



THE OUTLOOK

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Patrick Leahy Named 10th President of the University

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The University's Board of Trustees announced that Patrick Leahy, Ed.D., will serve as the University's 10th president, effective Aug. 1, 2019. The announcement was made at an event in Woodrow Wilson Hall on Dec. 14 where the incoming president addressed the University community.

Leahy emerged as the Board's unanimous selection from a pool of more than 100 highly accomplished leaders in the nationwide search. He will succeed Grey J. Dimenna, Esq., who will conclude his tenure on July 31.

"I am thrilled to begin my tenure as the next president of Monmouth University," Leahy said at the event last month. "Monmouth has continually demonstrated its willingness to evolve to meet the needs of all students and is dedicated to serving an increasingly diverse student body."

Leahy joins the University from Wilkes University, Wilkes-Barre, PA, where he has served as president since 2012 and led the development



PHOTO COURTESY of Russ DeSantis

Patrick Leahy, Ed.D., will be the next University President, succeeding President Grey Dimenna, Esq., effective Aug. 1, 2019.

of a comprehensive strategic plan that focused the University's efforts and resources on teaching, research, and civic engagement. The plan set the stage for key initiatives and accomplishments including: the introduction of 20 new academic programs; strategic enrollment growth in online

master's programs and doctoral degrees, including the launch of the University's first doctoral program; investments in faculty scholarship and research, resulting in the University's first five patents; and innovative external partnerships that expanded the University's reach and supported the local community.

Prior to his time at Wilkes, Leahy was a senior administrative leader at the University of Scranton, Scranton, PA, from 2004 to 2012. He first served as Vice President of University Relations, successfully completing a \$129 million comprehensive capital campaign. He was then promoted to Executive Vice President, where he was responsible for development, government relations, undergraduate and graduate admission, intercollegiate athletics, planning, and information technology. Leahy also taught in the Business Leadership Honors Program.

Before moving to Scranton, Leahy was Co-Founder and President of the Business Affairs Forum, a 15,000-member distance learning community based in Ithaca, NY. He has also worked as an investment officer for Allied Capital Corporation,

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Greek Organizations Return to Campus

RAY ROMANSKI
CLUB & GREEK EDITOR

Greek Life at Monmouth University has been officially reinstated by the University administrators for the spring 2019 semester following an indefinite suspension, effective immediately.

This news came via a campus-wide email from President Grey Dimenna, Esq. on January 14.

"I am deeply appreciative of the sincere passion and care that has helped us to resolve the important academic, cultural, and safety issues that are so central to many of our students," he wrote. "And I am confident that our collaborative efforts will enhance the fraternity and sorority experience for our students and ensure a system that is safe, sound, and strong."

The imposed Greek suspension prohibited non-ed-

ucational activities on Sept. 6.

It ceased social, philanthropic, and recruitment events for the 750+ students involved in Greek Life for an indefinite amount of time.

The action was prompted following poor academic performance within Greek Life, hazing allegations, the shutdown of two fraternities, and the death of a student in an alcohol-related accident on Feb. 3, 2018.

Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, is anticipating the return of Greek Life.

"The proposal that was made was sufficient enough for the restoration to occur," she said. "It hit on key areas of concern that we had, first and foremost the academic focus."

The other was mechanisms to be put in place that require students to be accountable to one another, and to hold each other accountable so that the system can posit operate and reflect posit on this community and



PHOTO TAKEN by Nicole Riddle

Greek Life can now participate in all other non-academic student activities on campus.

externally." The Greek community's return to campus will be monitored by University leadership.

The four student-run organizations that oversee Greek Life (the Inter-Fraternal Council

[IFC], the Panhellenic Council, Greek Senate, and the Multi-Cultural Greek Council [MCGC]) were tasked by administrators to create

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Mezey Named Dean of Honors School

ANDY STUDNA
ASSOCIATE NEWS EDITOR

Nancy Mezey, Ph.D., formerly an Associate Dean for Faculty and Academic Affairs in the School of Humanities and Social Sciences, has been named the Dean of the Honors School, effective Jan. 14.

Mezey is a 17-year member of the University faculty and has been involved with the Honors School since she started. She has previously served as the Director of the Sociology Program, Curriculum

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University Celebrates Women in Leadership

CAROLINE MATTISE
OPINION EDITOR

The University celebrated its 23rd annual National Girls and Women in Sports Day (NGWSD) in Wilson Hall, last Friday, Jan. 25.

The weekend is a series of events brought together Monmouth student-athletes, coaches, and administrators, along with members of the community.

National Girls and Women in Sports Day was first celebrated in 1987 in order to unite athletes and bring attention to the success of girls' and women's sports.

The University's Athletic Director, Marilyn McNeil, Ph.D., recognizes the importance of celebrating women in sports.

"We must remind our athletes that there is still work to do to reach equality, but also encourage girls and women to celebrate their opportunity to participate," said McNeil. "Also, to encourage our young girls and women about the benefits of sports participation and how it all translates in a positive manner to the working world."

The athletic department awards one female student athlete with the New Jersey Association of Intercollegiate Athletics for Women (NJIAIW) Woman of the Year Award.

Each of the 12 women's sports teams nominates an athlete for the award, based on their athletics, academics, sportsmanship, and involvement in the campus community.

Jessica Johnson of Women's Soccer was awarded the NJIAIW Woman of the Year Award during halftime of the Women's Basketball game against Niagara on Saturday.

This is not the first award that Johnson has won for her athletic accomplishments, being named to the Metro Atlantic Athletic Conference (MAAC) All-Conference teams and the 2018 United Soccer Coaches NCAA Division I Women's Scholar All-East Region First-Team. However, this award is about more than just soccer.

"I don't do most of the things I do for the recognition because most of the things I do aren't for me, they're for others," said Johnson. "I volunteer because I've been fortunate enough in my life and I



PHOTO COURTESY of Monmouth University
Panelist and Stafford Leadership Award winner Christie Bevacqua speaks at the annual Womens Leadership luncheon.

want to be able to make others' lives easier."

"I work hard at what I do, and winning this award just reassures me that my work is recognized."

Johnson is a social work student and is on the executive board of Monmouth's Student Athlete Advisory Committee (MSAAC) where she is the Off-Campus Activities Director. She loves volunteering within the community. Her favorite experience so far is volunteering with Big Brothers Big Sisters.

"I love to see how the Bigs act and communicate with their Littles and then seeing how happy the Littles are," said Johnson. "...It's seeing the happiness on the kid's faces that make it an amazing experience."

Last year, the Woman of the Year Award was given to Miranda Konstandtinides of Women's Soccer. A soccer standout, nursing student, and president of MSAAC, Konstandtinides left a legacy behind at Monmouth.

"Miranda is an amazing role model for me," said Johnson. "She handled so much so well and if I can fill her shoes in any way, then I'm honored."

The University also celebrates by honoring a member of the community and a Monmouth student-athlete alum with the Rebecca Stafford Leadership Award.

The award is named after Rebecca Stafford, Ph.D., for her efforts in gender equality while President of the University. It is given to an individual that has been a role model in

stepping up for girls and women.

This year, the Rebecca Stafford Leadership award was given to Christie Jallick Bevacqua, '93, a Monmouth Women's Tennis alum. Bevacqua is currently the Deputy First Assistant Prosecutor in Middlesex County.

All of the female student-athlete nominees, coaches, administrators, and community members were present for Monmouth's Women's Leadership Luncheon. The audience heard from keynote speaker Bevacqua as well as Desdemona Dalia, Phaidra Knight, and Nancy A. Leidersdorff.

Johnson appreciated hearing from the Women's Leadership Panel and said that it put the struggles of college and athletics into perspective.

"They may not seem like much now, but in a few years when I look back, I will be so thankful for everything I'm currently going through and experiencing," said Johnson.

"I've only just begun my process of hopefully becoming as accomplished as these women are."

NGWSD is celebrated to show not only how far women's sports have come, but also the potential that they have to grow. It shows girls and women that there is a place for them in the world of sports.

"I've worked extremely hard for everything I've earned at school...From here I just have to continue to outwork myself because my biggest competition is my mind," said Johnson. "If I can conquer my mind, I'll be able to become

Honors School Welcomes New Dean

HONORS cont. from pg. 1

Coordinator of the Gender Studies Program, and advisor to the Sociology Club in addition to her role as a professor of social sciences. In the 2010-11 academic year, she received the Monmouth University Distinguished Teacher of the Year Award.

"It feels great," said Mezey. "To be the Dean of the Honors School, it allows me to use my skills as a professor, my skills as a researcher, and my skills as an administrator to lead what I think is a fabulous asset of Monmouth University."

Mezey is excited to utilize her program building skills in her new position. She was originally asked to come to Monmouth University to build what is now the sociology program.

"Within my second year we had a minor back up and running because we did not have a minor or a major; by 2010 we had a major," she said. "That experience of program building just let me know that I really enjoyed that, so when I look at the Honors School and some of the great things that it has going and some of the directions we can go in, it all requires that."

Another experience that Mezey is looking forward to utilizing in her new position was having the opportunity to work with faculty across a variety of fields in the School of Humanities and Social Sciences. It is the largest school on campus with 10 departments and three centers of distinction.

Mezey said, "When you have a variety of students coming from a variety of different disciplines, it (a 'one-size-fits-all education') just doesn't work for them."

Vaughn Clay, Ed.D., the Director of Off-Campus and Commuter Services, was a member of the search committee that selected Mezey as the new Dean of the Honors School. According to Clay, the search for the position was done internally.

"From my perspective, I think that she (Mezey) really represented a great set of knowledge and experience that

she can bring to the position," said Clay.

Clay noted that Mezey has a real passion for working with students. While that passion is a necessity for those who work in higher education, Mezey's passion was unique in the eyes of the search committee.

Mehdi Husaini, an honors biology student and President of the Student Government Association, was the student representative in the search committee. He provided valuable feedback to the search committee on behalf of several honors students who also participated.

"Speaking to my experiences from being with the search committee, I think that she was definitely a candidate that stood out," said Husaini. "She has a lot of talent with planning things out and coming up with concrete solutions that will allow for the advancement of the honors program."

Husaini also praised Mezey for being "mission statement driven." During her presentation to the search committee, she proposed programming that fit into the mission statement on the Honors School's website.

Husaini said, "Seeing how much thought she put into the process, how much development she presented to the University body; those kinds of experiences gave me the impression that she would do the best job leading the Honors School into the next chapter."

In terms of her future vision of the Honors School, Mezey wishes to further promote diversity and inclusion.

She said, "One of my goals is to make sure that the students that we're inviting into the Honors School are students who come across a variety of different backgrounds and are the kinds of students that we want to push our mission forward."

First and foremost, Mezey wants the Honors School to be a, "mission driven beacon" for the University. She said, "I want people to look and say, 'I want to be part of that Honors School and that means I want to be part of Monmouth University.'"

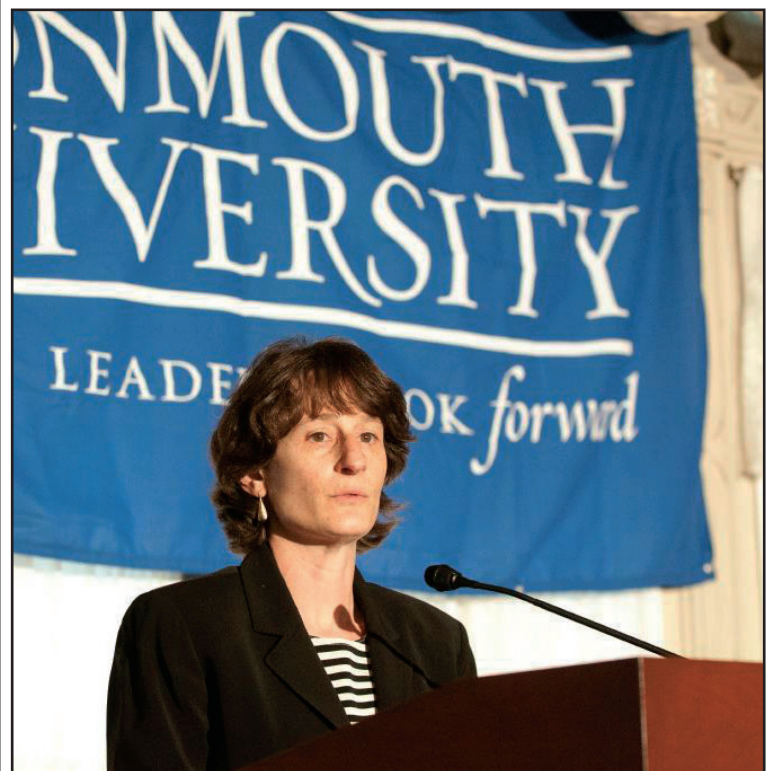


PHOTO COURTESY of Monmouth University
Dr. Nancy Mezey joins the Honors School as its new Dean, with nearly two decades of experience at the University.



PHOTO COURTESY of Monmouth University
Dr. McNeil and University Athletics honors female student athletes who were nominated for the NJIAIW award during half-time of the women's basketball game last Saturday.

University Announces Patrick Leahy as the Next President

PRESIDENT cont. from pg. 1

as an account executive at Deluxe Corporation, and as a development officer at Georgetown University.

A native of Towson, Maryland, Leahy graduated from Georgetown University with a Bachelor of Arts in English Literature.

He earned dual master's degrees in Business Administration and Labor Relations from Cornell University, where he was a Fried Fellow, and earned his Doctor of Education degree from the University of Pennsylvania.

Leahy and his wife, Amy, have four children: Grace, 20; Molly, 18; Jack, 14; and Brian, 12. They will relocate to Doherty House, the presidential residence, this summer.

At his announcement, Leahy told the audience, "As we move forward, we'll build upon the strong foundation here at Monmouth and move toward even higher levels of excellence and access."

He thanked the presidential search committee, the Board of Trustees, Dimenna, faculty, staff, and students for "the opportunity to serve this great institution."

Michael Plodwick, Chair of the University's Board of Trustees, explained that the assembly of the presidential search committee was a collaborative effort between him, Dimenna, and Board Vice Chair Jeana Piscatelli. "Our goal was to put together a team that reflected the strengths and diversity of Monmouth University, and include a cross section of Trustees, faculty, administrators, and students," he said.

To head the presidential search, Plodwick said that Henry Mercer, III, immediate past-Chair of the University's Board of Trustees, was the "first and obvious choice" for Chair of the committee.

He stated, "Nobody understands the issues facing Monmouth better than Henry. He is an alumnus who has a deep love for all things Monmouth and the requisite leadership experience to guide this undertaking."

Other members of the commit-



Leahy joins the University as its next president, after serving as President of Wilkes University, Wilkes-Barre, PA, for more than six years.

tee were selected by Dimenna, Plodwick, and Piscatelli. Mercer explained that these members were chosen from a diverse set of campus constituencies: trustees, administrators, faculty, and students.

In the spring of 2017, the full Board of Trustees met and drafted a "Leadership Statement," which listed the qualities and criteria that they were seeking in the next president.

Among these qualities, Plodwick said the Board was looking for leadership, experience, vision, and fundraising capabilities.

According to Mercer, the entire search process lasted slightly over a year. The committee held its first of many meetings in mid-November 2017, and the Board of Trustees later selected Leahy as president-elect this past December.

The criteria and qualities that the search committee was looking for in a presidential candidate was part of their discussion from start to conclusion, noted Mercer.

"First is obvious, a lifetime of accomplishment and relevant

experience. For the committee, enthusiasm really mattered," he said, noting that the job of a university president is very time consuming.

Mercer also said that the committee members were looking for a "people person" with excellent communication skills, as well as a proven track record in regards to fundraising.

The ability to think innovatively and meet the challenges ahead for higher education was another important factor that the committee considered in every candidate.

"Ultimately, it came down to the intangibles that make someone a great leader. Natural leadership skills and a passion for students were must-haves," he said.

"Dr. Leahy possesses every criteria and quality that we were looking for in a president. Monmouth is very fortunate that he pursued the post, and the fact that he did, speaks well for the school's growing reputation," said Mercer. "As a sitting university president, he has already proven himself as a successful leader. Dr. Leahy did a sensa-

tional job at Wilkes University and is up to the task of succeeding our beloved President Dimenna."

Fulfilling key initiatives of the Wilkes plan, Leahy has been instrumental in over \$100 million in transformative campus enhancements, including the construction and renovation of five academic buildings to support learning in the arts, sciences, health care and business. In order to enhance the student experience and strengthen undergraduate enrollment, Wilkes launched seven new NCAA Division III athletic teams and the region's only collegiate marching band.

Jonathan Roos, Senior Associate Athletics Director/External Affairs and member of the search committee, shared similar optimism with Mercer and Plodwick on Leahy's potential as the University's new president.

"We have all the confidence in the world that he will lead this institution to new heights and welcome him with open arms to the Monmouth family," he said.

Matthew Yard, an English literature graduate student, was

approached by Vice President for Student Life and Leadership Engagement, Mary Anne Nagy in fall 2017 to sit on the committee to represent the graduate student population.

"I realized that it was a tremendous opportunity to ensure that the voice of the student population was represented in the process of finding our University's next president," he said.

Yard explained that he believes it is important to have committed students on the Presidential Search Committee as they add unique insights on topics such as academics, student life, and recruitment that could otherwise get overlooked without their participation.

"I think that from the student perspective, finding a president that showed a passion and love for working with students was imperative," he said.

The announcement of Leahy's hiring concludes a year-long national search, conducted in consultation with Isaacson Miller, headquartered in Boston.

The 17-member presidential search committee included two students, two administrators, three faculty members, and 10 members of the Board of Trustees, six of whom are alumni.

"I am grateful to Search Chair Henry Mercer and all 17 members of the presidential search committee, who gave generously of their time to serve the University," said Plodwick.

He continued, and said, "I would also like to extend my gratitude to President Dimenna for his outstanding service. His tenure has been characterized by a keen dedication to student engagement and success, and I have greatly valued his leadership, energy, and commitment to Monmouth University in the years we have worked together."

Dimenna will continue to actively lead the University while he works with Leahy to facilitate a productive transition. The University has appointed a cross-functional presidential transition team, led by co-chairs Robin Mama, Dean of the School of Social Work, and Richard Veit, Chair of the Department of History and Anthropology, to help ensure a smooth process.

Greek Life Ban Lifted by University

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"meaningful and substantial change" and bringing accountability to the University system last semester. Following the proposal process, many of their proposed changes have been accepted.

Key reforms that have been implemented include an increase in GPA for prospective students and active members from 2.5 to 2.75, a new "report card" that will assess individual chapter growth, and the new member education process will be decreased from six weeks to five.

The "report card" will track chapter growth for the academic year, and will replace the lengthy Greek Excellence Packet, which covered academics, philanthropy, community service, and many other factors. As for the new member education process, IFC and Panhellenic Council will be reduced to five, while MCGC will remain

at six weeks.

Members of the Inter-Fraternity, Panhellenic, and Greek Senate Councils were reached for comment about the return of Greek Life and did not respond after several requests.

In addition, there is now the established Council Standards Board to address "policy infractions including recruitment violations, risk management issues, and increased utilization of the Student Code of Conduct for violations of University policy and the law."

Each council will be held responsible to hold judicial hearings to hear all cases of physical assault, sexual misconduct, municipality or University violation, and many other potential risks. Issues regarding organizations' membership will also be heard. This provision is replacing the Greek Senate standard board with all councils involved in a case.

Mary Anne Nagy, Vice President for Student Life and Lead-

ership Engagement, was pleased with the Greek council's reforms. "I have had a number of conversations with student leadership that this is simply the first step," she said. "There is still a lot of work to be done."

The first reform event for the Greek community this semester was a guest speaker. The speakers were Jim and Evelyn Piazza, the parents of Timothy Piazza, a young man who died as a result of an alcohol-related hazing incident at Penn State. They spoke to the Greek community and to various club and organization members on Jan. 28.

"The message I think people will hear is about the impact of what happened when hazing and other risky activities happen but, also the idea that every single one of us has the responsibility to look out for each other," said Nagy. "And when you see something that you say something and not be afraid to stand up and do so and I hope that is truly a message that stu-



Greek Life begins the spring semester after its suspension.

dents hear." There will also be a new Director of Fraternity and Sorority Life appointed by Nagy and other administrators hired. The University has advertised this position, accepted resumes, and will update *The Outlook*

when he/she is appointed.

According to Nagy, the University plans on having candidates a community presentation on their visions of how fraternities and sororities play a role in the community.

THE OUTLOOK

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Welcome President Leahy

EDITORIAL STAFF

As the spring semester begins, the University welcomes the announcement of our new president, Patrick Leahy, Ed.D. After more than a year of searching and selecting candidates, the Board of Trustees officially announced that Leahy has been chosen as President-elect on Dec. 14.

As an integral part to the Monmouth community and as active members of this University, *The Outlook* and its editors both welcome Leahy and offer sincere wishes to President Grey Dimenna, Esq., as he approaches his retirement this July. Since 1933, our newspaper has served as a voice of and for the students and members of this University. As such, we understand the important tasks that each president will face in her or his tenure.

For several years, many Presidents of Monmouth have brought with them experience and backgrounds in business. With background in English literature and education, the editors have agreed that Leahy will surely bring a new and fresh perspective to the well-being and advancement of this academic institution.

"I feel that his credentials will make him a great fit for not only understanding how the world of academia works, but how Monmouth can thrive as an institution and improve upon different aspects of the university," one staffer said.

Editors of *The Outlook* believe that a good president is one who promotes transparency and dedication to student success. "Not that other presidents in the past have not done this, but it is definitely a paradigm quality to have,"

one editor noted. The editors agreed that having a good rapport with students and faculty also helps to build a strong relationship, as it can provide insight as to what the students want from the university and what we can achieve.

From attending basketball games or chatting with students in the dining hall, even playing guitar on an album for Blue Hawk Records, students have greatly appreciated the presence that Dimenna has had at Monmouth. Therefore, a president's activity on campus is also an important aspect when evaluating the success and well-being of the Monmouth community, and the editors have faith that Leahy will live up to those expectations.

Like many students in America, the editors value our right to vote. Likewise, we consider the impact that selecting a presidential candidate for the University would have if students had a say in the decision, considering we have a great stake in how it is operating. Opinions differed amongst the editors, some calling that the students have more than just one representative on the search committee or that they cast a vote, and others believe that the decision should be left entirely to the University's selected Board.

"I think that every student should have a say when selecting a new president because the choice directly impacts the entire student body. All students should be aware of who is being put in charge of their University," one editor said.

Another editor agreed and said that they think a committee with appointed representatives is an efficient way to go about the search process, but that

students should have an idea of who will be at the helm and what qualities make them a great fit for the university. "Students should have a forum to be open about their opinions and perhaps give more insight to the research committee," the staffer said.

Other editors said that allowing more students to have say or vote in the presidential search process would make it "complicated" and "counterproductive." One editor said, "The students' feedback is important but realistically, we're out of our element. We don't know the logistics behind operating a whole institution. And our values might not be in the University's best interest. We may have good intentions, but implementing and theorizing are two different things."

Likewise, another editor said that students can only see one aspect of the University, and that they trust the decision to be left in the hands of other people who were appointed to the presidential search committee. One editor noted that although the search committee has some diversity amongst its members, there were only two student representatives. Because of this imbalance, this editor questions how a committee could truly capture the voice of every student, and therefore favors more representation of students in the full committee.

All of the editors at *The Outlook* are excited to welcome Leahy to the University. We are confident that he will lead Monmouth with commitment and dedication to the students and its members. We also all thank Dimenna for everything that he has contributed to this community, and wish him all of the best as he retires.

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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Music Festivals: Camping, Dancing, and Jamming Out

ELISSA SCANO
STAFF WRITER

Ever been to a music festival? How about one where you camp out and escape reality for the weekend?

A lot of people are opposed to this idea, but they wouldn't be if they gave it a chance. Camping festivals are a great way to step outside your comfort zone. Doesn't it sound good to take a vacation from daily stressors and responsibilities?

Replace those things with live music, positive energy, and a life changing experience. Once you're there, you'll realize it's more than just a music festival, it becomes a means of self-discovery.

I've experienced a few of these festivals myself and I would encourage anyone to give them a try. It doesn't matter if you're not a huge camping person and the thought of being outdoors for a few days straight overwhelms you: it's worth it. Those doubts will be the last thing on your mind. For the duration of the festival, you will expose yourself to pure happiness and peaceful people who are enjoying themselves.

In an article I recently read, titled "The Impact of Music Festival Attendance on Young People's Psychological and Social Well-being," author Jan Packer stated, "Music theorists suggest that active participation in music festivals contributes to identity development by providing a medium for self-expression, mood enhancement and spiritual functions terms and symbols for self-identity, and opportunities to create individual, virtual worlds."

After leaving a music festival, you are on an absolute high. You

will feel like you just met yourself for the first time. My reason for saying this is because it is a safe environment to express your individuality and be shown appreciation for it.

People don't discriminate for the color of your skin, the outfit you are wearing, or the way that you dance. You enter a zone where you are encouraged to be your wildest self and to embrace the unique elements you were given.

The two camping festivals I went to were Firefly in Delaware and Okeechobee in Florida. Both were similar, but had different elements that set them apart. Firefly is awesome because it is very organized and extremely clean.

There are a bunch of different food vendors and you can tell that the volunteers and Firefly team put in a lot of effort to make the venue aesthetically pleasing. For example, all of the signs and vendors are set up in uniform to create a sense of synergy. The lettering that labels the tents, restrooms, and stages has the same font and colors. Everything is cohesive. According to *Delaware State News*, in 2015 Firefly sold out at 90,000 people.

Both Firefly and Okeechobee, had multiple stages with a variety of genres. From EDM to alternative to rap music, they covered it all. At outdoor festivals such as the ones I have attended, along with Electric Forest, Coachella, and Bonnaroo, people display talents that aren't observed in everyday life, such as fire spinning. There are also a ton of different yoga classes held, as well as energy focused and meditative workshops that allow for the people to get in touch with themselves in this time.

While I was at Okeechobee I

found myself experiencing moments that changed my life, such as seeing Mumford and Sons. I was never a huge fan of them and neither was my friend, so we decided we'd just sit on a blanket in the very back of the crowd. We hung out there and listened to the live music echo through the woods. I closed my eyes for a second and I just took it all in and when I opened my eyes, I looked around me.

I heard the voices of people singing along, I saw couples and friends dancing, and I could feel joy and positivity radiating. No one was sad or upset or feeling anything relatively negative. The sound of live music brought everyone together regardless of differences. It was humbling to realize that I was

one of thousands of people, but it felt as if we were all one. By staying the entire weekend, I was able to fall asleep and wake up feeling this sense of unity and that is rare to find at other social gatherings.

The surface level things like sleeping in a tent, not having a floor length mirror to check your outfit, and having limited access to the world outside of the venue forced me to experience the present moment fully. When people are stripped of these superficial measures of security and comfort, they experience a whole new world and perspective of the present.

The outside element of these festivals is really what makes the experience. Even if you're not typically an outdoor person, it's a perfect opportunity to step outside

your comfort zone and appreciate all the benefits that nature has to offer.

I know the idea of camping out for four days in a foreign place with limited access to the outside world and thousands of strangers sounds like an overwhelming and unlikely decision. But, the quote I am going to leave you with may change your mind. Vincent Van Gogh once said, "Normality is a paved road: it's comfortable to walk but no flowers grow on it." You're only going to get one chance to live this lifetime.

Why wouldn't you take a risk and try something outside of your comfort zone? I am telling you, these festivals will do nothing but help you grow and find pieces of yourself along the way.



PHOTO TAKEN by Elissa Scano

Music festivals are a great way to get out of your comfort zone, take a break from technology, and enjoy some good music.

Skepticism of the Media

MEG RUGGLES
ASSISTANT NEWS EDITOR

In recent years, the American public has become increasingly skeptical of the media.

"Since the 2016 election skepticism of the media has been heightened, primarily because we see our president saying there is 'fake news' everywhere," said Brittany Macaluso, Social Work major.

Macaluso believes that while his accusations are directed towards a specific platform, media consumers should be weary of all platforms because this statement is coming from the President.

However, these statements from Trump tend to arise when he is portrayed in a negative light by the media. It begs the question, does President Trump use the slogan "fake news" as a means of invalidating journalists, when they report on governmental wrongdoing?

The answer is most likely yes. The responsibility of journalists is to inform the public by being "watchdogs" of the government. The government is unable to censor the press as it would directly violate the first amendment. The constitution explicitly states: "Congress shall make no law... abridging the freedom of speech, or of the press" (U.S. Const., amend. I, 1791). The phrase "fake news," is the only ammunition Trump has to discredit the media.

The self-regulating structure of the press, following ethics established by the Society of Professional Journalists (SPJ), is how the media maintains an effective relationship of checks and balances

with the government. Ideally, this would ensure journalists' ability to produce the truth.

Unfortunately, the press is not always able to regulate themselves. Modern news is often funded by private institutions, which have agendas that don't necessarily hold with ethical journalism. Instead, journalists can be forced to produce biased news to the benefit of their parent corporations, who are driven by economic interests.

Although, there are still a few publicly funded news stations like *NPR*, that assume the watchdog role, there is no guarantee that they will be able to stay afloat much longer. The general public has become used to consuming media for free, with conglomerates picking up the slack by buying news outlets. So, to an extent, news stations have evolved to cater to an audience for views that generate revenue.

By not paying for news, we, American citizens, are hindering journalists' ability to produce the truth. But what do we care? We haven't lost anything of monetary value—just quality of information.

It is vital to understand that the media is doing their best to uncover truth in an era where the odds are against them. The president continues to shame reporters calling information they uncover "fake" and private companies own outlets, having authority over what is published. We live in a time where access to news is being taken for granted.

Rather than continuing a cycle of skepticism, it is time we start investing in the media. For example, paying for yearly subscriptions to newspapers or donating to stations like *NPR*. These actions ensure that reporters can serve the public, to a higher standard.

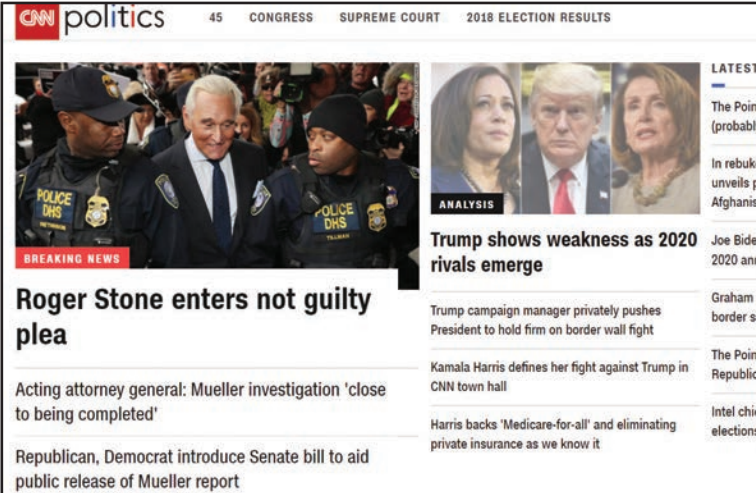


IMAGE TAKEN from CNN Politics

With the current government, there is a question as to whether the media is accurate.

Senior Semester

SAMANTHA RIVAS
STAFF WRITER

It seems that no matter what we do in life, we always wish away the time. We hold countdowns for just about every occasion, whether that be a vacation, a holiday, or in my case, a graduation.

Just like that, I'm in my final semester as an undergrad and I definitely have a lot of mixed emotions about it.

When I first came to Monmouth University as a bright eyed freshman, I didn't know how to feel. It was the first time I was living alone and I felt as though all of this new found responsibility was dumped onto me. Juggling everything was a challenge at first and all I wanted was to go home for break. So while I enjoyed the friendships I found and hung out just as much as (though admittedly maybe more than) I studied, I was also wishing away the time and counting down the days.

What a habit that turned into. I found that every time I came back to school, I wanted to be on break and every time I went home, I just wanted to be with my roommates again. So the cycle continued and now here I am three and a half years later, practically staring graduation dead in the eyes. Looking back on it, the countdowns were a mistake, which is exactly why this semester is going to be different.

I want to make the final months of my undergrad experience ones I can vividly

remember years after I walk across that stage. I'm not going to let myself wish away anything, from the painfully boring lectures I sit through during classes in Plangere to the nights I spend in my apartment gossiping with my roommates about anything and everything. None of the senior class should. We all should want to soak up every experience that Monmouth has to offer us in our final months because before we all know it, it will be gone.

There will be no more free time between classes to take that midday nap. No student center lunch date with your best friends. No attending those free comedy nights in Anacon or getting discounted tickets for the school musical. As graduates, we will be expected to go out into the world and get jobs or some of us will go to grad school. Maybe some of us will decide to do both at once. Either way, we lose the right to choose play over work those few times because we "earned" it. Adulthood will become our everyday routine and not just a concept that popped in and out of our lives.

They say that life happens in the blink of an eye and before I came to Monmouth I didn't quite believe it. But, sitting in my dorm and thinking back on all the years I've spent here and how it all felt like it happened only yesterday, now I do. So this final semester, I plan on making the most of my time and living in each and every moment. I'll say my goodbyes in due time.

Federal Government Reopens After Thirty Five Day Impasse

MEG RUGGLES
ASSISTANT NEWS EDITOR

President Donald Trump has signed a bill to temporarily reopen the government for three weeks, on Friday, Jan. 27.

The resolution brought to an ending the partial government shutdown that was a result of a standoff between Trump and Congress regarding funding over a boarder wall

As a result of failing to resolve a dispute between Trump and Congress over a barrier along the Mexico-United States, nine government agencies were left without necessary funding on Dec. 22, 2018.

The following day, Vice President Mike Pence tried to broker a deal. Although an agreement was not reached, Congressional leaders and the White House agreed to continue negotiations throughout the shutdown.

Negotiations were ongoing for 35 days. Congressional Democrats refused Trump's deals that would include over five billion dollars for a border wall, and some Republicans supported bills proposed by Democrats to reopen government without Trump's demanded funding.

Despite bipartisan efforts, neither of these bills received the 60 votes needed to close debate and pass in the Senate.

According to Joseph Patten, Ph.D., an associate professor of political science, the first shutdowns started in the 1970s, but they were largely over bigger budgetary issues.

Unlike those earlier shutdowns, Patten said that this shutdown is over "nothing."

"We have 700 miles of wall already," he said, noting the current fencing and barriers that are across the southern border.

Trump's desired plan for a border wall lacks specific details as to where more security might be beneficial, as well as how much the funding would be appropriate to match his vision.

Eleanor Novek, Ph.D., professor of journalism, considers it unreasonable for Trump to expect funding for a boarder wall in exchange for agreeing to fund the government. She claims that many experts on boarder security have said that the proposal is "wasteful and ineffective."

Novek believes Trump is using the shutdown as a "political bargaining chip that excited his vase voters, and no one else."

Patten reiterates this action

by Trump commenting that the president's entire campaign in 2016 was about a border wall, yet with two years of unification in the House and Senate, Trump was unable to gain funding because the congressional Republicans' kept putting it back, due to a lack of clarity on where more security is needed.

"What I'm saying is this is not really a public policy issue like other shutdowns, it's simply a political chess game," stated Patten.

Kenneth Mitchel, Ph.D., Chair of the Department of Political Science and Sociology, and an associate professor of political science, agrees stating that "[He doesn't] think the government shutdown has anything to do with policy. The reality of the political struggle is polarization."

The government shutdown

speaks to the severity of the bipartisan divide in Washington. The two political figures taking the stage are Trump and Speaker of the House, Nancy Pelosi (D-California).

Patten stated that Pelosi's approval rating has gone up as Speaker, since she has stood up to Trump and his demands. He warns that her base will be furious with her if she gives funding for the wall.

In speaking with Eric Schwartz, a sophomore political science student, he explained that he thinks Trump's requests for funding for a wall began as a political stunt in order to show his supporters that he was serious about fulfilling this central campaign promise. However, Schwartz said that the president got himself in too deep, and that he considers the government shutdown inef-

fective, as no funding resulted from the political deadlock.

In a last-minute appeal to Congressional Democrats, Trump extended a deal that would provide temporary protection of undocumented immigrants who receive Deferred Action for Childhood Arrivals (DACA), "Dreamers," in exchange for partial funding of his requested wall.

However, Democrats refused his offer, stating that DACA recipients are legally protected and the president should fulfill renewal regardless.

Landon Myers, a senior political science student, claims that Democrats did not reject this out of an unwillingness to compromise but because Trump didn't actually offer anything. Instead, he said that the offer was a non-started. "Firstly, DACA was intact before Trump became president, so he took it away and is now trying to offer it," said Myers. Secondly, a federal court (The 9th Circuit Court of Appeals in San Francisco) just ruled that [Trump] can't touch DACA for at least 10 months, meaning that for at least a year he can't touch it."

"What is he offering when the courts are saying he can't even get rid of it," Myers inquired. With Trump offering a deal that was obsolete, it is apparent that neither party is willing to yield.

If Republicans and Democrats cannot reach agreement on funding for a barrier at the border by the Feb. 15 deadline, Trump has said that he is ready to renew the confrontation or declare a national emergency to bypass Congress altogether.



IMAGE TAKEN from Politico

The federal government reopened after five weeks of Congress failing to make a deal or funding.

American Workers and U.S. Economy Hurt by Government Shutdown

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

As a result of the recent five-week government shutdown, 800,000 federal workers were furloughed last month, many working through the shutdown despite not receiving a paycheck.

During the shutdown, a number of banks and financial institutions announced they will assist federal employees who are trying to get by while not being paid.

Discover, Chase, Bank of America, and Wells Fargo are just a few of the many businesses offering help.

Likewise, the nation's four major cell phone companies, T-Mobile, Sprint, Verizon, and AT&T announced they will help its customers through a variety of methods, such as holding late fees and creating flexible payment plans to keep their customers phones on.

In New Jersey, the longest shutdown in United States history has made life difficult for federal workers, Coast Guard members, and their families.

Since the government shutdown, more than 1,000 federal employees in New Jersey had applied for unemployment benefits.

The federal government shutdown cost the economy \$11 billion, according to a new analysis from the nonpartisan Congressional Budget Office (CBO) released this Monday, Jan. 28.

Although most of the damage to the economy will be reversed as federal workers return to their jobs, the CBO estimated that \$3 billion in economic activity is permanently lost.

Joseph Patten, Ph.D., an associate professor of political science, notes that these eco-

nomie effects of the shutdown are another example that represents the dysfunction in Washington, D.C.

"Our system of government is founded on a separation of power and compromise," he said.

Yet, in efforts to prevent the partial government shutdown and to fund the subsequent bills to reopen it, Congress failed at both.

Overall, the CBO projected economic growth will slow this year to 2.3 percent, compared with the 3.1 percent rate

last year.

The analysis does not incorporate some indirect effects of the shutdown, such as the halt in some federal permits and reduced access to loans. However, the report suggests that businesses were beginning to postpone investment and hiring decisions as a result of the shutdown and warned that the risks were becoming "increasingly significant" as the impasse dragged on.

Although the federal government has since reopened, the uncertainty around the

Congressional impasse forced many workers to make tough financial decisions during their leave.

Moreover, the consequences of these workers not receiving pay demonstrate the economic difficulties that so many working families across the country face.

In Bankrate's recent Financial Security Index survey this month, thirty percent of respondents reported that either they or an immediate family member experienced at least one major unexpected expense during the past year.

Among those respondents, 60 percent admitted that they would not be able to afford an unexpected \$1,000 expense, such as a car repair or a check-in to the emergency room.

Sixty-three percent surveyed that they would be bankrupted in the face of an unexpected bill that totaled to \$5,000 or more.

Nearly 80 percent of Americans are currently living paycheck-to-paycheck and the bottom 20 percent of Americans by income have no savings, according to the same report.

The recent shutdown highlighted the current economic state of American workers, and did more harm to them.



IMAGE TAKEN from CNN

Federal workers protest outside of Captial Hill, after being furloughed during the shutdown.

ASBURY

LANES

UPCOMING SHOWS



KONGOS

W/ SPECIAL GUESTS FITNESS

JAN 31

FEB 2

THE JUKEBOX CRIMINALS

TWO SETS

FEB 7

A CELEBRATION OF JAM BANDS

FEB 8-10

WINTER BIG GIG

PRESENTED BY LAKEHOUSE MUSIC ACADEMY

FEB 14

WSOU PRESENTS: BETWEEN THE BURIED AND ME

W/ TESSERACT // ASTRONOID

FEB 15

DARK CITY STRINGS

W/ CANCION // GLIMMER GRASS BAND

FEB 16

EXPERIMENT 34

PRESENTED BY THE AQUARIAN WEEKLY & MAKIN WAVES

FEB 23

GANG OF FOUR

BOX OFFICE HOURS

THUR-SUN: 2PM-6PM



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The School of Science Peer Mentor Program invites you to our 9th annual Career Choices Roundtable event. We host this event in the hopes that you will gain insight on the panelists’ careers, ask questions and have an opportunity to network after the panel session with fellow MU alumni and science students. Many of our panelists this year are Monmouth alumni, creating a great opportunity for you to network with those who have been exactly where you are now.

Career Choices Roundtable
Tuesday, February 5th, 2019 – 6:30 PM – 8:25 PM
Samuel Hays Magill Commons
Network Reception in the Club Lounge will follow each panel session

6:30 – 7:25	<div><div>CSSE</div><div>Moderators: Kalyna Reda and Brianna Licciardello</div><div><div><u>Joe Boyd</u>, Senior Database Programmer, Discovery Data, Oceanport, NJ</div><div><u>Parth Nilesh Kadakia</u>, Software Developer, Hatteras Press, Tinton Falls, NJ</div><div><u>Justin Schlemm</u>, Full Stack Developer, Hybrid Healthcare Communications, Red Bank, NJ</div><div><u>Georga Torres Waldron</u>, Business System Analyst, K. Hovnanian Homes</div></div></div>	<div><div>Teaching STEM</div><div>Moderators: Bradie Keelen and Mia Collucci</div><div><div><u>Alyssa Bistrimovich</u>, Scotch Plains-Fanwood High School</div><div><u>Jessica Bloom</u>, Monroe Township Middle School, Seventh Grade Science</div><div><u>Andrew Bohackyj</u>, Middlesex Vocational High School, Biology Teacher</div><div><u>Jon Pennetti</u>, Rumson-Fair Haven High School, Physics Teacher</div><div><u>Alex Stucy</u>, Middle School Teacher, Avon Schools, Alternate route teacher</div></div></div>	<div><div>MEBP</div><div>Moderators: Kaitlyn Smith and Charlie Vasas</div><div><div><u>Tatiana Castro</u>, Marine Science Technician, The Nature Conservancy</div><div><u>Beth Phelan</u>, Supervisory Fishery Biologist, NOAA</div><div><u>Arturo Romua Jr.</u>, Field Technician, The NYC Department Parks and Recreation: Wildlife Unit</div><div><u>Britta Wenzel</u>, Executive Director, Save Barnegat Bay</div></div></div>
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7:30 PM: Reception in Club Lounge

7:35 – 8:25	<div><div>Mathematics</div><div>Moderators: Jett Vernaci and Katherine Vargas</div><div><div><u>Taylor Bernosky</u>, Investment Analyst, Prudential Financial</div><div><u>Jeff Kaufman</u>, Analytics , Amicus Therapeutics</div><div><u>Amanda Sutton</u>, Operations Analyst, Planalytics</div></div></div>	<div><div>Chemistry</div><div>Moderators: Emily Tumbaco and Kellsey Church</div><div><div><u>Sean Grimes</u>, Manager, Regulatory Affairs & Quality Assurance at Global Essence Inc, Hamilton Township, NJ</div><div><u>Areeba Sohail</u>, Regulatory Affairs Associate Specialist at Revlon R&D</div><div>TBA</div></div></div>	<div><div>Biology</div><div>Moderators: Tiffany Longo and Marta Telatin</div><div><div><u>John Albanese</u>, Director and Clinical Scientist, The Janssen Pharmaceutical Companies of Johnson & Johnson</div><div><u>Heather Schmidt</u>, Practice Transformation Specialist, Integrity Medical Systems</div><div><u>Christopher Torres</u>, PVA Manager, External Affairs at Bristol-Myers Squibb</div></div></div>
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MONMOUTH UNIVERSITY

SCHOOL of SCIENCE

TAX WORKSHOP

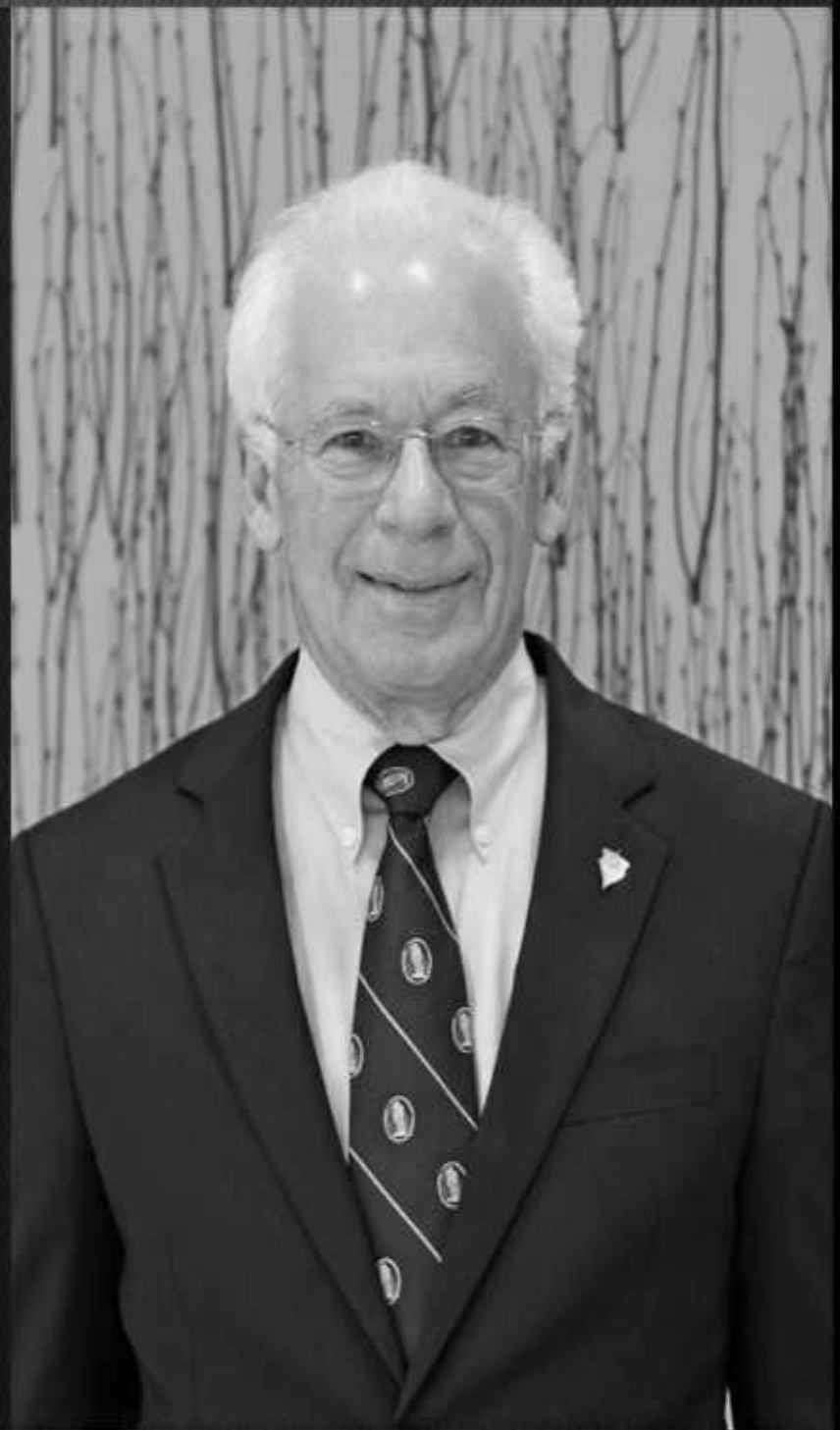
Your W-2's are on the way, now what?

DOUGLAS STIVES

Professor of Accounting
presents

"What you need to know
before you file this year"

Professor Stives is a CPA
with many years in tax
preparation and planning
experience. He teaches
all of the income tax
courses here at Monmouth



Wednesday February 20, 2019
Bey Hall Room 228 @ 3:00 PM

Light
refreshments
will be served.

Have questions about your W-2 or other forms?
Bring them with you!
Please RSVP to sbrown@monmouth.edu
Office of Student Employment

Winter Workout Tips

LAUREN DEMARCO
CONTRIBUTING WRITER

Working out during the winter can be very challenging when it is really cold outside and all you want to do is lay in bed.

One thing you should do to get adjusted to the cold weather is to try and push yourself to do a quick warm up inside first.

This can be beneficial because when you then go outside, you will already be warmed up and ready to go.

Two junior health studies students that work as personal trainers on campus gave their input.

Mike Kraft said, “As the weather starts to get colder and colder, it is important to warm up before working out to help prevent any injuries when working out.” Many people do not think that something as small as this can cause an injury, but it is something that can be easily avoided.

Joe Chiusano, another personal trainer, gave some advice. Chiusano said, “Most people don’t realize but if you go for a run outdoors in the winter you can actually face the risk of overheating. When it’s cold you immediately think to put on layers of clothes to get warm and then go out for your run.”

The problem is, once you start running your body temperature rises.

He continued, “In reality, you should put on enough layers that will keep you warm enough while running, but not cause you to sweat too much and exert too much heat.”

Another factor is to wear a lot



PHOTO TAKEN by Cassandra Capozzi-Smith

When working out, the Monmouth University Fitness Center is a great place to have access to a variety of machines and to stay warm.

of layers so that when you do workout outside, your body can adapt to the temperature.

Having good quality workout clothes will make a big difference when it is time to go workout.

A tip that may also be helpful for some people is to find a gym partner. Going to the gym alone can sometimes be boring, but having a gym buddy can be more motivating to us.

Also if you want to avoid the cold and you have any exercise machines in your home, take advantage of that.

It will really help keep you in shape so that when it is time to get back outside, you already built up your endurance.

Although sometimes working out in the winter is tough, you have to try and talk yourself into working out.

Taking at least 20 minutes each day just to do a little workout of some sort will make you feel

good inside.

Working out can be very beneficial for your mental health too. Having a routine can set you and your body on a positive path.

Chris Hirschler, Chair of the Health and Physical Education said, “It’s important to walk or run all year round. Most people sit far too much that negatively affects their health and mood.”

He added, “Don’t let 20-degree temperatures or snow dissuade you. Don’t ask yourself if you feel like exercising- schedule it and go for it. You’ll be happy you did!”

Even though the wintertime brings us the muggy and cold days, working out does not always have to be an outside activity.

Continuing your workout in the winter can better prepare you for the spring. Working out can happen both indoors and outdoors, so give it a chance and get out there to better yourself.

Ask Chloe

I feel like my girlfriend is more into social media and her phone than me. She even looks at it when we’re around family or out on a date night. What do you think I could say to her, or do, to take her attention off of her phone without making her mad?

Sincerely,
Anonymous

Dear Anonymous,

Believe it or not, this occurrence is more typical than you think. With the rise of technology, phones have increasingly become tools we use as social crutches, entertainment tools, and an outlet to relax. In any relationship, communication is key, so I would advise to talk this out with your significant other.

At first, it does not necessarily have to be a serious conversation; try suggesting a technology-free date and see how it goes. If you or your partner can’t abandon your technology all together for the night, try suggesting that you both put your phones on silent.

If you participate in this exercise with your girlfriend, she may be more receptive to the idea. After doing this try having a sit down later about how much you enjoyed being phone free for a couple of hours, and use it as a time to bring up your feelings.

There will be times both of you have to use your phones, or take a call during an important event, but the goal is to make that a rare occurrence. Once you start practicing both leaving your phones out of the equation, it will become second nature.

Good Luck,

Chloe

If you would like to be featured in the “Ask Chloe” section, you can submit your question to s1106449@monmouth.edu.

How to Maintain New Year’s Resolutions 101

SHANNON OSWALD
STAFF WRITER

With the new year finally here, people are trying to keep up with their resolutions. A new year can mean that you pick a resolution; this acts as a goal for the upcoming year. It may be something you want to improve on or something you would like to change. We all know the stereotypical resolution of ‘working out more’ or ‘eating healthier,’ but the real question is: how to maintain this resolution.

No matter what your resolution is, it is important to be determined and go after your goals. One thing in particular that can be noticed about New Year’s resolutions is people tend to create a resolution that is much too big to keep up with. There is no judgment with starting your resolution small and then slowly working towards a bigger goal.

Aaron Furgason, Ph.D., Chair and Associate Professor for the Department of Communication gave his input on the topic. Furgason stated that the key is “Willpower. Where there’s a will, there’s a way. The resolution must be something that at

your core you want to change or accomplish. If a true will is present, then it is easy. If not, good luck keeping that resolution.”

It is important to have a resolution that means something to you so you are more inclined to work towards it. Remembering that you are not perfect and are most likely going to slip up when it comes to maintaining your resolution is important.

Do not hold yourself to an impossible standard and remember that you are human. No matter what situation you are in surrounding yourself with a support system is a huge help.

Those who have your best interests at heart will help to keep you on track to work towards that resolution.

Ami Burgos, a junior social work student, said, “Take it one day at a time, don’t look at the resolution in terms of the whole year but just on a daily or weekly basis, that way you’re not forgetting about it and it doesn’t seem as intimidating.”

Looking at goals through a smaller scope can be much more friendly and make them seem so much more in reach rather than looking for your

long term outcome.

Brielle Kough, a junior psychology student, shared her New Year’s resolution. Kough stated, “My New Year’s resolution was to use social media less and my first step to work towards it was to delete the applications from my phone.” She mentioned that the mentality to use in this situation is “out of sight out of mind.” Social media can consume our lives, and by not seeing the app on your phone, you are less likely to think about it.

If you are trying to get rid of something from your life it definitely helps if you don’t have to see it every day.

Accountability plays a key role in achieving any type of goal and especially resolutions. Make yourself responsible and if you slip up one day make sure to get back on track the next.

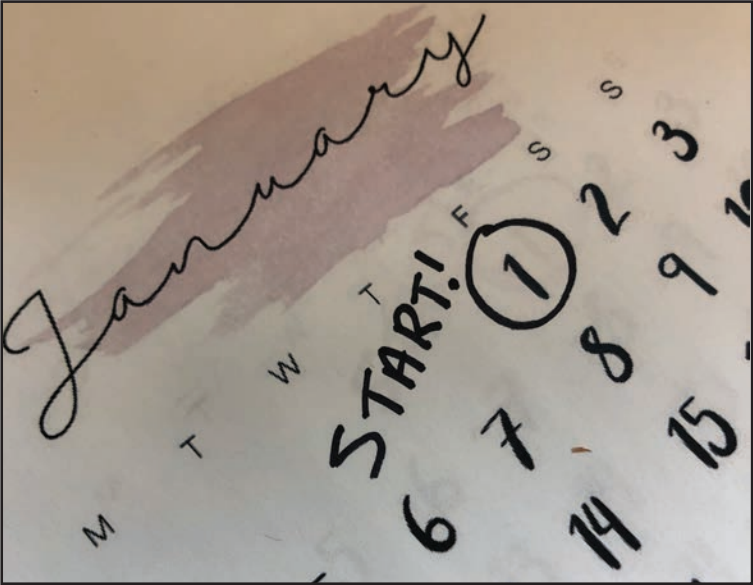
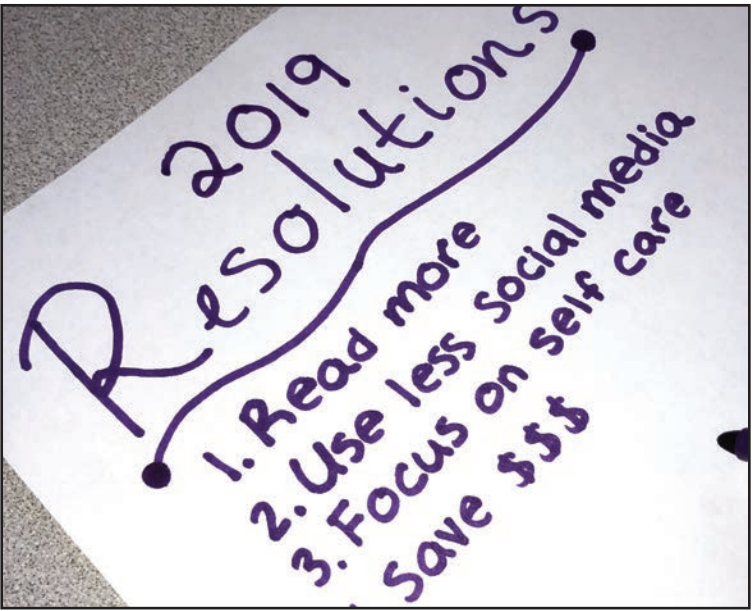
One mistake doesn’t ruin your whole resolution and you can turn it around.

When you succeed it is important to be proud of yourself and reward your progress.

Always remember you are doing a great job and no matter what your resolution is you can achieve it.

“Willpower. Where there’s a will, there’s a way- the resolution must be something that at your core you want to change or accomplish. If a true will is present, then it is easy. If not, good luck keeping that resolution.”

AARON FURGASON, PH.D.
Chair and Associate Professor for the Department of Communication



PHOTOS TAKEN by Cassandra Capozzi-Smith

Top: When trying to stick to resolutions, writing out a list can be very helpful.
Bottom: Maintaining resolutions is easiest if you start right away; start your journey on January 1st in order to make sure you achieve your goals.

Springsteen's "Journey"

Takes a stop at Monmouth

DYLAN SURMONTE
STAFF WRITER

“Bruce Springsteen: The Journey,” a student-curated exhibit at the University’s Guggenheim Memorial Library, is on display for students, faculty, and the public to explore.

The gallery, which showcases the life and times of New Jersey rock star Bruce Springsteen, is the perfect opportunity for fans and critics alike to learn about The Boss’s roots in our state, particularly right here in Monmouth County.

The project was supervised by specialist professor of public history Melissa Ziobro M.A. in the fall and officially opened Dec. 4.

When asked about the project and the process of putting it all together, Ziobro said, “The exhibit was a wonderful way for the students in my Museums and Archives Management Basics class to apply what they had learned in their textbooks and our class discussions.”

“It also allows the University community, and the general public, to get a glimpse of the holdings of the Bruce Springsteen Archives and Center for American Music,” Ziobro added.

Divided into six separate cases throughout the first and second floor of the library, the exhibit begins with Springsteen’s years growing up here along the Jersey Shore, then his inevitable take off into international rock and roll stardom.

But this exhibit also provides guests the chance to experience and explore up close some of

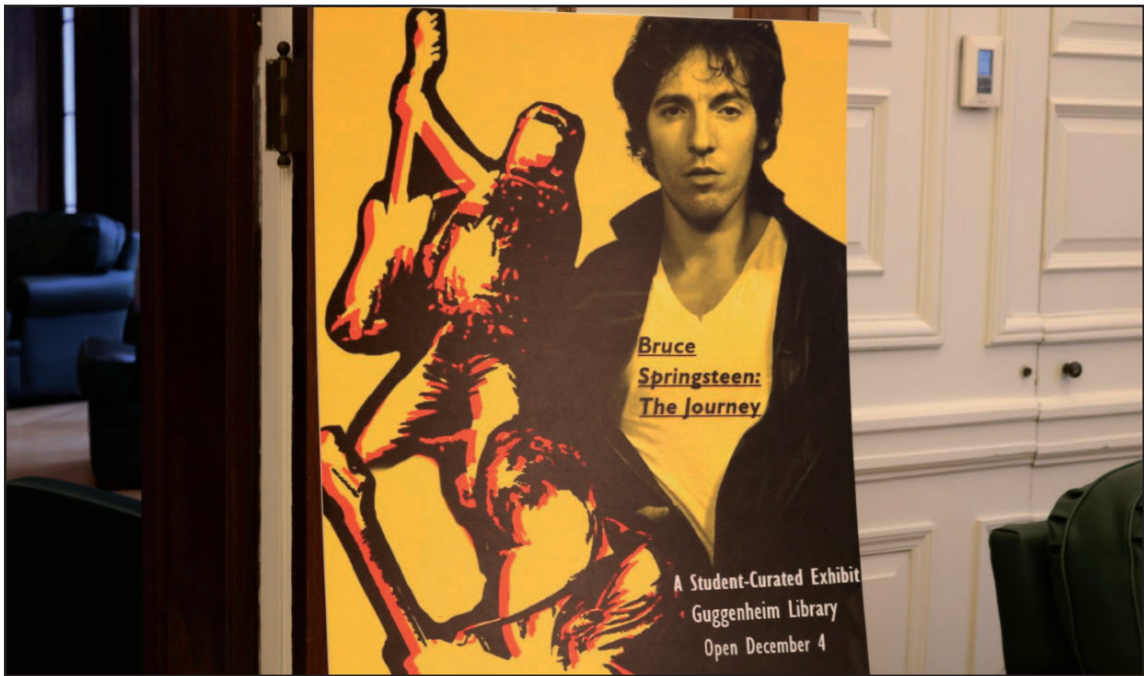


PHOTO TAKEN by Nicole Riddle

“Bruce Springsteen: The Journey” was compiled by the University’s students.

the written works, photographs, periodicals, and artifacts of Springsteen’s journey captured along the way.

For example, the first case of the exhibit, “Growin’ Up,” includes rare photographs of Springsteen and his family growing up in Freehold in the 1960’s.

There are photographs of his father Douglas, his mother Adele, and one of his sisters, Virginia.

Also included are early pictures of Springsteen and his first band, The Castiles, playing in Sea Bright and posing outside the Café Wha? in 1967 Greenwich Village.

The other cases of the exhibit include “Born in the

U.S.A.,” “Musical Evolution,” “International Influence,” “Fandom,” and, “Made in Monmouth.”

His progress and evolution from small time aspiring musician, to major influence on American culture, then to international fame, is captured from display case to display case.

The exhibit emphasizes Springsteen’s role throughout the country and his role in other countries such as Spain, France, and beyond.

“The Made in Monmouth” display case brings the exhibit full circle, because it not only shows The Boss’s ties to Monmouth County, but specifically his connections at the University.

For example, this case displays a photo of Springsteen playing electric guitar on the steps of Wilson Hall in 1969, as well as a photo of Clarence Clemons in Marine Park, Red Bank in 1976.

Other documents and artifacts display more key locations in Monmouth County, like Asbury Park and Long Branch, which show the influence the area had on his songwriting.

The artifacts include photos of Convention Hall, Madam Marie’s Psychic Booth, and the Stone Pony – all major staples to the foundation of his career.

Also on display are photos and documents about 7½ West End Court, the house right in Long Branch where Springsteen wrote the entirety of *Born to Run* – his

third album which would later go on to sell six million copies in the United States.

These important pieces of Springsteen’s life and musical career serve as a great reminder of the history begun and made right here in the Jersey Shore community.

Eileen Chapman, director of the Bruce Springsteen Archives at the University, from where all the artifacts and items were chosen for display, spoke highly about the exhibit.

Chapman stated, “We are always exploring opportunities to exhibit some of the unique items that we have in the Bruce Springsteen Collection.”

She continued with, “Professor Ziobro’s students did an amazing job of identifying significant items and curating a comprehensive look at the life and career of Bruce Springsteen through this remarkable exhibit.”

“Up until now we’ve had to direct visitors to the Springsteen display in the Grammy Experience Museum in Newark so fans of Springsteen and of music are overwhelmingly grateful to have this exhibit at Monmouth University,” Chapman concluded.

By the end of the exhibit, everyone who explores “Bruce Springsteen: The Journey” can agree that this is an experience into his life and career unlike any other.

Chapman, Ziobro, and students successfully produced a remarkable exhibit showcasing the life of The Boss that everybody can appreciate.

The exhibit will run indefinitely throughout the semester.

Watch Out!

Facebook Watch is Changing Streaming

ERICA BARBARA
STAFF WRITER

In a recent influx of easy-access streaming sites, Facebook has fully released its newest free extension, aptly named Facebook Watch.

2018 marked Facebook Watch’s first significant year.

According to a Dec. 13 Facebook press release, “Watch launched to every country around the world...opened to videos from all Pages, and...debuted dozens of Facebook Originals.”

This video-on-demand service was first announced on Aug. 8, 2017 and advertised personalized video recommendations to users.

Watch takes a little bit from other popular websites to make their own viewing experience unique.

It has the YouTube and traditional TV component, because viewers can watch regular TV shows to short clips on anything. Then, there’s also the social aspect, where users can comment and react to different episodes or videos.

The new concept of ‘content bundles’ was mentioned as a Watch feature, which would provide users packages of social-media-trending content related to their interests.

Since 2017, Facebook Watch has evolved from an imagined concept to a full, content-packed service with tens of millions of viewers. Facebook reports that “on average... 75 million daily

visitors spend more than 20 minutes in Watch.”

Boasting celebrity-headlined originals (with Jada Pinkett-Smith and Elizabeth Olsen, to name some stars), Facebook’s newest idea closely resembles YouTube’s original premise.

Like YouTube’s addition of licensed movies and shows, Facebook Watch is not limiting itself to the original content.

Boosting buzz is Watch’s partnership with 20th Century Fox as of Nov. 2018.

Facebook Watch houses many popular licensed titles, including *Buffy The Vampire Slayer*, *Firefly*, and *Angel*.

Daniella Scarmato, a senior communication major with a concentration in PR and journalism, agreed with Facebook’s original content: “Although the market [is] already flooded with streaming services that individuals are devoted to, it can make sense for companies to invest in [Facebook Watch] since Facebook offers some of its own content that new viewers can be drawn to.”

More of Watch’s additions include a community live-viewing feature to incorporate group connectivity, regularly-aired programs at scheduled times, and the ability for artists to apply directly to Facebook for the opportunity to create a new show in one of its streaming styles.

With an advantageous combination of new and recognizable content and

widgets, Facebook has stepped in the direction to further their modern appeal.

Now that Watch is established as a fully-functional service, the next hurdle for it to overcome would be the heavy competition with media giants like Netflix, Hulu, and YouTube.

Alexis Nulle, a specialist professor of communication and faculty co-advisor of the University’s PRSSA chapter, commented on Facebook Watch’s rise and unique appeal to a streaming generation:

“It’s an interesting topic because Facebook has a lot of data about its users. They can use this to their advantage to reach a larger audience and drive content tailored for each individual.”

Nulle elaborated, “Facebook Watch can tap into an audience who doesn’t mind watching ad content in exchange for a free service. In my opinion, people join a service for the viewing content, and this is how they will retain their users.”

Watch’s content is free, with revenue made from ads and sponsorships.

Users can also be more inclined to stay due to the snack-like nature of the watching experience. The aforementioned content bundles provide samplings of short and digestible media that encourage more engagement.

On a different note, Facebook is known for obtaining large amounts of data from its more-than-two-billion users, to its inherent advantage, but a



IMAGE TAKEN from eonline.com

The classic show *Buffy the Vampire Slayer* is free to view on Facebook Watch. With all 144 episodes to watch, viewers have plenty of content to sink their teeth into.

disadvantage to their reputation.

While the site has the upper hand in predicting the content that will promote user activity, recent full-scale security breaches have seemingly caused public trust in Facebook to waver.

Samantha Peragino, a junior social work student, acknowledged another angle on Facebook Watch: “It seems unnecessary for Facebook to have a streaming service. Since Netflix, so many sites have hopped on the streaming bandwagon, and it seems like just a ploy to get money and or more information on viewers.”

Peragino continued, “In the instance of Facebook it is most likely to be information, as Facebook is notorious for data

mining.”

To many, Facebook Watch is still not in public knowledge because of its slow-developing, lower-profile release path.

Also, because of Facebook’s recent security breaches, there is understandable skepticism in the way that the service will catalog viewer interests.

On the opposite end, there are perceptively those who are still interested in the future of the newly established Watch, and, judging by its exploding viewer numbers, it seems to be working towards a bright future for Facebook.

Nulle concluded, “So time will tell, but one thing which is a continuous trend is people cutting the cable cord and opting for video streaming content.”



New Year, New Movies

2019: The Year Ahead for Film



MARK MARRONE
ENTERTAINMENT EDITOR

Other than being at the YMCA for Zumba class or at home for my mother’s specialty pasta dish with Guy Fieri spicy tomato sauce, I found myself in the movie theater throughout most of last year.

Although it was filled with plenty of lows with films like *Superfly*, the good outweighed the bad.

Last year, an unprecedented four films achieved the highest rating on my scale, while over 20 others battled to get on my top 15 list.

There were many flicks worth going out to the theater for (especially when Moviepass still worked), but what does the field look like this year? In no particular order, here are ten movies that I’m highly anticipating in 2019:

A Beautiful Day in the Neighborhood, Oct. 18.

It feels like it was meant to

be. Yes, Tom Hanks will play as Mr. Rogers for the children’s show host’s biopic. Last year we were graced with the incredible documentary on Mr. Rogers called, *Won’t You Be My Neighbor?* But can Hanks bring the same magic in this trip to the neighborhood?

Cold Pursuit, Feb. 8.

It’s funny how a few years ago Liam Neeson said he was done with action movies. Coming off two recent action flicks in *Widows* and *The Commuter*, Neeson will play a snow plow driver who seeks vengeance against a drug cartel who killed his son. As long as my street is plowed, I’ll definitely be at the theater for this one.

Godzilla: King of Monsters, May 31.

If you feel a drastic shake in the ground, that could either be me heading over to Burger King for some dollar chicken nuggets or Godzilla’s return to the streets. 2014’s *Godzilla* was a spectacular monster movie,

especially with the effects in all its glory on the IMAX screen. Five years later, *Godzilla* will tussle with a few more monsters, which is guaranteed to be more entertaining than watching me stuff myself with nuggets (depending on what you’re into).

It: Chapter 2, Sept. 6.

The horror-adventure phenomena is back, which brings the Losers Club back together 27-years after Pennywise the Clown terrorized their town. 2017’s *It* was a genuinely scary flick filled with scares that left audiences stunned. Considering the sequel’s cast consists of Jessica Chastain, James McAvoy and the return of Bill Skarsgård as Pennywise, it doesn’t look like any clowning around is expected.

John Wick Chapter 3, May 17.

“Yeah, I’m thinking I’m back!” In this supposed final installment of the incredible action series, Keanu Reeves reprises his role of John Wick one last time. In the previous chapter, Wick was pitted against a world of assassins who wanted his head. With the punches Wick can pack, do *they* stand a chance?

Little Women, Dec. 25.

Hold up, wasn’t this just released last year? Well, Louisa May Alcott’s classic novel will be remade again but with director Greta Gerwig at the helm. Gerwig’s breakout directorial debut of *Lady Bird* was well received and one of my favorite coming-of-age films of all time. With a cast of Meryl Streep, Saoirse Ronan,



IMAGE TAKEN from Den of Geek

Keanu Reeves has a war on his hands in *John Wick Chapter 3*.

and Timothée Chalamet, the talent alone shows big upside.

Once Upon a Time in Hollywood, Aug. 9.

The backdrop of acclaimed director Quentin Tarantino’s final film is set against the Helter Skelter reign of terror in 1969 Hollywood. Murderer Charles Manson’s recent death, who was at the center of Helter Skelter, may have served as the thought for Tarantino to tackle a heavy subject. The film has a loaded cast which includes Leonardo DiCaprio, Margot Robbie, Brad Pitt, and Dakota Fanning.

Space Jam 2, TBD.

To any salty 76ers fan (like me) who wondered why LeBron James went to the Los Angeles Lakers, here’s your answer. 22-years following the original classic with the legendary Michael Jordan and Bugs Bunny, James will fill the Air Jordans the Hall of Famer left

behind. Now that James will play out the rest of his career in Hollywood, we should expect to see more major roles from him in the future, aside from the comic relief he offered in *Trainwreck*.

Toy Story 4, June 21.

Get the tissue box ready because those toys that hit us in the feels are back. The fourth installment in Pixar’s greatest franchise is almost here, although the last one ended on a note that could’ve made for a good swan song. Regardless, there’s no need to wind me up for this one, I’m already there!

Untitled Terminator Sequel, Nov. 1.

“I’ll be back...” again! In its third reboot in ten years, the *Terminator* franchise will try to find its footing in another attempt with Arnold Schwarzenegger as the star. This franchise has a hard time of saying “Hasta la vista, baby!”



IMAGE TAKEN from SlashFilm

LeBron James will take his talents to the movies in *Space Jam 2*.

The Records Keep Spinnin’!

2019’s Most Anticipated Albums

RAY ROMANSKI
CLUB & GREEK EDITOR

2018 was a monster year for music. With big returns from artists like Arctic Monkeys, Lil’ Wayne, and Sleep, to stacked pop tour de forces from Ariana Grande and Cardi B, 2018 will prove to be one tough act to follow.

However, 2019’s new releases are plentiful and worthy of excessive hype.

I have a list of 105 (no exaggeration, I’m just that neurotic) albums coming out this year. After much struggle, I have narrowed down to a tenth of that original list.

Here are my picks for the most anticipated albums of 2019:

10. Khalid.

Khalid rose to pop superstardom in 2017 with his debut album, *American Teen*, which featured pop smash hits “Location,” and “Young, Dumb and Broke.” In 2018, he quickly became a hot commodity in pop, hip hop, and R&B with him being featured in a lot of songs by Billie Eilish, Normani, Logic, Calvin Harris, and more.

Additionally, he dropped an EP in Oct. of last year named *Suncity*, an homage to his hometown of El Paso. I’m excited to hear what will be next for the rising star.

9. The Who.

The legendary Woodstock alum are returning to the studio for the first time in 13 years. Roger Daltrey and Pete Townshend will be on vocals and guitar respectively, but also joined by

Zak Starkey (Ringo Starr’s son) on drums and Simon Townshend (Pete’s younger brother) on bass.

The Who is also planning a tour with a full orchestra, which is rumored to be their last. They will be playing at Madison Square garden in May and I’ve already got my ticket.

8. Red Hot Chili Peppers.

Work on RHCP’s new album is already well underway. The album will feature the long-standing lineup of Anthony Kiedis singing, Chad Smith on drums, and Flea on bass.

This album will be the third album with guitarist Josh Klinghoffer. In 2016, their latest album, *The Getaway*, debuted at number 2 on the charts.

7. Slipknot.

The Iowa nonet (nine pieced band) surprised fans and critics alike when they dropped a song unannounced on Halloween of 2018. The single, “All Out Life,” is a brutal return to roots.

Lead singer Corey Taylor said this upcoming record, “will be some of the heaviest and well produced Slipknot songs yet.” The masked band will also sport new masks and go on tour to promote their forthcoming album.

6. Mark Morton.

The Lamb of God lead guitarist has decided to do a solo album this year with various rock royalty to be featured on the tracks.

Some rockers include Jacoby Shaddix of Papa Roach, Chuck Billy of Testament, Josh Todd of Buckcherry, and a posthumous performance from Linkin Park

front man Chester Bennington. The single with Bennington, “Cross Off,” was released late in 2018 and it is perhaps Bennington’s best work.

5. The Wu-Tang Clan.

I knew this would happen. The classic New York rap supergroup announced several concert dates this month, which sold out almost immediately (I failed in getting my tickets).

It’s rare for all the members to be at the same place at any given time. One of the MCs, Ghostface Killah, will be busy working on two projects this year, but “will finish the Wu album before the new Ghostface album.”

The Clan will be adding an honorary member to the legacy; Young Dirty Bastard; Ol’ Dirty Bastard’s son who resembles his late father in hairstyle and sound.

New Wu-Tang? And a new Ghostface album as a bonus? I feel faint.

4. AC/DC.

AC/DC has had a rough couple years recently. Brian Johnson had to step down from his vocal position due to hearing problems. Malcom Young, the rhythm guitarist, passed away in 2017 from dementia-related conditions.

But, despite all that, the band carries on with recordings from Young’s notes. And filling in on vocals is Guns N’ Roses’ singer Axl Rose.

With that replacement and perseverance, it’s worthy of a Top 10 spot.

3. Tony Iommi.

Black Sabbath may be retired,

but the riff-master behind them is not anytime soon. After making music for over 50 years, Iommi is finally releasing a solo album. That’s all we know right now, but I’m ready for it.

2. The Claypool Lennon Delirium.

Les Claypool, the bass virtuoso from Primus, has teamed up with Sean Lennon, son of John Lennon, for their sophomore album, *South of Reality*. These two have released two singles right now (“Easily Charmed by Fools” and “Blood and Rockets”) and they’re psychedelic.

Claypool is one of the world’s best bassists, and Lennon’s versatility is a nice pairing.

1. Tool.

Finally! It has been 13 years since their fourth album, *10,000*

Days. 10,000 days is 27 years, so we’re at about 5,000 days.

The progressive alternative quartet have finally finished recording, and it is imminent. This album will be a concept album; as the band looks at climate change through the lens of the Ice Age.

This is fitting for Tool, because only they would tackle something of this nature (they incorporated the Fibonacci sequence into one of their songs).

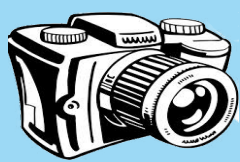
There are rumors circulating that all the band members attended grad school and received doctorates in various areas of study to complete this album.

Although it sounds farfetched, it’s not totally dismissible. Regardless, we are close to having new Tool music and that is what I’m dying to hear in 2019.



IMAGE TAKEN from Good Morning America

Romanski feels “faint” for the Wu-Tang Clan’s latest album.



MOMENTS AT MONMOUTH



LEFT:
THE SCHOOL OF SOCIAL WORK
CELEBRATES GRADUATE
STUDENTS AS THEY WILL
EMBARK ON EXPERIENTIAL
TRIPS OVERSEAS.
PHOTO COURTESY OF:
SCHOOL OF SOCIAL WORK



RIGHT:
THE MONMOUTH CHEER
TEAM CELEBRATING
THEIR PLACEMENT AS THE
NINTH BEST TEAM IN THE
NATION.
PHOTO COURTESY OF:
MONMOUTH CHEER



LEFT:
MONMOUTH TRACK
AND FIELD STARS BEING
CELEBRATED AS NCAA
QUALIFIERS AT THE WOMEN'S
BASKETBALL GAME (FROM
LEFT: DANIELLE STEFF, ALICIA
HESTER, DARIUS HOWE, AND
ALLIE WILSON).
PHOTO COURTESY OF:
MONMOUTH TRACK AND
FIELD



RIGHT:
MEMBERS OF THE
UNIVERSITY ACAPELLA
GROUP SEASHARPS
ENTERTAINING THE
CAMPUS COMMUNITY AT
THEIR WINTER CONCERT.
PHOTO COURTESY OF:
SEASHARPS



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



*Do you have a New Year's Resolution? If so,
what is it?*

COMPILED BY: NICOLE RIDDLE



Deanna Dantas
Senior

"My resolution is to say no to people who I break my
back for and say yes to opportunities."



Christian Lombino
Senior

"No, I didn't make any this year."



Emily Marsh
Senior

"I'm trying to be better with my emails and get a job
because I'm graduating."



Nick Goranites
Sophomore

"No; new year, same me."



Chris McKittrick
**Assistant Director of Counseling
and Psychological Services**

"I'm doing the Whole 30 Program, and I'm on day 21."



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**23rd ANNUAL STUDENT EMPLOYMENT WEEK
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STUDENT EMPLOYEE OF THE YEAR

**DOES YOUR STUDENT EMPLOYEE GO ABOVE AND
BEYOND YOUR EXPECTATIONS?**

**DO THEY HAVE EXCELLENT LEADERSHIP SKILLS?
HAVE THEY MADE A POSITIVE IMPACT ON YOUR
DEPARTMENT?**

**REQUEST A STUDENT EMPLOYEE OF
THE YEAR NOMINATION FORM TODAY !**

Email: aedmunds@monmouth.edu

Nominations due by: February 22nd

SUPERVISOR OF THE YEAR

DOES THIS SOUND LIKE YOUR SUPERVISOR?

- **ENCOURAGES INITIATIVE**
- **IS A GOOD MENTOR**
- **MAKES YOU FEEL PART OF THE TEAM**
- **PROVIDES A QUALITY & CHALLENGING
WORK ENVIRONMENT**

**REQUEST A SUPERVISOR OF THE YEAR
NOMINATION FORM TODAY !**

Email: sbrown@monmouth.edu

Nominations due by: February 26th

!!! CALLING ALL STUDENT EMPLOYEES !!! FEELING CREATIVE?

DESIGN A LOGO FOR THE FRONT AND BACK

SUBMIT YOUR ENTRIES TO STUDENT EMPLOYMENT BY FEBRUARY 26TH @ 5:00PM

WINNER WILL RECEIVE A GIFT CERTIFICATE TO (TBD)

AND RECOGNITION AT OUR ANNUAL STUDENT EMPLOYEE OF THE YEAR RECEPTION IN APRIL

DESIGN FORMAT:HIGH RESOULTION JPEG FILE

Email T-shirt design to Sandy Brown, sbrown@monmouth.edu Deadline: February 26th



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Graduate scholarships available for eligible students.

TURNING TRAGEDY INTO PROGRESS

JORDAN SMITH
CONTRIBUTING WRITER

RAY ROMANSKI
CLUB & GREEK EDITOR

Monmouth University had the honor to host an impactful event pertaining to the son of Jim and Evelyn Piazza, entitled “Turning Tragedy into Progress.” The event was held in Pollak Theatre on Jan. 28, and every seat was filled. Their son, Timothy Piazza, was a pledge for the Beta Theta Pi Fraternity at Penn State University in February of 2017. Piazza underwent severe hazing rituals, one in which ultimately ended his life. Piazza’s family were devastated by their loss of a son, who was also a brother, a boyfriend, a friend, and most importantly, someone they loved dearly. Evelyn Piazza spoke on their experience with the tragedy. “He was an amazing person who was hazed, and then ignored,

tortured, and then left to die because the fraternity did not want to get in trouble,” she said. Jim Piazza spoke about how his life, Evelyn’s life, as well as the people that loved and cared for him, how their lives were altered due to Tim’s passing. He said, “We can’t be around for Christmas anymore. Birthdays, graduations, everything is a reminder that he’s not with us anymore. That he’s gone, and he shouldn’t be. It was all because of reckless behavior and no one willing to do the right thing.” Senior Nursing Major, Samantha Albinson, a senior nursing student and a sister of Alpha Sigma Tau and a senior said, “The fact that it was Tim’s parents had a much larger impact than if it were a student or administrator speaking. Clearly, the whole audience was moved, and it hit a lot harder than most people would have thought.” Maritza Darling-Ramos,

a senior Spanish student and someone not involved in Greek life, also had some input on the event. “I thought the presentation was very moving. It hit home when she was speaking about the hospital.” The Piazzas asked the audience to imagine Tim’s suffering as your own brother in the hospital. When asked how it would affect the Monmouth campus, Maritza-Ramos said, “I feel that there are some people on this campus that have been affected by it. I also believe that some organizations won’t truly care but I hope they’ve learned something from this.” Vice President for Student Life and Leadership Engagement Mary Anne Nagy spoke about the Piazzas’ and their ideologies towards the Greek Life system. “What they support is much like us, a safe, strong and sound system where students hold each other accountable and are not afraid to say stop we

need help,” she said. The Piazzas continue to advocate for change culturally and legislatively. They stated that 43 students have died from hazing since 2000, and Tim was one of seven in 2017. “We should be thinking about not just protecting ourselves, or our organizations protecting each other,” said Nagy. “Protect the human being part of this,” she said. Monmouth University President Grey Dimmena,

Esq., also had a few things to say regarding the event and how it would affect the Monmouth community. “It’s always very powerful when someone who has lived through something tragic comes and talks and can give people a warning. It’s really a tribute to them that they’re able to do this and that they care so much about it not happening to someone else. Even if one person listens and makes a difference, we could save someone’s life.”



PHOTO TAKEN by Ray Romanski
Jim and Evelyn Piazza told Monmouth the story about their son’s death from hazing.

SETTING SAIL ON THE SEAS

VERONICA LANE
CONTRIBUTING WRITER

What better way is there to embrace the culture of our coastal university than by joining the Monmouth University Sailing Team? Learn a skill that lasts a lifetime, travel up and down the east coast competing against other colleges and universities, and make new friends in the process! The MU Sailing Team has been a part of our university’s history for many years and is continuing to grow and evolve. The team consists of both beginners and lifelong sailors, which creates an environment that you cannot find on other collegiate teams. Our team is open to sailors of all experience levels. There is both a co-ed and a women’s sailing team. Monmouth University owns a fleet of 18 Flying Junior (FJ) sailboats which were purchased through the support of generous alumni, benefactors, and local busi-

nesses. Having a large fleet of boats allows our school to host regattas in the fall and spring semesters and to host practices with other local colleges and high school teams. We are a club team at Monmouth, and we aim to practice 3-4 times per week during the fall and spring seasons. Practices will resume around March. Dry suits are provided for the spring season. Practices are very dependent on weather (too much wind, not enough wind, rain) but usually run about 2 hours. Members are encouraged to come to as many practices as they can. Beginner sailors will start off on the recreational team which means other team members will teach them the basics. Our goal is to eventually have recreational members traveling, competing in regattas and serving important roles as board members. We compete in 4-6 regattas per semester, primarily at other schools in our region. The Monmouth

Sailing Team is different than most athletic teams as it is not affiliated with the NCAA. We are a member of the Inter-Collegiate Sailing Association (ICSA) and part of the Middle Atlantic conference. Our team is fortunate enough to practice only 10 minutes away at the Shrewsbury Sailing and Yacht Club (SSYC). The Yacht Club is generous enough to lend us the use of their facilities, including the club house, motor boats, and equipment to run thorough practices. SSYC club members also donate their time and experience to assist in running regattas in the fall and spring. For the competitive team travel expenses are paid for through dues and by Monmouth. This includes hotel, food, and transportation. Please email Captain Katie Foley at s1064847@monmouth.edu. Members will not be required to purchase sailing gear or pay dues until they are certain they want to be part of the team.



PHOTO COURTESY of Veronica Lane
Monmouth’s fleet of sailboats being prepared for a day on the surf.

Club and Greek Announcements

WMCX

WMCX is a student-run radio station, and we’ve been Rockin’ the Shore since ‘74. Learn how to operate the studio’s machinery, make connections, and host your own show! Meetings are held every other Wednesday in Plan-gere 236 at 3:15 p.m. If you’re interested in joining, contact Ali Nugent at s1096530@monmouth.edu

Hawk TV News

Hawk TV News is looking for vibrant and interested students who want to be reporters, writers, anchors, and much more. You do not need to be a communication major to be a part of this organization. If you are interested e-mail us at s0933548@monmouth.edu or meet us on Wednesdays in JP 138 at 3:15 p.m.

College Democrats Interest Group

There will be a College Democrats Interest Group meeting held in Bey Hall 226, the Center for Active Citizenship. All who are interested in attending should come to hear about how to become involved in left-of-center political activities. Events will be held throughout the year, some in unison with the College Republicans. For more information, or any questions or concerns, contact Landon Myers at s1132749@monmouth.edu.

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum. If you are interested, please e-mail Zach Cosenza at s1052751@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!

How to Be Your Best Self in 2019

MELISSA BADAMO
STAFF WRITER

Striving for self-improvement has never been easier than it is at the beginning of a new year. A look back at 2018 gives motivation to make healthy changes, and the transition into 2019 offers opportunities to do so. The new year is a fresh start with opportunities to achieve those goals that were once left on the back burner.

Exercising more often is the most common resolution, usually associated with losing weight and becoming fit. Although focusing on physical health is essential for self-improvement, the benefits of exercising don't stop there; frequent workouts can improve mental health as well. Focusing on happiness and stress management is vital to becoming our best selves, something not many people take into consideration when entering a new year. The burning sensation that arises in muscles while running on the treadmill or lifting weights indicates one step closer to fulfilling a new year's resolution.

Skill-building is another essential part of becoming your best self. Taking up a skill you would've never imagined and becoming thoroughly dedicated will produce endless gratification. Fun, stimulating hobbies to undertake in the new year include learning an instrument, baking, reading, and painting. The arts have a unique way of reducing stress as well. There's something

about producing peaceful strokes of paint that relieves the mind of stress, just like there's something about getting lost in a fictional novel that reduces stress.

Everyone can appreciate the self-expression that comes with art. Sophomore health studies student Cameron Oakley said, "Although I'm not an art major, I want to take more time for things that I love. Not necessarily what my career's going to be, but something I enjoy. [Painting] is a stress-free activity that gives me the chance to take my mind off of school completely."

Building skills also has the power to improve self-esteem. Having high self-esteem is vital for overcoming fears, trying new things, conquering personal challenges, and setting yourself up for success. Sophomore business student Morgan Sottung said, "I've been trying to really get into a routine to better manage my time between schoolwork, club responsibilities, going to the gym, and hanging with my friends all while making good healthy decisions and becoming more okay with my body to help boost my confidence and self-esteem. What really helps is surrounding myself in a good environment with a lot of support from my amazing group of friends and loving family."

High self-esteem also breeds confidence, which is key when achieving self-improvement. Learning to become less judgmental of ourselves leaves tons

of room for focusing on what we need in order to thrive in the new year. Self-confidence is the fertilizer that will allow us to grow in 2019, giving us opportunities to step out of our comfort zone.

Sottung continued, "I've always been open to new experiences, but I haven't really put myself out there to have them. So, my resolution is to put myself out there more and really get out of my comfort zone."

The key to finding self-improvement through resolutions is consistency. Freshman English student Zandro Salomone said, "My resolution is to just keep doing what I'm doing. I always stay positive, I'm always dedicated, I manage my time, I do what needs to be done first. I prioritize my work, keep organized, and just make sure everything gets done on time."

There are ubiquitous ways to work on self-improvement, but keeping a positive mindset should undoubtedly be the leading resolution of the new year. With positivity comes new opportunities to grow and learn. Sparks of positivity throughout the day can turn a bad day into a perfect one. Because positivity is infectious, surrounding yourself with good friends who radiate optimism and encouragement can be the best way to achieve this. The four years here at Monmouth is the perfect time to shift our mindsets so that we always see the good in things. Positivity mixed with ambition takes "new year, new me"

to a whole new level.

Essentially, self-improvement comes down to one thing—focusing on yourself. Michael Pirrotta, professor of psychology said, "In general, when people have higher self-esteem, they are much more willing to branch out, try new things, and push themselves in new ways; while people with lower self-esteem tend to be self-

protective and rarely leave their comfort zones."

When you're really dedicated toward achieving the goal of self-improvement, it will begin to come naturally. Eventually, each new year will be characterized by an abundance of self-growth and self-love, the key ingredients for prospering and succeeding in anything we set our hearts on.



PHOTO COURTESY of Sara Sikora

New year, new you! Becoming the best version of yourself is easier than you may think.

Tips for Making This Your Best Semester

ERIN CROSBY
CONTRIBUTING WRITER

The spring semester has just begun, but here are some easy tips to make it your best semester yet.

Wake up to a song that makes you smile.

From personal experience, I've learned that it's almost impossible to wake up to an alarm that doesn't fill your body with dread. Plus, the winter time is even worse since the sun rises later in the morning and nobody should have to wake up before the sun does.

However, by setting your alarm to one of your favorite songs, it softens the pain of waking up to attend your responsibilities, whether that be to go to work, class or basketball practice.

Use a song with happy lyrics and a calming melody so the light bulb in your head is peacefully turned on and the first thing you wake up to is something positive.

Evan Orsini, a freshman biology student, follows this idea by listening to music throughout the day to stay upbeat and energized in between classes. "Music keeps me in the zone and helps me focus on homework," Orsini said.

Wear something that screams confidence (even if you're faking).

Oversized sweatshirts are always welcome, and nobody plans to turn their backs on those magnificent, portable blankets. However, in order to perform your best, you must feel your best.

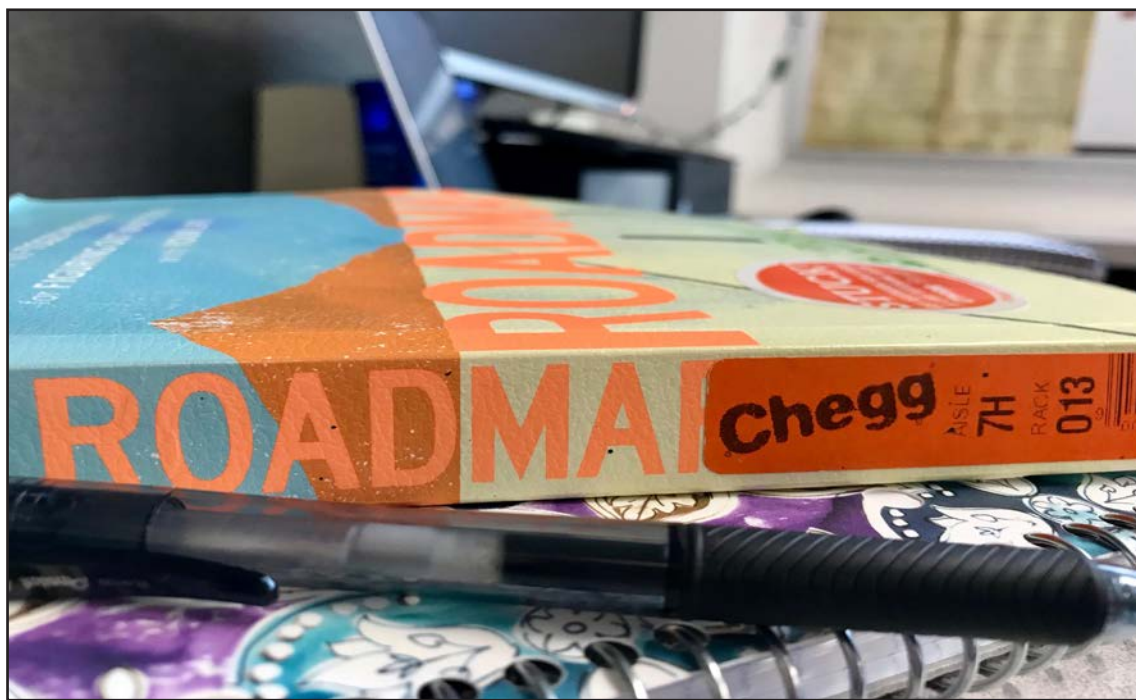


PHOTO TAKEN by Jenna Puglisi

Spring 2019 can be your best semester ever if you follow these eight simple tips for success.

You can accomplish this simply with a necklace, a jean jacket or a new pair of pants.

Liven up your outfit with a scarf and some mascara to easily feel confident and take on the day. Something as simple as washing your face the night before will work by clearing up your skin and creating a natural glow.

Make time for breakfast.

It's easier to function after you've eaten, and we don't need anybody feeling light-headed from lack of calorie intake.

Grab a yogurt or a banana on the way out the door and it will make a difference. Eggs, oatmeal or peanut butter on toast are some of the best

breakfasts you can eat in order to truly start the day off right and kick-start your brain.

Sit in the front.

Just kidding, well sort of. I'll leave this to you as optional. Nobody wants to do this and to be honest, I fell short on this simple little task.

What is it about sitting in the front that is so unappealing? Some may feel uncomfortable with potentially having eyes on them for duration of the 90-minute class, specifically the backs of their heads.

We crave to blend in with the room and the dozen or so heads trying and failing to listen to the lecture.

Though, the truth is, nobody is paying attention to the back

of your head. Others feel it allows the teacher to call on them and pick their brain more often than they would for the students behind the first row. However, this doesn't apply either.

Still, this isn't enough to encourage you to do so. Perhaps, instead of sitting in the front, I'll suggest not sitting in the very last row.

Buy new notebooks.

Start off every semester with a clean notebook. This allows you to start fresh and enjoy the feel of ink over smooth paper on the very first page. New school supplies offer a layer of excitement too, even if some may not want to admit it.

Taylor Iasparro, a health and physical education student, follows this common task of buying new notebooks to start off a new semester. "Motivational quotes are also a great source of encouragement," Iasparro continued.

Take notes with your new notebook.

Susan Stever, a professor of literature and composition, suggests annotating reading assignments as a good way of keeping track of the course material.

Highlighting, underlining, circling and utilizing the margins for notes helps to better understand the text. "It is important to attend class regularly in order to follow these guidelines," Stever said.

Participate

Start off the semester by participating so you do not get stuck in the labyrinth of being known to stay quiet throughout the class period.

Set a goal for yourself to ask one question or make one comment per class meeting and you'll find you speak up more than that. The more often you do it, the more comfortable and relaxed you feel. Just like anything, it takes practice.

Exercise

Working out will refine every single aspect of your life. It allows your brain to absorb material easier and concentrate longer as well as boosts your mood and energy. You will find waking up early in the morning is much easier to swallow, confidence is in surplus and learning comes much more naturally.

How to Combat the Winter Blues

AMANDA BALESTRIERI
STAFF WRITER

As we are slowly moving into the new year, there are many changes developing in most aspects of our lives. One of them happens to be changing the clocks back. Daylight savings time is over, which brings on a widespread and severe epidemic: the winter blues.

For many, the cold weather combined with the added darkness can cause feelings of sadness and a lack of motivation. However, there are several ways to get back into your usual

groove and most of them can be done by a simple change of habits.

While it seems really obvious, opening curtains and blinds will instantly allow more sunlight to shine into the room. Being in a bright space has a direct correlation to our moods because our minds perceive certain colors to be connected to certain behaviors.

The quickest and most relieving way to release sad energy from the winter is by focusing your mind on something else. Bury your head in a book, whether it is a physics book for

class or a novel by your favorite author. Reading is an amazing escape and can help you to relax your mind as well as re-adjust your focus on other parts of the world.

Another speedy solution is to listen to your favorite playlist. Spotify makes personalized playlists so if winter jams and slow songs are not your thing, there are plenty of summer songs to listen to. This will definitely cheer up someone who is stuck in winter.

If you enjoy laying in the dark watching Netflix, that is okay too. This is because of an

upcoming trend called a Himalayan salt lamp. Aside from being fashionable and aesthetically pleasing, these lamps absorb indoor air pollutants.

During the cold months, when your air circulation is limited, these lamps are a stylish alternative. They are great for dorm room desks or bedroom night tables. Wherever they are placed, they will definitely be fashionable and promote a positive energy to the room. These lamps can be purchased from Bed Bath & Beyond or even household stores such as Home Goods for under \$25, depending on their size.

Kaitlyn Hogan, a freshman psychology student said, “I love curling up and watching a movie with some good snacks, friends or family and cozy socks, candles or blankets.” These are winter staples in which you can never go wrong. The scents that candles give off can transport the mind into their scent, blocking out the sadness that comes along with the winter blues.

For example, a “fireside” scented candle can be potent enough to fill the mind with related thoughts, instead of those relating to the cold and dark winter season. The comfort from friends and family can also help cheer up your mood, as can a funny movie, which will make you laugh.

Speaking of good snacks, the Student Activities Board is hosting a New York City trip to the Hot Chocolate Festival. I do not think anything can combat winter sadness more than

hot chocolate. At just \$10, you can be bussed into the city with friends to enjoy this great event! Being with friends and sipping on yummy treats definitely help lighten up the mood for winter.

Shannon Lawrence, a senior music industry student and the travel and tour/concerts chair said, “I’m so excited for this trip! It should be fun for all the students that are planning on going. We want them to have a fun, stress-free day in NYC.”

Taking vacations is not just a Spring Break thing. There are so many places that you can visit for a weekend getaway to go snowboarding, skiing, and tubing. Locally, Mountain Creek Water Park located in Vernon, a town at the North tip of Jersey, is most known for tubing and other snow activities. They also provide lessons and no specialized equipment is required. This is a fun and local getaway spot to relax with friends or family while also enjoying the outdoors.

If you are looking to travel, the Camelback resort located in Poconos, Pennsylvania is famous for skiing, which is Lisa Bach’s, secretary of the School of Education, favorite activity. “Skiing is a great form of exercise, and an excellent release for the mind and body,” Bach said. Physical activity helps the body to release energy and releases endorphins, which is proven to put you in a good mood.

Hopefully you can kiss winter sadness goodbye with the help of these tips. Have a safe and happy rest of winter.



PHOTO TAKEN by Amanda Balestrieri

Himalayan salt lamps absorb indoor pollutants, making them a great way to fight the winter blues.

Alumni Spotlight: Michael Venezia

LOWELL KELLY-GAMBLE
CONTRIBUTING WRITER

When you think of home, it is a place that’s relied on for comfort, equality, and growth. Lifelong Bloomfield resident and a Monmouth alumnus, Mayor Michael Venezia, makes sure his town is prepared for everyone to feel welcomed.

As any newcomer in politics, Venezia had to get his feet wet and work his way up. “I was always involved locally in politics and government in Bloomfield which kind of geared me to run for council in 2010,” said Venezia.

Upon graduating Monmouth University with a political science degree in 2005, Venezia felt prepared to embark on his successful career within politics. To begin this journey, he took the opportunity working for Congressman Bill Pascrell as a way of becoming more involved in politics.

“I started off as a staff assistant, which is the lowest level position. I used to drive Bill and answer the phone; it was a very demanding job because you would always be on the other end of an angry constituent,” Venezia said.

A couple months later, Venezia moved up to Field Representative concentrating on Essex County becoming the link for most of the local government to the Congressman’s office.

Venezia later began working as Projects Director for former

U.S. Senator Frank Lautenberg for over five years. When Lautenberg passed away, Venezia went on to work for Essex County and the County Administrator’s office as an assistant administrator and is currently the Director of Human Resources for the Essex County Schools of Technology.

Venezia believes that Bloomfield has an advantage over other towns throughout Essex County and the state, based off the vicinity of the town being five miles from Newark, NJ, 11 miles from New York City, and five redevelopment projects which will begin construction in 2019.

“You can get to everywhere within minutes from living in Bloomfield. If you work in Newark, you can get there by car, bus, train, or light rail. You can get to New York City by train, bus, and then we have all our access points whether it’s the Garden State Parkway, Route 46, and Route 3. Bloomfield has a midtown direct train into New York City so we’re trying to build upon attracting citizens coming from the city,” said Venezia.

As a mayor, you must face obstacles in order for you to strengthen your ability as a politician and your town. Three of these obstacles that Venezia comes across is property tax redevelopment, and poverty.

Venezia finds that over the last five years since he’s become mayor, there has been a total transition on the coun-

cil for the better. “We have a young diverse group on the council that recognize long term residents, but we also want to see Bloomfield grow to a point where we’re blossoming for the future,” he said.

Venezia also makes sure a vast police force are available within the town. By having a force of 125 officers and more women being in the rankings, crime began to decrease overtime. “We had less incidents in 2018, such as burglary, robbery; such as class one or class A crimes, then we did back in 1999. We are becoming a model police department for the state,” Venezia said.

“Whether it was the Italian, Irish, Polish back in the 50’s and 60’s that came here to what we have today, it is a very diverse population. We’re still a working class community and that’s what we are going to keep it as,” said Venezia.

He is also in the process of developing an 18 acre park which was set to have 175 town homes and going to feature a soccer field, playground, and wetland mitigation. The park is expected to be finished during the fall of 2019.

Even though Venezia’s administration has done a wonderful job innovating Bloomfield, he still feels that there

is room for improvement. He makes sure all of his employees go to conferences and training, including himself, thus building a strong democratic government.

In the next election, Venezia finds that his advantage over his opponents is that he has a proven track record. “I think the fact that I’m a lifelong Bloomfield resident so a lot of the long term residents know me and know the job I have done. Being young helps me with the newer residents. I think people appreciate that and hopefully they will reelect me for a third term,” Venezia said.



IMAGE TAKEN from NJ.com

Mayor Michael Venezia of Bloomfield, NJ is just one example of Monmouth alumni success.

Women’s Basketball Snaps Losing Streak with Two Wins

MATT DELUCA
STAFF WRITER

Women’s Basketball won their second game in a row on Saturday afternoon, defeating Niagara 76-54 at the Ocean-First Bank Center, improving to 7-11 on the season and 3-4 in conference play.

Freshman forward Lucy Thomas led Monmouth with 19 points, while junior forward Alexa Middleton scored 17 points and corralled 15 rebounds. Junior guard Sierra Green was the third and final Hawk in double figures, contributing 15 points.

Monmouth started strong off the tip, scoring the first seven points of the contest, including five from Green, which resulted in a Niagara timeout just 1:50 into the game.

The Purple Eagles responded with seven-straight points of their own to tie the game with 6:12 remaining in the opening quarter.

The Hawks countered with 12-straight points to jump out to a 19-7 lead with 3:32 on the clock, and ended the first quarter leading 27-10. Saturday’s first quarter was the highest-scoring quarter of the year for the team.

A layup from Middleton and a three-point shot from Thomas expanded the Monmouth lead to 32-10, as they held Niagara scoreless for almost six minutes of the second quarter.

The Hawks led by as many as 23 points in the frame, but Niagara closed the half on a 6-0 scoring run to make the

halftime score 39-22.

Monmouth continued their push in the second half, as they outscored Niagara by seven points to take a 57-33 lead into the final ten minutes.

The Purple Eagles held a two point advantage in the fourth, outscoring the Hawks 21-19, but Monmouth was able to close out a 22-point victory.

“It was by far our best performance to date,” said Head Coach Jody Craig. “We start-

ed out well every quarter, and did a great job defensively by not giving them consistent looks. It was nice to see everyone play and get a complete effort. We had a great crowd today for National Girls and Women in Sports Day, and I was proud to have this performance with everyone that was in the building today.”

For the game, Monmouth shot 32-65 from the field (49 percent) and scored 76 points,

which were both season highs. The Hawks shot 5-16 from three (31 percent) and 7-10 from the free throw line (70 percent).

They forced 16 Niagara turnovers, leading to 24 points. Monmouth also outscored Niagara 54-14 in the paint. Middleton’s double-double was her second in three games, and the sixth of her career.

The 15 points for Green marked the 15th time in 18

games that she reached double figures in scoring. Her four three-point shots increased her season total to a conference-leading 65 points. Green was named Metro Atlantic Athletic Conference (MAAC) Player of the Week for her efforts.

The victory was the second-straight of the week for the Hawks, as they defeated Canisius 67-61 on Thursday night at the OceanFirst Bank Center. Green had a game-high 22 points and junior guard Emani Clough had 12 points off of the bench.

The Hawks trailed by as many as nine in the third quarter after Canisius began the second half on an 11-0 scoring run. Monmouth responded by scoring 12 of the next 14 points to take a 40-39 lead late in the third.

The teams traded leads in the fourth quarter, as Monmouth went up again 56-55 with 5:06 remaining on a Green shot. The Hawks hit four free throws down the stretch to clinch the victory, snapping a four-game losing streak.

“We’ve been on a little losing streak here, and we were really trying to break that,” Craig said. “At this point in the season, this win is as big as it gets.”

Monmouth will play the final game of their four-game home stand on Friday night, as they will host Quinnipiac. Tip-off is scheduled for 7:00 p.m., with the game being broadcasted on ESPN+ and WMCX 88.9 FM.



Freshman forward Lucy Thomas topped the scoring for Monmouth with 19 points in their win over Niagara on Saturday afternoon.

PHOTO TAKEN by Karlee Sell

Men’s Basketball Falls Twice in Buffalo Road Trip

ZACH COSENZA
EDITOR-IN-CHIEF

Men’s Basketball lost twice in their Western New York trip, first to Canisius 80-66 on Thursday night then to Niagara 75-48 on Saturday afternoon.

On Saturday, the Hawks went into the halftime with the 23-22 lead, but were outscored 53-25 in the second half.

“It was not our day... in the first half, we guarded but certain guys we got right now want to do their own thing,” said Head Coach King Rice.

A defensive first half saw Niagara lead by as many as eight after they hit a three midway through the first, making it 19-11 Purple Eagles.

The Hawks answered with the next eight points, with four different players contributing. Niagara took the lead back with a corner triple, but MU netted the final four points of the half, taking the lead when sophomore guard Deion Hammond’s jumper went down at 1:27 to send Monmouth to the break up one. The Hawks held

Niagara off the board for the final 5:20 of the first half.

After a back-and-forth first few minutes of the second half, sophomore forward Melik Martin hit a three to give the Hawks a one point lead. Shortly after, Niagara went on a 14-1 run to take a 12 point lead. The Purple Eagles went up 20 with 2:31 to go on Barton’s corner triple, and went on to win 75-48.

For the game, Hammond finished with 12 points. Senior forward Diago Quinn finished with eight points and seven rebounds.

On Thursday, the Hawks lost to Canisius 80-66, ending a four-game winning streak for Monmouth.

“It was a good game until halftime, and then we just didn’t come out of the locker room,” Rice said. “That happens sometimes, it was a very physical game and there were lots of fouls called to start the second half which kind of set the tempo and those guys came out on fire and we didn’t, that’s the game.”

Sophomore guard Ray Sal-

nave’s three-point play at five minutes of the opening half gave Monmouth a 13-12 lead.

The Hawks led into the final stages of the period before Canisius’ jumper went down to tie things with 35 seconds left, making the halftime score tied at 32 all.

Canisius opened the second half on an 18-7 run that includ-

ed two threes to open up an 11-point lead.

Monmouth got it within single digits but the home team was able to gradually build on their lead throughout the period, eventually winning by a 14-point margin.

For Monmouth, Hammond and Salnave led the team with 14 points each. Junior guard

Louie Pillari also was in double-digits with ten points in only ten minutes.

After the two losses, Monmouth (6-16, 5-4 MAAC) looks to rebound as they return home with two home games, first against Siena on Thursday night at 7:00 p.m., then against Rider on Saturday afternoon at 2:00 p.m.

“It was a good game until halftime, and then we just didn’t come out of the locker room. That happens sometimes ... those guys came out on fire and we didn’t.”

KING RICE
Head Coach



Sophomore guard Deion Hammond led Monmouth with 12 points in their 75-48 loss at Niagara on Saturday afternoon.

PHOTO TAKEN by Karlee Sell

Track and Field Excels in Record-Breaking Weekend

MARK D'AQUILA
ASSISTANT SPORTS EDITOR

It was a record-breaking weekend for Track and Field as the women's distance medley relay (DMR) team achieved a school-best time at the New York Armory and senior Kyle Mueller broke the 5000-meter record at Penn State.

The Hawks participated in three different events this past weekend: the Dr. Norbert Sander/Columbia Collegiate Challenge, the Penn State National Open, and the Cornell Kane Invitational. It was a split team weekend as Track and Field sent a different group of athletes to each event to compete.

At the Dr. Norbert Sander/Columbia Collegiate Challenge in New York, NY, it was the Monmouth women who stole the show with a second placed finish in the DMR after putting a time of 11:15.64 on the board, which topped the program's all-time record in the event. The team consisted of senior Brianna Stratz, junior Nioami Miranda, senior Chandi Piiru, and graduate student Allie Wilson. The final time was a full ten seconds faster than the school's previous best and became the National Collegiate Athletic Association's (NCAA) second-fastest time in the event.

"The women's DMR was a tremendous start to the weekend for us," said Head Coach Joe Compagni. "We had some very good results at all three

meets, and we're looking forward to getting back to work and improving in all areas in the weeks ahead."

Two members of the women's DMR team also had big weekends individually as Wilson came close to topping her record-breaking 800-meter dash from a week ago by winning her event with a time of 2:06.58 and Stratz placed 7th in the event with a 2:09.84.

At the Penn State National Open, senior Corey Murphy won the shot put with a season-high 62'10.75 that won the competition by over five feet.

Mueller broke the school record in the 5000-meter run with a 14:25.35 run that topped the former high of Nick Pellegri set in 2004.

Senior Darius Howe also performed well in Pennsylvania with an impressive 48'7.5 triple jump which was good enough for a third-placed finish.

Other top Hawk performers included juniors Ryan Rafferty and Mariah Hubbard, who finished sixth and fifth in their competitions, respectively.

It was the freshmen who closed out the day with Sarah Crissman and Amber Stratz finishing fourth and fifth in the 1000-meter with times of 2:53.73 and 2:54.13.

The last event of the weekend was the Cornell Kane Invitational in Ithaca, NY, which was highlighted by junior Brandon Davis who was victorious in weight throwing with a final of



PHOTO COURTESY of Monmouth Athletics

Graduate student Allie Wilson was a part of Monmouth's record-breaking Distance Medley Relay (DMR) team, who beat the school's previous best time by a full ten seconds last weekend.

52'6.75.

There were also a variety of top-five finishes across the board in Ithaca with freshmen Masfort Boima and Chris Maiurro each placing fourth in 60-meter hurdles and dash, respectively. Freshman Randy Showmaker also found the leaderboard with a third-place finish in pole vault thanks to a clearance of 14'3.25, while

freshman James Hoffman placed third in the 1000-meter run with a time of 2:35.9.

The women's 4x800 relay capped off a solid day as sophomores Michele Daniels and Natalie Tavares teamed up with freshmen Nancy McGrath and Keelyn Cummings to win the race with a time of 10:00.75.

Next week will be another split squad meet for the Hawks

with one group traveling to Boston, MA on Friday to compete in the Crimson Elite Meet at Harvard and then Boston University for the Scarlet & White Invitational on Saturday.

The other Monmouth grouping will head to the Ocean Breeze Athletic Complex in Staten Island, NY to battle in the Villanova Invitational on Saturday.

Swimming Ends Regular Season with a Pair of Losses

EVAN MCMURTRIE
SPORTS EDITOR

Men's and Women's Swimming closed out their regular season schedules with losses to the New Jersey Institute of Technology and Sacred Heart, respectively, on Saturday afternoon in Fairfield, CT.

"We weren't perfect today but I was pleased with the way everyone raced," said Head Coach Matt Nunnally. "We have some details to clean up in the next few weeks to be at our best for the MAAC (Metro Atlantic Athletic Conference) Championships."

Men's Swimming fell to NJIT by a score of 151-137, finishing their season with a record of 6-5.

Freshman Callan Smith led the way with two wins, putting him at a total of thirty this season. He finished the 200-yard backstroke in 2:00.24 and the 500-yard freestyle in 4:59.79.

Smith was also a part of the team composed of junior Aus-

tin D'Angelo and freshmen Dylan Barkhuizen and Valance Washington, who won the 400-yard medley relay with a time of 3:37.76.

They were also victorious in the 200-yard freestyle relay, thanks to a 1:27.97 finish by Barkhuizen, Washington, freshman Kevin Del Giorno, and sophomore Ethan Lucas.

Del Giorno won his third

race of the season, completing the 100-yard backstroke in 54.51.

D'Angelo captured his seventh career victory in the 100-yard breaststroke after touching the wall in 1:00.93.

The 200-yard breaststroke was won by freshman Nate Heisey in 2:14.50. Heisey went on to earn his third career individual victory in the 200-yard IM, finishing in 2:00.51.

Women's Swimming finished their regular season at 5-8 after losing to Sacred Heart on Saturday, 151-118.

Freshman Camryn McHugh racked up three individual wins on the day, putting her at 23 on the season. McHugh was victorious in both the 100 and 200-yard backstroke and the 100-yard butterfly with times of 59.53, 2:09.96, and 59.95, respectively.

Women's Swimming won the 200-yard freestyle relay as well. The combined efforts of juniors Bradie Keelen and Alyssa Cherubino and freshmen Muriel Maloney and Mary Emich led them to a 1:43.49 finish.

Sophomore Louise Barker won the first individual race of her career, completing the 500-yard freestyle in 5:30.21.

Freshman Lauren Baines grabbed her seventh win of the season with a 2:22.86 finish in the 200-yard IM.

Monmouth Swimming will have a short break before travelling to Buffalo, NY for the 2018-19 MAAC Swimming Championships on February 13th. The competition will take place over the course of four days at Burt Flickinger Center at Erie Community College.

"We weren't perfect today but I was pleased with the way everyone raced."

MATT NUNNALLY
Head Coach



PHOTO COURTESY of Mike Lanis

Freshman Camryn McHugh stacked her win total to 23 on the season after being victorious in three individual races on Saturday afternoon against Sacred Heart.

UPCOMING GAMES

- Thursday, Jan. 31**
Men's Basketball vs Siena
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.
- Friday, Feb. 1**
M/W Track & Field
Crimson Elite Meet
Cambridge, MA 2:00 p.m.
- Women's Basketball vs Quinnipiac
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.
- Saturday, Feb. 2**
M/W Track & Field
Scarlet & White Invitational
Boston, MA TBA
- M/W Track & Field
Villanova Invitational
Staten Island, NY TBA
- Men's Lacrosse at Drexel
Vidas Field
Philadelphia, PA 11:00 a.m.
- Men's Basketball vs Rider
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.
- Sunday, Feb. 3**
Women's Basketball at Fairfield
George Bisacca Court at Alumni Hall
Fairfield, CT 2:00 p.m.
- Men's Tennis vs Wagner
Little Silver Tennis Club
Little Silver, NJ 4:00 p.m.

*conference games



GREEN FOR THREE



Junior guard Sierra Green put up four threes against both Canisius and Niagara, tallying 37 total points in the two wins as she went on to be named MAAC Player of the Week.

SEE STORY ON PAGE 18

PHOTO TAKEN by Ali Nugent