Thanksgiving is the day when I pull out only the best attire from my autumn wardrobe; boots, a warm sweater, and of course a stylish scarf to match! Black Friday gives us great deals on clothes to add to the wardrobe!

There's no denying that the best thing about Thanksgiving is that the holidays are just around the corner! So go ahead and blast Mariah Carey's "All I Want for Christmas Is You" and brace yourself for another family get-together!



PHOTO TAKEN by Caroline Mattise

Today, many young athletes are encouraged to specialize in one sport in the hopes that they will grow into elite athletes.

Alabama Could Elect a Democrat to the U.S. Senate

NICHOLAS COSCARELLI
CO-POLITICS EDITOR

Amid multiple sexual abuse allegations against Republican candidate, Roy Moore, the possibility of Alabama electing its first Democrat to serve in the U.S. Senate, since 1979, is becoming more likely.

Because now-Attorney General Jeff Sessions left his seat in the U.S. Senate vacant to serve in President Trump's cabinet, the state of Alabama is holding a special election on Dec. 12 in order to succeed the incumbent interim-Senator Luther Strange, who had been appointed by former Alabama governor, Robert Bentley, to temporarily replace Sessions.

The Alabama primary elections were held on Sept. 27, resulting in the nomination of Democratic candidate, Doug Jones, to face Republican Moore in the general election.

Moore is a former Chief Justice of the Alabama Supreme Court and has been twice removed by the Alabama Court of the Judiciary for refusing to follow federal court orders. He beat his opponent in the Republican primary, Luther Strange, by nearly 50,000 votes and had been the likely candidate amongst Alabama voters—until sexual assault allegations surfaced against Moore on Nov. 9.

Much controversy already surrounded Moore before the allegations surfaced, though.

In 2005, in an interview with Bill Press from *CSPAN2's* After Words, Moore said that “homosexual acts” should be illegal. He made similar comments in 2015, in a video posted to YouTube by Lone Star Q, saying “I think homosexuality should be illegal...there [is] no right under the Constitution to enlarge the fundamental rights of homosexuals.”

Following the accusations of sexual misconduct, many Republicans have shied away from announcing their support of Moore. Among them, Mitt Romney, former Governor of Massachusetts and Republican 2012 presidential candidate, who tweeted on Nov. 11, “Innocent until proven guilty is for criminal convictions, not elections...Moore is unfit for office and should step aside.”

These allegations have affected Moore where it counts the most, though: amongst the voters.

Alexis Borrino, a sophomore education student, believes Moore should end his campaign because he's “not a good option.” Borrino also said that the negative news coverage of the accusations levied against Moore are bad publicity for the state of Alabama. “Considering the fact that he was accused of sexual misconduct should be a giant red flag,” Borrino said. “Roy Moore doesn't deserve to serve in the United States Senate.”

According to both a *CNN* and *Fox News* poll, Jones leads Moore by eight points, with 50 percent of likely-voters voting for the Democratic candidate and 42 percent for the Republican. Additionally, according to *FiveThirtyEight*, “an average of Alabama polls conducted over the past week...gives Jones a 47 percent to 43.5 percent lead.”

If the polls are accurate, Jones would become the first Democrat to represent Alabama in the U.S. Senate since Howell Heflin, who served from 1979-1997. Jones has positioned himself on a campaign of what he calls “kitchen table” issues, focusing on healthcare and the economy.

“We are at a point in this state that we can either go forward or backward,” Jones said at a rally in Mobile, AL. “I'm not a perfect candidate or a perfect person, but I will tell you, what we represent is going forward in this state. Roy Moore represents a backward look. I'm tired of Alabama being an embarrassment around the country.”

In a survey run by *Gallup News*, Alabama was named as the most conservative state in the United States, and it has been reliably red in numerous elections. Consequently, the chances of the state electing a Democrat to any office is difficult to predict, even in spite of the allegations against Moore.

Abha Sood, Ph.D., a lecturer in the English Department, ex-

plained that she is uncertain how heavily the Alabama voters' partisanship will weigh in on their judgment of Moore as a candidate. “Character is imperative in politics,” she said. “Voters must look at the candidate as holistically as possible, even if they have consistently voted for their favored party.”

Although Alabama's electorate is predominantly dyed-in-the-wool conservatives, taking seriously the allegations against their favored candidate should be considered.

Jones calls the voters' dilemma “unfortunate.” He said “...one of the problems in this

state is people continue to put political party above what's in the best interest of the state and what's in the best interest of the country.”

However, Roxy Nicoletti, a sophomore biochemistry student, believes Moore will still win the election despite the controversial allegations. “Sadly, for a lot of voters, it doesn't matter if the allegations are true or not,” she said. “Alabama voted for Donald Trump [despite similar allegations levied against him in 2016]. They'd rather elect a possible sexual predator than a definite Democrat,” Nicoletti said.



IMAGE TAKEN from NY Times
Democratic Senatorial Candidate, Doug Jones, speaks to a crowd at a rally in Birmingham, AL.

Hartnett Nominated as Chief Environmental Advisor

GABRIELLE IENTILE
CO-POLITICS EDITOR

President Donald Trump nominated Kathleen Hartnett-White as Head of the White House Council on Environmental Quality - a decision that must be confirmed by the Senate.

While Hartnett-White's appointment is partially justifiable - she was previously a chairman of the Texas Commission on Environmental Quality, and was considered for Scott Pruitt's position as head of the Environmental Protection Agency - environmental advocates shake their heads at the choice.

According to one *CNN* report, Trump's nominee was quoted in 2016 as saying that the belief in “global warming” is a “kind of paganism” for “secular elites.” Hartnett-White has also called carbon dioxide “the gas of life on this planet.”

Her ideologies predictably align with the Trump administration's assertions that climate change is not human-caused, and also questions

scientific accord on the topic.

Hartnett-White would oversee environmental and energy related policies throughout the government if granted head of the Council on Environmental Quality.

According to the *Washington Post*, Hartnett-White questioned the findings of the Intergovernmental Panel on Climate Change, which is a group of “gold standard” scientists who volunteer to conduct research.

In discussing the importance of tackling climate change, she said this to the *Washington Post*: “I am not at all persuaded by the IPCC science that we are standing on some precipice. We're not standing on a cliff from which we are about to fall off.”

Previously, while a senior fellow at the Texas Public Policy Foundation, Hartnett-White criticized the 2007 Supreme Court decision that the Clean Air Act can regulate carbon dioxide, among an assortment of other greenhouse gases, for being pollutants.

The board of directors of the Texas Public Policy Foundation is large-

ly made up of executives in the oil industry, as well as GOP activists. One of the group's first donors was the oil-based conglomerate Koch Industries, reported the *Washington Post*.

Should Hartnett-White be accepted to the post, she would work with EPA head Scott Pruitt and other Trump officials who have expressed criticism of climate change and regulations to curb it.

The nominee has also professed several critical assessments in regards to accepted climate change findings during a Senate meeting on Environmental and Public Works. Among these assertions is that the extent to which humans have contributed to climate change is uncertain, and that she wouldn't depend on scientists for that answer. Stephen Chapman, Ph.D., an associate professor of political science, considers the repercussions of Hartnett-White's appointment and beliefs: “This would definitely have major impacts on environmental policy throughout the country. Specifically, [her] position as chair

of the Council on Environmental Quality would oversee federal environment policy for all government actions. This has become important in recent months with the Trump administration's decision of carving away national parks and other federal lands as what they would want to do with that land is subject to the approval of the CEQ.”

“On a larger scale, Hartnett-White's denial of the scientific process is more troubling. Science is about taking all evidence into account, not only the evidence that aligns with a particular viewpoint. Hartnett-White repeatedly cherry-picked or misrepresented evidence in her writings and confirmation hearing. This is a dangerous approach in the era of fake news - science is a collective process to uncover knowledge about our world and dismissing this process because it does not fit a particular agenda has negative consequences for society.”

Jason Adolf, Ph.D., associate professor of marine science, similarly expresses concerns about Hartnett-White's nomination, as well as her knowledge on climate change. On her conclusion that there is a “difference of opinions” and “not one right answer” in regards to whether excess greenhouse emission captured by the ocean is more or less than 50 percent, Adolf said “This seems like the same old climate change denial ploy that has been used for a long time - paint a false picture of uncertainty and disagreement among scientists who (unlike Hartnett) spend a lot of time studying the issue and are in fact overwhelmingly in agreement. The implication of the top environmental advisor holding these opinions is that the president will hear that ‘no problem exists’ regarding climate change issues. It also spreads to the general public when a person of her positions and influences makes misleading statements like that.”

During the Senate meeting, Hartnett-White also eventually conceded, “I do not have any kind

of expertise or even much laymen's study of the ocean dynamics and the climate change issues.”

“Hartnett seems to hold a lot of opinions on the science of climate change for a person who admittedly has little experience with it and an educational background that is not in a scientific field,” Dr. Adolf said. “I can't imagine why a person such as Hartnett who, by her own admission, doesn't have the scientific background or experience to understand the issues involving oceans and climate change would be appointed to (or want to be) the top environmental advisor to the President.”

Dr. Chapman agrees. “This has been a larger theme of the Trump administration as many of his nominees in science-based positions has little to no formal training. For example, Sam Clovis was nominated to be the lead scientist for the Dept. of Agriculture who has no formal natural sciences training. This aligns with Scott Pruitt, the head administrator of the EPA, as his training is mainly in law and business and actually disbanded the Oklahoma environmental protection agency as Attorney General for OK. Rick Perry, head of the Department of Energy, when campaigning for president in 2012, said he would eliminate the very department he now heads. This is clearly a strategic tactic of the Trump administration to do away with as many environmental protections as possible.”

Marco Palladino, a senior political science student at Monmouth, said, “Trump's top environmental advisor is dangerously unaware of global environmental problems. This is a high office...and she appears to lack basic environmental science you learn here in a Global Sustainability class. The problems we are facing are real and if we continue to see this astounding level of ignorance, it means people at Monmouth and around the country need to step up to fight climate change.”



IMAGE TAKEN from National Geographic

Hartnett-White asserts there is a “difference of opinions” when it comes to climate change science, despite proof of dying coral reefs, which Sen. Merkley referenced during the senate meeting.

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2017 Harvest Results for the Monmouth University Community Garden



The Community Garden, located at the corner of Beechwood and Brookwillow Avenues, is a membership garden where individuals and families “rent” a plot for the growing season (April-October) for \$30 to grow their own vegetables and flowers. These local gardeners, and organizations, such as Shore House, then take responsibility to help upkeep our community plots, from which the vegetable harvests are donated to a number of community agencies. This year, harvest donations were provided to:

Reformation Food Pantry	Ronald McDonald House
The Center	Long Branch Senior Center
Christ the King Food Pantry	Food Not Bombs
St. Brigid’s Pantry at St. James	Mary’s Place by the Sea
St. Dorothea’s Food Pantry	SPCA of Monmouth County
Food Bank of Monmouth & Ocean Counties	

We provide you with a general illustration of how the **2,778.5 lbs. of donated organic produce** breaks down and what its cash value represents to the community. Prices used are the average price per vegetable from local markets. (**Total cash value of the donated harvests was about \$6,572.81**).

Tomatoes – 1,076 pounds (\$2,141.24)	Lettuce – 63 pounds (\$106.47)
Peppers – 37 pounds (\$66.23)	Melons – 318 pounds (314.82)
Eggplant – 49 pounds (\$73.01)	Herbs – 34.5 (\$69)
Beans – 265 pounds (\$2,374)	Carrots – 43 pounds (\$42.57)
Cucumbers – 199 pounds (\$447.75)	Peas – 2 pounds (\$2.88)
Onions --153.5 pounds (\$60.37)	Asparagus –8 pounds (\$27.92)
Zucchini/Squash- 265 pounds (\$339.2)	Garlic – 45 pounds (\$179.55)
Swiss Chard & Kale – 141.5 pounds (\$253.3)	Sweet Potatoes – 65 pounds (\$51.35)
Strawberries – 3 pounds (\$14.9)	Potatoes –16.5 pounds (\$8.25)

The Community Garden thanks all our gardeners, volunteers, members of Phi Alpha Honor Society, SGA and the brothers of Sigma Pi Fraternity for all their work during this very successful 2016-2017 growing season.

For more information on the Monmouth University Community Garden, or to become a member of the garden, please go to our website: www.monmouth.edu/communitygarden



SCHOOL OF SOCIAL WORK

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Spending the Holidays at Two Homes

EMILY CONDRON
STAFF WRITER

Around the holidays, the large majority of people on campus are ecstatic to go home and celebrate with their loved ones, whether they live on campus or not. Those on campus do enjoy the time at home more, but either way, the holidays bring joy and comfort to everyone. Although this may be the case to the vast majority, there are a number of those students who find the holidays stressful and difficult.

Students who struggle with parents who are divorced, or in other family situations, may view the holidays as a time of picking or choosing sides and hurting the other side's feelings. In this article, however, students that do find these times particularly hard will discover a few ways to cope with this.

Considering that having divorced parents is not a child's choice, it would be nice for the families to acknowledge that. Sadly, this is usually not the case. When reaching the age of being able to decide where to go for dinner or who to spend the day with, it can be overwhelming on the child. "I don't want to hurt anyone's feelings," or "What if they get upset with me?" Questions such as these tend to run through the young adult's head

when given the option of where to go. In order to cope with this, one should sit down with both parents and explain how they are feeling. For example: "Hey, I just want to let you guys know that having this decision every year of where to go really stresses me out and if we could all come to a solution together I would feel a lot better about all of this." Planning the holidays may be a tad insane, but if this decreases the amount of anxiety and overwhelming stress placed onto the young adult, then why not take a chance?

In other cases, the parental figures in a young adult's life may not want to sit down, forcing the young adult to choose. This is when the choice of going to both houses could come to play, but often times, the adults in the child's life are not living near one another, making it difficult for quick travel.

If one finds themselves put into this situation, that person should offer two solutions to the problem: alternate years of the holidays such as going to the father figure's house this Thanksgiving and the mother figure's house this Christmas, but next year switching it. Or the child could approach one of the adults and explain themselves, giving the option of moving the celebration to the day after so that the child can attend.

Students at Monmouth Univer-

sity may not always be open about these problems, but it is important to keep in mind that someone going through these problems are the same as anyone with a typical living situation at home. After asking around to people on campus, there were many who were open to me about their stories. Freshman Health Studies major Hannah Padron explained, "every Thanksgiving and Christmas, I celebrate with my mother on the day of the holiday, but then a day or two after I visit my father and celebrate with him." This keeps both parents happy and allows the children to not be stuck in a situation where they could potentially hurt someone's feelings.

Freshman International Business student Kristhian Amaro, also has divorced parents at home. "Once attending college, I found myself following the same routine as past years – attending both houses on one day. Since my parents only live about thirty to forty-five minutes away from one another, I make a point to visit both houses on the day of the holiday," he said.

There are those around campus who may not understand fully what this sacrifice means. For example, English Instructor Mary Bulvanoski has been married for thirty-four years and had parents who were married for fifty years. Although people such as Profes-



IMAGE TAKEN from pexels.com

Having divorced parents is hard for everyone involved, especially around the holidays.

sor Bulvanoski may not have gone through the experience of having separated parents, she explained, "some holidays grow difficult to see the entire family at once due to my children being married or having significant others. I then set a date around two days after the holiday is over to celebrate with all of my children."

All families experience difficulties around the holidays, and even families who do not have divorced parents can relate to the struggles that come from separat-

ed families.

In the end, it is important to remember that the holidays should be a joyous time where all loved ones come together to celebrate the day. Whether a family celebrates in the traditional manner or not, everyone can understand the difficulties the holidays can bring. In light of this, it is a key idea that everyone should make sure that happiness and joy are within them and to never settle for a situation that makes them feel too stressed out.

Cold Weather Style

JORDAN SMITH
CONTRIBUTING WRITER

As the leaves start falling off the trees, the brisk air surrounds us as we step outside, and jackets are ultimately essential for any outing, you know the winter season is upon us. Although for some this may not be the most ideal weather condition to be fashionable, there are ways in which we can still look great, while still staying warm. Although it may seem almost virtually impossible making the transition from nice summer and fall outfits to heavy jackets that overtake an outfit, there are ways in which to alter your wardrobe to stay warm this winter.

When speaking with junior social work student Claudia Sanchez about her taste when it comes to being fashionable during the winter, she shared, "My essential winter clothes are, cardigans, sweaters, scarfs, and tall boots. They are usually something I tend to wear more during the winter season." Sanchez also noted that she usually tends to layer her clothing more during these cold months to be fashionable, as well as warm. Sanchez had a few words of advice for anyone looking to alter their wardrobe for the winter. "You can make anything look good, even by adding small details to your outfit such as a scarf, long sleeve, sweater, sweatshirt. Most of these pieces will add to your outfit, ultimately making it look more fashionable," she said.

Sanchez gave the perspective of ways in which to be fashionable from a woman's standpoint while junior business management student Tom Torrese gave a perspective for men's fashion during the winter. Torrese stated, "some of my essential pieces for the winter would have to be cardigans, long sleeves and even a nice scarf." He also said that an

essential shoe within his winter rotation are Chelsea boots. Torrese also noted that most clothing pieces that can be essential for people during the winter time don't have to be ridiculously expensive. Torrese stated, "There are many combinations of clothes that can be worn during the winter time." Whether you have busy day of class, or a relaxed day with friends, Torrese explained that there are multiple ways in which to stay warm and look fashionable at the same time.

Finally, while interviewing Monmouth University's Social Media Coordinator Erin Smith, she shared her winter essentials. She said, "I'm always a fan of big scarves, hats that even match my coat, and boots." When asked about how she would layer for the fall, Smith replied, "I always layer my clothes with things that you can easily take on and off to go inside and outside." This is a major key point to layering clothes that some people still

have yet to understand. If you layer your clothes with pieces that you can remove or add easily, it makes your entire outfit that much more versatile. Finally, when asked if she had any advice for wardrobe alterations for the winter Smith said, "Buy staple pieces, such as plain colored sweaters, jackets, to wear over and over again." These staple pieces Smith mentioned are a necessity for the winter season. You can mix and match different pieces to stay warm and fashionable throughout the cold months to come.

The overall message that was received from the three interviewees was that you can easily stay fashionable during the winter. As stated previously, for some people it may seem impossible to have a great look during the winter time, but with the amount of clothing options for the winter that we have available to us today, our outfit possibilities are endless.



PHOTO COURTESY of Jordan Smith

Just because the weather requires a lot of layers and a big jacket, that doesn't mean you can't be stylish.

Dodging Grandma's Questions

MARIE SOLDO
STAFF WRITER

Thanksgiving isn't all about the turkey and Christmas isn't all about the presents. The holiday season also involves spending a lot of time with your family. Of course this is a good thing, but sometimes this brings with it a berating of a million questions that no college age student wants to hear. Some of these typical questions we've all probably experienced are, who you're dating, how you're doing in school, and if you have a job lined up for after graduation. So if you're looking to enjoy the holidays instead of answering question after question, Life Hacker lists some of the best ways to avoid them.

The number one way to save yourself from intrusive questions is to either turn the question around or answer the question with a question. If you're asked something that is really awkward or intrusive, ask the person how they would feel about answering that question. On the other hand, if you're asked about a post graduation job, say something like, "I have a friend that actually waited a month before starting a career, isn't that a good idea?" This then shifts the subject away from you without being too obvious. By using this technique, you don't have to answer those questions, and it also discourages family members from asking more.

Another great way is to distract them and rid their mind of whatever uncomfortable questions they've been dying to ask you is you can ask everyone if they need a drink or anything else while you're getting up, and then take your time doing so. Then hopefully when you return, you'll have nothing to answer because they would have forgotten the question. If you don't have the chance to escape, you can always turn things around and make them be the center of attention. If you're asked a question, simply say something like, "I'd much rather hear

about how you've been! How's your job going, did you get that promotion yet?"

Senior communication student A.J. DeAnni has a great way to avoid your family prodding you. He said, "I like to have a planned list of achievements from the semester to give them. It gives the impression that I have it all together, even if I don't." So maybe you're not dating anyone or haven't found an internship yet, but you can brag about all the A's you received and all *The Outlook* articles you've written!

Similar to DeAnni, senior communication student Kayla Cardona mentioned other things she has lined up, or she'll flat out change the subject. "I'll comment on how good the food is or other plans I have lined up," she said. So the next time you're asked about your love life, rant about how delicious the food is or how gorgeous the Christmas tree looks, and that should give your family the hint to stop with the questions.

One final worst-comes-to-worst method you can always use when trying to escape an awkward unwanted conversation is to pretend you have a phone call. The second grandma asks why you're still single at 22, you can reach into your purse and step into the hall to take that "important call from work." Not only did you dodge the question, but now you seem like a hard working employee.

Although these questions are things we dread, lecturer in Communications Shannon Hokanson shared an alternate view. "Even though it can be difficult, it may help to remember that those incessant questions about your progress come from a place of love. However, that doesn't mean you need to break boundaries. You can express sincere gratitude to your family members for their love and concern, and then gently note that you are finding your own way right now and you'll keep everyone in the loop if anything new develops," she said.

RIGGI & PIROS:

Sitting Down With One Half of House Music's Next Big Thing

NICOLE INGRAFFIA
ENTERTAINMENT EDITOR

Their names are Anthony Riggi and James Piros— But you can call them by what their fans scream: Riggi and Piros.

With well over 66 thousand followers on their “verified” Instagram, wrecked repeat buttons on SoundCloud, and a record deal with Armada Music—record label that is home to names like Hardwell and Armin van Buuren—DJ duo Riggi and Piros seem to be dropping beats and taking names wherever they go.

Riggi, one half of the musical pair, took the time to explain the journey that turned their last names into headlines.

Born and raised Jersey boys, the two grew up just shy of an hour north from Monmouth County in Clifton, where years trace back to their first encounter in first grade.

It all started where most premature friendships begin: At recess over a friendly game of basketball, when they were just “Anthony” and “James.”

What set this friendship apart from other elementary interactions was not only their instant connection, but also their passion for all things music at such a young age.

“Since I can remember, our whole lives revolved around music. We were, and still are, completely obsessed,” Riggi said. “We started to play instruments and joined the school band in elementary school.”

Continuing down memory lane, Riggi went on, “When we were 17, back in 2012, we started DJing and producing music together and clearly, named ourselves Riggi & Piros.”

A year later, after releasing a handful of free music on their SoundCloud, they got support and positive feedback from all the top DJ’s in the world such as Tiesto, Hardwell, Steve Aoki, Martin Garrix, and David Guetta, just to grace the surface.

In 2013, they caught attention from a talent management company called, “Buygore” Management, which ultimately led to their record deal with Armada.

“It all happened in a blink of an eye, but after we got signed, the stars aligned,” Riggi explained. “We began touring around the world, playing shows, gaining fans and credibility. That’s really when our lives changed pivotally.”

Riggi & Piros have collaborated with artists and household names such as Lil Jon, Waka Flocka, Deorro, Borgore, Borgeous, DJ Carnage; they have official remixes on iTunes for artists such as Tiesto, The Chainsmokers, and Steve Aoki to continue the name-dropping spree.

And speaking of big names, a memory Riggi will sometime catch himself replaying in his head occurred the night of the McGregor vs Mayweather fight, just a few months back.

“James and I were watching Connor McGregor’s after party footage on TV, just hanging out,” Riggi said. “We were so caught off guard when we heard a familiar sound; Connor walked into the party, jamming to our song ‘Keep Rockin’.”

Connor McGregor is “definitely the biggest inspiration” in Riggi’s life.

That moment would be in Riggi’s “top 2 most surreal moments,” where both events seem to tie for first.

Up to par with McGregor



IMAGE TAKEN from Riggi & Piros Instagram

Riggi (right) and Piros (left) pause mid-show for a picture in Milwaukee, Wisconsin; The two DJ’s agree that the view of the crowd “never gets old.”

rockin’ to “Keep Rockin’” is when rapper, Lil Jon, contacted Riggi & Piros to collaborate talents and make a song together. “I grew up listening to Lil Jon all throughout my life,” Riggi let on. “Having a song with someone like him is still unbelievable to me.”

Most 22 year olds are preparing their cap and gowns for graduation, but success for these two looks less like a diploma and more like a turn table.

Ironically, Riggi’s mom was the one who encouraged him to pursue his passion for music, but they each had separate visions in mind.

“She was definitely all for it to be a side hobby. When my parents found out I wasn’t planning on going to college and doing music full time,

they were not happy to say the least,” confessed Riggi.

“It was hard to convince them everything would be okay, since DJ-ing and making music isn’t the typical career choice. It was very risky to take this route but looking at the way things are going, I am so grateful.”

Commonly mistaken for a Monmouth student, Riggi proves us wrong; he has never attended college and is completely content with that.

“Whenever I’m not touring, I find myself at Monmouth because most of my hometown friends go to MU,” He said. “I’ve met so many amazing people here so it’s like my own version of a college experience and home at the same time.”

Frankie Mirabella, a senior business management student, pondered before he spoke about his close friend.

“Most of our memories aren’t, like, PG,” Frankie said while laughing.

After searching for his words to form into sentences, Frankie took a more serious tone.

“Their music gives off a really good vibe. As a musician myself, it’s great to have Riggi as a friend because we are able to listen to each other’s sounds and in turn, it helps influence our own music writing.”

Considering the substantial credentials and rising fame, Riggi remains humble and maintains a solid friend group.

Sydney Lasquinha, a senior psychology student, recalls the first time she realized her friend was famous.

“I met Riggi in the Bahamas during Monmouth’s spring break last year. He was handing out ‘Riggi & Piros’ stickers and I grabbed one not really reading into it,” Sydney said, laughing as she remembers her story. “Next thing I know, some kids run up to me, freaking out in awe, asking where I got my sticker.”

When Sydney answered “Riggi” to the strangers’ question, they laughed in disbelief.

“Turns out Riggi was famous!” Sydney concluded. “I

knew he was good at music, but I never knew the extent of it. He barely talked about himself and never bragged.”

So what’s it like being called the next Chainsmokers? “We would definitely take that as a compliment,” Riggi said with a wide smile. “Those two guys make awesome music and are basically on top of the world right now.”

Riggi continued on to mention if someone compares them to the Chainsmokers, then they are definitely “on the right path.”

“Actually,” Riggi said, jogging his memory. “A few years back, The Chainsmokers asked us if we were down to work on a song together. We Skyped them and the first thing they told us is that they think we are the ‘Kings of Big Room house’ which is a type of dance music.”

It was the greatest compliment the duo has received, especially coming from the type of musicians they aspire to be.

At the end of the day, record deals and big names aside, the boys are simply thankful that they get to embark on this journey together.

Hearing from Riggi’s other half, Piros explained, “at first we were doing music separately and we thought, wait...why not combine our work together? And look, I guess it was a smart choice!”

Piros said he feels utterly “blessed” to be able to do what he loves for a living with his best friend; the feeling is evidently mutual on Riggi’s end.

If you didn’t catch the hint, basically, keep Riggi and Piros under your radar. Today, they may be house music’s hidden gem, but as for tomorrow, anything goes.

Last words of advice: Prepare yourself for Riggi and Piros world domination. These boys will be the silent assassins of the music charts.

In the meantime, download their music, learn the words, vibe with the beats, and follow them on social media for updates @RiggiandPiros. Your ears are welcome in advance.



IMAGE TAKEN from Riggi & Piros Instagram

Riggi (right) and Piros (left) hyping up their fans while performing their setlist during a show in Dallas, Texas

The Square Pushes Boundaries

MARK MARRONE
STAFF WRITER

Starring Claes Bang, Elisabeth Moss and Terry Notary

A lady stands at the center of a busy plaza filled with people rushing to work or to get lunch. She asks the people walking by, "Would you like to save a human life?" One man replies with, "I'm busy," while another says, "Not now."

A man goes into a 7-11 for a sim card. A homeless woman in the corner of the store asks, "could you spare some change?" The man says he only has credit card, but is willing to buy her

something instead. The lady requests, "a chicken ciabatta sandwich with no onions."

How much do we care about others and how far can it go? Palme d'Or winner *The Square* puts us in uncomfortable situations to explore these questions.

Christian, played by Claes Bang, is a curator at a Swedish museum of modern art. On his way to work, he attempts to help a lady in a "life threatening" situation.

In return, his wallet and phone are stolen. Christian tracks down his phone to an apartment complex and gets an idea with one of his employees. To get his wallet and phone back, Christian will stuff a note into each mailbox

calling the person a thief and demanding his phone back. Meanwhile, a new exhibit is coming to the museum called *The Square*.

The description of the exhibit reads: "The Square is a sanctuary of trust and caring. Within it we all share equal rights and obligations." To promote the exhibit, a PR team uses an aggressive campaign to grab attention.

Swedish director, screenwriter, producer and editor Ruben Östlund throws us into satirical scenarios that questions our moral compass and the role of contemporary arts in society.

The scenarios Östlund presents pushes our boundaries and tests the extent of our values. For instance, there's an artist holding a press conference at the museum.

During the interview, the artist is constantly interrupted by a person with Tourette syndrome. Should the person stay in the audience because they do not have control over their disorder? On the other hand, should the person be escorted out because he is interrupting the interview for everyone?

It's a difficult choice for some, but it's important to endure these challenges to see how committed we are to our own moral code.

Normally when we stand behind a cause, we may obviously do anything to support it. Well, let's say you are behind putting trust into any person because you have faith in humanity. While walking down the street, a lady comes rushing up to you proclaiming someone is after her with the intent to kill.

As the lady cowers in your presence, another man comes to her defense and helps you out. Once her predator shows

up to attack her, you and the other man confront the predator and shoo him away.

The predator leaves, the lady is happy, and you are shaking hands with the man who helped you in that situation. Although it felt satisfying to help another person out, a few minutes later you discover your wallet and cellphone are gone.

After realizing how manipulative others can be at the expense of losing two important items, would you still have trust in humanity? Would you help another person out in the future in a similar scenario, or would you continue walking on?

Östlund is clever in measuring our beliefs by not only putting reputation on the line, but personal items as well.

Just as difficult it would be for one of us to determine what we should do in the two previous examples, Christian finds himself in the same boat. Except Christian's boat can sink quickly with his high position as museum curator.

Christian is a paradoxical figure who contradicts his standards. The curator promotes *The Square* exhibit, although he does not fully represent its message. Sure, he drives a Tesla car, supports the arts, and is friendly towards others, but when a beggar asks for money, Christian typically replies, "I only have a card." This shows how the museum curator is a contradiction of the image he conveys.

Christian should go beyond the minimum of driving a fuel-efficient car by putting more effort into helping people on a personal level. Additionally, Östlund takes a swipe at Sweden for its over usage of credit cards with Christian's theme of only having a card, no cash.

Considering Christian is the

curator of a museum he represents the world of modern art.

The museum is filled with pretentious works, such as a room with ash piles reading in neon lights "we are all dust."

Modern art is normally behind humanistic ideals, but *The Square* exhibit represents how out of touch the community is towards the less fortunate and their contradictions on trust. Millions of dollars are poured into modern art museums while the community assumes their ethics are in line. However, when they are forced to take a position, the group skulks into their pompous rooms filled with sanctimonious art pieces.

Museums have the unflattering reputation for being blasé to anyone outside the art world. There are plenty of people who find it boring to gaze at something they are told is important. In spite of this notion, there are plenty of controversial pieces at *The Square* to feast your eyes upon.

Ruben Östlund wishes for the audience to squirm in their seat or bury their face in hand to discover the limits of one's principles. However, Östlund's intentions are in the right place.

The director desires a society where we all help each other, rather than ignore the increasing issues of poverty and hunger we may witness daily.

Östlund encourages us to reflect upon how we can improve our efforts to create a society where each person is there to bring the other up. Through this experience, one will begin to think outside *The Square*.

Marks Remarks:

"Östlund encourages us to reflect upon how we can approve our efforts to create a society where each person is there to bring the other up."



THOR RAGNA-"ROCKS"

BRIDGET NOCERA
STAFF WRITER

"I don't hang with the Avengers anymore," explains our titular hero Thor (Chris Hemsworth). "It all got too corporate." This quickly mentioned, throwaway line is so much more poignant when it's applied to the Marvel cinematic universe. It was by removing Thor from the rest of the gang and giving him a new identity that *Thor: Ragnarok* easily becomes one of the most engaging, downright hilarious, and best Marvel films ever.

Directed by Marvel newbie Taika Waititi (*What We Do in the Shadows*) and written by Eric Pearson (ABC's *Marvel* television series *Agent Carter*), Craig Kyle (the animated programs *Iron Man: Armored Adventures* and *Wolverine and the X-Men*), and Christopher Yost (*Thor: The Dark World*), the plot is pretty classic superhero fare, but with some twists. After the death of his father Odin (Anthony Hopkins), Thor must face his most powerful threat yet, Hela or "The Goddess of Death" (Cate Blanchett). When he and his nefarious brother Loki (Tom Hiddleston) are thrown out of Asgard into the ragged, dumping zone planet of Sakaar, Thor is forcibly entered into a gladiator type battle with old friend the Hulk (Mark Ruffalo). Desperate to save his home from not only Hela but also an ancient

prophecy about its demise, Thor attempts to enlists the help of other misfits of Sakaar in order to escape the eccentric clutches of The Grandmaster (Jeff Goldblum) and save Asgard.

For most of the Marvel cinematic universe, it would be appropriate to label the character Thor as nothing more than "handsome guy with hammer." The original Thor was fun, but not entirely memorable. It had some comedy, but was all too melodramatic for a Marvel film. Similarly, Thor never developed much of a personality outside handsome and haughty, besides just loving his homeland of Asgard and Natalie Portman. The sequel, *Thor: The Dark World*, was even more abysmal: boring, forgettable, and it added nothing new to the character. Even outside of his own films, Thor was nothing more than a side character. There was a reason Tony Stark always referred to him as Point Break: he seemed to be all style, no substance. But just like the ridiculous 90s surf movie starring Keanu Reeves, Thor really is more than meets the eye, once you have the chance to really appreciate him.

Waititi and company seem to have this appreciation for Thor, and are incredibly successful in bringing a semblance of personality into the character. Thor will always be the dumb, handsome jock, but at least now he has motivations

and character traits. The audience can finally see that Thor is funny, dedicated to those he respects, not all that suave, and kind of stupid in a lovable way. He is also forced to become more than just "a guy with a hammer." He needs to search within himself to learn what really makes him powerful, and it's an interesting and necessary journey of self-discovery.

This transformation is thanks to some knowledgeable writers and Hemsworth himself. Pearson, Kyle, and Yost all have years of Marvel writing experience, especially for children. They know that humor is not only important, but so are the characters that drive these programs. Similarly, Hemsworth seems absolutely thrilled to give Thor something to do. Hemsworth has always been great in the role, and he gives a better performance than ever before now that Thor finally gets to be a real character.

The writing and directing is strong in not only character development, but also throughout the film. This is Marvel's first true comedy, and there are plenty of clever quips and unexpected sight gags that are sure to get some laughs. The one downside is the rather overcomplicated plot. Just having Hela come in destroying Asgard is enough, but her extensive backstory and the introduction of a troubling prophecy is just overkill. A great superhero film

keeps it simple and lets the characters speak for themselves, and *Thor: Ragnarok* wastes a bit too much time on explanation.

This doesn't mean that Waititi doesn't direct the hell out of this project. The film is fast-paced and never suffers from strange tonal shifts. Waititi is known for having an eccentric flair, and it absolutely comes through in the film. *Thor: Ragnarok* is very weird, and that only makes it more engaging to watch. From the world of Sakaar to the people Thor encounters to the dialogue and more, Thor is strange and unexpected, and that's exactly why you should love it. New voices behind the scenes bring a desperately needed new perspective into the universe, and keeps the whole thing from becoming "too corporate" like many of its contemporaries (*Thor: The Dark World*, *Iron Man 3*, *Doctor Strange*, *Avengers: Age of Ultron*).

The cast of characters and actors is absolutely phenomenal, from familiar faces to new additions. As mentioned, Hemsworth only becomes better as Thor, and the same goes for Tom Hiddleston as Loki, the God of Mischief. The character is still in a constant battle between being good and evil, but gets to explore some of his redeeming side and his complex relationship with his brother. It's another interesting evolution of the character, and he's always an interesting inclusion

to any film in the franchise. Mark Ruffalo is also once again impressive as an overconfident Hulk and a bumbling Bruce Banner.

The most impressive newcomers are the females, like Tessa Thompson as Valkyrie and Cate Blanchett as Hela. Thompson is fiery, stubborn, and surprisingly compassionate. She doesn't want to relive her difficult past as an Asgardian soldier, but she cannot deny her loyalties. Her story is a nice companion piece to Thor's, and their relationship never feels forced. Blanchett is also having the best time playing the ruthless, bloodthirsty Hela. She never goes too camp, but still has fun being a bit over-the-top. In a cinematic universe where villains are usual much too forgettable, her character has just enough spark and intrigue to be memorable. Finally, just in case the film lacked even more quirk, Jeff Goldblum as The Grandmaster is weirdly perfect. Goldblum is basically doing his best Goldblum impression, and that's never a bad thing.

Overall, *Thor: Ragnarok* is not only the best Thor movie, but also one of the best Marvel movies. It's unexpected, hilarious, charming, and super weird, and there's something for everyone to enjoy. It's also stands alone quite well, so even if you were not versed in the universe, I would still highly recommend for a rocking good time.



MOMENTS AT MONMOUTH



LEFT: STUDENTS WERE ABLE TO VISIT THE METROPOLITAN MUSEUM OF ART THIS WEEKEND DURING AN ANNUAL TRIP SPONSORED BY THE MUSLIM STUDENT ASSOCIATION. PHOTO COURTESY OF: AMANDA GREEN



RIGHT: MEMBERS OF MONMOUTH'S ECONOMIC AND FINANCE CLUB TOURING THE NEW YORK STOCK EXCHANGE AND FEDERAL RESERVE LAST WEEK. PHOTO COURTESY OF: PROFESSOR SCOTT



LEFT: MONMOUTH ORAL HISTORY STUDENTS VISITING THE MONMOUTH COUNTY HISTORICAL ASSOCIATION (FROM LEFT; RALPH PRIMAVERA, ALEXIS MARTIN, MEAGHAN GILLESPIE, STEPHANIE DELAAT, BRENNA DOHERTY, MARA MANZAR PHOTO COURTESY OF: PROFESSOR ZIOBRO



RIGHT: FRESHMAN GUARD MARCUS MCCLARY GOING FOR A LAYUP AGAINST AN OPPONENT FROM UNIVERSITY OF ALBANY AT THE HOME GAME ON MONDAY NIGHT. PHOTO COURTESY OF: KARLEE SELL



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



Did you participate in Black Friday or Cyber Monday? If so, what did you buy?

COMPILED BY: NICOLE RIDDLE



**Ben Fetter
Junior**

"I went online for Cyber Monday and mostly purchased Christmas presents."



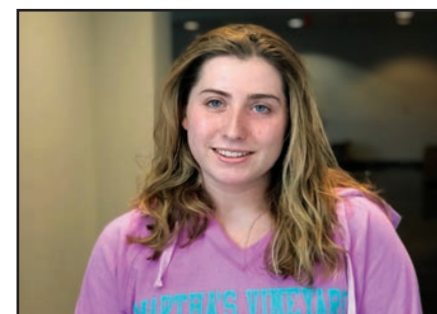
**Brittany Mirrione
Senior**

"Unfortunately, I was working and finishing up school work. But if I did go shopping, I would've gone to Kohl's for great deals on Black Friday."



**Jules Lenaz
Senior**

"Black Friday is great for buying big-ticket items and electronics, so I purchased a gaming computer from Costco, and I got an iPhone 8 Plus on Cyber Monday."



**Megan Kudisch
Sophomore**

"On Black Friday, I bought some clothes from Forever 21 and makeup from Sephora."



**Professor Matt Harmon
Specialist Professor**

"I definitely participated in Cyber Monday. I got 90% of my holiday shopping done."



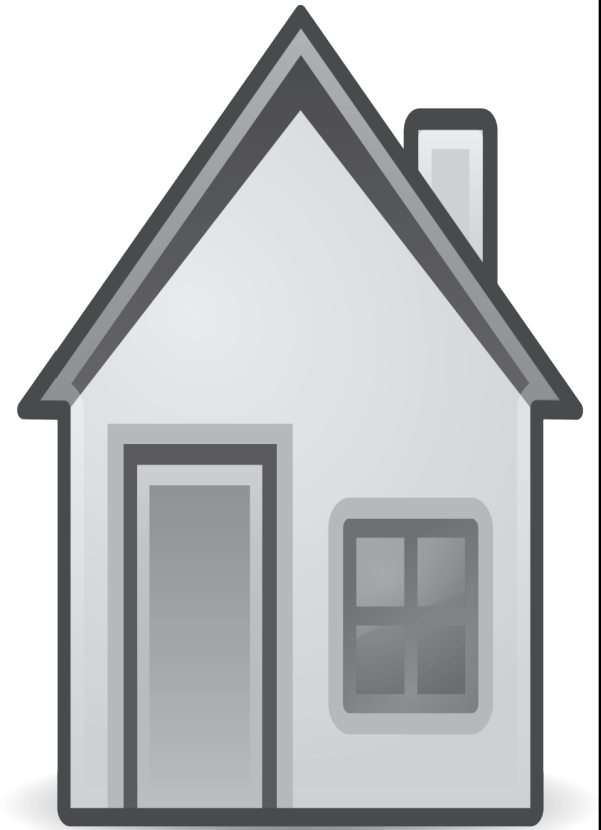
ARE YOU PLANNING TO LIVE OFF-CAMPUS NEXT YEAR?

Do you know where or how to begin your rental search? Do you know what to consider when selecting an off-campus rental? Not sure what you need to do?

Before you sign that first or next lease, stop by the **Office of Off-Campus and Commuter Services (OCCS)** to learn more about navigating the process of finding an off-campus rental. OCCS will get you organized and ready to find the rental that is **right for you and your friends.**

OCCS is located on the 2nd floor of the Student Center. You can call OCCS at **732-263-5651** or set up a brief appointment via email: **occs@monmouth.edu**. You can also find a host of online office resources at the following web addresses:

**www.monmouth.edu/commuter and
www.monmouth.och101.com.**



ATTENTION: FINANCIAL AID STUDENTS

If you have had a Federal Direct Subsidized/Unsubsidized Loan and will be graduating in **January 2018** and have not yet completed your Exit Loan Counseling please go to:

**[https://
www.studentloans.gov](https://www.studentloans.gov)**

If your graduation date is incorrect,

please contact the Financial Aid Office at (732) 571-3463 or via e-mail at **dorsey@monmouth.edu**, or you may visit us in person in Wilson Hall, Room 108.



2017 MUPD CRIME BLOTTER

9/5/2017-11/9/2017
900 - 0900
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11/14/2017
1548
Mullaney Hall
Pssn of CDS/
Paraphernalia/
alcohol u/age

11/14/2017
1617
Hesse Hall
Pssn of CDS/
Paraphernalia/
alcohol u/age

11/15/2017
1825 - 1930
Boylan Gym
THEFT

11/15/2017
b/w 0830 - 1050
Ocean First Bank
Center
Simple Assault/
Student Misconduct

11/19/2017
0351
Pinewood Hall
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The Outlook is currently seeking help in the following departments:

- Staff Writers*
- Copy Editors*
- Photography
- Layout (Using Adobe InDesign CS6)

Students from *any* major are welcome to join, experience is *not* necessary.

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



Stop by the Plangere Communication Center and visit us!

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TO APPLY CONTACT ANTHONY MOLISSO - AMOLISSO@MONMOUTH.EDU



Blue Hawk Records Will Release 11th Compilation Album

NICOLE GOVEL
CONTRIBUTING WRITER

Monmouth University's student-run record label, Blue Hawk Records, will hold its first public showcase at House of Independents in Asbury Park, NJ on Friday, Dec. 8 to celebrate the release of their 11th compilation album, *Volume 11*.

"This is the kind of initiative we want our students to take," said Director of Monmouth's music industry program, Joe Rapolla.

"House of Independents is an important venue in the vibrant Asbury Park music scene. Producing and marketing shows in a professional capacity, applying the skills and training they get at the university, and showcasing their talent adds to our students' real-world experiences that equip them for life after Monmouth," Rapolla explained.

Blue Hawk Records is a student-run record label based out of Monmouth University. Founded in 2013, the label's goal is to promote Monmouth musicians and provide students with hands-on experience working in the music industry.

"Blue Hawk gives its members so many opportunities to experience different aspects of the music industry and gives all of the real-life experience necessary to be successful in the real music business world," said senior Eva Michaylin.

"We work with artists and go through all the steps a real record label goes through to put out an album and put on shows for both the University and the outside community," Michaylin continued.

Artists performing in the showcase include the five acts featured on *Volume 11*: Indie rock bands *The Nooks* and *Malibu*, soulful soloists Tim DiDomenico and Kristen Wilczewski, and pop/R&B singer Jacke Tripp.

Pop-punk band The Carousers and solo artist Antonio Gonzales, both acts that were featured on past compilation albums, will headline the show.

Each single on *Volume 11* was recorded at Lakehouse Recording Studios in Asbury Park, as per their partnership with Monmouth University and Blue Hawk Records.

"Recording at Lakehouse was such a privilege," said senior Olivia Rohlfs of *The Nooks*. "My band was granted access to one of the best recording studios in

the state all because the Blue Hawk team sees potential in our original music."

"Blue Hawk Records has provided me with substantial experience in how a general label functions embellished with the friendly teamwork and talented content we have in the program," explained Amanda McTigue, rising senior and lead singer of *The Nooks*.

"Through performance crucial tasks with this class to create our compilations, I feel confident about where I fit in the industry," she continued.

Amanda hopes to pursue a career in the A&R (Artists and Repertoire) and live production fields in the music industry after school.

Volume 11, whose title is inspired by the cult-classic movie, *Spinal Tap*, will be available for streaming and digital download Wednesday, Dec. 6.

Monmouth students will be able to attend a release show held in the Rebecca Stafford Student Center at 2:45 p.m. that day.

Tickets for the House of Independents showcase are available for \$8 on House of Independents' website and can be purchased the day of show for \$10. A portion of the proceeds will support student programming.

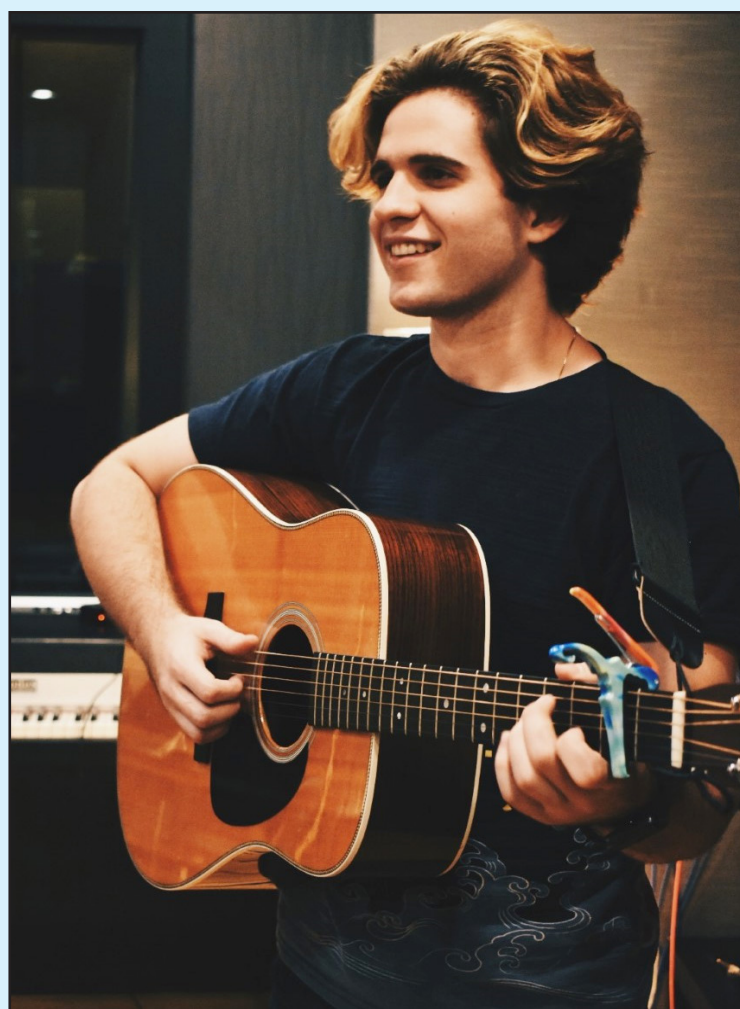


PHOTO COURTESY of Nicole Govel

Tim DiDomenico records his original song for *Volume 11*.

Students Share a Coke with Alpha Omicron Pi

NICOLETTE PEZZA
CLUB & GREEK EDITOR

The Iota Theta chapter of Alpha Omicron Pi hosted their first ever "Share a Coke with Alpha O" event on Tuesday, Nov. 14 in Magill Commons.

Aiming as a way for girls interested in taking part in recruitment to meet one of the six social sororities on campus, the event was another opportunity to do just that for those who missed "Meet the Greeks" earlier in the semester or who wanted to get to know the sisters of Alpha Omicron Pi on a more intimate level.

The event took place from 9 p.m. and ended around 11 p.m. and was a less intimidating way for girls interested in joining Greek Life to learn more about what Alpha Omicron Pi is all about. The sisters used their social media accounts to promote the event with pictures featuring personalized coke bottles. Nicole Ingraffia, senior and Vice President of Membership Recruitment, put together

the event.

"I personally thought of the idea and at first it was hard to get my committee's consensus because no other event like it has been done before but once we started a vision board everyone loved the idea. Getting the whole chapter on board with the social media blast with the coke bottles made everyone become even more in love with it," Ingraffia said.

The event allowed girls who attended to meet sisters and also other peers who they did not know before. "Share a Coke with Alpha O" was an amazing experience that brought so many girls together. We got to meet so many great girls and were able to help them branch out from their friend groups with the help of pizza and Coca Cola! It was a night full of laughter and smiles that I would love to do again," said Audrey Conforti, sophomore health studies student and sister of Alpha Omicron Pi.

Live Hartmann, a sophomore social work student who will be taking over Ingraffia's position come the new year was pleased with how

the event turned out. "We loved seeing everyone at our 'Share a Coke with Alpha O' event. Getting to meet new girls and become reacquainted with old ones was so fun and we cannot wait to see everyone again in the near future and hopefully at recruitment," she said.

Alex Stucy, Alpha Omicron Pi's Ritual Advisor, was also happy with the turnout. "Attending 'Share a Coke with Alpha O' was an awesome experience. I graduated Monmouth and became an alumna of Alpha Omicron Pi two years ago, so I was able to see how far the chapter has come since then. The sisters were wonderful hosts for all of the women who came to enjoy pizza and personalized Coca Cola bottles and get to know all of the sisters."

Hartmann continued, "It was definitely a beneficial event for all of our sisters, and we hope the girls interested in Greek Life feel the same way. We hope to have this event in the future and hopefully make it a tradition due to its success and how enjoyable it was for all involved."



PHOTO COURTESY of Alpha Omicron Pi Instagram

Sisters of Alpha Omicron Pi used personalized Coca Cola bottles to promote their event.

Club and Greek Announcements

Hawk TV News

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

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

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.

Everybody's Crying Wolfe!

Graduate Student Spotlight on Danielle Wolfe

ALEXANDRIA AFANADOR
MANAGING/FEATURES EDITOR

Upon starting her college career, Danielle Wolfe, now a Monmouth graduate student, always had a pretty clear idea on what she wanted to do inside the classroom. But, as the years flew by, her experiences outside of the classroom are what truly influenced her decision to continue her college career at Monmouth and to choose her program.

"I graduated with my Bachelor's degree in psychology with a minor in childhood studies. I knew since around 4th grade that I wanted to be a counselor—I know it sounds crazy. Initially, I thought I'd want to become a child psychologist. Once I became more involved on campus, everything changed," Wolfe said.

Wolfe, a graduate student who is earning her Masters of Science in Education (M.S.Ed.), is in the Student Affairs and College Counseling program on campus. But, before coming to Monmouth, her undergraduate career was spent at Stockton University in Galloway, NJ.

"I chose Monmouth [to continue my college career] because the minute I stepped on campus, I felt at home. The campus environment was so warm and friendly, which made me feel as though I could really thrive in this community. It had a similar feeling to where I went for my Bachelor's degree, Stockton. If it felt like home and I could envision myself loving where I learn every day, then that's where I'll be glad to stay," she said.

Her time at Stockton brought about many newfound passions, "I worked as a Student Assistant in the Tutoring Center, I was a Resident Assistant (RA) for upperclassmen and freshmen, I was on several executive boards, I volunteered for anything and everything that I could. The most impactful part was being an RA and having my then supervisor and now mentor show me the world of Student Affairs and I knew that this is where I was meant to be," Wolfe said.

At Monmouth, her graduate life closely resembled her undergraduate life as far as activities and involvement goes. While one of Wolfe's main priorities is being a student, she is also the graduate assistant (GA) for the Office of Off-Campus and Commuter Services. In her graduate assistantship, she is involved with the Commuter Student Mentor Program (CSM) and is also involved with the Student Government Association (SGA).

"This GA is probably one of the best things that I could have done during my time at Monmouth, especially being able to work alongside and learn from Dr. Vaughn Clay. I am so grateful for all that he has done for me during my time here, and I am lucky to work with him," she reflected.

Dr. Vaughn Clay Ed.D, Director of the Office of Off-Campus and Commuter Services and Advisor to the CSM Program and SGA, has been working side by side with Wolfe since January of 2017.

Clay said, "I think it's always a great learning opportunity for ev-

eryone involved. That's a central component that you can find with any graduate assistantship or internships, it's an opportunity for the student to learn more about a specialty within a field of study that they're pursuing."

"My hope has always been that it'd be constructive for her and that she has been able to acquire a new skill set that she will be able to take with her when she graduates. That has been fun, it's always great to insert some new personalities to the office, SGA, the CSM Program.

It's important to get those interactions and experiences. The GAs are never much older than the students they advise. Overall, I hope that she is getting out of it what she had hoped to get out of it. It's been so positive having her," Clay continued.

The people that work with her certainly feel the same way about her. Amber Galati, a sophomore accounting student and commuter student mentor said, "This year working with Danielle [Wolfe] through the CSM Program was great. She was the person I was able to go to if our advisor was not available. Danielle [Wolfe] would help us out in any way she can. She is the type of person who

"When I was in a hard situation and didn't know what to do, she gave a new perspectives that would have never occurred to me. She tries her best to bring us all together."

AMBER GALATI
SOPHOMORE COMMUTER STUDENT MENTOR

would drop everything to help you."

"When I was in a hard situation and didn't know what to do, she gave new perspectives that would have never occurred to me. She tries her best to bring all of us together to have one cohesive unit with the CSM Program. I am so glad she was our GA this year," Galati continued.

In working with the CSM Program, Wolfe helped coordinate and plan events and programs as well as maintain a sense of teamwork and ensure all mentors were as well kept as possible.

Though her work does not stop there, Nicholas Verzicco, a junior business student and President of SGA, said, "I really respect Danielle [Wolfe]. I know it's not easy to come from a 4-year institution like Stockton and fit well into another university so fast, but Danielle [Wolfe] has done it and is doing it well still. She is very engaged with Senate and has been a resource this year especially pertaining to our bylaws. She has great character and we enjoy her presence and contributions to Senate."

Shannon Lawrence, a junior music industry student and commuter student mentor, said, "Danielle has helped me a lot this semester. She has been such a big help with getting organized with the CSM Program for me. She's shown me a lot in the academic field and how to stay on top of everything while still keeping sane. I can always go to her to talk or just for a friend and I am so glad I met her this year."

Her contributions to the community do not stop there. Wolfe, alongside working with SGA, the CSM Program, and handling classes, also has a graduate internship through her Student

Affairs and College Counseling Program here, at Georgian Court University (GCU) in their Office of Student Success.

"In this office, I am able to work with students who are struggling with skills such as time management, studying and retaining information, project deadlines, organization, and more. I am able to also work with a group of students who are on academic probation and help them get back to good academic standings," she said.

"It is an incredibly rewarding experience, and I learn something new every single day...this experience has helped me see the 'whole student' as we have talked about in our classes."

Wolfe encourages people both professional and just peers to remember, "Students are not just students, and being a student may not always come first to someone. They may have family obligations, work obligations, personal obligations, etc. that may impact their academic standing, but that does not mean that with some support they cannot thrive and be successful," she continued.

Though Monmouth may be one of her stepping stones to continue on to what she loves to do, she

does have one great take away from her time spent at the University: "One of the greatest lessons that I have learned from my time here is best said with this quote: 'If the plan doesn't work, change the plan but never the goal.' I have career goals that I have set, and although the plans may not always work out, there's always another way of reaching that goal."

"I've learned to not give up on these goals because they're career goals I have dreamed of since falling into Student Affairs. I will continue to put my all into everything that I do and work hard to reach these goals: to impact a student's life, to be as inspirational to someone as my mentor is for me, and to love what I do every day," Wolfe said.

Though she is a jack of all trades when it comes to her graduate career, she also remembers vividly what it is like to be an undergraduate student frantically trying to do everything, "My greatest advice to undergraduate students is that if you haven't already, get involved in your campus community. There are so many great clubs and organizations on this campus as well as job opportunities that may change your perspective.

She reiterates, "My experiences outside of the classroom made all the difference for me. But make sure that if you are getting heavily involved and are taking a lot of classes all at once to take the time for yourself every once in awhile."

"Self-care is incredibly important and sometimes we put ourselves on the backburner. Take the time to read for fun, take that yoga class, sing at the top of your lungs, binge that Netflix show, etc. As long as you're on top of your work, take the advice of the great Tom Haverford from Parks and Recreation and 'Treat yo self,'" she continued.

Wolfe offers some advice to prospective graduate students, "My advice to prospective stu-

dents in my field is to collect all of the experiences you can. I have been able to work in so many different offices and I am grateful for every experience. It helped me navigate which areas I'd most like to end up working in one day and also help me grow and develop myself professionally as well as personally."

Wolfe also encourages prospective graduate students to continue through the struggles, "For those applying to grad school in general: remember to breathe. The applications may be long, the essay may be difficult to write, the interview (if the program has one) may be scary, but it's going to be so worth it."



PHOTOS COURTESY of Danielle Wolfe

Monmouth graduate student, Danielle Wolfe, is an avid student leader even as a graduate student.

Behind the Scenes Heroes: Theatre's Backstage Production

KARA D'ANTONI
CONTRIBUTING WRITER

Not everything is what it seems, especially on the stage. In theatre, the actors may be front and center, but without a dedicated crew behind the scenes, the show could not go on.

Microphones for the performers to be heard and spotlights for the them to shine bright like stars are a couple of aspects, among many more, that are controlled by the technical and artistic staff of a production.

Although they are not seen physically, the crew puts in the same amount of hard work and passion into their roles of the show as the cast and should receive a standing ovation as well.

In honor of the sold-out run of the Monmouth University Theatre Department's production of *Hair*, it is time to give credit where credit is due to those who helped this production become a huge success.

Anthony DeFilippo, a freshman criminal justice student, played a large part of the production team by operating the spotlight throughout each performance. *Hair* is an extremely audience interactive show; being on spotlight is already a challenging job, but having to chase around the actors as they bounce around the entire theatre takes talent and patience.

DeFilippo explained, "The most difficult part for me was when I followed the actors with the spotlight and they would never stay on a certain path...I had to try

and predict and follow them all around trying to make it seem natural and fluent."

Although working spot can be tough, DeFilippo did an amazing job and felt the love and support from his fellow cast and crewmates.

He said, "I always got the reassurance from all the actors of how great of a job I was doing...and when I put the spot on, I can see the joy on their faces..."

Another behind the scenes hero is Kayla Mingino, a sophomore English student. Mingino took on two important parts of the *Hair* production staff: assistant director and running the deck (backstage) area during each performance.

Mingino stated, "I started assistant directing in high school, when my drama teacher took me under his wing...I always knew theatre was for me, but I couldn't find my place within it... once I started directing, I knew I found where I belonged."

Theatre is not only for those who want to perform, but also for anyone who loves the stage. Whether they are on it or behind it, everyone within a production needs to work collectively to create something spectacular for the audiences.

Since an actor needs a crew to perform, the collaboration between the two is crucial and could make or break a show.

Mingino explained that *Hair* has been her favorite production to take part in thus far because of the strong bond that was formed

throughout the process amongst all members of the production.

Mingino continued, "The unity between the cast, crew, and creative team really made for an extraordinary show."

By having a good connection and positive energy throughout each rehearsal, it is easier to work out the kinks of the show and have everything flawless before opening night.

Specialist professor and director of *Hair*, Sheri Anderson, has trademarked the phrase, "Smarter not harder," throughout the rehearsal process. Basically, by working together as a team to simplify any obstacles, the show will continue to grow and develop into something amazing.

Anderson, DeFilippo, and Mingino are only three of many behind the scenes beauties that truly held this production together. The number of students and faculty members that put hours on end into this production is both overwhelming and heartwarming. One underlying concept of the show are the ideas of community, peace, love, and happiness. Naturally, good vibes and chemistry developed within the production, which made the final product significantly more rewarding and satisfying.

DeFilippo encourages, "Take the time to do theatre, even if you don't know if you'll like it or not, you'll meet the greatest people in the world and have an amazing time doing it."



PHOTO TAKEN by Alexandria Afanador

Monmouth's sold-out run of the production, *Hair*, highlighted the hardworking staff on the stage and behind the scenes.

Is Black Friday Shopping Just a Black Hole?

MARIE SOLDO
STAFF WRITER

What causes you to lose sleep and stresses you out to no end? Nope it's not college, it's Black Friday!

After all the turkey, stuffing, and desserts, some are willing to lose sleep and venture out into crowds of people to take advantage of the year's best deals.

Is all of this really worth it and is Black Friday all it's hyped up to be?

Time.com states that the reason Black Friday is so popular is because it has grown into a phenomenon. It's also important to note that it's not all about the super low prices. In fact, most people aren't even after anything specific.

Some people simply want to see what the hype is all about and experience it for themselves. Beside that, some companies will offer sales throughout the year that are better than Black Friday sales. A company may have a sale of 30 percent off but then offer 50 percent off either weeks or months after Christmas. Senior communication student, Kayla Cardona, does not go Black Friday shopping and

prefers to enjoy the holidays with family. She said, "I don't go shopping since there isn't anything I desperately need to be waiting in lines for or being surrounded by crowds."

"I think it's worth it if someone really needs something and it's a huge deal they're getting. But if not, I think it's best to just stay home and enjoy the holiday," Cardona continued.

On the other hand, the *New York Post* says that Black Friday really is actually worth spending the time and dedication to being outside or in lines and amongst crowds because of the insanely low prices that come just once a year. The article gives the examples of purchasing an Xbox One for \$189 as opposed to \$279, or getting a new iPhone and a \$250 gift card simply because you buy an iPhone. The article does make it seem as though the deals are worth losing sleep over or going out still stuffed with food.

Specialist professor of communication, Matthew Harmon, said, "I definitely participated in Cyber Monday. I got 90 percent of my holiday shopping done."

Contrary to what other students said, a freshman social work student, Kayla Greiss, ac-



PHOTO TAKEN by Alexandria Afanador

Instead of Black Friday, some people enjoy spending time with family during the holidays and partaking in Cyber Monday.

tually enjoys Black Friday. She said, "I love Black Friday shopping. I honestly feel like it's a part of the holidays, it's a tradition for me to go shopping. The sales are definitely worth it for most stores. I usually go at like

5 a.m. and get it done." Whether you like venturing out at the crack of dawn and continuing to lose sleep like Greiss or you prefer cyber Monday shopping from the comfort and warmth of your bed, don't

forget that there is more to Thanksgiving than just Black Friday. It just so happens that on that Tuesday, Monmouth makes it a point to recognize Giving Tuesday--a day to give back

Men's Basketball Defeats Albany to End Losing Streak

ZACH COSENZA
SPORTS EDITOR

The men's basketball team beat the previous undefeated Albany Great Danes 81-73 after trailing by nine at halftime on Monday night. The win comes after a quadruple overtime loss to University of Pennsylvania on Saturday night.

The Hawks were led in scoring by freshman guard Ray Salnave with a career-high 18 points and added three steals on the night.

"How Ray [Salnave] played today is just scratching the surface of how good he can be," Head Coach King Rice said. "This is how good he is and I have him in a big role at this point in his career but he's ready for the challenge."

A big surprise in the game was when junior guard Micah Seaborn entered the game off the bench in the first half. This was the junior's first game since being shut down due to injury after the Virginia game. Seaborn finished with 13 points and was a perfect 3-3 from behind the arc.

After entering halftime trailing to the Great Danes, Monmouth came back to out-score Albany by 17 points in the second half.

Albany's lead would be as high as ten in the second half, but MU came back with crucial threes and timely free throws. Monmouth would tie the game after a highly-contested three pointer by Seaborn.

Senior center Zac Tillman



Senior guard Austin Tilghman had two buzzer-beaters in the 101-96 loss against Penn on Saturday night.

scored to take the lead with 3:10 left and the Hawks would keep the lead for the rest of the game. The Hawks would go 10-12 from the free throw line to lock up the win and to end the three-game losing streak.

For the game, Tillman finished with a season-high 15 points, playing only 15 minutes. Freshman guard Deion

Hammond added ten points for the blue and white.

"I used last game as motivation to come out tonight and fight harder for my guys," Salnave said. "The defensive end helped me offensively tonight, and I try to bring energy on defense."

That last game was on Saturday night, as the Hawks lost

to Penn 101-96 in quadruple overtime.

MU was down as much as 15 points in the second half before their defense played lock-down defense to cut the deficient down.

Senior guard Austin Tilghman hit two buzzer-beaters to extend the game, first being a last-second floater to

bring the Hawks to the first overtime. The second came in the end of the third overtime, this time being a three pointer. This was Tilghman's only second made three pointer on the season. The senior finished with his first-career double-double and nearly earned a triple-double, finishing with 19 points, 12 rebounds, and eight assists.

After being down by 14 at halftime, Monmouth's defense forced Penn to go 0-9 from field and didn't allow a point in a span of over four minutes.

The Hawks and Penn traded points in the first three overtimes, each scoring 25 points through the first 15 minutes of extra time.

In the fourth overtime, Monmouth would lead 96-91 before Penn went on a 10-0 run to finish the game. The fourth overtime was the longest game in MU men's basketball history.

"It's a good thing that we got a lot of guys that you're going to use to put in the games," Rice said. "I thought the young guys that played the major minutes did a great job."

Freshman guard George Papas finished with a career-high 16 points and added two threes. Freshman forward Melik Martin played a team-high 50 minutes while earning 13 points.

The Hawks (3-4) will look to make it two in a row as they travel to the XL Center to face the University of Connecticut on Saturday, Dec. 2. Tip-off will be at 4:00 p.m.

Women's Basketball Beats North Florida 67-57

MATT DELUCA
STAFF WRITER

The women's basketball team defeated the North Florida Ospreys 67-57 Saturday afternoon at Swisher Gymnasium in the second annual Jacksonville Thanksgiving Classic in Jacksonville, FL.

Sophomore guard Kayla Shaw scored 19 points to lead the Hawks, and senior guard Rhaiah Spooner-Knight scored a season-best 18 points. Sophomore forward Taylor Nason added eight and grabbed nine rebounds.

"It was great to get back on the winning side of things," Head Coach Jenny Palmateer said. "We've been playing really hard and our effort has been there, but the execution hasn't been there

enough to get the win. I thought today we really cracked down on the defensive end and were able to shut down their go-to ideas, and that made all the difference in the world."

Monmouth started the game out strong, forcing the Ospreys to call a timeout early in the first after jumping out to a five-point lead. The teams would then trade baskets the rest of the quarter, with Monmouth's lead reaching as high as seven. Freshman forward Carol Arfinengo scored her first career points in the final seconds to give Monmouth a 17-11 lead after ten minutes.

The Hawks maintained their lead into the second quarter, and then used a push late in the frame to open their advantage. Sophomore

forward Adriana Zelaya knocked down a three-point shot with 1:32 remaining to make the lead 12, and then Spooner-Knight hit a jumper to make the halftime score 33-19. That plus-fourteen margin was the largest lead at halftime that the Hawks had all season.

In a 1:06 span, Spooner-Knight scored on a layup, and Shaw connected on a three to open the Monmouth lead to 19. The Hawks continued to get the baskets they needed throughout the period, but North Florida scored six straight points to bring the game within 12, 48-36, after three quarters.

Monmouth's lead hovered in double-digits for over eight minutes of the fourth quarter, but in those final two minutes the Ospreys began to challenge the Hawks. With

1:24 remaining in the game, the lead was trimmed to eight, which was the closest North Florida was since the 2:47 mark of the second quarter. Using late free throws from Shaw and junior guard McKinzie Barker, the Hawks sealed their second victory of the season.

The Hawks shot 42 percent from the field and 31 percent from three, while shooting just 63 percent from the free throw line. Monmouth outrebounded North Florida 49-40, which was the third-straight game where the Hawks outrebounded their opposition. The Hawks led for over 35 minutes, while the Ospreys never had the advantage.

With the free throws in the final minute, Barker has now hit 36 of her last 38 free throws, including all 12 she has taken this season. Sophomore guard Alaina Jarnot matched a career-high with seven assists, and junior center Erica Balman matched a career-high of ten rebounds for the second-consecutive game. She has also grabbed at least eight rebounds in her last four games.

"This win is a small representation of what we have coming this season," Balman said. "We have a lot of pieces coming together as a unit and will continue to grow and prosper with each new matchup we face."

The game was the second day of a back-to-back for the Hawks, who fell to Jacksonville University 74-65 Friday afternoon.

The victory on Saturday is the second on the season for the Hawks, who improved their record to 2-4 on the season, snapping a four-game losing streak. They hope to build off of the win as they travel to play Navy Thursday night. Tip is slated for 7:00 p.m.



Senior guard Rhaiah Spooner-Knight scored a season-high 18 points and added six rebounds in the 67-57 win over North Florida on Saturday afternoon.

UPCOMING GAMES

Thursday, Nov. 30

WBB at Navy
Alumni Hall
Annapolis, MD 7:00 p.m.

Friday, Dec. 1

Hockey (Club) at NJIT
Prudential Center
Newark, NJ 8:30 p.m.

Swimming
ECAC Championships
Nassau Aquatics Center
East Meadow, NY TBA

Saturday, Dec. 2

MBB at Connecticut
XL Center
Hartford, CT 4:00 p.m.

Hockey (Club) at West Chester
Ice Line Quad Rinks
West Chester, PA 8:45 p.m.

Swimming
ECAC Championships
Nassau Aquatics Center
East Meadow, NY TBA

Sunday, Dec. 3

WBB at Robert Morris
North Athletic Complex
Moon Township, PA 1:00 p.m.

Swimming
ECAC Championships
Nassau Aquatics Center
East Meadow, NY TBA

*conference games

Former Hawk Eric Klenofsky Talks Draft Process

ERIC KLENOFSKY
STAFF WRITER

I always talk about how the stars have to align for an athlete to become a professional; I've seen guys with more talent than I ever had never make it. Finding the right place to develop, avoiding injury, playing in front of the right coaches, picking the right agent, every little aspect matters. One thing goes wrong and it could all fall apart.

First Team-All Region, Goalkeeper of the Year, conference championships, a good enough resume to find an opportunity. I was going to get my shot, I thought. I had seen too many of my friends, with better resumes watch their professional aspirations crumble to not over analyze every step I took when it was my turn. This was something I wanted, something I'd dreamt about all my life. But there are some things you just can't control.

Aug. 26, 2016 at home against the 20th ranked team in the country, first game of the season. Up 1-0 with a little over thirty minutes to play, corner kick Denver. It was just another play, just another ball I had to deal with, nothing I hadn't seen before.

Everything had gone according to plan thus far. I made it to a division one program, I was playing, I was wearing the armband. This just wasn't supposed to happen.

I remember trying to push the bone back into place after it happened. "It's just dislocated, I just need to pop it back in," I thought. The game ended 1-1, I got on a golf cart with my athletic trainer once it had ended, and went straight to get an X-Ray.

"You have the most severe thumb fracture there is, you're going to miss most of your senior year." Words that would give me nightmares.

Fifty-six straight games and it was a thumb that was going to hold me back and jeopardize everything I'd ever wanted.

A month later with one win, four losses and a cast in hand, I couldn't watch anymore. Standing on the sidelines wasn't how I was going to go out. We cut my glove open, put my cast inside and taped my glove to my hand. Sept. 27, with a broken thumb, I was back on the field.

I'd love to say everything was back to normal, but playing with one hand, especially your non-

dominant hand, certainly makes things complicated. This season was the hardest I had ever been through, both physically and mentally. We managed to scrap our way into the playoffs as the sixth seed, not ideal, but we were there. Away to Siena we went.

I remember thinking back to a phrase my high school coach used to repeat over and over to us. "Don't look back after this game thinking I should've done this, I would've done that, I could've done this." That was all I could hear in my head leading up to the game.

It was one of my better games. Would I like a play or two back? Sure, but I have no regrets. The game ended 0-0 and we went to penalty kicks. I could feel my heart beating out of my chest as the last kick was taken knowing that at this point, whether my college career continues or not was out of my control, it was an unsettling feeling. We missed. I looked up to the sky for a moment and then put my head to my chest as the tears ran down my face. My college career was over.

Did I do enough? Was this the last competitive game I'd ever play? Two regular season championships, one conference tournament win and a National Collegiate Athletic Association (NCAA) tournament appearance, that's my legacy.

From that last kick on, my life was filled with uncertainty. I've been playing this game since I was five years old and in a couple of months I would either make it and sign a contract or be completely lost and have no idea what to do with my life.

Then the emails started to come and my stress levels subsided a bit. My opportunity was coming. Invitations for about six different combines came. The most significant of the invitations came from a place every young soccer player dreams of, the English Premier League.

"We would like to invite you in for a trial at Everton Football Club." My first reaction, is this fake?

About a month after my college career had ended I was on my way to the next challenge. Leaving school was a risky decision but it was something I had to do. December 4th the journey began. From New Jersey to Canada for the Toronto FC Combine for four days, from Canada to Las Vegas for the Seattle Sounders, Columbus Crew and Orland-



PHOTO COURTESY of Getty Images
Goalkeeper Eric Klenofsky was drafted 34th overall in the 2017 MLS SuperDraft by D.C. United; Klenofsky was the 8th Monmouth student-athlete to be selected by an MLS team.

do City Combine, from Las Vegas back to New Jersey and from New Jersey to Liverpool, England. I had flown more miles in two weeks than I had the entire past year.

When I landed in England, it was my first time outside of North America. There was a driver waiting for me sent by the club to take me to my hotel. After four days on trial Everton called my agent and said they want to keep me longer. A trial that was originally supposed to be from Dec. 15th to the 22nd was now prolonged for an undetermined amount of time. This was a good sign.

I had been training mostly with the reserves. The first team had a match against Liverpool on the 19th, known as the Merseyside Derby, one of the most historic rivalries in all of Europe. Maarten Stekelenburg, the starting goalkeeper, was injured during the game, which meant on Dec. 20 I was called up to fill in during first team training. Going out to training walking next to Gerard Deulofeu, currently of Barcelona, and Romelu Lukaku, currently of Manchester United, was probably the most star-struck I had ever been.

The level of play in training was ridiculous. You watch it on television, and you see the highlights and it looks great, but un-

til you're in it and your head is spinning with how fast the ball is moving it is unimaginable how good these players are on the ball. The following day I was back in reserves training.

They gave us off for Christmas Day as well as the day after Christmas. Thankfully one of my former teammates at Monmouth, David Acuna Camacho, was studying for his master's degree at the University of Nottingham so we didn't have to spend Christmas alone. We took Dec. 26th to explore a bit of Liverpool. As we're walking on the side of the road, no one around, I get a call from my agent.

"You did it, Everton wants to sign you. We're in negotiations now." I dropped my phone.

I would've been thankful for a second division contract in the United States but somehow I was standing in a foreign, European city with one of the biggest clubs in the world offering me a contract. I was speechless.

I wish there was a fairytale ending to the Everton saga, but unfortunately, it all fell apart for lack of a better word. They needed to sign a goalkeeper in the Jan. transfer window and I wasn't going to be able to get working papers before the window closed, which sadly is an issue many Americans have when trying to play in Europe. The bigger issue, however was the time frame in which this all unraveled in.

The news that I was not going to be signed by Everton was relayed to me on January 3rd. With check in for the Major League Soccer (MLS) combine on the 5th and me without any flights arranged, I needed to get things done quickly. The only flight I could find going back to New Jersey at the time was in two hours with a 19 hour layover in Lisbon, Portugal. I booked it and spent the night in the airport, which funny, enough is not the most comfortable place to sleep. Exhausted would be an understatement.

I landed at the Philadelphia airport late on the 4th and got my first night's sleep at home in about a month. But my trip wasn't done yet. The next morning I was on the first flight to Los Angeles and was actually on time for the start of the MLS Combine. I may not have been

completely awake, but I was punctual.

The next few days were very stressful. When you get to this point as a college senior and you're trying to find a professional contract, you're quite literally playing for your life, which makes every moment that much more significant.

I didn't play my best at the combine. I would definitely want to go back and do it over if I could, but I am thankful for the opportunity. Although I didn't play my best, I did play well enough to hear my name called on the 13th, thank God.

Draft day was the longest day of my life. The director from the MLS who organized the combine and the draft explained to all of us attending the draft the day before that they did not serve breakfast the morning of. I thought that was odd. He went on to explain how in years past, players would get so nervous that they would be throwing up before the draft started. I still don't know if he was joking or not, but I didn't eat breakfast just to make sure. I'm not sure that was my best decision considering I didn't hear my name called until about 3:00 that afternoon.

It was the most stressful day and also the happiest day. I remember being so anxious. I was projected to go somewhere late in the first round but that's not exactly what happened. I was so nervous; my suit was completely covered in sweat. Around the 32nd pick I got a tap on my shoulder. My agent was standing behind me.

"D.C. is taking you at 34," I felt immediate relief. I whispered the information to my mom sitting next to me who, relayed it to the rest of my family and friends who had made the trip to LA. One second you're worrying yourself to pieces, the next, and all your dreams are coming together.

"D.C. United selects, from Monmouth University, the goalkeeper, Eric Klenofsky," Words I will never forget.

You know, they say every athlete dies twice. The first being when they have to retire from their sport and the second being their actual expiration date. I am proud to say that for the time being, in regard to my professional career, I'm still breathing.



PHOTO COURTESY of Monmouth Athletics
Former Hawk Eric Klenofsky played in 66 career games with Monmouth, earning 32 shutouts and had a .842 save percentage.

THE OUTLOOK



BOUNCING BACK



Men's basketball beat the previously undefeated Albany Great Danes to end their three-game losing streak on Monday night.

SEE STORY ON PAGE 18

PHOTO COURTESY of Karlee Sell