



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933

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## Graduate School Adds Two New Degree Programs

ANDY STUDNA  
ASSOCIATE NEWS EDITOR

The University's Office of Graduate Studies are approving two new graduate programs for launch this year; the Master of Science in Athletic Training (MSAT) and Master of Arts (MA)/Master of Fine Arts (MFA) in Creative Writing.

The MSAT will have its first cohort beginning in June 2019 while the MA/MFA in Creative Writing will launch in fall 2019.

Melissa Febos, an associate professor and Graduate Program Director for the MFA in Creative Writing said, "This new program will allow us to keep our most talented undergraduate writers and to share everything that our faculty and Monmouth University has to offer with writers."

She also explained that the program is ideal for writers who seek a close-knit, creative and academic community that will support them throughout their careers.

Christina Merckx, Ph.D., an associate professor and

Athletic Training Chair, will lead the new MSAT program.

Michael Palladino, Ph.D., a biology professor and Vice Provost for Graduate Studies, said, "For the Athletic Training (AT) programs, we were fortunate to hire Dr. Christina Merckx, an experienced AT who led the curriculum development and facilities design process."

According to Febos, the new MFA courses will include an advanced craft seminar, an internship seminar, and a year-long creative thesis course in which students are encouraged to finish a book-length manuscript.

The MFA will require students to complete 18 credits, but they must first complete the MA in English for Creative Writing.

This will allow students to earn a dual degree in the MA/MFA. There is an option for students to enroll in a five-year Masters program.

The MSAT program has an option for students to complete four years to obtain an undergraduate degree in biology or health studies and then another two years for the MSAT. It will require students to complete 60

credits.

In the program, students will learn about six "strands" or themes in areas of athletic training that are required by the accrediting body.

"Our hope is that our MFA graduates leave the program

confident in their voices as artists and their paths as writing professionals," said Febos. "When they leave Monmouth University, they will be ready to begin pursuing publication of their books and full-time positions in publishing, teach-

ing, and professional writing."

Febos' experience as a published author and being the recipient of an MFA, herself informed the design of this new program. She is excited that

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PHOTO COURTESY of Monmouth University

The University's Graduate School will be adding two new Masters degree programs, beginning later this year.

## Leahy Hosts Press Conference

MEGAN RUGGLES  
ASSISTANT NEWS EDITOR

President-elect Patrick Leahy, Ed.D., hosted a student media event as a way of connecting with student leaders in the Rebecca Stafford Student Center on Wednesday, Jan. 30.

The interviews took place in room 202A in the Rebecca Stafford Student Center.

In attendance were student members from WMCX, HawkTV, The Outlook, the Black Student Association, the Student Retention Team, and Student Ambassadors.

Leahy asked the student representatives in attendance about their academics, club involvement, and their experience at Monmouth.

The press meeting was arranged by John J. Christopher, J.D., Vice President and General Counsel, and Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, in

order to create an opportunity for student representatives to meet with Leahy. Aaron Furgason, Ph.D., Chair of the Department of Communication

and an associate professor of communication, was tasked with advertising the event to

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PHOTO COURTESY of Haley Gasparine

President-elect Patrick Leahy poses with student media Haley Gasparine at press conference.

## University Celebrates Black History Month

LOWELL KELLY-GAMBLE  
CONTRIBUTING WRITER

The University began the celebration of Black History Month by hosting a performance of *King's Dream*, presented by Key Arts Productions, in Pollak Theatre on Wednesday, Jan. 30.

The performance is a multi-media live presentation that offers a moving tribute to Dr. Martin Luther, Jr., the Nobel Peace Prize recipient who led America's peaceful revolution for equal rights for all during the Civil Rights era. It tells the story of an American civil rights movement that is dramatic, powerful, and inspirational.

The Key Arts Productions of Philadelphia explains that in the performance, "The [Civil Rights] era is explained and comes alive with songs, thought provoking live commentary,

and captivating integrated video projection in this innovative traveling performance piece."

Events throughout the month will be coordinated by the Monmouth University Black Student Union and Tashir Hampton, Assistant Director of Student Activities, to celebrate and honor Black history in America.

"What I like students to get out of this event is the notion that the struggle still goes on, the fight for civil rights still goes on, and that Dr. King can and has inspired us all to keep up the fight and work together for peace," said Joseph Patterson, President and Artistic Director at Key Arts Productions. "The college students were very much a part of the modern civil rights movements of the 50's and

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## Students Meet Frank Pallone in Asbury Park

NICHOLAS COSCARELLI  
SENIOR/NEWS/POLITICS EDITOR

Students joined local elected officials and members of Monmouth county to meet with New Jersey Congressman Frank Pallone, Jr. at the High Voltage Café in Asbury Park, last Saturday, Feb. 2.

The event, “Coffee with Congressman Frank Pallone Jr.,” was hosted to celebrate Pallone’s newly appointed position to Chairman of the House Energy and Commerce Committee, which is one of the most powerful and prestigious committees in the U.S. House of Representatives.

The Monmouth County Young Democrats, Asbury Park Young Dems and the Asbury Park Democrats, in accordance with the Monmouth University College Democrats on campus, all helped to coordinate the affair.

State Assemblyman Eric Houghtaling, who represents New Jersey’s 11<sup>th</sup> legislative district in the State Assembly, was also present at the event last weekend.

“I greatly appreciated the opportunity to discuss many of the pressing issues facing our state and our country, and I thank Congressman Pallone for his dedication to his district and his acces-

sibility to his constituents,” he said. “I am excited to see so many young people getting involved in politics and government, and encourage them to continue working to improve their communities and our State.”

Landon Myers, a senior political science student and President of the Monmouth University College Democrats, said that the event was very successful.

“We were able to ask Congressman Pallone questions and hear about the process of Congress and a lot of the issues he was going to focus on in the next session,” he said.

Landon noted, “One of Pallone’s biggest talking points was the aspirational policy goals he supports, but having to take a pragmatic approach because Democrats only control the House.”

“Congressman Pallone was excited to hear that Monmouth University finally has a Democratic Club on campus,” said Kayvon Paul, a senior political science student and Outreach Coordinator for the Monmouth University College Democrats.

The Monmouth University College Democrats hope to plan similar informal events with legislative officials, lobbyists, and public interest leaders in the near future.



PHOTO COURTESY of Landon Myers

University students met with Congressman Frank Pallone and Assemblyman Eric Houghtaling in Asbury Park last Saturday.

## Celebrating Black History at Monmouth

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60’s and even today. This program hopefully will inspire young people here at Monmouth to make a difference.”

February celebrates the sacrifices and achievements of African-Americans from the past to present. This commemoration includes individuals and organizations such as the Black Panther Party, the National Association for the Advancement of Colored People (NAACP), Rosa Parks, Malcolm X, Jackie Robinson, Muhammad Ali, Martin Luther King, Jr., among many others.

Hampton believes that the University is focused on increasing the diversity and inclusion on campus and making sure that students enrolled feel welcome and a part of the community.

“In my experience the students I have talked to do feel welcomed and a lot of them being club leaders, at least that I talk to in my role, are really passionate about putting on these programs. We want to make sure that every student, regardless of their background, feels welcomed, supported, and represented,” he said.

Zorah Fowler, a senior social work student and President of the University’s Black Student Union, felt that the importance of this event on campus would remind students in a predominantly white community that the dream still is a work in progress.

“There is still injustice, discrimination, and racism prevalent all over the country and we need to be reminded that we have to work harder than other institutions to ensure that the students who attended understand that this isn’t



PHOTO COURTESY of Monmouth University

The Black Student Union held the annual flag raising.

a place where that behavior should be tolerated,” she said.

She continued and explained, “While we can’t govern everyone’s actions it helps to remind everyone that just because it does not affect you, it may affect others and you should be accountable for your actions.”

Fowler looks for students to gain an understanding of what past leaders have experienced and endured to give everyone the platform to advocate for a cause.

“At that time, black people could not speak freely about injustice with risks of being attacked. Now more than ever we can speak up and call others out on their ignorance,” she said.

Fowler continued, “We do not want to be segregated and we want others to understand that you do not have to be black, Hispanic, or any specific group of people to support our cause. We want to support everyone, and we would love the support of everyone.”

The Black Student Union is made up of 25 students from various backgrounds. This past Friday, the organization hosted their annual flag rais-

ing ceremony which took place behind Wilson Hall.

The opening ceremony was followed by a reception in Magill Commons featuring public speaker and educator Akeem Lloyd.

Lloyd believes that it is important to recognize Black History Month because, “To understand the past of America, is to understand Black History in America. To experience 400 years of physical abuse, systematic racism, bigotry, oppression, Jim Crow, and to act like it never happened is inhuman,” he said.

“Recognizing Black History at Monmouth University, and anywhere else in the U.S. is important because it allows us to tell our history,” Lloyd stated. “I wanted students to reflect on where they are in life and to know that if it is no where they want to be, today was the day to get closer to their goals.”

The Black Student Union is currently working with the Student Activities Board to create more events throughout February and will lower the African-American flag at the end of the month.

## Student Media Meet with President-elect Leahy

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media outlets to notify them of the event. Furgason said that he believes that it’s important for all faculty to be involved with students on campus and noted that it seems that Leahy is committed to doing so.

“I think it’s great that Leahy is engaged prior to coming in in August, with every level of the university. Obviously, the students are the most important part, but also the faculty and administrators,” he said.

Furgason continued and said that the newly elected president wants to speak directly to leaders on campus, showing that he is engaged in the full life of the University.

“He (Leahy) is obviously interested in the core of an educational facility: the students. He wants to speak directly to them, instead of going through faculty members or administrators,” he said.

After student introductions, Leahy returned the favor. He re-

layed how an English class taught by his university president at Georgetown inspired him to become an administrator. He went on to discuss his passion for fundraising, which he was told by the University’s Board of Trustees was one of the reasons he was fit

for the position.

“I’ve done a lot of fundraising in my professional career and I actually enjoy doing it,” said Leahy. “It can be a very meaningful thing to sit down with someone who’s done very well financially and help them find something mean-

ingful for them to invest in.”

Leahy explained that his goal is to ensure the University becomes that investment. He stated that he believes that there is great work being done on campus which the student leaders’ “testimonials” point towards.



PHOTO TAKEN by Caroline Mattise

Student media met with Leahy in Room 202A of the Rebecca Stafford Student Center for interviews.

Haley Gasparine, a senior communication student and promotions director of *Hawk TV*, took additional time to present Leahy with “*Hawk TV* goodies.” The gift included a water bottle, journal, pens, and a tote bag. “This was my way of creating that first connection with President Leahy and our organization on campus,” she said.

At Leahy’s announcement ceremony last month, he told attendees “...We’ll build upon the strong foundation here at Monmouth and move toward even higher levels of excellence and access.”

Leahy elaborated on this at the media panel. He said, “To take the university to the next level we’ll have to broaden our notoriety and recruiting of students.”

To grow the University’s exposure, Leahy will attend speaking engagements and meet with donors. “You’re going to have a president who will take any speaking engagement he can get his hands on to talk about Monmouth,” Leahy assured student leaders.



# President Emeritus Paul Gaffney Inducted into Naval Oceanography Hall of Fame

NICHOLAS COSCARELLI  
SENIOR/NEWS/POLITICS EDITOR

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STAFF WRITER

Former University President Paul Gaffney, II, was inducted into the Naval Meteorology and Oceanography Hall of Fame during a ceremony at the John C. Stennis Space Center in Hancock County, MS, on Jan. 25.

The ceremony was attended by current and former staff members, some of whom served with the inductees.

The program also included the unveiling of and ribbon-cutting on the newest Department of Defense Supercomputing Resource Center's supercomputers that were installed in 2018 and named after Gaffney and other Hall of Fame inductees.

A member of the first class of three honorees, Gaffney served as commander of the Naval Meteorology and Oceanography Command (NMOC) from 1994 to 1997. He became the first naval oceanographer to attain the rank of vice admiral.

Gaffney is credited with accomplishing the visionary goal of making Naval Oceanography a world-class supercomputing facility and delivering three oceanographic survey ships into the operational fleet—USNS Pathfinder, USNS Sumner and USNS Bowditch.

"Our competitors strive to shake our confidence. In order to keep our confidence from being shaken we must know what's happening in the under-sea domain. We have that here at Naval Oceanography and no other nation does," Gaffney said in a press release.

According to the NMOC,



PHOTO COURTESY of Monmouth University

Former President Gaffney was honored by the Naval Meteorology and Oceanography hall of fame for his accomplishments in coastal and ocean policy in Hancock County, Mississippi.

these latest installations will now provide users with nearly seven petaflops (a unit of computing speed) of computing capability and are among the fastest supercomputers in the world.

Michael Palladino, Ph.D., a professor of biology and Vice Provost for Graduate Studies, who has served under Gaffney's administration, said that the former president was instrumental in implementing a vision to apply supercomputing power to oceanographic research.

"This has not only benefited naval efforts in support of national defense but enriched and advanced ocean research for scientific communities at large, worldwide," said Palladino.

"As President, his efforts to bring Monmouth University into national conversations on

ocean research and policy issues has had lasting impacts on academic programming in our marine science and policy programs and was instrumental in positional Monmouth as a leader and partner locally," added Palladino.

He continued, "As a national leader working to identify gaps and challenges in our understanding of oceanographic systems and in supporting research efforts to address those gaps, President Emeritus Gaffney continues to bring recognition and honor to the University through his work with the Urban Coast Institute."

Gaffney graduated from the U.S. Naval Academy in 1968 and earned a Master's degree in ocean engineering from Catholic University of America and an Masters in Business Administration from Jackson-

ville University.

He is currently an Ocean Policy Fellow with the University's Urban Coast Institute (UCI).

"It is a well-deserved recognition for Admiral's Gaffney's distinguished career, which bridges ocean science, policy and management," said Tony MacDonald, Director of the UCI. "At the same time, it is raising the recognition of Monmouth University and UCI's work to a national audience."

As its Ocean Policy Fellow, Gaffney provides on-going advice and guidance to MacDonald and the UCI staff.

He also leads the collaborative efforts with the Rockefeller University Program for the Human Environment, including coordination of the National Ocean Exploration Forum in 2016 and the first National

Conference on Marine Environmental DNA in 2018.

"Thanks to Admiral Gaffney's support and affiliation with the Urban Coast Institute, we have been able to substantially expand our partnerships and attract funding to expand our work supporting expanded faculty and student research," said MacDonald.

He added, "His work had also helped to increase the visibility of Monmouth University and our Institute as a state, regional, and national leader in coastal and ocean policy."

Naval Oceanography has approximately 2,500 globally distributed military and civilian personnel, who collect, process, and exploit environmental information to assist Fleet and Joint Commanders in all warfare areas to guarantee the U.S. Navy's freedom of action in the physical battlespace from the depths to the stars.

"The contributions Gaffney has achieved at Monmouth University are unparalleled," said Kaitlyn Smith, a senior marine and environmental biology student and research assistant at the UCI. "He is more than deserving of this honor."

Smith said that Gaffney has advocated for many of the Institute's programs such as the ocean exploration policy, which is partnered with Rockefeller University.

"After being President of Monmouth University, he has shown continuous dedication to Monmouth students by advocating and directing ocean research projects," she said.

Smith concluded, "As a MEBP (marine and environmental biology and policy) student, I understand the value that extended research and opportunities bring to our program."

## Two New Masters Degrees Offered in Graduate School

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Monmouth students will now be able to follow a career path that she has experience in.

"It means a lot to be able to offer our students the best of what I learned in the field and in my own educational background," said Febos. "Nurturing developing writers and seeing them succeed is one of the most rewarding parts of my job."

Palladino said, "We have a very talented, award-winning group of English faculty members to build the MFA around. Graduate Program Director and English professor Kristin Bluemel, Ph.D., Professor Febos, and other colleagues in the department developed an innovative curriculum that bridges our existing MA and track in creative writing into the MFA, thus allowing students to complete an MFA faster and with less credits."

Palladino gave high praise to the athletics program, saying that the size, quality, and facilities was a positive factor in introducing the MSAT. He also gave praise to Marilyn McNeil, Ed.D., Vice President of Athletics, and Simon Rosenblum,

ATC, Associate Athletics Director/Sports Medicine, for their work in creating the MSAT.

"Students in the program will have excellent opportunities for field clinical work within Monmouth athletics, at local schools, and with local minor and professional athletics organizations," said Palladino.

Peter Minsavage, a senior

health studies student, would be interested in the new MSAT. "As a health studies major, I would find this graduate program perfect for me because of all the knowledge I have taken in at Monmouth," he said.

Minsavage gave credit to the classes he is taking for preparing him to potentially become involved with a program like

this. "To be a young trainer, I feel like the athletes would understand and trust with what I am doing with them," he said.

According to Palladino, the need for these new programs was created by student demand, marketing demand, and faculty expertise. "In considering new programs, both MSAT and the MFA emerged for several rea-

sons including local, national, and employment demand for graduates of these programs and an insufficient number of programs offered by local colleges and universities," he said.

To determine that the University could create these programs with a high level of success, external experts visited campus to evaluate all elements of the proposed program (faculty, facilities, resources, curriculum etc.).

"One priority of the Monmouth Strategic Plan is to focus on growing graduate programs which, in part, will help us create new opportunities for students and enhance our reputation as a university," said Palladino.

He concluded, "Such programs will attract new students to the university and in turn we'll educate professionals who will have very meaningful impacts in their local communities."

If students are interested in enrolling in these programs, they can contact Melissa Febos (MA/MFA) at mfebos@monmouth.edu, Dr. Christina Merckx (MSAT) at cmerckx@monmouth.edu, or Graduate Admissions.



PHOTO COURTESY of Monmouth University

Monmouth students can obtain a Masters of Science in Athletic Training, beginning in 2019.



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Opiate Epidemic In New Jersey

EDITORIAL STAFF

Today, all over the news you might see or read about another person tragically dying from an opiate related overdose. According to the National Safety Council, you are more likely to die from an accidental opioid overdose, 1 in 96 deaths, than a motor vehicle accident, 1 in 103. This is the first time in recorded history that opioid overdose became the leading cause of death in the U.S.

In Monmouth County, we might see this more when compared to the rest of the country. In New Jersey, Monmouth County has three towns that have the top 30 most heroin overdoses in the state which include Middletown, Asbury Park, and Keansburg, according to the New Jersey Department of Health.

An opiate is a substance that acts on opioid receptors to produce morphine-like effects. Medically they are primarily used for pain relief, including Fentanyl and Vicodin. Heroin is a form of an opiate that most commonly used as a recreational drug for its euphoric effects. If a person takes too much of an opiate, they can overdose, which symptoms include slow, shallow breathing, unresponsiveness, and can lead to cardiac arrest and death if left untreated.

Some editors at *The Outlook* know people from their childhood who either are addicted to an opiate or have tragically died from an opiate related overdose.

“I know of a couple of people in my high school class who have been killed by overdoses on heroin. My town is still grappling with the epidemic,” one editor said. “I know countless people that I grew up with that either currently are addicted to heroin or another opiate, and some that even overdosed and died from it. It is almost a numb feeling at this point, it is that common.”

The problem also affects some celebrities, like Demi Lovato, Robert Downey Jr.,

and Robin Williams to name a few. Some editors feel that celebrities can make the epidemic seem worse.

“I think that it does negatively affect it. I think people think if celebrities can do it anyone can or if a celebrity is using, then why can’t they,” one editor said.

“I think that celebrities overdosing does affect the epidemic in a negative way. If people, see celebrities getting involved with drugs like heroin then they feel like they can as well. Many celebrities, deserving or not, are looked up to as role models and some people might think that it is okay to do the things that they do, regardless of the consequences,” another editor added.

If you go on social media when someone overdoses on drugs, you can see two sides to it. Some people feel bad for them and wish they could beat the addiction, while others might say negative things about it, that they started it themselves and it is their fault for the addiction.

One consensus among editors is that they feel bad for people who are addicted to opiates and other drugs. “I feel a great deal of empathy toward those that are dealing with drug issues because a lot of people don’t understand the power of the addictive personality as well as being in an environment where there might not be better choices available to them,” one editor said.

Another editor said “I absolutely feel bad for people who overdose. Something that people seem to forget is that addiction is a disease, just like anything else. We need to be sympathetic and be supportive toward those who are struggling, not dismissive.”

Naloxone, or the more common brand name Narcan, is a way to treat a narcotic overdose that emergency personnel and even family members can administer it. Narcan can be bought at any pharmacy in some states, including New Jersey.

Some feel that Narcan, when used multiple times on

one person, makes it so that addicts don’t take the steps needed to try and cure their addiction. “I think that first responders need to help them because every life is precious and at the end of the day it is their job,” one editor said.

One editor, who is an Emergency Medical Technician (EMT), said “Whenever I revive someone who overdoses, I try and tell them that because of what they did, they could have died if it wasn’t for Narcan. I tell them that the next time, they might not be so lucky, and I try to tell them steps they can take to try and fight the addiction.”

Another editor added their opinion on first responders who treat repeat patients. “I would think the best strategy to approach this would be a two-strike policy. An overdose patient is given Narcan once, that’s one strike. Second time it happens, Narcan again. But their chart should indicate how many times Narcan was administered and if their second strike is up, do not revive them. Sounds a little barbaric, but I feel it needs to be.”

Here at Monmouth, the University has the Office of Substance Awareness. According to the office, they offer students alcohol and other drug related information, prevention, assessment, short term counseling and referral services. A full-time licensed clinical alcohol and drug counselor is located in the Health Center.

The counselor assists students with a substance abuse problem or those who are concerned about someone who does by providing guidance and information

Confidential appointments can be made Monday through Friday between 9 a.m. and 5 p.m.

*If you or someone you know suffers with substance abuse, please call Suanne Schaad, LPC, LCADC, Substance Awareness Coordinator, at 732-263-5804 or send e-mail to substanceawareness@monmouth.edu, or call the National Drug Helpline at 1-888-633-3239.*

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*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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UPCOMING SHOWS



**KONGOS** JAN 31  
W/ SPECIAL GUESTS FITNESS

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**

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THUR-SUN: 2PM-6PM



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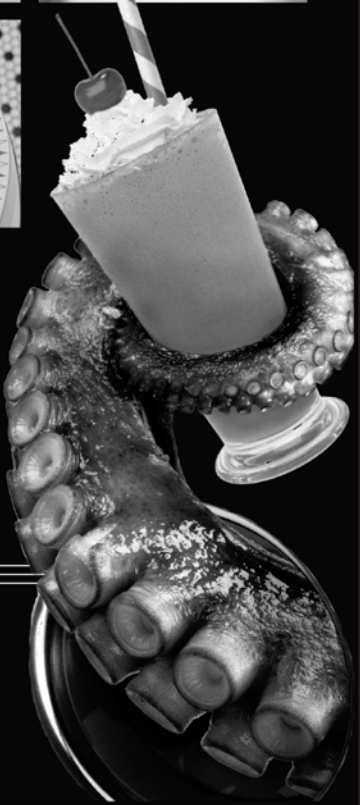
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WED-THUR: 7AM-11PM | FRI-SAT: 7AM-4AM

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*More information and rules will be sent once a team is registered.*



# TAX WORKSHOP

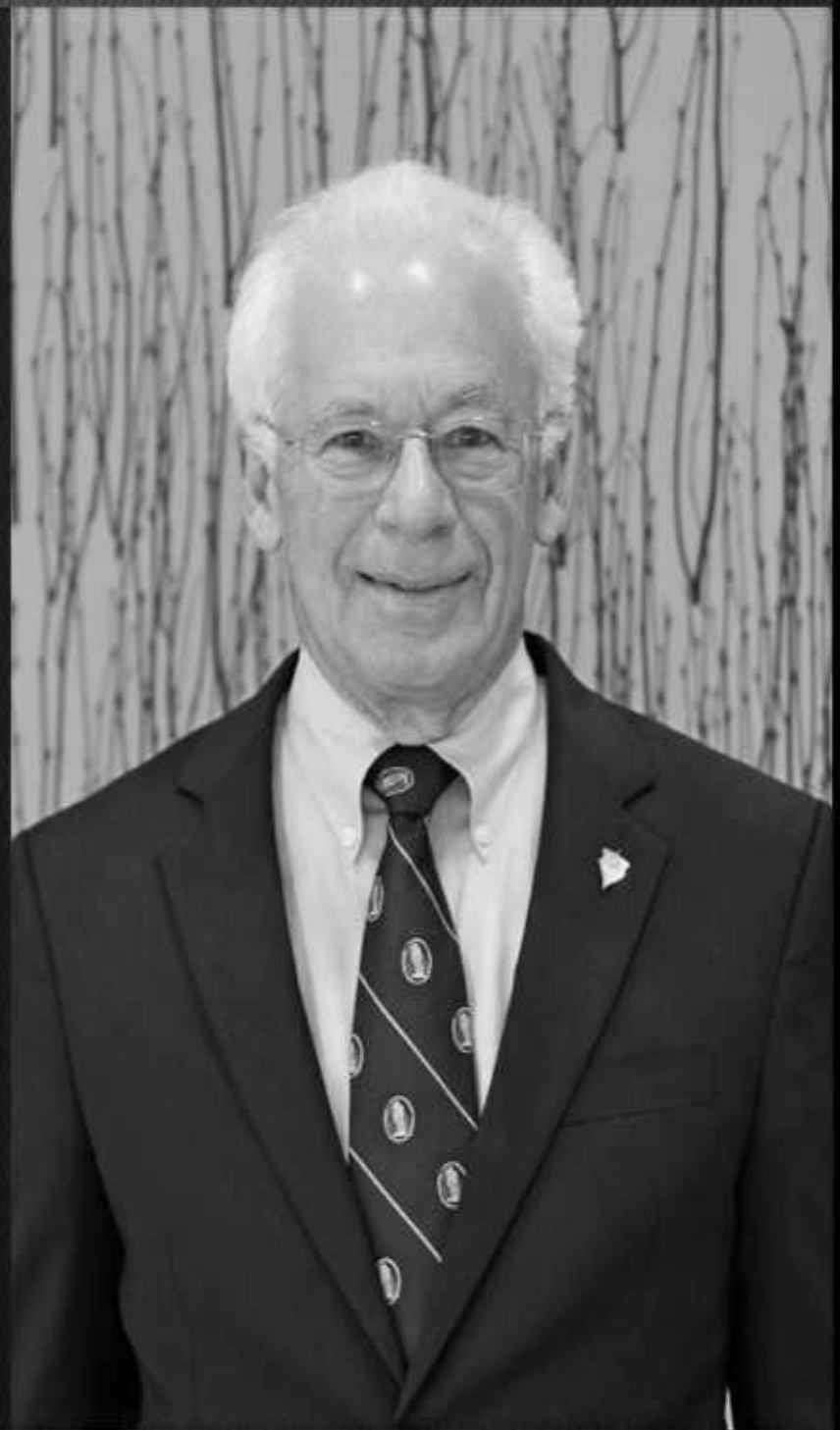
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Light  
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Office of Student Employment



# Professor Spotlight: John Morano

LOWELL KELLY-GAMBLE  
CONTRIBUTING WRITER

Throughout life, everyone follows a different path. The road to success may not be easy, but through hard work and sacrifice anything can be achievable. John Morano, Professor of Communication, reflected, “I never thought my life would work out like this. I never thought, not in my wildest dreams, that my career would go where it took me and where it is right now.”

“I’ve worked really hard to get here. If you asked me when I graduated college if I’d be a journalist and professor at Monmouth University, nature novelist, and doing some of the other things I do, I would have laughed and said, ‘I don’t think so,’” Morano continued.

At Monmouth, Morano’s courses include: Newswriting, Feature Writing, Writing the Review, and Introduction to Journalism. He has also served as the faculty advisor for *The Outlook* for 30 years. Outside the University, he is the author of the Morano Eco-Adventure Book Series, and is an owner of Bubakoo’s Burritos franchises in Wall Township and Toms River.

Morano’s journey began by taking a film course in college and being a film critic for the school paper, during this time, he realized a passion for analyzing film. After earning two bachelor degrees in English and film from Clark University, and a masters in journalism from Penn State, he became the managing editor of *Modern Screen* magazine, which was the nation’s oldest movie magazine. Morano held

the role of lead film critic for *Modern Screen*. He later served as Editor-in-Chief of *ROCKbeat Magazine* (Los Angeles) and Senior Editor of *Inside Books Magazine* (New York).

Before writing/editing for *Modern Screen*, Morano worked in the Security Department for CBS, which allowed him to observe world class journalists in their element. “Being a bodyguard in CBS wasn’t very journalistic but it was a neat job too because I got to see Mike Wallace, Dan Rather, and Brent Musburger. I watched people at the highest level in the profession do it and learn some things about their work ethic and professionalism,” said Morano.

Regarding *The Outlook*, Morano said, “Judged against our peers we have a remarkable record of winning national contests. The students take it very seriously, and they work hard. Our mantra at the paper is *tell the truth and be fair*. We celebrate University successes, expose important issues, and serve as a forum to discuss diverse viewpoints.”

He believes that good journalism is vital in today’s society because the internet allows for overwhelming amounts of information, all of which may not be positive. “We need good journalists to sift through all that, tell us the truth, and not represent specific agendas that might coincide with some political ideology. We need people just to tell us what’s going on and I think traditionally and historically, we’ve turned to journalists for that. Now more than ever, when you see how people manipulate information

online, we need trusted sources of news,” said Morano.

Morano believes that Monmouth is a great place to study journalism. “For my undergraduate degree at Clark University, they didn’t have a journalism program. At the school newspaper, we were all fighting to use the one typewriter. When I went to Penn State, they had everything. They had a great faculty, a daily newspaper, and all the equipment, but they also had 2,000 people trying to get on the front page of the newspaper. So they had everything, but when it came to your actual ability to use these things, there was a lot of competition to get to it,” he explained.

Morano continued, “Here we have all the benefits of a big university, but all the personal attention of a small university. There are incredible opportunities for student journalists at Monmouth University.”

As an educator, Morano has been recognized with the Distinguished Faculty Award, the Celebration of Teaching Award, and five consecutive Student Choice Awards. The professor has made a positive impact on his students. “After taking his class, I strive to be better and I know that I can always improve my craft by accepting criticism. I have also talked to him outside of class for career advice. He’s talked about his failures and about things that he came up short in and how to overcome it. I wish I would have been able to take more classes with him,” said Sam Pierce, senior communication student.

“Professor Morano is one of the professors that you remem-

ber throughout and beyond your college career. He makes you work for your grades, which is a valuable lesson throughout life when it comes to what you want to achieve. It is a classic example of putting in what you intend to get out of something. He has a charismatic nature and will to educate, whether it be in helping his students succeed, or teaching lessons that go above and beyond the classroom,” said Logan Smet, senior communication student.

“Students learn a lot from him about writing and what they need

in order to be a journalist of any kind. He has real-life experience in writing books and reviews. Because he has that experience, students can see from him what it’s like being a journalist,” said Lorna Schmidt, Director of Advising for the Communication Department.

Morano’s field experience, as well as his years in the classroom, are valuable to all his students. If you’re interested in pursuing a field in journalism, don’t hesitate to ask Morano about how you can prepare yourself better for the industry.



PHOTO COURTESY of John Morano

John Morano holds a copy of his novel, *A Wing and a Prayer*, which is just one of his accomplishments in the field of writing and journalism.

# I Posted Every Day on Instagram in 2018: This is How I Felt by the End

VINCENT QUARANTA  
CONTRIBUTING WRITER

Ever since its creation, social media has been used as a place where people share their thoughts and memories with friends, family, and in some cases, random people from around the world. It gives us a window into the parts of a person’s life that we may not see on a regular basis, especially that of celebrities. Actors, athletes, and supermodels may screenshot moments from their day and upload them for others to like and respond.

In addition to owning two personal Instagram accounts, Werlhens Francois, a junior communication student, runs several accounts dedicated to promoting his own shows, including “Balling in the Zone” on Hawk TV. “Social media can literally change lives,” Francois explained. “If you post content that people like and you post it consistently for other people to follow, you can become a celebrity overnight.”

While some people like Francois use Instagram to promote their business, others use it for more recreational purposes. Hania Sarsar, a junior communication student, uses social media to post pictures of her flowery, patterned artwork for the general public to view. “I think it branches you out and you get to see what other people like,” Sarsar said in response to keeping her art account public.

However, she has different feelings about making a personal ac-



PHOTO TAKEN by Jenna Puglisi

Instagram has the ability to have average college-students judge themselves against the images of professional photographers and models. Would you take the challenge of posting for 365 days?

count for her everyday life. “I find it weird if people know what I’m doing all the time, and I just don’t know if I want other people to know what I’m doing. I don’t even know what I would post – maybe a selfie?” she explained.

It is interesting to see how ordinary people like Sarsar prefer to share only one aspect of their life, while famous celebrities willingly give a lot more to their followers. I was fascinated by how frequently celebrities would post about their families, activities, and careers.

As someone who has hardly uploaded to social media, I always wondered what it would be like for a regular guy, such as myself, to pull back the curtain and provide a window into an average daily life. I wanted to find out for myself if making social media a big part of my day-to-day routine would affect me as a person.

With this in mind, I decided that in 2018 I would take and upload a picture on Instagram for every single day of the year.

My initial thought was that this was not going to be a big deal to me, and that I wouldn’t have any problems thinking of something creative and cool to share. It did not take long before I realized it was not going to be as easy.

There were some days where I did absolutely nothing and ended up posting a generic selfie with a random caption. In addition, there were days where I was in a completely bad mood and didn’t want to post anything. I would end up faking being happy to show oth-

ers that it was just a normal day for me, with only me knowing the events that happened during the day.

I also became very observant of who was liking and commenting on my posts, and seeing the shortage of likes on some of them gave me anxiety over not thinking of anything better to share.

By the end of 2018, I was completely exhausted. I could not believe that I was able to successfully post every day for 365 days without missing any. I am very happy that we live in a time where anyone can share anything they so desire, but there are also a lot of events in our personal lives that are meant to stay personal.

Dickie Cox, an assistant professor of communication, explained how celebrities manage to maintain their online presence so well and gain more popularity. “We each carry a manifestation of our personhood and construct it into a performance,” Cox said. “In the case of celebrities, they are often performing to generate audience base and tie it to dollars and advertisers.”

All of us are here to make a name for ourselves, and social media helps us stand out from each other in our own unique way. It can be exhausting when we oversaturate ourselves in likes and posts, but it is an amazing platform when we use it to extend ourselves.

As for me, I think I’ll be taking a break from Instagram for a while.



# Monmouth Goes Beyond #MeToo

## At Pollak Gallery

GABRIELLA PISACANE  
CONTRIBUTING WRITER

Students, Long Branch residents, art enthusiasts, gender equality activists, and the general public alike all gathered at the Pollak Gallery to celebrate the opening of the *Beyond #MeToo* exhibit on campus last Friday, Feb. 1.

The gallery was opened as an accessible and informative physical manifestation of the issues and concepts encompassed by the #MeToo movement.

The #MeToo movement began in October 2017, after news broke of allegations against movie mogul Harvey Weinstein from dozens of women telling stories of his sexual abuse and harassment in his professional career.

In the wake of these women speaking up against their abuser, other women who had undergone similar abuses in their lives were inspired to do the same and came forward with their stories personally, publicly, and legally.

Yet the movement for gender equality didn't stop after the public's fascination with the sexual assault allegations faded, as there were and are still huge strides that need to be made for gender equality.

That's where the *Beyond #MeToo* Gallery comes in.

The event was put together in honor of all the progress made towards equality.

From now until April 30, the Pollak Gallery is filled with impactful and powerful works by artists who span a variety



PHOTO TAKEN by Kathryn A. Schauer

*Women's March* by Julia Dzikiewicz is currently on display at the *Beyond #MeToo* exhibit in Pollak Gallery. The exhibit features works by female and male artists from around the world.

of mediums, techniques, and concepts, all interconnected by one common thread: the struggle for gender equality.

When you enter the gallery, you are greeted by three huge canvases with wild colors and lights on them.

The pieces are made up of melted wax used like paint to depict intense portraits of the artist's interpretation of (as they're titled), *Election 2016*, *Women's March*, and *Me Too*.

All three were completed by Julia Dzikiewicz in her studio, which used to be one of the prisons that held arrested suffragettes in 1917.

On her subject matter and works, Dzikiewicz said, "I started painting about the suffragettes, and I researched and read books and went to the national archives in Washington D.C., to inspire more paintings about their struggles."

Dzikiewicz continued, "And after a while I realized that voting rights were still under attack and that women still had a long way to go to expand their rights and to keep the rights they already have. So then I started painting modern women who are advancing the cause."

Dzikiewicz then said something a lot of the artists in the gallery may have also felt relating to their subject matter, which was, "I was hoping to end my series with the first woman president. When that didn't happen, my grief over that loss resulted in the painting *Election 2016*."

Dzikiewicz echoed a common theme many of the artists discussed as they spoke about their works.

It seemed like all these artists didn't necessarily want to be painting about the struggles and history of gender inequality, but had witnessed

and lived through so much of it, that they channeled it into art as a form of therapy.

Marie Corfield, a featured artist who created *Self Portrait: Enough!*, said, "I'm not a full-time professional artist, but at different times in my life, big emotional upheavals would occur and I would just have to lock myself away and create."

While looking at the pieces and listening to what artists had to say about them, one thing was clear: these pieces are not just trying to progress a movement, but they are the physical manifestation of a cry for change; a beckoning for people to see the work and understand. This message is all over the walls of the gallery.

As Jennifer Reddy said about her piece, *Reclining Woman in Protest* (which was a textured and earthy ceramic figure of a woman lying in the floor with her mouth wide open with the tongue binding the body), "Her mouth is wide open because this is a protest. And despite the fact that she is being bound by her words, which I think women feel, it doesn't mean she doesn't have power because she still has her voice."

The gallery itself was a siren song to bring people together to collectively shed a light on the skewed society in which we are living, with each artist shining a light on how they interpreted different events and repercussions of that which the feminist movement has been fighting against for decades.

# Where's the Disney Magic?

## Why Disney is Rebooting Old Movies

DANIELLE McCLELLAND  
STAFF WRITER

It was 1996 when the first Disney live-action remake was released, which starred Glenn Close dressed as a cunning fashion connoisseur with a large number of spotted puppies.

It was such a box-office success that it even gained itself a sequel four years later.

Disney was onto something cinematically daring for them, but nonetheless it was a financial success.

That *101 Dalmatians* VHS tape was always on standby whenever my family had to take a rather long trip, with my sisters and I piled in the backseats of the SUV watching the same scenes over

and over.

The kids of that time, which would include most of us college students, loved Disney's shift into live-action film.

How about now though? Is the magic of live-action film lost for Disney?

Disney remakes are not new to the big screen.

The first Disney live-action remake was *101 Dalmatians*, which recreated the magic from the 1961 animated feature and broke box office records the weekend after it was released in theaters.

The sequel, *102 Dalmatians*, was released a few years later and performed just as well in the box-office when it grossed \$180 million.

Disney did well with *101*

*Dalmatians* with its leap into live-action films but decided to take a break.

Disney resurrected the idea in 2010 with the Tim Burton directed *Alice in Wonderland*, which was released with actors such as Johnny Depp, Anne Hathaway, and Crispin Glover.

Ten years after the success of their first attempt at a live-action, *Wonderland* grossed \$115 million in its opening weekend, and roughly \$1 billion worldwide.

Safe to say Disney was on the right track.

Nowadays, Disney is taking the success of live-action films and running with it.

It would not be a dramatic statement to say they are sprinting full force.

Disney's plans for 2019

include live-action remakes of *Aladdin*, *Dumbo*, *Winnie the Pooh*, *Chip n' Dale*, and many more. The question then becomes, who is seeing these films?

Maryanne Rhett, Ph.D., an associate professor in the history and anthropology department, believes that the demographics can vary.

"I think this depends greatly on what the remake is of. If, for example, it is the remake of a 1990s film, like *The Little Mermaid*, the main demographic would likely be people who had been kids/teenagers at the time of its release, and likely their children," said Rhett.

Disney centers their whole mantra around making dreams come true and offering happiness when the real world is anything but.

The studio promises an escape, and can be a source of nostalgia for older adults and emerging adults alike.

Christi Ruggiero, a senior communication student, believes there is a nostalgia factor to the films.

"I would think more-so adolescents than adults would watch Disney remakes because of the nostalgia factor; however, parents may bring their kids," Ruggiero stated.

Disney already knows their fanbase when releasing these live-action films.

They know that an older

audience will take their children or grandchildren to see them; partly to relive a memory from their childhood or to share the sentiment with the future generation.

Either way, it certainly plays up to Disney's mantra. It also doesn't hurt to have actors such as Emma Watson and Johnny Depp as your main stars.

If these live-action remakes are successful for Disney in 2019, similar to how they were in 2010 with *Alice in Wonderland*, we may find them to be more abundant than ever.

But there is always the looming possibility that it will become an exhausted medium for Disney.

"I really enjoyed the *Cinderella* and *Beauty and the Beast* remakes! I actually tried to get my dad to watch *The Jungle Book* remake with me and he didn't seem interested so I am not sure if it would appeal to that generation as much," Ruggiero concluded.

My 23-year-old sister, the same girl that watched *101 Dalmatians* in the SUV with me as a child, is super elated to have me tag along with her for the *Dumbo* remake. No joke, I am staring at her *Dumbo* stuffed animal from childhood as I write this (sorry Sam).

Disney knows what they are doing, and has no intention of stopping.



IMAGE TAKEN FROM Disney.ph

Disney's *Aladdin* will be released in May. It's been 27-years since the original animated version came out. This year will also include re-releases of classics like *Dumbo*, *Winnie the Pooh*, and *Chip n' Dale*.



# Box Office Blizzard: Why January is a Historically Bad Movie Month

MATTHEW SHAFFER  
STAFF WRITER

We're in the midst of award season. The year's best films are being honored and paraded around Hollywood ramping up for the Academy Awards later this month.

It's a huge time for movies; it should—in theory—give audience members the chance to flock to the theaters to see a new slate of films to start the new year.

The month of January has proven to be a tumultuous time for moviegoers everywhere.

With all the hype surrounding the Oscars and other award shows, it would seem like an ideal time for studios to push some of their better stuff to January.

Consistently, the films that are released in January are duds, not just normal duds, but *gigantic* duds.

January has just passed us over, and looking up and down the release calendar you

really need to squint hard to find a good movie.

*Replicas*, which starred Keanu Reeves, received terrible reviews along with only grossing a mere \$4 million.

However, M. Night Shyamalan's superhero drama *Glass* was the highest grossing film at the box office for the month, but received lukewarm to negative reviews.

When your top movie of the month isn't an overwhelming hit, it's going to be a tough order to get people to come to the movies.

On the other side of the spectrum, the well-received movies did poorly as well. According to *Variety*, the family adventure film *The Kid Who Would Be King* is projected to lose \$50 million, which is a massive flop.

The issue here is that the film had favorable reviews from critics, but the curse of January hurt its box office performance.

Perhaps it was a problem with advertising or lacking a broad commercial appeal, but this tends to happen when flicks are put out in January.

It's not just this year either; historically the month of January tends to be dead last in box office numbers over the course of a year.

Usually January pulls in anywhere between \$350 to \$450 million dollars at the box office, while other months gross upwards of \$1 billion.

The last time January wasn't ranked last at the box office was 2009, and the number one movie from that year was none other than the cinematic masterpiece *Paul Blart: Mall Cop*.

It could be coincidental or just random as to why studios don't release popular films in the month of January, but there are some theories that suggest that it is done so by design.

The big movie studios need to release their best films in a way that guarantees the highest possible amount of people see them, so a lot of preparation goes into releasing them.

A lot of the big, shiny, expensive, blockbuster movies tend to be released during the holidays so that they can assure people have free time and can go to the theaters. Seeing December as a prime part of the year where people celebrate various holidays, it would make sense to roll them out then.

Danny Rey, an employee at Bowtie Cinemas in Wayne, NJ, agreed with this when he



IMAGE TAKEN FROM Movieweb

*Replicas* earned an abysmal nine percent on Rotten Tomatoes.

said, "The busiest time for us is definitely during December because that's when the best movies come out. After that it just dies down honestly until the summer."

Rey further talked about how the theater couldn't really do anything to promote the new releases because they cycle through new movies every two weeks and the ones they get in January aren't nearly as popular to a wide audience.

Once people get out to the movies in December, it could lead to a bit of fatigue for wanting to go back in January.

Unless you're a movie buff, constantly going to the theater, it could get expensive and would explain why there is a downtick in the month of January.

The ability to stream movies from apps like Netflix, Hulu, and Amazon are another barrier for the theaters.

While, the films this past month had lackluster showing in both the box office and public conversation, the two biggest releases where on streaming platforms.

The Fyre Festival documentaries dominated the conversation amongst the public and were both released on streaming platforms.

Even during the month in which we will crown a best picture winner, it's still difficult to attract an audience for January films.

Streaming seems to have an upper hand in controlling the public's interest and might see this January problem as an advantage to their platforms.

There may not be a definitive answer as to why bottom tier movies lay dead in the wasteland that is the month of January, but coming out of the holiday season there is an excuse to have a bit of a hangover.



IMAGE TAKEN FROM baldmove.com

*Glass* was shattered by critics and fans alike.

## Maroon 5 Shows Some "Sugar" at the Super Bowl

ERIN MULLIGAN  
STAFF WRITER

Last Sunday, Mercedes Benz Stadium hosted Super Bowl 53 in Atlanta, GA.

It was two halves of the old versus the new: Brady and Belichick of the New England Patriots versus Goff and McVay of the Los Angeles Rams, and right in between, the iconic halftime show.

Maroon 5 headlined the halftime show with super star guests Travis Scott and Big Boi.

Front man Adam Levine started off the show strutting down the lit up "M" shaped stage wearing a long trench coat while holding his microphone over his shoulders like a baseball bat.

Fireworks set off when Levine began with the band's 2002 single, "Harder to Breathe" alongside flames lining the stage. As the flames died down, the band began "This Love" with Levine grabbing his electric guitar leading up to his solo.

Once the music and lights went down, a tribute to *Spongebob* creator Stephen Hillenburg, began with the one and only *Spongebob* star, Squidward, appearing on the screen alongside *Spongebob* and Patrick Star as they subtly introduced Travis Scott.

A cartoon fireball fell out of space and flew through the city of Atlanta into the Falcon's stadium. Travis Scott began singing his hit single, "Sicko Mode."

As Scott crowd surfed, a marching band began an intro for Maroon 5's single, "Girls Like You" as a Gospel choir filed onto the stage as backup singers.

The lights went down and lanterns lit up as "She Will Be Loved" started.

As Levine sang, lanterns were let go into the sky and formed the words 'ONE' and 'LOVE.'

When the music picked up, Atlanta native, Big Boi made an entrance in a Cadillac with a Super Bowl license plate.

Riding on top of the back seat, Big Boi began singing his Outkast song, "The Way You Move" while sporting his giant faux fur jacket that became the talk of Twitter.

Closing out the show, Levine threw his jacket to the audience and sang, "Sugar" while lit up

pink balls bounced throughout the crowd.

"Moves Like Jagger" then started and the moment that went viral happened when Levine stripped off his tank top and threw it into the crowd as well!

Levine ended on a major high note and a rock themed outro with the stage being lined with flames once again and metallic fireworks being shown off the top of the stadium.

While Maroon 5 received much criticism for not backing out due to controversial boycotts on the Colin Kaepernick situation by artists like Cardi B and Rihanna, Adam Levine stuck to his decision as did Travis Scott and Big Boi.

The band stated they support social justice issues but were not going to turn down the biggest stage in the world.



IMAGE TAKEN FROM Kgun 9

Adam Levine had "Moves Like Jagger" at the Halftime Show.

## Honey Lung's Sweet EP

NICK MANDULEY  
CONTRIBUTING WRITER

London indie rock quartet Honey Lung has been making waves all over the globe since their inception in 2015.

Despite having only a small back catalog of songs, they've amassed a respectable social media following.

The group released their first EP *Kind of Alone* in 2016, following up with the single "Sophomore" in August of 2017.

The band released a small handful of singles throughout 2018, the most recent being "Complete," which dropped Jan. 25.

A music video for the single "Export the Family" was released in November 2018, which has gained over 3,000 views.

Tracks such as "Sophomore" feature atmospheric clean guitars, paired with ripping, fuzzy choruses that don't hold back on the catchy melodies.

Vocalist Jamie Batten's lyrics wrap the listener in dark cocoon of raw emotion and riveting story telling.

Tracks like "Exploit the Family" paint a tale of turbulent relationships against a cacophony of noise and whooshing guitars with an infectious back beat.

The band cites The Smashing Pumpkins, The War on Drugs, and Alex G. as the main influences on

their sound in an interview with Dead Press.

The release of "Sophomore" came with a slot at the 2017 Reading & Leeds Festival.

The band also toured in support of American acts such as Moose Blood, Citizen, and The Dangerous Summer in the U.K. and Europe.

Honey Lung is currently preparing to travel to America in March for their debut LP *Memory*, which is due out Feb. 1 via Kanine Records. U.S. dates will include an appearance at the New Colossus Festival in New York City's Lower East Side.

If you can't make it to their show, Honey Lung's music is definitely worth checking out, which can be found on their YouTube channel, *HoneyLungVEVO*.



IMAGE TAKEN from Twitter

Honey Lung is an up-and-coming band from London.



# Perks of Hybrid Classes

JULIA BURKE  
CONTRIBUTING WRITER

Does anyone else look for hybrid classes to take when making their schedules? I know that I do! But are these half in-class/half-online classes meant for everyone?

First, hybrids are great for your schedule. You only meet once a week for an hour and twenty minutes here at Monmouth so this makes them more convenient than a three-hour class, which also meet once a week. This gives you more time during the week to have to yourself to do homework, study, or dedicate to working or your social life.

Also, with hybrid classes you have a lot of freedom to complete work on your own. If you are typically someone who would rather just work by yourself and do homework in your free time than constantly be in class and participate or be involved in group work, hybrids are probably best for you. Personally, I am very independent when it comes to completing my work so this aspect of hybrids is beneficial for me.

Lastly, in a lot of hybrid classes that I have taken in the past, professors assign documentaries or movies to watch and respond to on eCampus on days that we do not meet in class. This allowed me to delve deeper into the topic of what we were learning and help me understand it better through visual examples.

Usually in classes that meet twice a week, there is no time to watch documentaries or movies because they are too long and take away from class

time. Hybrids give the class opportunities to go further into subjects through assigning these films on the days they do not meet in person.

On the other hand, hybrids are not for some people. Since the class only meets once a week, there is more out-of-class work assigned. This results in a heavier than usual amount of homework to complete. Those who would prefer to meet in class the extra day and have a lighter load of homework, generally would probably not like a hybrid class in their schedule.

Heather Halczli, a senior communication student, stated, “I enjoy most hybrid classes because they free up your schedule and give you more free time. I prefer them but also understand how some people may struggle to keep track of their work on eCampus, since there is less structure compared to a class that meets twice a week.”

Another drawback of hybrids is that they can make it more difficult for some to learn the material. Some prefer to be taught in-class and learn from a professor lecturing to them. With a hybrid, you get some lecturing but a lot of the material is up to you to learn on your own time. This is not for everyone.

Overall, it depends on how you like to work when it comes to whether or not you would enjoy a hybrid class. Like I said, I prefer to have limited class time and then have more homework and the ability to gain knowledge on the topic on my own, during my own time. Others who would want less homework and more in-class learning would probably not like hybrid classes.

# NEW YEAR, NEW BOOKS

KRYSTA DONNELLY  
CONTRIBUTING WRITER

It’s that lovely time of year again. I know what you all are thinking, so just calm down a few notches. It’s pretty safe to say, that, we all couldn’t be more excited for another 14 week semester.

Another 70, torturously lengthy, and extremely, but fantastically, exhausting days. And to top off this beautiful, new semester happening in our lives, what better way to add to it than ripping a handful of hundreds from your bank account?

What’s better than logging on to your bank app, only to have a couple of tears fall, and a hint of a mental breakdown going on inside your head, looking at the minuscule 20 bucks you have left in your account?

If you haven’t figured it out by now, I’m talking about books. Purchasing textbooks for these

thrilling classes of ours. And, if you’re the lucky clover out of the bunch that isn’t affected by this amazing issue, well then please stop reading and go away. I say that with my whole heart and a smile on my face.

According to CollegeBoard, on average, between just 2018 and 2019, so far, a public four-Year, in-state, and on-campus student is spending a whopping, \$1,160.00 on books and supplies, yearly. Now, I understand it’s wholeheartedly our choice to be attending a University, and working towards our degree. But that’s just it. We are working towards our degree. A lot of us are working.

We are full time students. Trying to put ourselves through school, with a part time job on the side. Some of us have internships. Some are juggling sports, and with sports, comes equipment. Some have clubs, and with that comes attending events. How are

we getting to school?

Oh, cars. What happens when we have to put hundreds, and thousands of dollars into our beaten down car when it decides to die ten minutes before leaving for class? We have to eat, to survive, right? What happens when we need to go buy ourselves food when we come out of our daily-college-life-mental-breakdown and realize we’ve been starving for the past three and a half hours?

My point is, everything costs money. My point is, a lot of us don’t have a lot of that.

I think it’s sufficient enough to say, we’re all going to be in debt for a while here. Every positive comes with a downside, I get that. We want to leave here with a bachelor’s degree, we’re going to work hard to get that. And with that, comes money. However, I personally don’t think the amount of books is completely necessary for every single credit that we take. To the professors, for the classes that you honestly know our books will collect dust on them, please be upfront, and don’t make our wallets sad. My wallet is too cute to be sad.

Like I said, I understand that sometimes, books are going to be necessary. But nothing is worse than having a lecture course all semester, and not laying a single finger on your book. Or even, researching the lowest prices on a thousand and one sites, adding the “necessary” books to your cart, only to eventually go to check out, and see the astronomical amount you just spent on something so unexciting. And possibly unnecessary. At least, if it was a huge meal from Cheesecake Factory, or a nice new pair of pumps, it would be more logical. I’m kidding...mostly.



PHOTO TAKEN by Nicole Riddle

College is expensive and buying books only adds to the cost.

# What’s the best study spot on campus?

SAMANTHA RIVAS  
STAFF WRITER

Studying is probably the single most annoying part of college. Yeah, 8:30’s are a pain, and don’t even get me started on the tuition. But to force me to sit alone for hours on end and memorize material from class, let alone doing so when I’m surrounded by all my roommates and opportunities to have fun, is just borderline torture. So it presents the question, where is the best place to study?

Some people may say the library is the obvious choice. It provides students with the quiet atmosphere they need in order to really concentrate on what they’re studying. There are multiple computers for those quick glances at PowerPoints professors post on eampus and printers readily available for people who prefer to print out their study guides rather

than be hunched over a laptop screen for hours. As much as it helps to have all of this around, I find the lingering feeling of stress from nearby students affects the way I study whenever I’m there. Sometimes silence can be too loud and the sound of someone incessantly clicking their pen drives me bananas. So it’s a hard pass on the library.

I used to be a strong believer in my dorm room being the best place to study. Yes, while being in a comfortable environment seems to be more inviting, it can also lead to major procrastination. The amount of times I’ve found myself falling asleep in bed rather than reading that chapter that’s definitely going to be on the next exam is a little embarrassing. It’s also very tempting to go join in on the fun when you hear your roommates laughing from down the hall. So I’ve learned the dorm isn’t really a great study space, either.

I never really thought the student center would be a good space to study until last year. Whenever I heard people were going to do their schoolwork there, I just imagined a loud hum of chatter taking over the small space upstairs. Even worse, I imagined people sitting in the lower level, the one where people go to eat their meals in between classes, and never being able to hear myself think. Come to find out, if you time it just right, the student center is actually the best place to go.

At night, when the 6-9 pm classes are in session, I like to go sit on one of the couches upstairs and set up camp to get my work done. I find that there are less people around that time who want to talk to each other and would rather get their work done. Even if there are a few stragglers who enjoy chatting while they work, I’ve always popped in my ear buds and let some instrumental music drown out their words. I have computers at the ready in case I forget my laptop charger and printers for when I’m done writing my paper or preparing my study guide. You ultimately have all of the necessities from the other places rolled up into one.

Everyone likes to study in different environments. Just because the library isn’t my cup of tea, that doesn’t mean you shouldn’t go and find your quiet corner. Who knows, maybe there are other hidden study spots around Monmouth just waiting to be found.



PHOTO TAKEN by Caroline Mattise

There are great places to study on campus. Find your favorite spot.

# Plastic Straws

LAUREN SALOIS  
CONTRIBUTING WRITER

What is small, plastic, and comes with almost everything we drink? A straw. You cannot sit down at a restaurant and order a drink without being handed a plastic straw. What most people do not realize is that this small object that we use every day is a major environmental hazard.

The plastic straw and its environmental impact are a huge concern today. According to the Freedonia Group, a market research firm, “In 2017, Americans used about 390 million plastic straws each day.”

The abundance of plastic straws in the ocean is polluting the water and killing marine life. According to Strawless Ocean, a movement against plastic pollution, “Straws are among the top 10 items found during beach clean ups and can do so much harm to seabirds, turtles and other marine creatures.” Strawless Ocean also stated, “By the year 2050 there will be more plastic in the ocean than fish.”

Some people may think it is okay to use a plastic straw if they recycle it afterwards. But, according to Strawless Ocean, most plastic straws are too lightweight to make it through the mechanical recycling sorter and get disposed instead as garbage. On Get Green Now, it states that it takes up to 200 years for a plastic straw to decompose. The solution to plastic straws invading the ocean is not simply recycling, an ineffective solution.

The best solution to plastic straw

pollution is to stop using plastic straws and use straw alternatives. There are numerous alternatives to the plastic straw: paper, glass, steel, silicone, bamboo, and metal straws.

Gourmet Dining on campus sells steel reusable straws for \$2.00 in the student center, the dining hall, and the cafe in Plangere. I have purchased about ten reusable straws from Gourmet Dining with my declining dollars and keep one in my backpack for when I get drinks on and off campus. Amazon is also a great place to buy reusable straws and many come with cleaning brushes.

I believe the solution to plastic straw pollution starts with the consumer. The consumer needs to become educated on the negative impacts. Therefore, learning to start refusing plastic straws when out to dinner or getting coffee or smoothies and to carry around reusable straws to use with their drinks instead. The bigger picture solution would be for the food industry to stop using plastic straws all together and switch to using a more environmentally friendly alternative like paper straws.

While researching the environmental effects of plastic straws, I came across a horrific video on Get Green Now of a sea turtle found with a plastic straw stuck in its nostril. It was struggling to breath and was gushing out blood as the man in the video kept trying to remove the straw. I believe that the convenience of plastic straws is not worth the lives of sea wildlife. “Save the Turtles.”



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UNDERSTAND THE BENEFITS OF YOGA

SCHARINA BENCOSME  
CONTRIBUTING WRITER

The unavoidable, yet mighty increase of yoga is something that has been blooming the past few months. With a peaceful activity that we may all attempt to imitate, it may not be as successful as we had hoped. Even if you are not good at yoga, you can practice self-care. The trending topic of Twitter threads, Instagram posts, and articles may influence us to practice yoga. Many people say that the benefits seem to change lives for the better. But, what exactly are those benefits? Where do I even start? You do not have to be a professional in order to practice yoga. In the process, you may even realize that yoga isn't about a series of steps written in a certain order and it is not something that demands a certain amount of time. Start by sitting on a mat and stretching your legs, hold the pose for however long you

need and close your eyes. While your eyes are closed you might find yourself thinking of things such as homework, your future, laundry, and more. You may even try to figure out what will happen in season 8 of your favorite show; but then, nothing at all. It's like falling asleep, every bit of discomfort in your body, is washed away by a comforting silence that you may have never experienced before. You may find that the 5-15 minutes of silence in the child pose could ultimately help you start your day with clarity and serenity. Kamea Rodgers, a freshman health studies student, said, "For me, yoga isn't about doing crazy poses in an hour span of time, it's about having a few minutes to recollect my thoughts and, you know, get it together." Keeping up with academics, social events, work, and career-related tasks often get overwhelming, so taking those few minutes to center oneself is a huge part of that "self-care"

idea. Self-care is something we all must strive for. Fradely Delacruz, a freshman political science student, stated, "I've done yoga for quite some time now. I'm not consistent, but now as a college student, I find myself applying more time to yoga and meditation, too." The level of commitment needed for yoga is as extensive as you make it while offering peace, serenity, and calmness all college students need as much more of. Flora Ruli, an advisor of the Educational Opportunity Fund Program, said, "Yoga is something that I started doing to relieve stress and become stronger. While I was doing both of those things, I found that it also gave me a sense of purpose and peace that other activities couldn't provide." She continued, "Yoga is something that almost everyone can do, regardless of age, size, and ability. I recommend it to others whenever I can. I think the first step to doing something is giving yourself permission to try." Yoga is essentially a gate-

way for a happier, healthier lifestyle without needing the membership fees, equipment or limited time. Oftentimes, by splitting time between class, work, socializing and building a successful career we neglect the motives that drive us and our

emotional wellbeing. By adding a little dedication to such an activity, you can open up more space for that which drives us every day to continue working hard. Add yoga to your self-care and experience these benefits yourself.



PHOTO COURTESY of Campbell Lee

Yoga is an activity that allows you to practice self-care and release the tension in your life.

Will You Be My Valentine?

CHLOE BARONE  
STAFF WRITER

Valentine's Day: You either love it or you hate it, but no matter which side you fall on, it's hard to escape the holiday without giving a gift. With social media, holidays like Valentine's Day, provide added pressure to give and get an Instagram worthy present that will make all your followers jealous. This Valentine's Day be the gift giver that everyone is talking about. Not to worry though, you don't have to spend hundreds of dollars to give the perfect gift when you could easily make something that can come from the heart (which is what Valentine's Day is all about). Here are some DIY Valentine's gifts that you can give to your special someone or friends to make their February 14 the best one yet. **Write a letter.** This Valentine's Day, take the time to sit down and think of why you love your partner or friends and write them a heartfelt letter. This is not only meaningful, but it is something that won't expire or go out of style. This idea is perfect for those in long distance relationships or those who do not get to spend the day together. You can mail the letter, which will leave you both feeling like you landed in a 1980's movie. We all love those. **Bake cookies.** Julia Shaffer, a junior English and elementary education student, said that her go to gift is homeade cookies. Shaffer said, "I love baking and for any holiday or birthday, sweets is always a

great gift." She added, "Valentine's Day isn't all about your boyfriend or girlfriend. I love spending this holiday with my family too." So here is your reminder to acknowledge your family and your friends this Valentine's Day. Continuing on with some gifts that don't involve a sweet tooth, here are some more ideas. **Make a shadowbox.** If you want to 'wow' the receiver of your gift, make them a photo collage of the two of you. Don't have a significant other and want to exchange gifts with your friends? Make collages of you and your gal pals. They will love this room decor and will recognize how personal it is. To start this craft, go to a store like Michaels and find a large shadowbox or some type of poster board. After you make this purchase, all that's left to do is print all your favorite photos and add them to the board or frame.

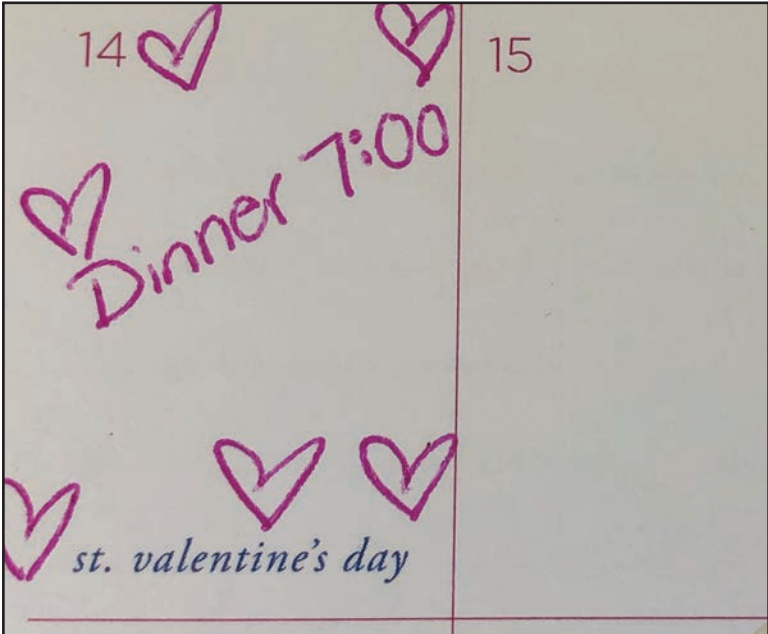


PHOTO TAKEN by Cassandra Capozzi-Smith

Instead of making a meal for your friends or partner, going out to eat is a great alternative.

If you want to go fancy, you can add any extra memorabilia you have saved such as movie or show tickets. Have an inside joke? Put the quote in there too. **Make a video.** Following the lead of the collage, a video is a great gift idea for someone other who would rather watch their life in photos. Gather all the pictures or videos that you have and then add them into iMovie or a similar program for PC, add background music, and voila, you have a timeless video to look back on for years to come. **Break out your paint.** Tonya Lee, MFA said, "I think low-tech mono-printing is a great way to make a creative Valentine's Day gift that is personalized for a special person in your life." To "monoprint," you will need a piece of Styrofoam (you can get this from the top of a takeout box), a pencil, paint, and paper (of any quality you choose). On top of the Styrofoam



PHOTO TAKEN by Cassandra Capozzi-Smith

Crafting gifts is a great way to treat those you love while staying on a budget.

you can draw Valentine's Day hearts or other shapes, using a dull pencil. After drawing lightly brush on your paint, and you are ready to print. To make your print place the paper face down on the Styrofoam and rub lightly on the back side with a spoon, and then remove the paper to dry. This process can be repeated several times to make a drawing. Lee continued to say, "Just remember the print will be reversed, so your lettering would need to be back on the Styrofoam plate." **Make a Valentine's Day basket.** Another low-cost DIY is to fill a basket with goodies. A junior communications student, Colleen Moretti says, "First, buy a basket and then head to

Five Below to fill it with candies, socks, and whatever other items may catch your eye." This basket will put a smile on their face and fix their sweet tooth. **DIY Dinner** If you are not completely crafty, you can try out cooking. At your apartment, dorm, or house try setting up a dinner for your loved one. For a significant other, you can set the mood by buying some Valentine's Day decorations from the dollar store and setting the mood for a lovely night. It is all about the time spent together. Your partner will appreciate the extra effort of making a meal rather than eating out. Cooking for a friend? Play a fun playlist and bake some cookies. No matter if you go big or small this Valentine's day, just remember it's the thought (and effort) that counts.



# President Trump Addresses the Nation in His Second State of the Union Speech

MATT ENGLE  
CONTRIBUTING WRITER

After a government shutdown pushed back the State of the Union speech by two weeks, President Donald Trump spoke to a joint session of the United States Congress last night, Tuesday, Feb. 5.

During the speech, the president ordered for a solution to end illegal immigration, late-term abortion, and the conclusion of the investigation into Russian interference in the 2016 election, while touting a thriving economy and the success of the tax cut bill passed by Congress last December.

“We are considered far and away the hottest economy in the world, not even close,” he said. “Unemployment has reached its lowest rate in over half a century.”

Speaking about the criminal justice reform bill overwhelmingly passed by both chambers of Congress, Trump called for bipartisan action to solve many of the country’s current problems, including passing immigration reform while continuing to protect the ability of legal immigrants to enter the United States.

“We have a moral duty to create an immigration system that protect the lives and jobs of our citizens,” he said, while repeating a claim that large Central American caravans are attempting to cross into the United States, which fact-checkers from the New York Times have found to be exaggerated.

In the second half of his speech, Trump delivered several bipartisan lines, including a promise to protect healthcare patients with pre-existing conditions, that drew applause from both parties. At

several points, chants of “U-S-A!” could be heard throughout the chamber.

However, Trump’s recent statements have led to tension with Democrats that may end up getting in the way of coming up with a bipartisan solution on immigration reform. Even during the State of the Union speech, the official Twitter account of Senate Democrats was stating its disagreement with Trump on certain issues.

The latest conflict had started on Sunday evening, when Trump had posted a tweet criticizing Democrats of being unhelpful on immigration, writing, “With Caravans marching through Mexico and toward our Country, Republicans must be prepared to do whatever is necessary for STRONG Bor-

der Security. Dems do nothing. If there is no Wall, there is no Security. Human Trafficking, Drugs and Criminals of all dimensions - KEEP OUT!”

Democrats fired back at Trump’s claims that they were responsible for the shutdown, with an excerpt from Georgia Democratic gubernatorial candidate Stacey Adams’s response stating, “The shutdown was a stunt engineered by the President of the United States, one that defied every tenet of fairness and abandoned not just our people - but our values.”

As special guests of his, Trump invited the family of a married couple who were allegedly murdered in their Nevada home by an undocumented immigrant, along with an 11 year old Delaware boy

who has been bullied at school for sharing the same last name as the president.

On the other side, Democratic New Jersey Congresswoman Bonnie Watson Coleman invited Victorina Morales, an undocumented immigrant who formerly worked for the Trump National Golf Club in Bedminster, NJ. A number of Democrats, including Speaker of the House Nancy Pelosi, were also seen wearing white to honor the Woman’s Suffrage movement of the 20<sup>th</sup> Century.

Stephen Chapman, Ph.D., an assistant professor of political science, noted how these displays were examples of political messaging, a subtle way of advocating for a position.

“It serves as a way to garner

media attention as certain actions/guests will gain more coverage, furthering the message they are attempting to send without saying a word,” he said. “In terms of the president’s or member of Congress’ guests, they’re only a pawn in the game.”

Chapman also noted that political messaging has long been a part of the State of the Union, with both parties expressing their agenda by choosing whether to stand and applaud when President Trump makes a point.

“There really isn’t much to do in terms of making it less politicized,” he said. “It’s simply a product of the growing polarization we see in Congress.”

Kenneth Mitchell, Ph.D., Chair of the Department of Political Science and Sociology and an associate professor of political science, predicted that Trump would miss an opportunity to give a vision about taking action on an issue. Instead, he would be entering campaign mode, with several Democratic candidates already entering the race to oppose him in the 2020 election.

“I think the State of the Union has been largely insignificant since the late 1990s with Bill Clinton,” Mitchell said. “It’s not some forward vision anymore that talks about what we are really prioritizing.”

Donald Kohler, a senior communication student, expressed hope that the results of the speech will be productive. “I hope it gets us to actually talk about important things,” he said.

Delivering the Democratic responses were Stacey Abrams and California Attorney General Xavier Becerra.



President Donald Trump addressed the nation from the U.S. House of Representatives, his second State of the Union address since taking the presidency in 2016.

IMAGE TAKEN from CNN



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# Men’s Basketball Sweeps MAAC Weekend at Home

MARK D’AQUILA  
ASSISTANT SPORTS EDITOR

Men’s Basketball had one of their most impressive weeks of the season, stretching their home winning streak in Metro Atlantic Athletic Conference (MAAC) play to six at the OceanFirst Bank Center against Siena and Rider, respectively.

The Hawks dominated Siena on Thursday night with a double-digit victory before knocking off the first-place team in the conference, Rider, on Saturday.

Monmouth completed the season sweep of the Saints with a 66-55 victory to remain undefeated in conference play at home this season.

Sophomore guard Deion Hammond led the charge Thursday as the game’s high-scorer with 16 points while shooting four of six from beyond the arc. Hammond’s strong effort made it six straight games in double figures while also hauling in four rebounds on the night.

“I think the effort was great coming off of a bad trip to Buffalo,” said Hammond. “I didn’t really know how everything was going to go but collectively we came out and did our thing and everybody played well.”

Adding to the dominating collective effort was senior center Diago Quinn, who was perfect from both the field and the free-throw line, putting ten points on the board and tacking on five rebounds. The double-digit performance was the eighth of

the season for Quinn. The center also closed out the first half with six points which helped Monmouth go into the locker-room with their first lead of the game, 28-27.

The Hawks continued this run into the second half where they scored 21 unanswered points, eventually propelling them to the win.

Junior guard Nick Rutherford also played a significant role in the victory with a solid eight points and eight rebounds which led the Blue and White in that department.

“I’m so happy for my kids because we were shorthanded tonight and when the game started it looked like we were really missing those guys,” said Head Coach King Rice. “Then we were able to get going a little bit and it started with our defense.”

The Hawks defense has been the story of their conference success at home, allowing a mere 57.2 points per game to MAAC opponents at the OceanFirst Bank Center.

Saturday’s game against Rider had a much different narrative as the Hawks allowed 71 points but still pulled out the tight 75-71 victory.

Quinn kept his big week going, putting up the game-high of 17 points while adding seven rebounds to his stat line. The center also clutch-ed out the game late with a free-throw to tie it up before sophomore guard Ray Salnave locked up the win with two free-throws in the final minute.



PHOTO TAKEN by Karlee Sell

Sophomore guard Deion Hammond helped lead Monmouth to a 75-71 victory against the number one team in the MAAC, Rider, with three three-pointers and 11 points on Saturday.

ute.

Rutherford kept the hot hand going as well, contributing in every facet of the game with nine points, four boards, five assists, and a clutch fast-break finish in the final stretch of the game.

“Nick Rutherford kept being positive, Diago [Quinn] just waited his time after he had some fouls called and went back in and started dominating

like he was doing earlier in the game,” said Rice. “We settled back down and started getting stops again and that’s how we won the game.”

It was a massive win for Monmouth, who is now tied with Rider for the most conference wins with seven, the same amount that they finished with a year ago.

“That’s a very good basketball

team, the way they [Rider] came back in the second half and how fast it was really knocked me back some,” said Rice. “Credit to them, but credit to our guys for continuing to believe against the number one team in the league.”

Next, Monmouth will begin a three-game road trip by traveling to Saint Peter’s tomorrow for a 7:00 p.m. tipoff at the Yanitelli Center in Jersey City, NJ.

# Women’s Basketball Kicks off Road Stretch with Win

MATT DELUCA  
STAFF WRITER

Women’s Basketball came back from being down by ten points in the third quarter to defeat Fairfield 73-63 on Sunday afternoon at the Webster Bank Arena in Fairfield, CT.

Freshman forward Lucy Thomas led the Hawks with 13 points, hitting all three of her three-point shots. Junior guard Rosa Graham scored ten points and had a game-high eight assists, while senior guard McKinzee Barker added ten points off of the bench.

Junior forward Alexa Middleton scored eight points and corralled ten rebounds in her eighth start of the year.

Monmouth hit six of their first seven three-point attempts to go up 20-14 early. That six-point edge would be the largest of the quarter for the Hawks, as Fairfield trimmed the lead down to three by the end of the opening frame, 22-19.

The Stags continued their run into the second quarter, scoring the first seven points to force a Monmouth timeout with 8:08 remaining in the first half, up 26-22.

The scoring slowed down towards halftime, as Fairfield went into the break leading 32-30. Seventeen of the 32 Fairfield points came off of 12 first half Monmouth turnovers.

Fairfield extended their lead to 46-36 in the third quarter, their largest of the game. The Hawks responded with six-straight points to cut the deficit to four, and an and-one play from junior forward

Taylor Nason tied the game up at 46, making the run ten-straight points.

Monmouth caught fire from beyond the arc in the fourth quarter, as Thomas hit two threes and Barker knocked one down to give Monmouth a 57-50 lead.

The Hawks closed out the Stags from there, outscoring them 27-17 in the quarter to seal their third victory in four games.

“We just had to get disciplined on the defensive end,” said Head Coach Jody Craig. “We were having too many breakdowns and not getting

enough opportunities on the offensive end. I found a group at the end that was willing to stay to what our concepts were, and we were able to out-play them in the final stretch.”

For the game, the Hawks shot 53 percent from the field (26-49) and 69 percent from three (11-16). They made ten of 22 free throws on the afternoon (46 percent). Monmouth’s bench outscored Fairfield’s 25-8.

Thomas’s 13-point performance was the tenth time she scored in double figures this season, while Graham and Barker each reached double

figures for the third time. Middleton’s ten rebounds was the fifth time this year in which she reached double-digits in rebounding.

Sunday’s victory improved Monmouth’s record to 8-12 on the season and 4-5 in Metro Atlantic Athletic Conference (MAAC) play.

The Hawks will look to win their second in a row and their fourth in five games tomorrow night, as they travel to face Rider.

Tip-off from Lawrenceville, NJ is slated for 7:00 p.m., with the game being broadcasted on ESPN+.



PHOTO TAKEN by Karlee Sell

Junior guard Rosa Graham scored ten points and had a game-high eight assists in Monmouth’s 73-63 win at Rider on Sunday afternoon.

## UPCOMING GAMES

**Thursday, Feb. 7**  
Men’s Basketball at St. Peter’s  
Jersey City, NJ 7:00 p.m.

Women’s Basketball at Rider  
Lawrenceville, NJ 7:00 p.m.

**Friday, Feb. 8**  
Women’s Bowling  
Sunshine State Classic  
Orlando, FL TBA

M/W Track & Field  
Monmouth Winter Collegiate Invitational  
OceanFirst Bank Center  
West Long Branch, NJ 6:00 p.m.

**Saturday, Feb. 9**  
M/W Track & Field  
Millrose Games  
New York, NY TBA

Men’s Tennis at Navy  
Annapolis, MD 9:00 a.m.

Men’s Basketball at Fairfield  
Fairfield, CT 1:00 p.m.

Women’s Basketball at Siena  
Loudonville, NY 2:00 p.m.

Men’s Tennis vs George Mason  
Annapolis, MD 5:00 p.m.

M/W Track & Field  
Monmouth Winter Collegiate Invitational  
OceanFirst Bank Center  
West Long Branch, NJ 6:00 p.m.

**Sunday, Feb. 10**  
Men’s Tennis at Delaware  
Elkton, MD 12:00 p.m.

\*conference games





# HOME COURT ADVANTAGE



Men's Basketball defeated Rider 75-71 to remain undefeated in MAAC play at home (6-0). Junior forward Mustapha Traore had eight points, seven rebounds, and two blocks against Rider.

SEE STORY ON PAGE 15

PHOTO TAKEN by Karlee Sell