



THE OUTLOOK

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Professors Meet with United Nations Official

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Two University professors met with Pramila Patten, the United Nations Special Representative on Sexual Violence in Conflict and Under-Secretary-General of the United Nations, on Thursday, Feb. 21.

In an hour-long meeting, Rekha Datta, Ph.D., newly appointed Freed Chair of Social Science and a professor of political science, and Johanna Foster, Ph.D., Helen McMurray Bennet Endowed Chair of Social Ethics and an associate professor of sociology, discussed several issues surrounding sexual violence on the Yazidi women in the Sinjar region of Kurdistan in Northern Iraq with Patten.

The three, in addition Sherizaan Minwala, Chief of Party for the Genocide Recovery and Persecution Program in Iraq, and Foster's co-author in her work, also discussed the issues in Cox's Bazaar in Bangladesh, where female Rohingya refugees are facing various forms of gender-based

violence.

Datta first met Patten in 2018 at a conference at the Council on Foreign Relations in New York, but she and Foster have been studying various aspects of gender violence, gender justice and policy measures, nationally and globally.

Foster's recent work, conducted with Minwala and Monmouth alum, Sarah McGrail ('16), "Genocide, Rape, and Careless Disregard: Media Ethics and the Problematic Reporting on Yazidi Survivors of ISIS Sexual Violence," examines the problematic violations of United Na-

tions Global Protection Cluster Recommended Guidelines for Reporting on Sexual Violence in Humanitarian Conflicts in the coverage of the genocidal attacks against the Yazidis.

In their analysis of 75 online English language news articles at the height of the reporting period, Foster stated that she and her colleagues found that a stunning 100 percent of the articles violated the UN Guidelines in ways that put women and girls at risk for ISIS retaliation, and for possible honor-based violence within their own community.

In October, Foster was invited to present the team's research at Utrecht University in The Netherlands for the conference, *Terrors of Injustice: Gender Violence and the Ethics of Shame*. Their previous research on Yazidi women's experiences with journalists was published in 2018 in *Women's Studies International Forum*.

According to recent estimates by the World Bank, 1-in-3 women worldwide face gender-based



PHOTO COURTESY of Johanna Foster

The four women discussed the issues affecting female victims of gender-based violence around the world at their meeting last week.

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Students Approached by Religious 'Cult'

RAY ROMANSKI
CLUB & GREEK EDITOR

MEGAN RUGGLES
ASSISTANT NEWS EDITOR

An anonymous female student was approached in the Rebecca Stafford Student Center (RSSC) by two women affiliated with the World Mission Society Church of God who attempted to ask her to attend a "Bible Study" off campus on Thursday, Feb. 7.

This organization has allegedly been associated with human trafficking, abuse and neglect, "terror" recruiting, and being described by former members as a "cult," according to reports from several media outlets.

The women wore black and were described as being in their twenties to early thirties.

The student confided in her Residential Assistant (RA), who also wishes to remain anonymous, that the church members began a conversation with her about their beliefs in Christianity and asked her about her religious views. The student claimed that the group members pushed the idea that God is a woman and then invited her to attend an off-campus meeting at a discreet location to further discuss this ideology. The student Google searched the address and found that the location was not a church, but an apartment complex. An onlooking student notified Monmouth University Police Department (MUPD) and they subsequently questioned the woman and asked her to leave.

According to Bill McElrath, Director and Chief of MUPD, a call was received following the incident by an observing student in the RSSC and the officers were asked to investigate.

Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, commented, "They (MUPD) did a subsequent search and found no illegal criminal activity."

McElrath explained that because there was no immediate

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Students Attend Women's Tech Conference

CAROLINE MATTISE
EDITOR-IN-CHIEF

Monmouth software technology and computer science students attended the Women Engineers Code (WECode) Conference at Harvard University from Feb. 22 through Feb. 24.

Seven students majoring in a variety of computer and technology studies attended the three-day coding seminar held at Harvard University's Northwest Labs.

WECode is the largest student-run conference for women in computer science in the nation, according to their website. The program is designed for women in the technology industry to connect with other women, learn new skills, and share information.

Although the program is geared towards women in science and technology, all are encouraged to attend the conference. The students who participated in the conference attend-

ed keynote speakers, coding workshops, fireside chats, and yoga. Topics covered in the talks and workshops included web application security, data science, product management, and trading.

Lauren Niesz, a graduate information systems student, was one of the four female

computer science majors from the University to attend the conference but also took part in planning the trip. "The WECode Conference honestly taught me so much. I learned about Neuro-Linguistic Programming (NLP) and Machine Learning, which are fields I was

scared of initially, but, after the conference, I really understand them now and find them to be enticing fields to go into myself in the future," she said.

"Organizing this trip for students was an important

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PHOTO COURTESY of Lauren Niesz

Monmouth computer science students attended WeCode at Harvard University last weekend.

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Reports of Soliciting Continue

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threat, a Timely Warning or Emergency Notification was not sent to the University community.

However, both Nagy and McElrath noted that the church members were soliciting on campus without permission, which is a violation of University policy.

The Outlook reached out to police departments in Long Branch, West Long Branch, Deal, Allenhurst, Eatontown, Asbury Park, and Shrewsbury and were informed that officers were contacted with questions regarding similar events in their jurisdiction's police reports. Nothing was reported in these municipalities.

An RA, who chose to remain anonymous, was "outraged" with the way the University handled this incident. "The students had gotten an email blast last semester and many times before that when there was a stranger on campus," he said.

The RA made a post to his personal social media account that has been shared by numerous students informing them of the situation. "I guess it's important to look out for someone like that, but at the same time, is it not important to reach out to the students? Even if it's an alleged sex trafficking ring or whatever, isn't it important to let students know that?"

Kailey Monteiro, an RA and sophomore social work student, said "Residential Life was in no way involved with the media posts."

Because of the post, the RA received an inbox message from another student confirming a separate incident also happening in the Student Center.

Kaitlin Korgeski, a senior communication student, said that she was approached by a man and woman who were members of the Church of God at her former school, Marywood University, in Scranton, PA. "They were young and super nice. Because there was a woman with him, you think they're super trustworthy. So, we exchanged phone numbers and I went on with my day and thought nothing of it," she said.

After the encounter, the pair were "blowing up" Korgeski's phone, providing her with meeting times and locations. She recalled, "It wouldn't even be like a church location. I would tell them I don't have time and play it off." Finally, she expressed she was not remotely interested. "I told them to please stop contacting me. Next week, another text" The Church continued to contact Korgeski for about two months.

The World Mission Society Church of God was first formed in 1964 in South Korea by leader Ahn Sahng-hong, who is idolized as the living reincarnation of God before their death in 1985. Since then, an unnamed Korean woman has been named the new incarnation of God. They also believe in Jesus Christ and God the Mother.

Many lawsuits have been filed against this organiza-

tion. In 2018, The Bergen Record reported that a woman and member had undergone "psychological harm and trauma after joining [World Mission Society Church of God] and that she was pressured into having an abortion."

An article by People uncovered similar instances in 2015. Michele Colon, from Ridgewood, NJ, defected from the cult.

She filed a civil suit stating the cult "uses a number of psychological control tactics...to prevent its members from exposing its criminal and tortious behavior."

The World Mission Society Church of God has four locations in New Jersey: Bogota, Ridgewood, Belleville, and North Brunswick.

None of these churches could be reached for comment, as their website does not offer a phone number or an email. An Outlook reporter attempted to send a message on the website, but it contained no submit button.

Many news stories from across the nation have reported on this, with incidents of approach by church members in Tennessee, Mississippi, Kentucky, and more.

Similar incidents have occurred on college campuses, including Boston College, Boston University, University of Northern Florida, and Rider University.

If you see any suspicious activity on campus, McElrath encourages students and members of the community to call MUPD at 732-571-4444 immediately.

WECode at Harvard

TECH cont. from pg. 1

part of my life the past few months because given the amazing speakers, workshops, and career fair provided by this conference and its proximity to MU, I found it to be insane that we wouldn't send students," continued Niesz.

Keynotes speakers included successful female administrators and executives in all aspects of computer science and software engineering. There were five keynote speakers spread over the three-day event. Catarina Macedo, a Portuguese gaming employee with Xbox, presented at the conference, encouraging women to find themselves in the gaming world.

Another keynote speaker was Pooja Sanker, Founder and CEO of Piazza. Piazza is a website that connects technology students with others so that they can ask questions and converse about their studies.

Sanker created the program because when she was studying computer science, she was afraid to ask the male students in her class for help.

Because of this, she missed out on learning opportunities Today, more than 2,000 schools and 5,000 professors use Piazza in more than 90 countries.

Other keynote speakers included Jessica McKellar and Margaret Mayer. McKellar is a software developer and engineer manager from San Francisco. Mayer is the

Managing Vice President Messaging, Controversial AI & Emerging Technologies for Capital One.

Ling Zheng, Ph.D., an assistant professor of computer science and faculty advisor on the conference trip, said, "I think WECode is a very great conference in which every student can find their interested talks and get inspired, especially the keynotes. Keynote speakers are female Harvard graduates who are successful in their fields, like the technical leader from Capital One, the CEO and founder of Piazza, and CMO of GE."

"Their stories will encourage female students majoring in engineering. In addition, there were several sessions talking about the hot technical topics, such as data science, deep learning, and AR/VR. Furthermore, there are events related to resume writing, interviews, and internship," said Zheng.

While the conference centered on celebrating women in the field, male students also benefited from the experience.

Joshua Schlanger, a senior software engineering student, said "As a future software engineer in this field, being a male ally is super important. This conference was a women in engineering conference, but I was happy that MU sent myself and two other males from the department so that we can be more well-rounded and be more heavily exposed to the issues that surround women in this industry."

Datta and Foster on Gender-Based Violence

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violence in their lifetime. While men and boys also experience sexual violence, the World Health Organization estimates that 80 percent of the cases of gender-based violence in the world occurs against women.

Datta takes a public policy perspective and examines gender inequality, discrimination, and violence against women in India in the context of international and national policies and norms. In particular, she looks at the role of education and economic empowerment on gender-based violence.

"Sexual violence occurs in peacetime and in conflict zones, in the privacy of homes and in intimate partner-relationships, in public spaces, in the workplace, and on college campuses," Datta explained.

In 2017, Datta received a Fulbright Senior research fellowship to conduct field research on violence against girls and women in villages in Haryana in northern India, just outside the capital city of New Delhi.

In 2018, in a Thomson Reuters Foundation survey, India was named as the most dangerous country for women. "It is shocking to find the world's largest democracy scoring worse than conflict-ridden countries and monarchies where women's rights are suppressed," said Datta.

In her reflective piece "A Changing India," Datta examines

the question of whether education and economic empowerment can put an end to the gender-based violence that has plagued the country.

Intent on having their research inform their teaching, Datta and Foster are also bringing their research into their classroom and on campus. Building on their work and that of decades of research and advocacy by feminist scholars, NGOs, national governments and international organizations, they are organizing a research symposium, *The Unveiling Inequality and Gender-Based Violence Symposium*, to be held on the campus this June 6-7.

"This symposium seeks to address the ethics and politics of this global crisis through the lens of critical social science," said Datta. "In particular, the symposium will provide an opportunity for scholars, students, policy-makers, and advocates to confront the realities of gender-based violence through the conceptual lens of inequality, and to explore how law and policy at the national and international level can reduce gender-based violence."

The symposium organizers are in the process of collaborating with university gender studies programs and community organizations. The organizers, through the Dean of the School of Humanities and Social Sciences have also invited Patten to deliver the keynote address at the symposium this summer.

Model UN Brings Home Awards from London Tournament

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Six students from the University's Model United Nations (UN) Team competed at the international tournament hosted by Kings College and the School of Oriental and African Studies (SOAS) in London, last Thursday, Feb. 21 through Sunday, Feb. 24, taking home two awards.

Sophomore political science student Mackenzie Ricca, one of the team's captains who served on the Gender Committee in the tournament, and Nick Boice, a sophomore political science student who served on the Agricultural Committee, both won individual Speaker Awards.

Ricca has won individual

secutive international Model UN contests and Boice, who competed at his first international contest, successfully navigated a complex and large committee focused on agriculture and the latest scientific advances in this area.

Team Captains Ricca and Emma O'Rourke, a senior political science student who served on the Environment Committee, anchored the team. This most recent contest in London was O'Rourke's sixth international Model UN tournament during her four years at the University.

Strong performances also came from the rest of the students on the delegation: Michael Manning, a senior political science student who served in the African Union; Jackson Pope who

was assigned to the Space Committee; Nick Boice, a sophomore political science student who served in the Agricultural Committee; and Katelyn Quino, a sophomore chemistry student in World Health Organization.

Students debate, negotiate, and write policy resolutions in separate committees at Model UN contests, and over the weekend the University's team covered challenges facing the United Nations from regulating space (Pope) to regulating genetically modified seeds (Boice).

Quino deliberated international policy on non-traditional medicines, while O'Rourke discussed the effects on climate change on refugees and Manning argued the African Union's stance on loan conditionality from the International Monetary Fund (IMF).

Different universities represent a country on a committee. Students from the Monmouth delegation represented both Algeria and Greece.

"The Model UN Team, with a heavy heart, says good-bye to its fearless leader Emma O'Rourke who graduates in May," shared Kenneth Mitchell, Ph.D., Chair of the Department of Political Science and an associate professor of political science who serves as one of the team's advisors. "Emma leaves a strong legacy and the Model UN team wishes her good luck after graduation."



PHOTO COURTESY of Mackenzie Ricca
Two students bring home individual Speaker Awards in London.

Foster Presents “What Did ISIS Do to You?”

MEGAN RUGGLES
ASSISTANT NEWS EDITOR

Johanna Foster, Ph.D., delivered a lecture entitled “*What did the Islamic State in Iraq and Syria (ISIS) do to you?*” where she presented her research on the ways journalists violated international standards for ethical reporting on sexual violence in Wilson Hall on Monday, Feb. 25.

Foster, the Helen McMurray Bennett Endowed Chair of Social Ethics and an associate professor of sociology, conducted a study on media ethics and how reporters neglected to follow guidelines when reporting on Yazidi women who were survivors of sexual abuse.

On Aug. 3, 2014, ISIS attacked the Yazidi people in Kurdistan (northern Iraq). The genocidal campaign was meant to destroy the religious minority group through killings, rape, and forced religious conversions.

Over 6,000 women and children were abducted, some sold as jihadi brides, with half still in captivity today. The entire community has been displaced.

Foster’s team entered the picture when “sensational” headlines began surfacing about instances of sexual violence against Yazidi women.

“As a team of feminist scholars and advocates, we became concerned that journalists were violating basic principles of ethical reporting of sexual violence,” she said.

Her team found that reporters were seeking out graphic



PHOTO COURTESY of Monmouth University

Dr. Johanna Foster presented her work and research on Yazidi women who survived sexual abused.

accounts of mass rape and sex trafficking, above all else. The headlines spun a “popular narrative,” that created “binary frames of non-Western women, particularly ethnic and religious minority women in the Global South and East, solely as helpless victims of patriarchal regimes, and ‘civilized’ white men and women in the U.S. and Europe as ‘liberators,’” Foster said.

Mariana Vujnovic, an associate professor of communication, said that in some ways the reporting Foster described was yellow journalism. “In global news reporting ‘if it bleeds it leads’ has been an unfortunate standard.”

She explained that journalists frequently lack knowledge of truths in the world and are ill-equipped to deal with them.

John Morano, a professor of

journalism, agrees that covering sexual violence against women, in what is still a war zone, is different than covering local politics.

Reporters should consider how the Yazidi women want to be portrayed, provided facts can be verified. He explained that reporters and editors “reserve the right to decide how a story is presented,” with respect to “ethics and industry norms.”

Foster explained that the Yazidi women were upset that journalists were taking their stories and that they were not receiving aid in return. Foster said that the “helpless” narrative being spun is oversimplified.

“While it is true that Yazidi women are, indeed, calling for an international response, and for the rescue of women and

girls from ISIS captivity, that does not mean that they are simply helpless victims waiting for American or European forces, or journalists, to come to their rescue,” she commented.

“By looking at the press treatment of Yazidi women who were abducted by ISIS, Dr. Foster’s research is fueling a very important discussion, one that examines the ways journalists might be victimizing victims,” Morano said.

Vujnovic speculates that journalists likely believed the questions they posed “would illuminate global audiences to what happened.”

In her experience interviewing refugees from Bosnia in the 1990s, including women who were had been raped, she was in a similar position. “[The women] all wanted us to help

and I felt I had little resources and power to do so,” she said.

Foster acknowledged the possibility that the Yazidi women did not completely understand the role of the reporters and their inability to provide aid.

However, she considers it the journalists’ responsibility to make their role clear. Having interpreters present would aid in these instances.

“In an effort to maintain objectivity, journalists keep sources at arm’s length. That, however is not always the case. There are times when one might need to stop being a journalist and instead be a human being,” Morano said.

Furthermore, Foster believes that the media coverage of sexual violence to be exploitive of the Yazidi women. “[Readers] are not actually interested in the full story, or really all that concerned about gender oppression,” she explained. “Unfortunately, we live in a culture saturated by a continuum of pornographic narratives of women and girls, and many of these stories are simply versions of this and intended to entertain readers with stories of women’s degradation.”

Given the “hyper-focus on stories of sexual trauma,” Morano questions what stories are being left out.

Foster clarified that she is not saying journalists should remain silent and refrain from reporting on Yazidi attacks or global gender violence. Rather, the stories need to be told in a way that “adhere to basic ethical principles.”

Title X Gag Rule and Women’s Health Services on Campus

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Officials from the Department of Health and Human Services (HHS) announced that they would be revoking requirements from organizations that receive Title X funding to counsel women about abortion and provide them with referrals to abortion services, last Friday, Feb. 22.

Under the new rules, a provider would not have to talk about abortion as an option at all. Women’s health organizations, including Planned Parenthood, which would be directly affected by this ruling), the American College of Obstetricians and Gynecologists (ACOG), and Physicians for Reproductive Health have spoken out against the policy.

Currently, the Title X program provides federal funding for facilities that offer family planning and other preventive services, especially those that serve lower-income patients.

In its official statement, the HHS would require “financial and physical separation” between facilities and programs that provide services funded through Title X grants and those providing abortions.

However, Title X funding was never allowed to directly fund abortion services, and due to the controversial Hyde Amendment, federal Medicaid funding is prohibited from covering

abortion costs, with exceptions of rape or incest.

The Trump administration’s latest provision, deemed by many as a “gag rule,” could mean that a clinic cannot even receive Title X funding for the necessary health services they provide, such as providing access to affordable birth control methods that would prevent unwanted pregnancies, if they also offer abortions or answer their patient’s questions about abortion referrals.

“A Title X project may not perform, promote, refer for, or support, abortion as a method of family planning, nor take any other affirmative action to assist a patient to secure such an abortion,” the policy states.

The one exception is if a woman “clearly states that she has already decided to have an abortion.”

In this situation, a doctor or other provider should provide “a list of licensed, qualified comprehensive health service providers (some, but not all, of which also provide abortion, in addition to comprehensive prenatal care.)”

The Monmouth University Health Center offers no cost medical exams and ambulatory services to students and eligible employees by board-certified Nurse Practitioners, including affordable women’s health services. Although it does not receive any grants from Title X

funding, the Health Center is an example of the kinds of facilities the gag rule would affect.

Kathy Maloney, DNP, APN, Director of Health Services, said that revoking Title X funding will narrow the options available for patients seeking care in facilities that do receiving grants.

“We always ask the women if they have thought about what they might want to do. Depending upon the answer, we provide them with local resources. If they are undecided, we refer them to counseling,” Maloney explained.

The following services are provided as part of the University’s Women’s Clinic: prescribed birth control pills, free pregnan-

cy testing, gynecological exams, pap testing, breast exams, STD testing and screening, and treatment for urinary tract infections (UTI).

Such services would potentially be affected in facilities that do receive federal Title X funding under the order if they also perform or refer patients to abortion services.


“Women’s Clinic is a broad term and refers to episodic gynecological women’s services in addition to well-women’s care,” said Maloney. Last year, Health Services provided more than 750 women-related services.

Title X is legally designed to prioritize the needs of low-income families or uninsured people who might not otherwise


have access to these health care services, including those who are not eligible for Medicaid. These services are provided to low-income and uninsured individuals at reduced or no cost.

The services provided by Title X grantees include family planning and provision of contraception, education and counseling, breast and pelvic exams, breast and cervical cancer screening, screenings and treatment for sexually transmitted infections (STIs) and Human Immunodeficiency Virus (HIV), education about preventing STIs and HIV and counseling for affected patients, referrals to other health care resources, pregnancy diagnosis, and pregnancy counseling.

Publicly funded family planning programs, including Title X:



Save taxpayers
\$7 for every \$1
invested



Save federal and
state governments
\$13.6 billion

IMAGE TAKEN from Planned Parenthood
Title X grantees receive federal funding for programs that related to family planning services.

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Analyzing the Cult Mentality

EDITORIAL STAFF

In *The Outlook* this week, we covered a story about an alleged luring of students on campus by a religious group to an off-campus location. Previous members have even referred to this group as a “cult.”

According to Merriam Webster, a cult is defined as a small religious group that is not part of a larger and more accepted religion and that has beliefs regarded by many people as extreme or dangerous.

In response to this, some of the editors responded to questions about religious cults and cult mentalities.

When asked what constitutes cult behavior, one editor said, “I think people who join cults are most likely vulnerable and therefore susceptible to something that they believe will give them acceptance or validation.

Group-think probably plays a big part in keeping people in line with the cult’s ideology, and fear is probably used to instill loyalty to the cult leader.”

Another editor said, “When I think of cults I think of brainwashing. There is one person in charge who persuades people to follow them and think the way they think.”

One editor noted, “I think that usually the people who get involved in these cults are broken in some aspect and they’ll cling to any belief, even a bad one, to find comfort and belonging.”

Some of the editors are familiar with the idea of cults but cannot list too many. However,

a few cults were mentioned. “The only religious cult I can think of is Jonestown and the ‘Kool-Aid’ tragedy,” said one editor.

The Jonestown Massacre involved a mass suicide of members of Jim Jones’ the People’s Temple, in which group members were encouraged to drink Kool-Aid that was laced with cyanide and sedatives.

Another editor said, “Well, I think that the Manson family is definitely one of them.”

Focusing on how cults can indoctrinate people with false information, one editor mentioned hearing a survivor’s story. “I recently watched a TED Talk about a girl who grew up in a religious cult and then fled with her entire family,” the staffer said. “She realized that the cult did not support strong, female leaders and pressed its own ideals on its members. What she was taught to believe was heaven was actually hell and she had to get out.”

A different editor said, “I have personally seen a lot of information circulating regarding the Church of Scientology, especially with allegations of abuse, rape, and sexual misconduct among the high-ranking church members. Those that are able to escape from Scientology claim that the institution is using personal information that they provided for the church in exchange for ‘spiritual enlightenment’ to then be used against them on the outside.”

Many of the editors agree that cults prey on insecurity to

lure members. “For those who have completely lost faith, cults might take them in at their weakest,” said an editor. “Also, I assume many cults promise some sort of after life or end goal, but those in charge know well that there’s a more sinister agenda.”

The editors also agree that deception and extortion are used. “Using women is a way to lure individuals because typically women are perceived as trustworthy,” said an editor.

This luring was not mentioned with a warning by the University and the editors agree there should’ve been a notification. “Monmouth should absolutely respond to these claims,” said an editor. “It is a major safety issue that people are attempting to lure students. There needs to be increased security.”

An editor commented, “I am concerned for my safety. Since hearing these claims, I’ve found myself feeling a little nervous when I’m walking around on my own. It’s just creepy and while Monmouth can’t do much about off campus incidents, they need to do a better job of securing our campus.”

Our campus is filled with blue lights that someone can press if they are afraid or nervous, and Monmouth University Police Department (MUPD) will be dispatched to that specific location. If you experience any strange activity on campus, *The Outlook* strongly encourages our readers to call MUPD at 732-571-4444.



CRIME BLOTTER

2/19/2019 2254 Student Misconduct Fitness Center	2/20/2019 2310 Criminal Mischief- Bias Incident Elmwood Hall
2/20/2019 2315 Poss. CDS / Para / Student Misconduct Willow Hall	2/20/2019 1711 Poss. CDS/Para. / PULA / Student Misconduct Beechwood Hall
2/21/2019 1100 Poss. Stolen Property Elmwood Hall	2/24/2019 0210 Student Misconduct 11 Harassment

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The Climates, They Are A Changin’

LAUREN SALOIS
STAFF WRITER

Doesn’t it baffle you that people on this Earth do not believe in climate change? The cause of the many drastic changes our planet has been facing for years and is affecting every area of the planet. Climate change is the altering of the Earth’s climate through an increase in temperature and precipitation, glacier and snow cover shrinking, ocean warming, rising and acidification, increase in wildfires due to droughts and rising temperature, etc. This is all primarily due to greenhouse gas emissions from human activities involving the combustion of fossil fuels. When hearing about the shrinking of glaciers, I always picture a polar bear stranded on a tiny and thin piece of ice. It’s very saddening to see polar bears in their disappearing natural habitat. Polar bears and other wildlife dependent on glaciers are at risk for endangerment as glaciers continue to shrink. Animals are being forced out of their natural habitats and if they cannot find a new place to properly relocate, they will die. The rising temperatures due to global warming is affecting the area around Monmouth University. The summers in this area will become warmer and the winters will too,

therefore, a decrease in snowfall. As a Texas native, I am used to the heat but hopefully, this area will not see summers with 100+ degrees. The winters also could fluctuate with having warmer and colder days. Climate change has brought new extreme temperatures, new record highs and lows. This school year has been extremely rainy. I have found myself putting on my rain boots and jacket in hopes of not getting soaked on my way to class too many times already. The increase in precipitation is due to climate change. The days of getting soaked on the way to class are not on the decline, we will continue to get use out of our waterproof shoes and clothes. The ocean warming, rising, and acidification will also affect this area. The ocean warming, rising, and acidification will impact the shore just one mile from campus. The ocean water will continue to become warmer and the ocean wildlife will be drastically affected by these changes. Ocean wildlife has been suffering already but will continue and certain species could become endangered like polar bears. The rising temperatures have majorly affected areas that already suffer from droughts. These areas have been suffering from horrific wildfires. California has been

a considerable hot spot for wildfires, many people have lost their homes and their lives. In the news, the California wildfires have been dramatically broadcasted and it is so saddening to see the wildlife burning and the firemen attempting to extinguish the flames but failing. The main cause of greenhouse emissions comes from factories and vehicles. In order to reduce emissions and to

prevent or lessen further damage to our planet, we must reduce the number of emissions by placing preventative measures on them or by developing new and better ways without pollution. The battle against climate change will be a difficult one, especially with the lack of unity over the existence of climate change. As humans who inhabit this planet, we have the duty to take care of it. It

is our fault that global warming is occurring, so it is our responsibility to fix the damages we have done. Climate change is impacting every living creature on Earth. Animals, plants and humans are suffering. We are harming ourselves with our current practices and that must change. I am hoping that, before it is too late, our society will make drastic changes to protect our Earth.



PHOTO TAKEN by Caroline Mattise

If the globe continues to warm at the current rates, mountains will be snow covered no longer. Emissions from cars and industries are large contributors to the effect.

Inner Peace: What Is It and How Can We Attain It?

ELISSA SCANO
STAFF WRITER

Peace. A simple word, yet with so much depth. What does this word mean to you? What comes to mind first when asked this question. I asked myself what peace meant to me and I hesitated at first and then something came to me: presence. When you stop your mind from running from you and take a minute to get back down to earth, peace occurs naturally. That feeling of serenity and trust in the universe is enough to stop violence. Harmonious solutions present themselves, clear perspectives become apparent, and positive transaction is a side effect. All of this can happen when the mind is quiet and turmoil has settled. I’ve learned this first hand because I have struggled with overthinking from a young age. I saw two different paths as I began experiencing these mental obstacles and I started to figure out why peace was being taken from me. My mind would time travel into experiences that I had already had and to experiences that had never happened to me before. I lost the ability to find my center and it came out in negative thoughts, and bad moods. It has ruined friendships. When I found peace once again it was amplified and apparent in all areas of my life. While I still struggle with maintaining a peaceful lifestyle due to the turbulence in my mind, I have realized that peace to me is the sound of my breath and the feeling of my heart beating in my chest. Peace is gratitude for the things that I do have and the

things that I no longer have. Peace is love; it’s seeing my mother smiling when she gets home from a long day of work, it’s my boyfriend landing his first real job, it’s the memories I have of people I’ve loved and lost. Peace is not worrying about my future, or bringing my baggage from the past into my current circumstances. Peace is not wishing things were different or begging for things back. Peace is about being here now and being grateful for the opportunities that present themselves at all moments of my waking day. Now this is all good and it makes sense on a small scale being that we are only addressing my life but when it comes to community and the world as a whole the definition of peace may be more complex. I do believe that if everyone spent more

time being present and coming back to themselves, they would realize that love is, above all else, most important. When we love we rid ourselves of hierarchy, of materialism, of hatred. There is space to create harmonious environments and to brainstorm efficient and peaceful solutions. We can make an effort to fix the economic system if people would turn to themselves and say, “What would I feel like if it were me in this situation?” If we all resorted to empathy in the present moment, our world may not suffer from as much domestic violence, world hunger, homelessness, racism/sexism, or any of the negative situations that occur. The word peace is multidimensional and should never be underestimated.



PHOTO TAKEN by Nicole Riddle

Finding inner peace can be found in the little things that make you happy.

Best Spring Break Locations

LAUREN DEMARCO
CONTRIBUTING WRITER

Everyone loves planning to go to different places over spring break. If you feel like you are missing out because you don’t have anywhere to travel to, here are a few destinations to check out for spring break. Aruba is probably one of my favorite places to travel to. In Aruba it never rains and the weather is always hot and sunny. The best part of Aruba is their beaches. Their sand and water is so nice and calming. Laying on the beach, relaxing as you are enjoying the beautiful scenery in front of you, there is nothing better. There are so many fun activities to do in Aruba such as jet skiing, paddle boarding, parasailing and many more other things. Aruba has great live entertainment offered at some of the hotels on the island every night. The best hotels in Aruba to look into are Riu Palace, Divi Village All Inclusive Villas, and Eagle Aruba Resort and Casino. There are also many places to go and check out, such as ATV tours and Aruba Sunset Catamaran Cruise that takes you around the island. I highly recommend traveling to Aruba over spring break! Another destination to travel to over spring break is the Bahamas. The Bahamas reminds me a little of Aruba. They have the same activities and night life going on there. They are both beautiful islands to vacation to with family and friends. The Bahamas has a lot to offer such as amazing excursions and luxurious accommodations.

The best things to do in the Bahamas is the beaches, boat tours, diving and snorkeling. The hotels on the island that are recommend best are; The Cove at Atlantis and Baha Mar. The prefect months to visit the Bahamas is mid-December to mid-April. Planning a trip to the Bahamas in between those months will be the best choice. It is always hot, sunny and hardly ever rains in the Bahamas. If you are trying to plan a spring break trip, you should definitely look into the Bahamas. Miami is another fun spring break trip to travel to. There is always a lot of action going on in Miami. South Beach is a big favorite destination for people to visit and soak up the sun. There are a lot of different things you can do in Miami. There are a lot of places to check out such as, Miami Beach Boardwalk, South Beach, and Ocean Drive. Also Miami is big on shopping and restaurants to check out. Lincoln Road is popular for its great shopping and a nice atmosphere. There are many more other places in Miami to go shop, eat and hangout at too. A lot of the excitement and entertainment is downtown Miami. You can never go wrong when you planning a vacation and decide to check out Miami. There is always something fun to do here. Grab your family, friends and try to plan an enjoyable vacation! Spring break only comes around once a year so plan a fantastic trip to one of these destinations!

To Binge Watch or To Binge Watch

ELISSA SCANO
STAFF WRITER

Binge watch or go out? Um... Binge watch! Duh!

Binge watching is the new best thing to do and we can thank Netflix and HBO GO for that. I was never a fan of just sitting and watching TV all day until I actually gave it a try.

The first show I legitimately binged watched was *Game of Thrones*. Is anyone surprised at that statement? It is one of the best shows to watch all day long. Whether it's a rainy day, a sunny day, a snow day... There is never a bad time to sit down and get lost in *The House of Starks* drama.

After I discovered my love for binge watching, I moved on to *Gossip Girl*, which is on Netflix. Nothing like reliving your high school years (except much more lavishly in my case). It was January when I discovered this American drama series made up of six seasons. This is a good one to start when you have nothing but time to waste. Season one is made up of 18 episodes in itself!

More recently I fell in love with *Peaky Blinders* on Netflix. Wow, I have nothing to say besides wow. I have heard that other people don't feel the same way as me on this one, but I absolutely loved this show and would watch it again and again. It's a little hard to follow because of the thick accents, but that's what subtitles are for! A lot less episodes than *Gossip Girl* but definitely an emotionally heavier show to watch.

Once I finished *Peaky Blinders*, I started *Sons of Anarchy* which I know is a crowd favorite. A little longer than *Peaky*

Blinders and most definitely worth the watch. After *Peaky Blinders*, I wasn't into *Sons of Anarchy* as much but I still really enjoyed it. I even tried being one of their members for Halloween.

Hmmm... What came next? Oh! *Big Little Lies* with Reese Witherspoon, Nicole Kidman, and Shailene Woodley. It's only one season long but covers so many controversial topics regarding relationships and women. I tell all my friends to give it a try. My one friend actually got just as hooked on it as I did. The next season comes out later this year and I cannot wait.

Another good one I actually just finished was *The Body Guard*. Also, only one season but jam packed with action and the way it starts will grab your attention immediately. I had no

idea what it was about but was totally bored on my way home from Florida so I downloaded episodes on the Netflix app and watched it on the plane ride. Totally surprised but really happy I gave it a try.

I can't believe I waited this long to tell you guys about this one... *Power!* 50 Cent stars in it, as well as partially produces it. My boyfriend told me to watch it for the longest time and I just would not give in (I'm a little stubborn) but I decided to give it a chance and I was absolutely hooked immediately. Omari Hardwick is the main character and takes you through his journey as a successful New Yorker.

Give them all a chance if you haven't already. Some I was hesitant about starting and once I did, I couldn't get enough!



There are dozens of television shows and movies and could easily be binged watched during a snowday or a personal day.

Best Streaming Services

SAMANTHA RIVAS
STAFF WRITER

different streaming services have to offer.

But as I found less and less to watch this past summer, I got bored and decided to buy a subscription to Hulu. Let me tell you, I should have done this sooner.

Not to peg it as the winner, but Hulu definitely helps me out when it comes to keeping up to date with the TV shows that are broadcasted during the week. I don't have a TV at school, so being able to watch the latest episode of *The Bachelor* or *This Is Us* on Hulu makes keeping up with my shows a lot easier.

Sure, I can go from website to website watching each episode from different shows, but I think Hulu allows my brain to keep all my shows in order and reminds me that there are new episodes to be viewed.

I've only had Hulu for a couple of months, but I think Netflix is the real winner for me. I only have to pay \$9 a month as opposed to the \$12 a month Hulu makes me pay to have commercial free content. They have a lot of different shows and movies to offer, both originals and others.

I wouldn't have been exposed to great shows like *Stranger Things* or *Black Mirror* (and I mean come on, who didn't love *Black Mirror*'s interactive movie, *Bandersnatch*?) if I didn't opt to buy a Netflix subscription. Netflix has been around the longest, so it only makes sense that the king of media streaming remains comfortably at the top of the streaming service pyramid.

Throughout my four years at Monmouth University, I've always classified spring semester as prime snowstorm real-estate. It's almost certain that us Hawks will have to fly through one major snow storm during the second half of the academic year.

With the abundance of snow comes class cancellations, procrastination and a bunch of binge watching TV shows and movies. So many people go back and forth about which streaming service is the best for these kinds of days. For me, it's between Hulu and Netflix.

I think both services share a lot of the same characteristics that make them equally as enjoyable. They both have their own original shows and movies, from Hulu's *The Handmaid's Tale* and Marvel's *Runaways* to Netflix's popular movie *To All The Boys I've Loved Before* and it's addictive thriller series *You*.

They also have the "My List" or "My Stuff" options that function as a sort of bookmark for the things you want to watch later on. Let's not forget the way they both categorize their selection by genres, from kids programming to comedies and everything in between.

I started out as a loyal Netflix consumer and stuck with that for awhile, solely because it was the most popular one at the time and no one else really seemed to be obsessing over any other service. I guess to be fair, I never really did my research as far as what the

Athleisure: Practical and Casual Classwear

RILEY BRAGER
STAFF WRITER

Do you ever have those days where you feel like you just want to roll out of bed in your pajamas and never take them off?

I am talking about those 8:30 classes where you hit your snooze button repeatedly and regret the decision to take that specific class at that time. You contemplate not going but do not want to lose those participation points that always make a difference determining your grade at the end of the semester. Therefore, you get up, look in your closet and pick whatever article of clothing you spot first.

During my first year of college, I did not quite master the art of looking put together but also comfortable. I pretty much lived in my sweatpants and sweatshirt because I play lacrosse at Monmouth and found myself too tired to care about how I looked. However, as time went on I discovered "athleisure" wear and let me tell you that changed things for me.

You may be asking yourself what athleisure wear is. The dictionary defines it as "a trend in fashion in which clothing designed for workouts and other athletic activities is worn in other settings." This is taking clothes such as leggings and cute workout tops and wearing it in a non-

exercise environment like class, hanging with friends, grabbing a bite to eat, etc. You can dress it up with some jewelry or some trendy sneakers.

This creates an illusion that you took time to get ready in the morning when really you

are just as comfortable as you would be in your pajamas. This trend is booming especially with the college community, because no one wants to be uncomfortable in class. Athleisure is not only limited to the female population; many men have jumped

on board with this trend. You can find so many boys wearing joggers or cool sweat suits to class.

The next time you are stressed about waking up late for class and are panicking about what to wear, think about athleisure. There are

many places such as, Marshalls, TJ Maxx, and Old Navy that sell very affordable athleisure wear that are cute, comfortable, and trendy. there are also online companies, such as Fabletics, that offer deals on athletic casualwear.

Although athleisure is a fashion fad mostly worn by teenagers and college students, anyone can pull off the look. These comfy clothes can be worn when you go for a quick trip to the grocery store or take your dog for a walk.

Picking your kids up from their soccer practice does not require you to put on your "Sunday best." Throw on some fun leggings or joggers with a soft-knit top and you are good to go.

Finally, this trend fits to everyone's needs because it does not just fit one niche group of people. Whether you are an athlete or have never picked up a weight, this trend is right for you.

Stop by your local shopping center or visit the various online athleisure websites to get the latest in the comfortable trend. This will make your college experience better because it will save you time getting ready, allow for more sleep, and make you more comfortable in class.

Go from lounging around your house, to class, to the gym, to dinner all in the same outfit. Its comfortable, fun, and functional.



PHOTO COURTESY of Riley Brager

Athleisure is a fashion fad that includes patterned leggings, joggers, sweatshirts, and casual sneakers.

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Hawks Debate at The New School in Manhattan

LOWELL KELLY-GAMBLE
STAFF WRITER

The University’s Debate Team competed in a tournament at the New School in Manhattan, NY this weekend, Friday, Feb. 22 through Sunday, Feb. 24.

Nineteen students participated in the event, with eight new debaters who competed and all of them won a round. Landon Myers, Captain of the Debate Team and a senior political science student, noted that the new-comer’s performance is very impressive. “I’m proud of all of them for only having been experienced with debate for a few weeks,” he said.

In the tournament, the team competed against other students from universities including Binghamton University, Cornell, Columbia, Liberty, Rochester, Rutgers-Newark, New York University, and the U.S Military Academy.

“The tournament was more difficult for us because the last time we debated was all the way back in the beginning of November,” said Landon Myers, Captain of the Debate Team and a senior political sci-

ence student.

With so much time since a tournament, there were many new arguments we had not seen before. While this did pose some challenges, we were still able to win rounds and make others very close.”

The topic of debate was the executive power of the President of the United States. Two of the main points that the team debated this weekend were limiting surveillance capabilities of the government and limiting executive agency rule making interpretation. “Both can become very technical in certain rounds with many specific details,” said Myers of the debated topics.

The team had eight different sub-teams compete. The experienced team included: Myers, junior political science students Julia Bialy, Chase

Petras and Madeline Doe; Chyna Walker, a sophomore sociology student; Anastasia Francisquini, as sophomore political science student; Matt Cohen, a junior computer science student; Michael Scognomillo, a junior clinical lab sciences student.

New members compromised another Monmouth team that competed in a non-experienced level: junior political science

students Brittany Van Lenten, Esther Wellman, and Liam Crowley; sophomore business administration students Sierra Shueib and Ziah Rowe; Billy Siefert, a sophomore English and political science student; Ryan Cohen, a senior music student; and Christina Balacco, a senior business administration student;

“This was my first Debate Tournament and it was a lot of fun, it was a new experience to compete academically I had never done it before,” said Siefert.

Siefert continued, “It was a very rewarding experience, even in the rounds that I didn’t win I learned a lot and improved because of this. I had a lot of fun competing and I’m really looking forward to future tournaments.”

Among the eight teams, eight new debaters won a round individually. “This was very impressive and I am proud of all them for only having been experienced with debate for a few weeks,” said Myers.

The next competition will be at the University of Georgia in Athens, GA on March 8 to March 10.



Members of the Debate Team after competing in New York City.

PHOTO TAKEN by Joseph Patten

Blue Hawk Records Have Found New Voices

RACHEL WILSON
CONTRIBUTING WRITER

Blue Hawk Records’ latest compilation album is underway and the *Faces of Fourteen* are finally here!

Blue Hawk Records latest compilation album is underway and the *Faces of Fourteen* are finally here!

Studio time is being booked as the newly accepted artists are perfecting their tracks for future listeners far and wide. This album is beaming with the originality from artists of many backgrounds, majors, and styles never heard before at Blue Hawk Records. From EDM to Neo Soul, there are varying sounds and artistic perspectives for every audience.

The compilation albums are released at the end of each semester on major platforms such as Spotify, Apple Music, and iTunes. Blue Hawk Records is pleased to announce the artists who will be featured on the up-

coming album: Kristen Wilczewski, Francesca Fuentes, Max Adolf, Mani Kissling, William Biedebach, Roman Smith, and Justin Richards.

Featured guitarist, Max Adolf described his experiences as a performer, “I’ve always found that there is a lot of joy in music when shared.” Adolf has paired up with junior Francesca Fuentes for their song, “Jealousy.” The two began working together just this year when Francesca heard Max on the 13th Blue Hawk Album, *Superstition*. When she showed him the original she had been writing they decided to combine their talents.

“He started adding his own flavor to the arrangement and we were having so much fun with it we decided to audition. This song is different from my previous releases ‘P.T.L.’ & ‘Rock W Me,’ so I’m anxious to start working” Fuentes said.

Max also commented on the success of their duo, “We have

really great musical chemistry... I am really excited to get some of that out there for people to see.” The song uses a serenading melody to tell the story of two women in love with the same man. Senior Music Industry majors, Mani Kissling and William Biedebach “B.J.” are also bringing their talent into the spotlight this semester with their song, “Into The Jungle.” Mani expressed her excitement to be involved in this project, “We’ve been making music for a little bit now and figured it would be cool to get one of our songs on the album. So we’re pretty pumped to be given the opportunity!”

With the wheels now turning, the Industry program and featured artists are preparing to record, perform, and release an album that is sure to be a new favorite. So keep an eye out for the album release and get a taste of the refreshing talent around Monmouth University’s music community!



Members of Blue Hawk Records jamming out for the new Blue Hawk Records album.

PHOTO TAKEN by Rachel Wilson

Club and Greek Announcements

WMCX

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

If you’re interested in joining, contact Ali Nugent at s1096530@monmouth.edu

Hawk TV News

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

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

College Democrats Of Monmouth University

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

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum.

If you are interested, please e-mail Caroline Mattise at s1102099@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!



A Night with the Stars at
THE OSCARS



JULIA SHAFFER
CONTRIBUTING WRITER

After months of anticipation, we finally made it to this year's Oscars last Sunday.

Annual viewers have been waiting anxiously to see how this will play out. Some of the drama surrounding this year's Academy Awards included Kevin Hart's stepping down as a host, which left the Oscars host-less, and rumors of awards not being televised.

Oh, and Lady Gaga recently broke off her engagement, hinting at rumors of an affair with Bradley Cooper.

Don't worry, this year's Oscars answered all of our questions and more.

We began our Academy experience with an opening performance from Adam Lambert and the remaining members of Queen.

It was a great way to begin

the evening, especially with *Bohemian Rhapsody* nominated for various awards including Best Picture.

I was sitting on my couch, vibing with Queen, almost forgetting that we were lacking a host!

Not having a host was a little weird at first, considering the presenters in place of a host kept commenting on it.

The first presenters, actresses Tina Fey, Maya Rudolph, and Amy Poehler attempted to make jokes out of it to release tension.

The presenters also informed viewers that all awards would be televised, causing me to breathe a sigh of relief.

I got over my frustration at a host-less Oscars and was excited for the change.

Although it felt different without a host, I was not disappointed.

Each couple that presented an award joked around with

each other and showed some chemistry.

Melissa McCarthy attracted the most attention as a presenter with her bunny-covered outfit for the Best Costume Design category.

McCarthy alone proved that the Oscars does not necessarily need a host in order to maintain its ongoing humor.

The Oscars did a great job representing minorities with their presenters as well.

The Academy made a point of diversifying and it impacted the audience in a positive way.

Another recurring theme throughout was the support of women.

This began with the first three female presenters, who are each well-known for their active feminism.

Women empowerment found its way into many other speeches, and the audience clapped for those mentioning it before they even finished speaking.

Politics were also at the forefront of many speeches at the Oscars.

Some presenters and award winners found time to express their political views, when on stage. Some may argue that politics should be separate from the Oscars, while others may feel it's a platform to reach millions around the globe.

Even for its ninety first year, this debate goes on for the ceremony.

On the other hand, you could say that it was not the politics that stole the show in the speeches; it was the moms.

Regina King, winner of the Academy Award for Best Supporting Actress in *If Beale*



IMAGE TAKEN FROM Oscars

Spike Lee jumped for joy when he won an Oscar for Best Adapted Screenplay. This was the only win for Lee's *BlacKkKlansman*.

Street Could Talk, cried on stage while thanking her mother who she brought as her date. Other stars such as Bradley Cooper, Amy Adams, and Yalitza Aparicio waltzed into the event with their mother by their side.

Speaking of heartwarming, *A Star is Born* costars Bradley Cooper and Lady Gaga gave an incredible performance of "Shallow," which was nominated for Best Original Song.

Cooper walked up to the stage to sing with Gaga, while his girlfriend Irina Shayk was forced to sit and watch him gaze lovingly into Gaga's eyes.

Everyone could tell that there has to be something there!

Lady Gaga later won the award for Best Original Song and gave the best speech of the night.

The singer encouraged audiences to persevere and overcome all obstacles, regardless of the odds placed against you.

Rami Malek won Best Actor

for his performance in *Bohemian Rhapsody*, which was extremely fitting and well-deserved.

However, Olivia Colman's Best Actress win for her performance in *The Favourite* was not.

Any of the other nominees - Melissa McCarthy, Glenn Close, Lady Gaga, and Yalitza Aparicio - would have been better for this award.

Best Picture is another category that always causes some fret with viewers and it did even with those at the Dolby Theatre.

Green Book took home the award for this one, causing Spike Lee, director of *BlacKkKlansman*, to storm out of the Oscars.

This year's Oscars had a lot of drama coming into it but definitely sizzled out by the end.

I would've liked some more action throughout it, and even at times thought it was boring. It may not have been golden, but it was worth watching.



IMAGE TAKEN FROM Oscars

(From left to right) Rami Malek, Olivia Colman, Regina King, and Mahershala Ali pose with their Oscars in acting.

Van Gogh:

Of Wheat Fields and Clouded Skies

ERICA BARBARA
STAFF WRITER

Celebrated for his enthralling works of art, Dutch painter Vincent van Gogh was a greatly tormented soul who was followed by a dull sting of ever-present loneliness, alongside strong bouts of mental illness.

The artist would have never known that years after his 1890 suicide, there would be a German woman, Helene Kröller-Müller, who would resonate with his sentiments and provide him with the love and devotion he had never received.

As the first installation of the Monmouth University Center for the Arts film series titled *Great Art on Screen*, the University presented *Van Gogh: Of Wheat Fields and Clouded Skies* from 2017 is a stunning documentary directed by Giovanni Piscaglia.

It showcases a wide selection of works by van Gogh, 40 remarkable paintings and 85 drawings, from the Kröller-Müller Museum in Holland.

The film highlights priceless artistic treasures and the architectural beauty of the Kröller-Müller Museum set in De Hoge Veluwe Park in the Netherlands.

Dotted throughout *Of*

Wheat Fields and Clouded Skies are visual extracts of the Milanese, Florentine, Roman and Palladian Renaissance.

Letter passages van Gogh wrote to his brother, Theo, set the pace in exploring Kröller-Müller's collection.

The artist's voice is loud, and those acted passages truly set scenes of the places van Gogh lived and stayed in, from Paris to Provence.

Van Gogh was someone who never connected with others around him but found temporary solace in landscapes and studying the natural [clothed] human form.

His adult journey through France was that which most fueled his artistic character.

The artist found himself painting almost constantly, utilizing his impressive background in drawing with charcoals and pencils to pave the way for his paintings, bursting with color and interesting light.

Van Gogh felt harsh rejection throughout his life, romantically having only one sexual relationship with a married prostitute, which ended abruptly.

The painter had limited numbers of acquaintances and friends, and, especially towards the end of his life, he spent much of his time indoors and sheltered from a cruel world.

An artistically-driven upper-class citizen, Helene Kröller-

Müller devoted much of her livelihood to purchasing and preserving her astonishing collection of van Gogh.

She felt something divine and spiritual after finding numerous works for sale; Kröller-Müller saw her struggles with mental illness in him.

Kröller-Müller wanted to protect van Gogh's soul within his art and sought after as many of his paintings and sketches that she could obtain.

While their lives briefly overlapped in the time frame, the dedicated woman continued the painter's legacy long after his death so that the world would continue to burn bright with his breathtaking creativity.

Vaune Peck, M.A., Director for the Center of The Arts and long-time artist, lent to why van Gogh's art still inspires so many: "van Gogh was incredibly unique, and he had an abstract sense of movement in his works alongside his distinctive personal style: tumultuous, high-energy, and colorful. Those flowing paintings with short, vivid brushstrokes."

"Yet, he was plagued by demons, and you can feel that in the work," Peck continued, "His life is interesting in that it lends mystique."

Mystified was Kröller-Müller, whose grand dream was to build a massive museum devoted to her extensive art collections,

with a room dedicated to van Gogh in the very center.

Though there were obstacles in the construction which altered the scale of the building, Kröller-Müller lived to see her dream fulfilled.

Today, the aforementioned museum in Holland entertains international guests who desire the same brilliant world that Kröller-Müller happily lost herself within.

Peck detailed the importance of excellent art education for students, "Abstract approaches to the arts teach students not to be so rigid in their concentrations and provide multidimensional ways to think through subjects such as mathematics and sciences. Art transcends disciplines."

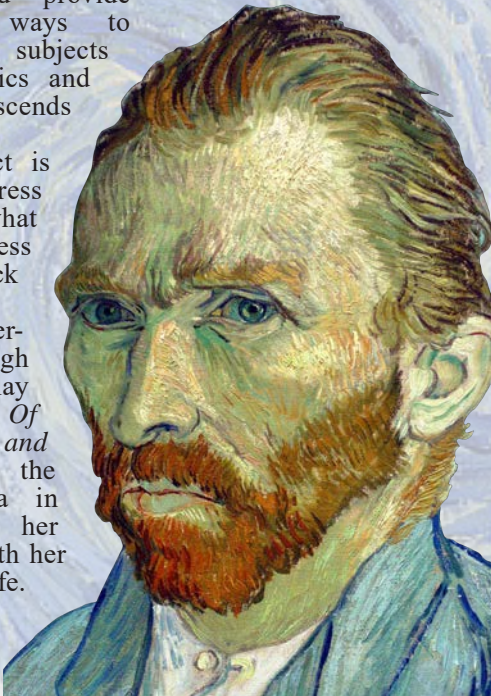
"The true impact is being able to express through the arts what you cannot express with words," Peck concluded.

Currently, Kröller-Müller's van Gogh collection is on display in the exhibition *Of Wheat Fields and Clouded Skies* at the Basilica Palladiana in Vicenza, melding her passion for Italy with her love for Vincent's life.

The beautiful
Great Art on
IMAGE TAKEN FROM
court

Screen series continues at Pollak Theatre throughout the rest of the Spring 2019 semester, with *Caravaggio: The Soul and The Blood* on March 25, *Klimt and Schiele: Eros and Psyche* on April 29, and *Water Lilies of Monet: The Magic of Water and Light* on June 3.

Each screening is at 7:30 P.M. and tickets can be purchased at <https://www.monmouth.edu/mca/series/great-art-on-screen/> or by calling the Center for the Arts Box Office at (732) 263-6889.



Who's Behind *The Mask*?

ERIN MULLIGAN
STAFF WRITER

The new American reality singing TV competition series *The Masked Singer* premiered on FOX on Jan. 2.

The new show is based on the South Korean reality show, *King of Masked Singer*. The show has 12 celebrities in a singing competition against one another and they sing their favorite songs whether they are professional singers or not. The celebrities are dressed as a lion, alien, rabbit, deer, unicorn, monster, peacock, bumble bee, and raven. There's even a pink poodle, pineapple with a six pack, and a hippo. The catch is that no one knows who the celebrity is because they are dressed in extravagant costumes hiding their identities.

In addition to their outrageous outfits, each celebrity has a constant autotune on their voice with the exception of when they're singing. Upon discovering the reality competition show, assistant professor of communications, Dickie Cox, M.F.A., stated, "An early precedent for this kind of show would be *The Gong Show* in the 1970s."

Before each celebrity's performance, a video is shown. The video consists of multiple hidden clues that are visibly seen and said by the secret celebrity themselves. The celebrity then goes to perform and allows the judges to ask about two "yes or no" questions.

If the celebrities are sing-

ing, then who is putting the clues together and judging their performance? The show's A-List judging panel consists of former Pussycat Dolls frontwoman Nicole Sherzinger, comedian and actor Ken Jeong, TV personality Jenny McCarthy, and singer, songwriter, and producer, Robin Thicke. Towards the end of the show, two celebrities are placed in the bottom two and the live audience decides who goes home by voting for who put on the better performance. The loser has to unmask themselves and all of their clues are unveiled. The celebrities all range from professional athletes and comedians, to singers and Hollywood stars. Thus far, the show has earned a consistent 6.983 mil-

lion viewers. Also, the reality show has been winning at the race for the 18-49 age bracket, remaining neck and neck with *Gordon Ramsay's 24 Hours to Hell and Back*. I love watching *The Masked Singer* every week and even have my family addicted to it. I look forward to finding out who is under each costume every week and really enjoy the whole guessing game that is the show. I'm no detective, but it's thoroughly enjoying to put the celebrity's different clues together and try to come up with someone and figure out their voice. Make sure to put your detective hat, or mask, on every Wednesday night to figure out who this week's *Masked Singer* is!



IMAGE TAKEN FROM Pittsburgh City News Paper
Terry Bradshaw made an appearance on *The Masked Singer*.

Live From London

NICK MANDULEY
CONTRIBUTING WRITER

Pop punk giants Mayday Parade and The Wonder Years, from Tallahassee and Philadelphia respectively, rocked the London Troxy last Saturday evening.

Opening acts included Pronoun, the solo indie pop brainchild of Brooklyn singer-songwriter Alyse Velturo, as well as Southern California post-hardcore quartet Movements. Pronoun opened the show with a brief set of infectious pop melodies against a backdrop of twinkling guitars. Velturo and her band performed songs off their 2017 EP *Use Passport to Choose a New Location* as well as some singles from their upcoming LP *I'll Show You Stronger* which is due out May 24. Movements pushed the show forward with their gritty mix of raw punk guitar tones and emotive melodies. The band performed a set of songs from their 2017 LP *Feel Something*, including popular tracks such as "Third Degree" and "Colorblind." The Wonder Years then followed with the first headlining set of the night. The Philly sextet dominated the stage as they established a wall of sound; drummer Mike Kennedy ripped into each song with vigor and excitement, laying the foundation for the band's heavy guitar-laden sound. The London performance signaled the end of the band's month-long tour of the UK and Europe in support of their 2018 LP *Sister Cities*.

The tour featured stops in countries like the Netherlands, Italy, and even Iceland. The Wonder Years performed a set spanning their three most recent albums. The band, with vocalist Dan "Soupy" Campbell at the helm, transformed the crowd at the London Troxy into a union of emotion with many concertgoers screaming every lyric right back at the stage. Campbell took a moment to give a brief eulogy to Tim Landers, formerly of the band Transit, who unfortunately passed away on Feb. 2. The band dedicated "Cigarettes & Saints" of their 2015 album *No Closer to Heaven* to the deceased Transit guitarist. The Wonder Years ended their set on a high note with their hit 2011 single, "Came Out Swinging," which effectively left the crowd begging for more. Mayday Parade closed out the show with a discography-spanning set, including their greatest hits. They included songs from their most recent album *Sunnyland* as well old hits such as "Three Cheers for Five Years" and "Jamie All Over." Vocalist Derek Sanders adorned an acoustic guitar for a sing-along mashup of the greatest emo and pop-punk hits of the 2000s, including the likes of Taking Back Sunday and My Chemical Romance. The band ended the night with an emotional performance of the hits "Oh Well, Oh Well" and "I'd Hate to Be You When People Find Out What This Song Is About."

Ricky Byrd's Journey From Rock 'N Roll to Recovery

MATTHEW SHAFFER
STAFF WRITER

The University hosted a conversation with former Joan Jett and the Blackhearts guitarist Ricky Byrd to discuss his struggles with addiction last Thursday, Feb. 21, at Woods Theatre. Byrd has had an incredible journey featuring some of the highest of highs and lowest of lows. While I was waiting in the foyer for the event to begin, I saw a student emerge from the stage area and began talking to someone about Byrd. "I asked [Byrd] when

he knew he had needed to get help," I heard him say. "[Byrd] replied and told me 'Well, I almost died.'" Hearing that right before the show piqued my interest and made me wonder what this guy was all about. When the event started, Byrd walked out onto the stage wearing a black button down with the two top buttons undone, blue-tinted shades and longish white hair; he has the aura of a rock legend. Byrd was joined on stage with music industry student and fellow musician Zack Sandler, who conducted the interview and

helped organize the event. A PowerPoint played in the back featuring pictures from Byrd's life and career, as he talked about everything far and few between. Byrd recalled the first time he knew he wanted to be a musician while watching the Ed Sullivan Show and seeing super groups like the Beatles and the Rolling Stones perform. While he had good moments in his youth, Byrd also talked about how he started to get into drugs and alcohol during this time. The artist also discussed how his family has a history of suffering from addiction

After bouncing around a few bands early on, Byrd's career began to take off in the 1980's when he met Joan Jett and the Blackhearts, where he came on to be their guitarist. It was during this time Byrd began to see monumental success, culminating in the number one hit "I Love Rock 'N Roll." Byrd played and opened for legendary bands like The Police and Queen, and was living the life of an international rock star. While he saw his career get better, Byrd's addiction to drugs got worse. In what Byrd described as his "Richard Pryor moment," he had reached the bottom. The guitarist's addiction to alcohol and cocaine had him at a point where he weighed 128 lb and hadn't slept in days. One night while Byrd was doing a set, his lung collapsed, and he struggled to breathe. Byrd was brought to the hospital and was told that if had he fallen asleep that he would have died. It took Byrd four years after that to reach out for help with his addiction. But on Sept. 25, 1987, the guitarist got clean and has been sober ever since. Byrd told his story for about an hour and half and then talked about his new endeavor in life; pursuing a career as a recovery coach. Byrd has an album titled *Clean Getaway* that features music with pro-recovery themes. "I want to try and hold a mirror up to the clients in recovery," Byrd said. At the event, Byrd played four songs, some with bluesy guitar

riffs with lyrics like, "Please save me from myself/ I'm tired of this hell." He's billed as a guitar player, but Byrd has a solid voice and the message he's spreading is incredibly worthy. After the event, Sandler spoke about the significance of Byrd's visit. "Because of the great reception of his original music geared towards recovery and addiction, I wanted to bring the event to Monmouth University to benefit the local community struggling with addiction," said Sandler. He had the opportunity to play with Byrd back in January at a Parkinson's disease benefit. Sandler talked about how cool it was to be on stage and play "I Love Rock 'N Roll" with him because he would play that song on Guitar Hero as a kid. Sandler showed his admiration for Byrd with, "He's a living legend in two worlds: the rock and roll world and the recovery world." The show had about 40-50 people in attendance, an audience that Sandler prefers because it's a more intimate subject to talk about. The event was put together in collaboration with Byrd and his *Clean Getaway* album, along with the University's Office of Substance Awareness, Students in Recovery, and the Music and Theatre Department. Sandler thanked everyone involved in putting the show together and hopes that he can welcome back the Rock and Roll Hall of Famer to Monmouth some day.



PHOTO COURTESY OF Matthew Shaffer
Guitarist Ricky Byrd discussed his battle with addiction with music industry student Zack Sandler.

Professor Spotlight on Dr. Walter Greason

LOWELL KELLY-GAMBLE
STAFF WRITER

Each individual has the ability to be successful, but it's up to you to work to your fullest potential. Walter Greason, Ph.D., associate professor and Chair of the Department of Educational Leadership and Counseling, used his knowledge to become a scholar and role model at Monmouth.

"It's a pretty amazing place. I've been part of the Monmouth University community since

1984. My first college experiences were here. It's given me so much and I just love having the opportunity to give back," said Greason.

A graduate of Villanova University, Greason earned his bachelor's degree in history, and he achieved three minors in English, philosophy, and peace and justice studies.

He also had a concentration in Africana Studies as a Presidential Scholar. Greason earned the Future Faculty Fellowship award

and Ph.D. in U.S. and African American history from Temple University.

In the last 15 years, Greason focused on the economic history of how slavery developed the core assumptions of what economic development is and how it transitioned to *Industrial Segregation*, which is one of the names of his books. In today's global economy, Greason studies how many people continue to reinforce inequality.

At Monmouth, Greason has taught business and economic development in U.S. history, corporate leadership courses in the Leon Hess business school for first year seminars, perspective courses on the evolution of American media, and a perspective course on the Black Panther Movement.

He also served as the former Dean of the Honors School, supervising over 70 honors thesis research projects from every department and/or school at Monmouth.

"The Honors School has been the most fun I ever had at Monmouth – supervising all the Honors research projects across the university. In the School of Education, I train principals and superintendents. I basically teach graduate education classes so that we get better educators here in New Jersey," said Greason.

However, Greason found that being Dean offered many opportunities. "The Dean of the Honors School position is definitely underestimated. For me, the challenge was to attract more business, nursing, and social work students. These were schools that

were not as connected to the Honors School in the past," said Greason.

"As a Dean, there are a lot of administrative responsibilities that most faculty do not have. We completed a number of high profile, demanding initiatives that raised our profile nationally and internationally," Greason continued.

"This past fall, for the first time, a Monmouth University Honors student won a top prize at a major national conference for his research. The Honors School always produced outstanding students, but my skill set was really helpful to get nationally ranked institutions to appreciate Monmouth University," Greason added.

"I like that Dr. Greason has a wide range of knowledge and expertise in a variety of fields and is also personable. His ability to navigate interdisciplinary issues with ease, and his strong support of Monmouth's student population, makes him someone that I am proud to call a mentor," said Mehdi Husaini, junior biology student.

"His influence was vital in my being able to be a successful president of the Honors School Association and win a national award for research," Husaini continued.

"It was great to work for Dr. Greason. I was always so impressed at the way he made time for every student," said Kate Sosnowski, Assistant to the Dean of the Honors School.

Greason has also written or edited six academic books, and over one hundred academic essays and

articles.

He believes that part of being a faculty member is publishing regularly. Greason noted that if you are not publishing, your level of teaching decreases.

"I have been involved in honors education my entire life. At dozens of different institutions, I acquired a dedication to accelerated research in undergraduate education. My whole life is built around honors education in a lot of ways," said Greason.

He believes that the publication of his third book, *The American Economy*, and the recognition of his research with a grant from the National Endowment of the Humanities on the Black Digital Humanities, contributed to him being named Dean of the Honors School. This award took him to Purdue University in 2016 and Hamilton College in 2017.

"The combination of publishing the book in 2015 and winning the national grant in 2016 drew everyone's attention to both my research agenda and my innovative pedagogy," said Greason.

Gianni Mazzone, a junior finance and economics student, further confirmed Greason's impact on his students. "Dr. Greason has been a great influence on my academic career. Completing research with him was great, as his vast array of knowledge allowed me to analyze my work from different viewpoints," said Mazzone.

She continued, "He was a fantastic Dean of the Honors School, and he helped to guide me and many other honors students on a path to success."



PHOTO COURTESY of Walter Greason

Dr. Walter Greason is one of Monmouth's most-loved professors. He has worked with countless students in both the Honors School and the School of Education.

College Graduates are Severely Lacking Soft Skills

KAITLIN KORGESKI
STAFF WRITER

Attention students of Monmouth University! Do you think you have what it takes to succeed in a professional interview setting? Think again...

Studies have shown that while some college graduates may have the right technical skills or may have plenty of experience in their field, many are actually lacking essential soft skills.

In basic terms, soft skills make up who you are as an individual. College graduates should be able to confidently maintain eye contact, shake hands well, think critically, communicate efficiently, foster teamwork, have the ability to make decisions, and possess problem solving skills.

The Washington Post reported on this decline of soft skills and analyzed two tests, the Collegiate Learning Assessment Plus and the Association of American Colleges & Universities. The first study was "administered to 32,000 students at 169 colleges and universities. It found that 40 percent of college seniors fail to graduate with the complex reasoning skills needed in today's workplace."

The second study found that "would-be graduates said college armed them with the skills needed for the job market." However, "employers disagreed. On a range of nearly 20 skills, employers consistently rated students much lower than they judged themselves."

Possible explanations for such

a shortage of soft skills in individuals might include: not being taught at an early age at home, students not realizing it or caring enough, or the use of technology.

The Huffington Post reported on this issue and interviewed Melissa Ortega, a child psychologist at New York's Child Mind Institute. "They don't know how to handle conflict face to face because so many things happen through some sort of technology. I can't imagine these kids sitting down in an interview and having a reciprocal conversation easily," Ortega said.

"They haven't had these years of learning about awkward pauses. Being able to tolerate the discomfort is not something they're going to be used to, unless their parents make it a priority," Ortega continued.

Walt Bettinger, the CEO of Charles Schwab, has a unique interviewing process. Bettinger takes the candidate out to breakfast to witness how they interact with others. Unbeknownst to the candidate, Bettinger informs the manager of the restaurant ahead of time to ensure the candidate's food order is messed up. Then, Bettinger watches how the candidate responds to it.

In an interview with *The New York Times*, Bettinger explains this tactic, "I do that because I want to see how the person responds. That will help me understand how they deal with adversity. Are they upset, are they frustrated, or are they understanding? Life is like that,

and business is like that. It's just another way to get a look inside their heart rather than their head."

Gerry Gribbon, who received his MBA from Monmouth University in 1990, visits many colleges to promote the importance of soft skills. "First impressions are so important in a professional setting. You don't get a second chance at a first impression," stated Gribbon.

When he is interviewing a potential candidate for a job position, often times they are lacking the soft skills. For example, if the candidate provides a "dead fish" hand shake, or otherwise a poor hand shake, Gribbon is turned off. He still gives the interviewee a chance; however, the bad impression is already pressed into his mind.

Gribbon personally remembers a four-letter acronym, PAAB, which simply stands for: personality, attitude, actions, and behaviors.

Gribbon says it's important to notice the impact versus the intent. He shared, "Tone matters. Even though your intent may be good, that doesn't mean it's good how you do it." Being aware of your attitude, language, and body language is crucial.

Employers can be sneaky in their tactics; however, it does show who an individual truly is. Are they speeding into the parking lot and park in the handicap spot? Did they not hold the door open for someone behind them? Are they rude to the janitor or the secretary? These are just some of the considerations employers

think about when deciding who receives the job.

There is good news though: it's not too late to perfect your soft skills! The Human Resources club at Monmouth University is welcoming Gribbon to give a talk to students on how to develop these much-needed soft skills.

The event will take place on Tuesday, March 5, at 5 p.m., in Pozyski Hall. RSVP to the event by Monday, March 4, by emailing ereilly@monmouth.edu.

The hope of this event is to get as many students as possible to attend because it can make a huge difference in students' lives.

HUMAN RESOURCES STUDENT CHAPTER

HOW TO DEVELOP YOUR SOFT SKILLS

PREPARING TO TRANSITION FROM STUDENT TO PROFESSIONAL

TUESDAY MARCH 5TH | 5:00 - 6:00PM

POZYCKI HALL

SPONSORED BY
JSAHR
Jersey Shore Association for Human Resources

Some of the most sought-after soft skills include:

- Communication skills
- Teamwork
- Dependability
- Adaptability
- Conflict resolution
- Leadership
- Research
- Creativity
- Work ethic

"Many employers still find today's college graduates severely lacking in some basic skills, particularly problem solving, decision making, and the ability to prioritize tasks."

The Washington Post

Please RSVP by March 4th by emailing ereilly@monmouth.edu

ABOUT THE SPEAKER
GERRY GRIBBON - '90 MBA

Gerry Gribbon has spent years helping professionals develop their personal brands. His presentation and research on "The Soft Skills Gap" is an important call to action for students of all levels and majors as they move through college and get ready to work! Now, he speaks to college students about how to build and protect their own personal brands and expand their "soft skills" as they prepare to transition from college to career! Come hear his session - 60 minutes that will make a lasting impact!



PHOTO COURTESY of Monmouth University

Interviewing for jobs is about more than just a resume and cover letter. For tips on how to develop necessary soft skills for the workforce, you can attend the HR club's event on March 5.

ADVANCED SUMMER REGISTRATION BEGINNING MARCH 4, 2019

Continuing students in good academic standing are invited to register **EARLY** for all the Summer 2019 sessions.

The WEBadvisor online listings of **SUMMER COURSES** are currently available.

Students will be able to self-register using the WEBregistration component of WEBadvisor. Students who have not yet obtained advisor approval will need to register in-person at the Registrar's Office.

Full details are listed in the information and instructions e-mailed to your MU e-mail account.

WEBstudent Screens for Registration:

-
- Course Schedule Information
- WEBregistration Approvals / Blocks
- Course Prerequisite Worksheet
- Search /Select and Register for Courses
- Register/Remove Previously Selected Courses
- Manage My Waitlist

Questions . . . contact
registrar@monmouth.edu
askanadvisor@monmouth.edu

MONMOUTH
UNIVERSITY
GLOBAL
EDUCATION

STUDY ABROAD 101

GENERAL INFORMATION SESSIONS



Every Wednesday!
JAN. 30th - FEB. 27th
POZYCKI 204 AT 2:45PM

Learn more about how YOU can study abroad!
studyabroad.monmouth.edu | geo@monmouth.edu

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MEET DR. OZ!

MU Students are invited to a **LIVE** taping of



WHAT: See a live TV show in action! Includes VIP admission, priority seating, photo/meet & greet with Dr. Oz and Q&A with staff!

WHEN: MARCH 11

WHERE: Bus will leave the Student Center for NYC at 9 am with lunch on your own. Filming begins around 1:30 pm and we will return to MU when complete.

HOW: To sign up: email your name, class year & major to kbarratt@monmouth.edu by March 1.



Event tickets and bus ride are FREE, but space is limited!

MONMOUTH UNIVERSITY | CENTER for the ARTS

WHAT'S UP AT CHABADMU?



SPRING SEMESTER
JANUARY-MAY 2019

GENERAL PROGRAMS

SKYZONE TRIP
FEBRUARY 17TH
Call to RSVP



CHALLAH BAKING
WITH RIVKI
EVERY OTHER THURSDAY 8:00PM
Learn how to bake the most delicious Challah and enjoy dinner at MU Chabad



WOMEN'S YOGA & TORAH
WEDNESDAYS ONCE A MONTH
At MU Chabad



EDUCATIONAL PROGRAMS

SUSHI FOR THE SOUL
EVERY WED 3:30-4:30
Student Center (by pool table)
Join your fellow Jewish Students at this weekly social exploring provocative and fascinating topics in Jewish thought and living. Feel free to ask any question on Judaism while you enjoy sushi.



SHABBAT DINNER
AT CHABAD MU
EVERY FRIDAY NIGHT
At 572 Westwood Ave
This week, turn Friday night into Shabbat. Join us for a 5 course home-cooked dinner! All you need to do is RSVP on Facebook, and bring some Jewish friends.



JEWISH DISCOVERY
EXPERIENCE
TUESDAYS, 7:30PM
BEGINNING FEBRUARY 12TH
at the Student Center
The Jewish Course of Why
Reveal your inner wisdom and strengths with an interactive 8 week course. A \$250 Stipend will be granted to those who fulfill the program requirements.



GENERAL PROGRAMS



BIRTHRIGHT
Are you Jewish?
Are you between the ages of 18-27? If Yes, then you qualify for a FREE 10 day trip to Israel
For more info visit
www.MayanotIsrael.com



CHICKEN SOUP HOTLINE
Feeling under the weather? Call us for a taste of home, guaranteed to make things just a bit better! Best of all, its delivered right to your dorm/apt.



COFFEE BREAK
Something specific on your mind? Just want to chat?
Schedule a coffee break with Rabbi Yaakov or Rivki at a place of your choice. Coffee break can be one-on-one or with a group of friends.



MEZUZA BANK
Protect your dorm room or apartment with security from Above. Receive a loan Mezuzah. Free Installation!

How to Know Which Grad School is Right for You

SKYLAR DALEY
STAFF WRITER

For everyone in their undergraduate studies, you may be wondering 1) if you are going to be pursuing graduate school, or 2) what type of graduate school is best for you.

There are a variety of different schools, all ranging from large-scale to small-scale attendance. Other elements may include weather, location, professor to student ratio, and price. In some cases, the graduate school you thought was best for you, may not even have your intended program.

The decision is always tough, and the preparation brings you back to a similar feeling of junior year of high school, when you prepped for undergraduate applications. For those willing to continue their education past a bachelor's degree, here are some tips, tricks, and recommendations for finding the school best for you.

If you are having trouble finding the type of graduate school that fits your personality, you can always fall back to taking an online personality test that will decide your future. Simply type into the Google search engine: "graduate school personality test," and click as many links as you wish to see where you were destined to go.

The results are not always going to be reflective of exactly what you need, but they are helpful in allowing you to centralize your focus on what really interests you.

It is key to apply to at least eight schools and those should range from reach schools (low accep-

tance rates) to "safety" schools.

A tip for applying to graduate school is to look to see the requirements for the program you are interested in. For example, many English programs require proficiency in another language, while others have no language requirement. Always look at the fine print prior to sending in the application.

Start prepping for the graduate exams early. It is beneficial to begin taking the exams at least a year before you plan to graduate. It is crucial to know the required exams for the schools you are applying to. Some will need the

GRE or MATs, and some will need specialized exams, too.

On the other hand, some programs may not require standardized testing, but will ask to see a portfolio of your work. Make sure that you are aware of all these requirements, so that nothing is left until the last minute.

Without looking further than needed, conduct some research on Monmouth's own graduate programs. Our school has over twenty programs (and counting). "Our graduate school works best because, for students already in the undergraduate program, they have already formed close con-

nections with professors in their field," says Lauren Vento Cifelli, the Associate Vice President of Undergraduate and Graduate Admissions.

Students can easily pick up where they left off and form stronger bonds with the professors they are already comfortable with, making their research better overall.

Cifelli spoke at the recent event "Your Master's Matters," which allowed students to meet the deans of each graduate program and learn more details about each subject. They were given an application fee waiver, as well.

Many Monmouth students take advantage of either the standard graduate program, or the five-year bachelor's/master's program. Gianna DeSantis, senior psychology student, is planning to start her graduate career at Monmouth.

"Right now," DeSantis explained, "I'm at Monmouth, so I chose it because I really love it here and I love all my friends, as well as the campus and a lot of the professors."

While Monmouth is a great option, you do not need to feel pressure to attend the same school. If you find a school outside of Monmouth County, outside of New Jersey, or even outside of the country, then take that opportunity.

But if you feel the pressure of graduate school looming on your shoulders, remember that you have already made the connections and networking needed to have an excellent experience and research here at Monmouth.

Other students may not want to attend grad school, and you should not feel pressure to pursue a higher degree if you do not want to. Christi Ruggiero, senior communication student, feels that grad school is not the best option for her.

"I decided against attending grad school because I was taught that, in the field of communication, hands-on experience is sometimes more valuable than an education program," Ruggiero said.

Overall, grad school is an important decision, and there is not one right answer to suit everyone. Do your research, reach out to your current professors for guidance, and follow your gut.

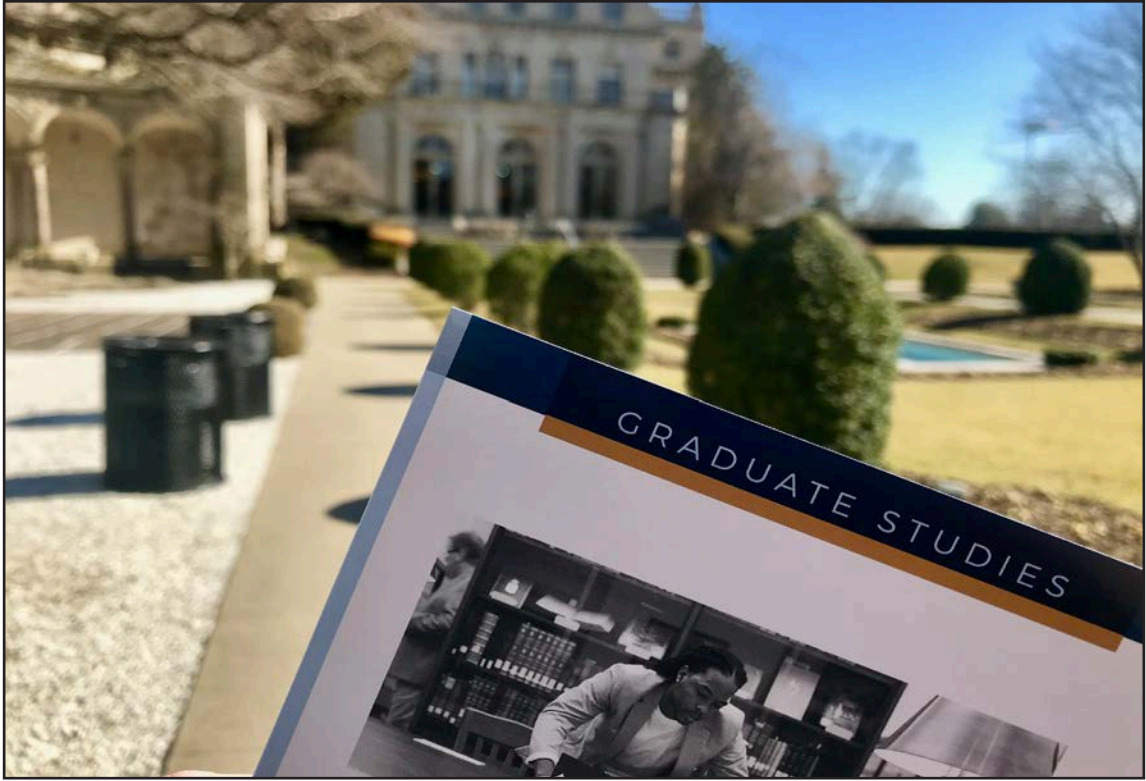


PHOTO TAKEN by Jenna Puglisi

Grad school decisions can feel overwhelming, but the stress can be avoided with proper research.

A Guide to Spring Fashion Trends

LAUREN SALOIS
STAFF WRITER

Flowers are blooming and the smell of spring is in the air. No more bulky jackets, warm clothes, and dreary outfits. Spring fashion is coming, filled with color, bright patterns, and excitement.

Spring is the transitional sea-

son from cold to hot. It is an in-between season and fashion is in-between bundling up and stripping down. Basics from both the winter and summer seasons are represented including denim, jackets, and sneakers.

Denim, a basic in all of our closets, makes a huge play in our spring wardrobe. From jackets to pants, denim can be utilized

in all aspects of an outfit.

Jeans are for all seasons, but in the spring, they come out in lighter washes or in bright and pastel colors.

Denim skirts are perfect to dress up a casual spring outfit, pairing them with a t-shirt or a cute top. Denim shorts are a casual go-to on those really warm spring days that have a summer vibe.

Jean jackets and sneakers are very popular with the Monmouth student body. Kayla Cherry, a junior communication student, said, "This time of year, when spring comes around, almost everyone brings out their denim jackets and white sneakers."

The denim jacket is a basic lightweight go-to jacket for the spring. White sneakers make a huge appearance in spring ensembles because they lighten any outfit.

Spring not only calls for denim jackets, but also other lightweight jackets, such as leather and bomber jackets. Jackets are a practical and cute way to elevate a spring outfit.

Raincoats are also a must for spring when often there is more rain than sun. But raincoats do not have to be boring, instead of buying one in black, pick a colorful one to add a pop to those dreary days.

Stephany Ayoubi from Stephany's Solutions, a Lifestyle Nutritionist and Wellness influencer based in Monmouth County,

said, "Within the Monmouth community, you are bound to see at least one student walking to class, wearing the 2018 Sherpa trend! It's the coziest material to wear until the temperatures begin to rise. Sherpa is also an animal-friendly layer for our vegan and faux fur advocates."

The bear coat/Sherpa trend will see no end this spring season; girls will continue to wear them for as long as they can.

Patterns are also a staple for spring fashion. The spring is filled with happy vibes and patterns embody this. Floral patterns are a spring favorite— it represents the blooming of nature during this season.

Cheetah, snakeskin, and camo are also new prints that are trending and will continue to be popular in the spring.

Daniela Sablon, a junior elementary education and English with a special education endorsement student, said, "My favorite spring trend has to be the different prints that are emerging, especially on bottoms like shorts, pants, and skirts. They can easily be styled with a simple solid colored top or bodysuit and upgrade or transform an outfit."

With patterns and prints, it is best to not overdo it. Match patterned items or sets with solid colors.

A colorful wardrobe is a spring must-have. Winter is a cold and dark season and our wardrobes reflect that.

"Spring is an opportunity to bring back fun colors into your everyday wardrobe. I wear a lot of black and gray pieces during the winter, so monochrome pastel colors are a subtle palette that I like to incorporate in the spring to brighten up my looks," Ayoubi said.

The transition from winter to spring calls for swapping out our all-black outfits for brighter ones. Springs colors range from pastels to neon.

Neon has been a popular trend since the fall season, partly due to Kim Kardashian, and it graced many runways during the spring/summer Fashion Week.

Fanny packs are a trend from the 80s coming back to haunt us, or is it? The fanny pack is no longer restricted to the waist. Models and influencers are creating the trend of wearing a fanny pack as a crossbody, giving this tourism faux pas a classier image.

The fanny pack has been back on the main page of fashion for some time and seems to be holding its stance, as of now. Therefore, the fanny pack will continue into spring fashion ensembles and maybe with its newfound edge, it'll find a more sophisticated name.

Spring is coming into full bloom and along with it, so is fashion. So, pull out your best prints, your boldest colors, and your cutest jackets and walk into spring like you're on the runway.



PHOTO TAKEN by Jenna Puglisi

Jean jackets, and other lightweight outerwear pieces, are essential to any spring wardrobe.

Ways to Go Green: Saving the Planet Edition

LAUREN SALOIS
STAFF WRITER

We must realize that how we interact with the environment affects this planet. Just a few positive changes can make an impact and decrease our individual carbon footprint and help save the Earth. Saving energy in the home is an easy first step that can be implemented. Simply turning off lights when leaving a room will reduce consumptions and limit carbon emissions. Utilizing windows for sunlight is an even better habit. During the day, instead of turning on lights to do homework, open the blinds and let the sunshine in. Also, as mindless as it is, unplug things when you aren't using them.

Water is a basic but vanishing necessity. Numerous areas in our country suffer from a lack of water. Saving water is a major move towards being greener and it's a fairly simple one. While brushing your teeth or washing your face, turn the tap off. By doing this, you could save water daily that equals gallons over time. Another way to conserve water is by taking shorter showers. Leave the singing and dance performance for your room and get in and out of the shower quickly.

Plastic is a major convenience factor but detrimental to the environment. Our ocean wildlife is screaming for change as they are choking on single-use plastics and nearing extinction. Plastic is used everywhere in our lives,

but to combat the omnipresent killer there are non-plastic, reusable alternatives. Instead of plastic straws, there are paper, glass, steel, silicone, bamboo, and metal straws. To avoid buying bottled water that is sold in plastic, opt for a reusable bottle and take advantage of the many water fountains and water bottle fountains on-campus. At home, without the convenience of a water fountain, Brita Filters are a green and cheaper alternative to access filtered water than buying bottled water.

Taylor Smith, a junior marketing student, added her input on the topic. Smith said, "I love my reusable water bottle. I got it on Amazon and it keeps your water cool and when you think about it, it will save me from using so many plastic water bottles this year." She is a big advocate for going green.

Trees are sacrificed to produce paper products, another commodity that it abused. The education system is especially wasteful with paper. You know that student, the one who wastefully prints 40+ pages of scholarly articles, just to end up only needing a couple of lines or a few pages out of the stack.

Skip the printing and utilize your laptop or an on-campus computer to read those articles or assignments electronically. Downloading the document can allow you to highlight and take notes just like on actual paper.

Recycling is an obvious way to become greener, but not a completely effective solution.

Many times, the items placed in recycling bins end up in landfills and the ocean because of fraudulent or inefficient processes. However, we have to continue to strive to recycle and support the regulatory agencies that provide governance to improve the system.

So, if you have to print that scholarly article, buy that bottled water, or use that plastic straw, at least recycle them. Utilize the various recycle bins scattered around campus and provided in on-campus housing.

Carpooling is a great way to use fewer natural resources and limit exhaust emissions. Instead of each of your housemates driving their own car to campus, combine your schedules and ride together. This not only saves gas and money but helps with the campus parking issue. If more commuters carpool, there will be more parking spots available.

A vegan lifestyle is not just about saving animals, but also about saving the planet. Shannon Harris, a junior marine and environmental biology and policy student who is also a student ambassador for the Sustainability Advisory Committee, said, "I go green in my everyday life by making choices that will reduce my carbon footprint. The most impactful way I do so is through a plant-based vegan diet. By going vegan, you can cut your carbon footprint in half, due to all of the land, resources, and emissions required to produce animals and animal products for food."

Chris Hirschler, Chair and Associate Professor for the Department of Health and Physical Education, encourages a vegan diet, which he has followed for nearly 20 years. Hirschler said, "Gourmet Dining is making it easier to eat a low carbon footprint diet. They have added more plant-based options. Since what you eat has a huge impact on your carbon footprint – more than the vehicle you drive – this is an important improvement."

Change is a scary subject

within our society but is necessary to save the planet. Harris added, "Changing something like your diet or removing single-use plastics that challenge your convenience, seems like a daunting task at first. The more aware students become about their actual impact on this earth, along with education and accessibility to the alternatives, the easier these changes are to make" A greener Earth is within reach as long as we are willing to make changes to our lifestyles.



PHOTO TAKEN by Cassandra Capozzi-Smith

Recycling is easy and it is a great way to save our planet, one water bottle at a time.

Why Would Anyone Write Letters?

SCHARINA BENCOSME
CONTRIBUTING WRITER

Nowadays, there is a lack of passion for writing. Information and communication documented from the past was tracked through letters, but the growth of technology has vastly changed this.

For the current generation, sending a message through an app, making a phone call, or video chatting are now considered the easiest forms of communicating.

Therefore, the idea of sitting down and writing a deliberate letter seems laughable.

In fact, our generation relates writing "letters" in reference to assignments, heavy work, dreaded formalities and academic responsibilities. All in all, these are validated since we do have other methods of self-expression.

But letters, too, give a certain type of validation we've yet to acknowledge; a different scope to self expression, communication, and even changes. The way we view things if only we dedicate time to think, what is worth writing.

Writing a letter does more for one's state of mind than what is imaginable. Envision the overcoming of all your thoughts and sentiments one wishes to communicate and yet there is a certain amount of given space.

Contrary to popular belief, it is important to write down how one feels. When writing a text, or video chatting, there is little to think about but the mundane, socially acceptable conversation at hand.

When given the chance to write a letter, it offers more than a nonchalant conversation. Writing a letter to someone can not only give the writer clarity, but it can provide validation of their emotions.

Nowadays, writing a letter is connected to a romantic relationship, but it can go beyond that if the friendship ties matter strongly.

Write a letter to your best friend and it can bring a sense of gratefulness. It is a great way to strengthen the relationship.

Letters can be written to anyone, even if it is to your future self.

When asked if she's ever written a letter, Sheyla Calderon, a freshman criminal justice student, said, "I only write them for class, or I'd consider my emails letters." After asking her if she would ever write for personal purposes, she said, "Maybe. I think I would if my friend was going away... [it] shouldn't be that way, though. Maybe I'll give it a shot this weekend and write a few letters to people I care about."

Addys Diaz, a freshman health studies student, responded to the question of whether she write letters or not. "I have, but for class. I'm not big on writing in general unless for an assignment. I suppose I could start doing so as a form of journaling and practice; I've been trying to better myself in a way I can be consistent at for this year."

Diaz also said that it is not just a way of communication,

but of self expression, another conduit to self betterment and for personal growth as well. Professor Matt O'Brien, instructor of history, summarized the importance of writing. She said, "Yes, I still write letters. Whether you have a significant other or not, you should write."

Writing letters is a simple hobby that can benefit one in many different ways.

Not just to strengthen the bonds with our loved ones, but to create better writers and explore our own emotions.

Another great time to write letters is if you are in a long-distance relationship.

Putting your emotions and thoughts onto paper and mailing them to someone you love is great, but the surprise and happiness they will feel when they see it in their mailbox is one that is unmatched.

A letter is way more personal than a text message, so take the time to write a letter, you won't regret it.

Another reason why writing a letter can be fun is that you can customize it with your favorite color pens or paper, you can add personalized doodles, and maybe even spray your perfume or cologne on it for that really personal feeling.

Hopefully after reading this you can realize why we should bring back the idea of writing letters. Not only can it be a new hobby but it can be a way to release emotions, or a way to make your loved ones feel special.

Give it a go and see its benefits enhance your life too.

Ask Chloe

Where is the best place to take someone on a first date?- Anonymous

Anonymous-- It can feel like there is an infinite amount of pressure being put on a first date because you want everything to be absolutely perfect, so you can land that second date. There are some general parameters you can follow when setting up your date. Heidi Bludau, Ph.D., a lecturer of anthropology, suggests that although there is not one best place for a first date, you may start off by thinking of a neutral space to go to.

Bludau said, "For example, public places where the couple can just sit and talk (drink coffee, etc.), so a favorite coffee shop or cafe." Going to a public place will give you and your date similar levels of comfortability because it is something you are trying out together.

Furthermore, Bludau said, "Daytime dates are good to start so that there can be a clear end time without pressures to move faster than desired. Of course, that also leaves the door open to a longer first date if it's going well! I think the main thing is to think low stress and a chance to just get to know each other better."

The less stress, the more time you and your date get to focus on one another.

If you are not sure of where to take your date around the Monmouth University area, Jennifer Shamrock, Ph.D., a lecturer of communication suggests taking a drive around Asbury Park in the late afternoon. Shamrock said, "You can walk along Cookman Avenue and grab a bite for dinner at Talula's or Capitoline. Then head toward the boardwalk and play some pinball at Silverball Museum or grab dessert at Porta."

In my opinion, do not worry too much about your first date. All that matters is that you are yourself and if you can find someone to love the you that you love that is an added bonus.

Good Luck,
Chloe

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

Is Your Glass Half Full?

SHANNON OSWALD
STAFF WRITER

Do you look at the glass half full or half empty? Looking at the glass half full can help you create a new perspective on life. They say that the answer to that question helps to see if you are more of an optimist or a pessimist.

Being positive can not only brighten your own day but also the days of others.

You have no idea how much of an impact smiling to a stranger can have on their day. There are so many different ways in which we can practice positivity in our everyday lives.

Being positive starts with us and it spreads to those around us.

Being grateful is such an important trait when it comes to being positive.

When you find yourself down about something, whether it is failing an exam or just having a bad day, remember what you are grateful for.

Be grateful for the little things in life. For example, maybe it's the house you live in or the amazing people you are surrounded by each day.

It is easy for us to get so caught up in life that we tend to forget the little things that make life so important.

Each morning when you wake up try to think of things you are grateful for, it will make you a much more positive person overall. It will open your eyes to a new perspective and help you realize things from someone else's point of view.

When you are in a negative

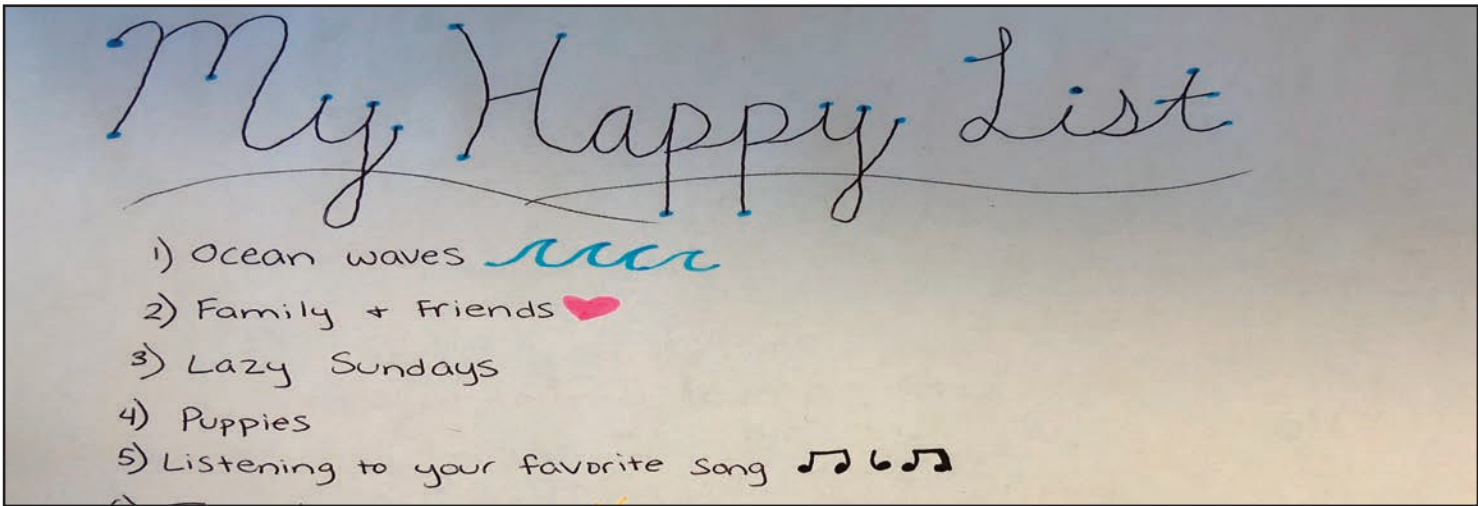


PHOTO TAKEN by Cassandra Capozzi-Smith

Writing down a list of things that make you happy is a great way to stay positive. It is a constant reason to remember to smile.

place and focusing on the failures, take a minute to counter each negative with at least one positive thought. By doing this we can create more positivity and kick out the negativity. For example, if you don't get the grade you hoped for on an exam, take a step back and realize no one is perfect, study harder for next time and get the grade you deserve.

Out of every bad moment, a positive lesson stems from it. Keep your head high and keep moving upward.

Ami Burgos, a junior social work student, offered words of advice. "Count your blessings, always look at the bright side of things, and just always remember that every situation, good or bad, is an opportunity to learn and better yourself," said Burgos.

Have you ever heard the expression turn that frown upside down? Smiling is an important

part of positivity. If you have a smile on your face then nothing can bring you down. The act of smiling can instantaneously change the way that someone feels.

It will not only change the way that you feel but will also positively impact those around you.

Smiling is contagious and is something we should want to spread around. There is no better feeling than when you are having a rough day and a stranger walking past you gives you a smile.

This is just a small gesture that can have such a big impact.

Abbie Urbanak, a junior marine biology student, said, "At the end of each day I like to think of three things that made me smile. Sometimes I have to search harder than others but it helps me appreciate the little things."

Stepping outside of our com-

fort zones and doing something kind can help us stay in the positive. Make a goal to do at least one nice thing per day and it will change your outlook on many things.

Andreea Dilorenzo, M.S., a professor of psychology, shared a quote by Maya Angelou that she finds quite powerful. Dilorenzo said that this is the quote that brings life some positivity, "People will forget what you did or what you said, but, they will always remember how you made them feel."

Being positive is something that can affect your overall health. Sometimes keeping a positive mindset can be hard but in those situations, you need to remember that it is a bad day, not a bad life.

You have control over your life, try to make each day positive. One easy tip in order to make your positivity grow is to have a positive self-talk con-

versation with yourself. If you overcome negative self-talk, it can make this process so much easier.

One of the best compliments to receive is "you look so happy" or "you really made my day", so do you want more compliments like that in your life? If so, spread sunshine wherever you go and remember how much of an impact your smile can have.

Every person has the ability to be positive whether they know it or not. Having a positive attitude or outlook on life can overall allow you to have a brighter day. Not only does it bring happiness to your everyday, but you can make someone else's day better. Be the person that has the "glass half full" outlook on life.

You won't regret it. We can all be positive, it just takes effort. Think about the good rather than the bad.

Part-Time Job Perks: Why You Should Do It

COLLEEN MORETTI
STAFF WRITER

"Don't talk to me unless I've had my morning coffee." That's a term you probably hear a lot. Coffee lovers are their own club, exclusive and you're either a part of it or not.

Unfortunately, coffee is not the healthiest drink for you.

Coffee becomes an addiction, which means once you stop drinking it you go through withdrawals, and that's not good. It's also unhealthy to rely on it all of the time instead of your body's natural source of energy.

Shannon Oswald, a junior communication student, said, "I don't drink coffee but as a source of energy I feel it is more important to eat a good breakfast."

Eating a well-balanced, healthy breakfast can keep you energized throughout your day, and unlike coffee, you won't shut down.

One example of an easy and healthy breakfast is avocado toast on grain bread with a cup of water or orange juice.

Eating healthy snacks throughout the day can keep you full and energized.

That's one of the problems with coffee, when someone has a cup, they crash a few hours after and need more.

When you have a good breakfast you don't need anything else until your next meal.

Madison Uurarro, a junior social work student, said, "I drink passion tea with sweetener in it. It gives me enough energy and is also super refreshing."

Passion tea or any type of tea is a great alternative to coffee.

Coffee can often make you so energized you jitter or shake, when it comes to tea it will keep you calm and if you a sugar awake for a long night of studying.

If you do drink coffee, one problem could be the sugar rush that you feel.

If you're like your peers, you may add mocha, caramel, cream, and sugar. Not only are you asking for a lot more calories, but you're also asking for the effects to wear off sooner than later.

Another great alternative to coffee is water, specifically coconut water. Coconut water is a healthy drink that is quickly growing in trend.

People are drinking it because of the popularity that it is gaining, but there is actually a lot of great benefits to it. It's naturally sweet, so there is no need to add anything artificial to it.

It also contains a lot of enzymes and rehydrating electrolytes, which keeps you energized making it a healthier choice than coffee.

If you're looking for a way

to start your day with energy, but don't want to drink coffee, a great drink to have is water with lemon.

Water is the best thing for you, and the lemon adds lots of antioxidants that keep you healthy and energized.

Vitamin C plays a big role in your immune system, and is also great for clearing up your skin, and who doesn't love that. Drinking juices or water can allow your body to get what it needs.

Another option to spice up your water is to add fruit to it.

Cucumbers, mint, berries, and lemons, are all great ingredients to flavor up your water and keep you energized.

Alexis Nulle, a Specialist Professor, of Communication and Co-Advisor, of the university's Public Relations Student Society of America (PRSSA) chapter, said, "I have looked into alternatives to limit my daily caffeine intake and some experts recommend good old sparkling water, especially if you're not a fan of plain water."

Sparkling water is a great alternative to coffee, it keeps you hydrated and isn't as boring as plain water.

Nulle added, "While it's not the most exciting beverage to some sparkling water can be a refreshing alternative to coffee. Especially when it's flavored with natural, sugar-free, fruit extracts, it can be both delicious and hydrating."

Although coffee seems like a great idea to wake you up in the morning or keep you up writing a paper, it's not the healthiest choice for you.

One simple way to stay energized is to make sure you're getting enough sleep per night.

Water, teas, and even just a good meal can do the same if not better things than coffee.

Chewing gum is also an alternative because unlike many energy drinks, such as Red Bull, it does not come with all of the calories and sugar.

Hopefully you can get off your coffee addiction and learn these alternative tricks to keep energized.



PHOTO COURTESY of Monmouth University

Having a part-time job is a great way to get experience while also bettering your time management skills.

Women’s Basketball Wins Two of Three

MATT DELUCA
STAFF WRITER

Falling victim to a 10-0 scoring run in the fourth quarter, Women’s Basketball was defeated by Canisius 65-56 on Sunday afternoon in Buffalo, NY, slipping to 12-15 on the season and 8-8 in conference play.

Monmouth put three players in double figures, as junior guard Sierra Green led the way with 15 points, including four three-point shots, while freshman forward Lucy Thomas scored 12 points. Junior forward Alexa Middleton added seven points while corraling ten rebounds.

The Hawks opened the scoring on the afternoon, but the Golden Griffins responded with ten-straight points to take a 10-2 lead. Green hit a three later on in the frame to cut the Canisius lead to 12-7 with 4:38 remaining in the first. Canisius scored the next four points to take their largest lead of the game at 16-7, but Monmouth closed the first quarter on a 10-0 scoring run to make it 17-16 after ten minutes.

In a game of many scoring runs, the Golden Griffins opened with a 7-0 sprint to begin the second quarter, but Monmouth battled back with two-straight baskets from junior guard Rosa Graham. The two teams played each other close for the remainder of the half, as the hosts took a 32-29 lead into the halftime break.

The two teams continued to trade baskets early on in the second half, but a Thomas three brought Monmouth to within two points, 41-39, with

5:04 remaining in the third quarter. The Hawks would only score two points the rest of the frame, as Canisius scored seven of the last nine points of the third to take a 48-41 lead after 30 minutes.

Monmouth scored five straight to start the fourth quarter, including a Green three, to make the score 48-46 with 8:46 remaining. Canisius responded with a 10-0 scoring run to open the game up, making the Monmouth deficit 12 with 4:11 left. Green connected on another three, but Canisius sealed the game on free throws.

“We did not have the effort or focus it takes today to put back-to-back road wins together,” said Head Coach Jody Craig. “We missed an opportunity here and we have no one to look at but ourselves.”

Monmouth shot 17-60 (28 percent) from the field and 7-32 (22 percent) from three. They were 15-20 (75 percent) from the free throw line. The Hawks outscored the Golden Griffins’ bench 17-9 in the contest. They also turned the ball over just ten times, which was a season-low.

Green’s four three-point shots put her at 90 for the season, sitting three behind Kayla Shaw’s single-season record of 93, which was set in the 2016-17 season. Thomas’s 12 points put her in double figures for the 13th time in her freshman campaign, and Middleton grabbed double-digit rebounds for the ninth time this season.

The loss came after the Hawks won back-to-back games over the course of the week. Tuesday night,

Monmouth defeated Saint Peter’s 70-50 at the OceanFirst Bank Center. Senior guard McKinzee Barker led the Hawks with 16 points, while Middleton had 12 points and

17 rebounds. Friday night, Monmouth topped Niagara 88-81 in Lewiston, NY. Thomas scored a season-high 20 points in the victory. The Hawks will return

home on Thursday for their final home game of the season. Tip-off for Senior Night is scheduled for 7:00 p.m., with the game being broadcasted on ESPN+.

“We did not have the effort or focus it takes today to put back-to-back road wins together. We missed an opportunity here and we have no one to look at but ourselves.”

JODY CRAIG
Head Coach



PHOTO TAKEN by Karlee Sell

Junior forward Alexa Middleton led Women’s Basketball with 32 points on the week, including a double-double in their 20 point win over Saint Peter’s on Tuesday, Feb. 19.

Bowling Finishes Fifth in Second MEAC Meet

EVAN MCMURTRIE
SPORTS EDITOR

Bowling finished fifth overall out of eleven teams at their second Mid-Eastern Athletic Conference (MEAC) meet of the season at AMF All-Star Lanes in Greensboro, NC which stretched across Saturday and Sunday.

“We improved our overall average this weekend for the regular season conference rounds, but still have work to do to be at our best for the MEAC Championships next month,” said Director of Bowling Karen Grygiel.

Monmouth, ranked 22nd, kicked off the meet with three straight wins in traditional play.

After conquering Norfolk State by a score of 867-812 and Howard 901-765, the Hawks earned a huge victory over No. 6 Maryland Eastern Shore. The 966-914 win was also Monmouth’s highest pin total in a match over the weekend.

The Hawks dropped their last two games in traditional play, falling to the No. 14 University of Alabama at Birmingham (UAB) 851-901 and Coppin State by just twenty pins, 869-889.

Monmouth continued their losing form into baker format, where they lost two in a row to two more nationally-ranked teams. Twelfth-ranked Delaware State defeated the Hawks 878-905 and No. 10 North Car-

olina A&T beat Monmouth by nearly 100 pins at 960-868.

The Blue and White were finally able to bounce back with their largest win of the tournament, 845-532 over Bethune-Cookman, before closing out the weekend with an 819-853 loss to Morgan State.

The Hawks finished their second MEAC meet of the season with a record of 4-5 in a tournament that saw them

face four ranked opponents. Monmouth’s win over No. 6 Maryland Eastern Shore was their eighth win against a top-ten team this season. The Hawks finished fifth overall in pins per game, averaging 175.84 pins.

Sophomore Camelia Coffman led Monmouth as she averaged 195.40 pins over the five games in traditional format that she featured in, see-

ing her finish third overall at the meet. Coffman added her sixth and seventh 200-plus pin games of the season, posting a high of 215.

Junior Kyla Day claimed the accolade of most pins in a game for the Hawks last weekend as she bowled a 220 during traditional play. Day has now accumulated ten 200-plus games this season.

Senior Haley Solberg also

put in two 200-plus performances, totaling her to twelve on the year, while freshman Saige Yamada put in her fourth 200-plus game of the season with a 203 finish.

Bowling will be back in action this weekend as they are set to host the Hawk Flight Invite at King Pin Bowling in Egg Harbor Township, NJ, which will take place on Friday, Saturday, and Sunday.



PHOTO COURTESY of Monmouth Athletics

Sophomore Camelia Coffman headlined Monmouth Bowling with a team-high average of 195.40 pins over a five game stretch, finishing third overall in the entire meet.

Track and Field Sends Athletes to U.S. Championships

SOPHIA GALVEZ
STAFF WRITER

Track and Field sent four current athletes and one former athlete to Staten Island, New York to compete in the U.S. National Indoor Championships this past weekend at the Ocean Breeze Athletic Complex.

The women’s team sent both graduate student Allie Wilson and senior Brianna Stratz to compete in the 1000-meter run. The men’s team sent red-shirt seniors Corey Murphy and Bryan Sosoo to compete in the shot put event and the 60-meter dash, respectively. Additionally, former Hawk Dylan Capwell (‘18) competed in the men’s 1000-meter run as a professional with the Atlanta Track Club.

Both female athletes made their mark in the Metro Atlantic Athletic Conference (MAAC) Championships last week. Wilson won the mile while Stratz won the 800-meter run as well as being a part of the winning 4x800 meter relay team.

Murphy is also coming off of a winning weekend as he not only won the shot put event, but set a new meet record as well. His mark of 64’6” from the MAAC Championships is currently ranked ninth in the

National Collegiate Athletic Association (NCAA).

Wilson ran in the third heat on Saturday, Feb. 23 and placed second with a time of 2:42.51, breaking her school record and coming behind unattached runner Laura Roesler (2:42.20). This time qualified Wilson to move on to the next day of events.

On Sunday, Feb. 24, Wilson came in sixth overall with a time of 2:41.76. With this time, Wilson re-broke her school record in the 1000-meter run which she had set in the preliminaries the day before.

Stratz also ran in the third heat on Saturday and crossed the finish line at 2:45.44 to earn her seventh place.

Sosoo ran as an unattached runner in the 60-meter dash and came in fifth place in the second heat with a time of 6.76. This time qualified him for the second round where he ran a 6.79 and came in 11th place, missing a spot in the finals by only .06 seconds.

Murphy finished eleventh in the shot put event with a mark of 17.98 on Saturday.

Former Hawk, Capwell, finished the men’s 1000-meter in 2:20.84, placing him in third. This time qualified him to move on to the final round of the event, in which he placed fifth with a time of 2:21.55.

“Having five of our athletes at USA’s this weekend was a great experience for them and tremendous positive exposure for Monmouth,” said Head Coach Joe Compagni. “Allie handled the challenge of a fast pace and a world-class field very well. Dylan went after it, leading most of the ace until a wild finish with seven guys finishing within a second of each other.”

The Hawks also had some athletes achieve Eastern Col-

lege Athletic Conference (ECAC) and Intercollegiate Association of Amateur Athletes of America (IC4A) qualifying times at the Last Chance meet at the New York Armory on Friday, Feb. 22.

Freshman Randy Showmaker won the pole vault event with a mark of 15’5”, qualifying him for the IC4A. Freshman Mohamed Diagourga ran a time of 8.37 seconds and placed third, which is his season-high time.

Senior Chole Angelini cleared 1.60 meters in the high jump, which tied her for second. Freshman Matt Bodon placed fourth in the mile with a personal best time of 4:20.12.

This upcoming Saturday and Sunday, the Hawks will head up to Boston to compete in the IC4A/ECAC Championships. At last year’s ECAC Championships, the women finished fourth while the men finished sixth at the previous year’s IC4A Championships.



PHOTO COURTESY of Monmouth Athletics

Graduate student Allie Wilson broke Monmouth’s school record in the 1000-meter run with a time of 2:41.78, which was good enough to place sixth in the event.

Men’s Basketball Suffers Late Season Losses at Home

MARK D’AQUILA
ASSISTANT SPORTS EDITOR

Men’s Basketball dropped down to the middle of the pack in the Metro Atlantic Athletic Conference (MAAC) after losing back to back home games against Canisius and Quinnipiac, seeing the Hawks fall to 10-20 on the season and 9-8 in conference play.

Friday’s matchup at the OceanFirst Bank Center against Canisius came down to the final seconds with just a couple of plays determining the eventual 59-60 outcome.

The game fittingly fell into the hands of senior center Diago Quinn, who found the basket on a turnaround with less than a minute to go to make it a one-point game.

Friday’s game was Quinn’s 130th of his career, making him just the fourth player in program history to reach such a total as he joined Chris Brady, Austin Tilghman, and Justin Robinson.

Quinn, who tallied 13 points on the night to go along with eight rebounds had an opportunity to win the game following a forced shot clock violation by the Hawks defense. The shot was unable to fall however as the Blue and White suffered the loss in the back and forth affair.

“Congratulations to Canisius,” said Head Coach King Rice. “They played 40 minutes and we did not.”

The Hawks were still able to get three players in double figures including Quinn, with sophomore guard Deion Hammond leading the way yet again with 14 points while junior forward Mustapha Traore tacked on ten points and eight rebounds.

Traore’s performance was

the ninth in his career with double figures, seven of which have come this season. It was also the ninth time this year where the forward has tallied eight or more rebounds.

Next on the docket was a quick turnaround for Monmouth who looked to recover from Friday’s nail-biter with Quinnipiac coming to West Long Branch for the home finale and Senior Day on Sunday afternoon.

Monmouth was a step behind from the jump however, as a ten-point deficit at the half was never overcame, leading to the 56-68 loss.

“Credit to Quinnipiac, they’re playing really good ball right now,” said Rice. “I thought the smaller lineup helped us to get back closer but

when they’re making shots like that it’s tough.”

The Hawks were unable to get things going offensively as they shot just 35.1 percent from the field with only two scorers achieving double-digits, combining for a mere 22 total points.

Traore was one of the players in double figures yet again with ten points while sophomore guard Marcus McClary led the team in scoring with 12 points and five rebounds.

It was still another career day for the senior Quinn who was honored before the game in a pregame ceremony with fellow senior guard Trevon Gross Jr.

Quinn then went on to tie a career high with three blocked shots in the game which is the highest total by a Hawk this

season.

Gross Jr. also made his first career start for Monmouth as he hauled in two rebounds and dished out an assist.

The loss in their home finale makes it a final record of 6-6 in West Long Branch this season for Monmouth, a second consecutive year finishing with this record at the OceanFirst Bank Center.

Next, the Hawks will close out their regular season at Manhattan, a side that currently sits two spots below them in the MAAC standings.

The Blue and White, who are currently seeded in sixth place for the MAAC tournament, will take on the Jaspers on Friday night at 7:00 p.m. at the Draddy Gymnasium in the Bronx, NY.



PHOTO TAKEN by Karlee Sell

Junior forward Mustahpha Traore continued his consistent play, scoring double figures in back-to-back home games with ten points and eight rebounds against Canisius and ten points versus Quinnipiac.

UPCOMING GAMES

- Wednesday, Feb. 27**
Women’s Lacrosse at Sacred Heart
Fairfield, CT 3:00 p.m.
- Thursday, Feb. 28**
Women’s Basketball vs Marist
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.
- Friday, Mar. 1**
Softball vs Hartford
Towson, MD 12:30 p.m.
- Baseball at Florida Atlantic
Boca Raton, FL 6:30 p.m.
- Men’s Basketball at Manhattan
Riverdale, NY 7:00 p.m.
- Women’s Bowling
Hawk Flight Invite
Egg Harbor, NJ TBA
- Saturday, Mar. 2**
Women’s Basketball at Saint Peter’s
Jersey City, NJ 2:00 p.m.
- Men’s Lacrosse at Saint Joseph’s
Philadelphia, PA 3:00 p.m.
- Women’s Lacrosse at Army
West Point, NY 3:00 p.m.
- Men’s Tennis at Army
West Point, NY 3:30 p.m.
- Men’s and Women’s Track
MAAC Championships
Boston, MA TBA
- Sunday, Mar. 3**
Softball vs Yale
Towson, MD 12:30 p.m.
- Softball at Towson
Towson, MD 3:00 p.m.
- *conference games*



ROOKIE OF THE WEEK



Freshman Lucy Thomas earned her second MAAC Rookie of the Week honor after guiding the Hawks to a 88-81 win over Niagara.

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PHOTO TAKEN by Karlee Sell