



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933

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## University Reduces Credit Requirement

NAMRA SHUEIB  
STAFF WRITER

Monmouth University will be changing the 128-credit requirement for graduation to 120 credits effective fall semester of 2020.

Initially, this decision was made due to the State of New Jersey establishing new credit hour standards for both the award of baccalaureate degrees from four-year public institutions of higher education and for the award of associate degrees from county colleges.

A faculty meeting was held Wednesday, March 6 to discuss the revision and how it will take place for each department.

The University was notified this current academic year and the tag line for Monmouth has become "120 in 2020." Laura Moriarty, Ph.D., Provost and Vice President for Academic Affairs, said, "We are re-

ducing the number of credits required to remain competitive and to increase retention and graduation rates."

Each academic school has been tasked with diving into the requirements of their department and making suggestions to where the eight credits can and will be eliminated. This decision will be made primarily by the deans and chairs collectively. The amendment will be brought about to the Provost and Board of Trustees for the final approval.

"Some schools have less credit requirements, but the 128-credit requirement has been the same for Monmouth ever since I came here in 1986," said Mary Anne Nagy, Vice President of Student Life and Leadership Engagement.

The credits modification can come from three different areas of the curriculum: general education, major requirements or designated electives. It will be very department focused and conclusions will

be made on what is right for each major specifically.

Aaron Furgason, Ph.D., Chair of the Communication Department and a professor of communication, said, "The 120 credits should make it easier for students to graduate in four years, so that is definitely a positive for students. The department

is in the initial phase of discussing possible options to deal with the removal of the eight credits and as of today, have not made any definite decisions."

Students can take 15 credits each semester without having two semesters with

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PHOTO COURTESY of Monmouth University  
New Jersey state law now requires less credits to graduate.

## Path to Progress Town Hall

MEGAN RUGGLES  
ASSISTANT NEWS EDITOR

Senate President Stephen Sweeney held a town hall meeting to conduct a discussion about fiscal reforms in the "Path to Progress" report in Wilson Auditorium, on Monday, March 11.

The forum was hosted by University President Grey Dimenna, Esq. Panelists included: Senator Vin Gopal, Senate Majority Conference Leader and Chairman of the Bipartisan Legislative Manufacturing Caucus; Senator Declan O'Scanlon; and Peter S. Reinhart, Esq., Director of the Kislak Real Estate Institute at Monmouth University and member of the Fiscal Policy Working Group.

Last January, Sweeney created the Economic and Fiscal Policy Workgroup, whereby legislators and economic advisors discussed New Jersey's pending fiscal crisis.

Reinhart and 19 other academics or economic and public policy experts were asked for recommendations on how to reform the state.

Reinhart emphasized that the panel was bipartisan. "I don't think we even knew the politics of anyone involved," he noted.

"We started the meeting by having a robust debate, eventually forming subgroups on pension, healthcare, and education. We didn't always agree, but we were able to reach a consensus," said Reinhart.

Sweeney explained that reform is vital.

"New Jersey is getting in worse fiscal shape. Pensions are in trouble, 4-year institutions are the second most expensive in the country, and we are 48th in the nation as far as investment," he said.

Every year, the revenue the state generates goes towards pension and healthcare. Education is becoming harder to provide for, Sweeney noted.

Currently, New Jersey has

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## Dimenna Condemns Offensive Yearbook Images

MATT ENGEL  
STAFF WRITER

University President Grey Dimenna, Esq., condemned the existence of 13 individual offensive photographs in yearbooks going back from the 1960s to the 1980s in an email statement to the entire campus community on Feb. 27.

The statement revealed that ten pictures depicted individuals posing in blackface, a form of make-up used by people not of color to represent the depiction of an African American person. The other three pictures were said by Dimenna to be offensive to other religious and cultural groups.

"None of the images identify the individuals by name, and in some cases even the context is missing because the pictures are not associated with a specific campus event or activity," Dimenna said in his statement. "What is unmistak-

able is that these pictures are offensive and do not reflect the values of Monmouth University today."

Dimenna said the offensive images were found after ordering an examination of all the University's past yearbooks, in light of the contro-

versy surrounding Virginia Governor Ralph Northam being associated with racist images and names in his medical school yearbook.

When asked his first reaction upon finding the images, Dimenna said, "I was surprised and disappointed

that such offensive pictures would be part of Monmouth's tradition. I also immediately thought of how we could turn this hurtful situation into a learning experience as the images warranted acknowledgment, transparency, and action."

According to National Public Radio, blackface has historically been used to promote negative stereotypes of African Americans.

Such depictions included stereotypes that African-Americans were stupid and lazy, with musicians traveling the country in the 19th century in blackface to perform in minstrel shows.

In the early 20th century, the practice would make its way into movies, as white actors were chosen to portray African-Americans by wearing blackface, including in *The Birth of a Nation*, which in 1915 was the



PHOTO TAKEN by Nicole Riddle  
President Grey Dimenna sent students and faculty an email brief about racist photographs located in previous University yearbooks.

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# English Professor Invited to Swedish Castle for Book Project

LOWELL KELLY-GAMBLE  
STAFF WRITER

Lisa Vetere, Ph.D., an associate professor of English, has been invited by the International Gothic Association and International Centre for Gothic Studies to the Telesborg Castle on the Linnaeus University campus for a book project on how gothicism portrays the planet and impacts human existence.

Vetere will be staying in Växjö, Sweden from May 29 through June 2. Her trip will be funded by the Swedish Foundation for the Humanities and Social Sciences.

The book will be titled Gothic and the Anthropocene and Vetere will contribute her expertise in a chapter titled “Horrors of the Horticultural: Charles Brockden Brown’s ‘Wieland (1798) and the Anthropocene.’” Her piece will explain the implementation of attractive landscape trending in the construction of early American Gothic texts and how she promotes 19th century American literature to incorporate branches of dehumanized component.

“It is a way of defining our current geological era impacted by humans. This book will look at how stories about haunted houses, monsters, and the past coming back to haunt you. These things say something about the environment and nature,” said Vetere.

Vetere has published and presented eco-Gothic topics in the United States and Europe. Her experiences include A Heap of Runis: The Horrors of Deforestation in Lenora Sansay, The Rage of Willow: Malefic Witchcraft Fantasy in Buffy the Vampire Slayer, book review of Vexed with Devils: Manhood and Witchcraft in Old and New England by Erika Gasser, Aggression and Trauma in the Witchcraft Tales of Salem’s Other Women at the Annual Conference of the Association for the Psychoanalysis of Culture and Society, moderator of Taking the Pulse of Feminism at the Eighth Annual Women’s Studies conference, and Guest Panelist at the Arthouse Film Festival screening of A Quiet Passion.

She developed a passion for Gothicism after studying the Salem Witchcraft Trials and how 19th century novels wrote about the Salem Witch Trials.

“I was interested in narratives of witchcraft. Narratives of witchcraft usually deal with narratives of supernatural magic scary things. Both gothic and witchcraft narratives are about peoples fears,” said Vetere.

She continued, “Gothics show that when you have ghost coming back from the past to hurt and scary you, you realize the past still has a powerful impact.”

Vetere teaches Critical

Theory, Seminar in Literary Research, Early American Literature, Literature of the Colonial Americas, Mid-Nineteenth-Century American Literature, Literary Studies, and Writing.

“What I like about professor Vetere is that she wanted all of her students to do their best. It was easy to tell she’s passionate about her job and loves what she does, said Tameah N. Young, a junior software engineering student. “[She] is distinguished from other professors because she would do everything in her power to help her students succeed.”

“Professor Vetere’s outward personality is best described as enthusiastic, energetic, and approachable; I admire how forward she is when it comes to provoking thought and enthusiasm in her students,” said Sara Wojciechowski, a junior music industry student. “She is passionate about her work, insightful about the world, and a great conversationalist.”

Wojciechowski explained that while attending Vetere’s lectures, she always feels challenged to think outside the context of traditional course work. “As I attend Vetere’s Literature II course, which encompasses novels that are themed around ghosts or otherworldly presence, I am encouraged to embrace my own perspectives on narratives,” she said.

# Senators Talk Pensions

SWEENEY cont. from pg. 1

600 individual school districts teaching to their own standards. Part of the proposed “Path for Progress” solution is the consolidation of schools.

Gopal said, “Regionalization would be a cost-effective way to achieve a higher quality of education.”

Legislators have a choice to continue reevaluating the education budget every year, or, make decisions that would improve the system long-term.

O’Scanlon agreed that consolidation for schools would help solve issues in a way that works for taxpayers and public workers.

“The bottom line is, if we don’t solve this, public workers will suffer most. It’s your pensions at stake,” he said.

Sweeney assured public workers in attendance that, “The discussion is to change

pensions going forward. Not for anyone that’s vested. PA just changed their system, which gave workers choices of a straight 401k or a hybrid.”

“We’re trying to find a way to ensure quality healthcare, keep pensions, but start to make changes.”

If we don’t and ignore what’s going on here, the budget will have a 4-billion-dollar deficit by 2023,” Sweeney said.

Tensions ran high among attendees at the mention of changing pensions. School teachers and social workers took to the microphone to tell their stories and express their concerns.

However, Reinhart believes that there is cause for optimism. “The point of having these workshops is to have these discussions and that itself is a start towards improving New Jersey’s economic state,” he said.



PHOTO COURTESY of Jen Sweet

Senators Sweeney, Gopal, and O’Scanlon discussed the Path to Progress to constituents at the town hall in Wilson Auditorium

# Graduate Students Work with Konscious Youth Development and Service

ANDREW STUDNA  
ASSOCIATE NEWS EDITOR

University graduate students who are enrolled in the Communication, Culture, and Community (CCC) course worked closely with a local nonprofit, Konscious Youth Development and Service (KYDS) in Asbury Park, during the fall 2018 semester.

KYDS was founded by Monmouth alumni Mychal Mills and Rodney Salomon. The organization prepares and creates future leaders in Asbury Park, Neptune, and the larger Monmouth County region through holistic intervention.

Deanna Shoemaker, Ph.D., Director of the Master of Arts in

Communication, teaches the CCC course, which is a requirement for students in the Corporate and Public Communications (CPC) Master’s Program.

She said, “We can all work to define our ‘community’ more broadly and inclusively.”

“I believe students who are engaged, empathic, and culturally sensitive communicators focused on both local and global challenges will play transformative roles in shaping our future in the 21st century,” Shoemaker continued.

The main goal of the course was for students to get more involved and be with the local community. They also participated in community functions run by KYDS such as monthly meditation sessions.

Taylor Morelli, a communication graduate student who takes the class, said, “I was very interested in the course because of its emphasis on community leadership, activism, and volunteering. The course provided a great foundation of how to work with community partners in a conducive way that is beneficial to both parties.”

“Through my experience working with KYDS, it opened my eyes to the amazing work community organizations are doing,” said Morelli. “Taking time out of my first stressful semester of grad school to join KYDS meditation or yoga class helped me gain a better understanding of the work they do and helped me destress as well.”

The students also did research on

gentrification. According to the Sociology Index, gentrification is defined as a process of change in the social and economic condition of urban neighborhoods where poorer original residents are replaced by newcomers from middle class and professional groups.

In December 2018, the students presented their academic research on positive youth development at the Monmouth/Lakehouse shared space.

Shoemaker said, “Using a service-learning model, we explore ethical ways of studying culture through participant observation, historical research, and partnering with an organization to collaborate on community-based ethnographic research projects.”

Shoemaker made this connection between Monmouth and KYDS when she met Mills and Salomon while working in an ambassador training program at the Food Bank of Monmouth and Ocean Counties, now called Fulfill, in the past.

Her partnership with KYDS eventually laid the foundation for students to get the opportunity to work with the organization through the CCC course during the fall 2018 semester.

When asked about what motivated her to make this connection with KYDS, Shoemaker said, “KYDS has deep roots in Asbury Park, a town I love and live near. I’ve watched the east side of Asbury go from what was described as a ‘ghost town’ 14 years ago to a rapidly gentrifying hot spot east, and

now just west of the train tracks.”

Having moved to the area from Austin, TX, Shoemaker said that she has seen the impact of gentrification’s rapid growth which, “typically leads to a lack of affordable housing and racial segregation that displaces many long term, lower income residents and people of color.”

Mills had the motivation to create this connection with Monmouth through his own student experience of working within community settings and working with different nonprofits.

“I knew that especially, starting this nonprofit, it would be a great opportunity for Monmouth to be involved. There’s a little pride there from myself, being a Monmouth alum,” he said.

He also hopes that the students learned more about the history of Asbury Park through the stories of people in the community.

“Seeing it from the outside in, it’s easy to miss those little pieces of the community that have been there forever, before the changes, before the growth and development of business,” Mills explained.

The CCC course is taught by Shoemaker every fall semester. She also typically teaches a performance-based class each spring that involves a community-related project for undergraduate students; Group Techniques in Performance.

Both of these classes are supported and funded by a grant from the University’s Urban Coast Institute.



PHOTO COURTESY of Dr. Shoemaker

Graduate communication students worked with local non-profit in Dr. Shoemaker’s class.



# Racist Yearbook Photos Resurface, University Reponds

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first film to be screened in the White House.

One of the first actors to use blackface was a white man named Thomas Dartmouth Rice, who performed minstrel shows impersonating a black slave nicknamed “Jim Crow,” who was uneducated and spoke poor English.

“Jim Crow” would later be used as a racist term towards African-Americans and laws passed by states after the Civil War to enforce racial segregation and restrict the rights of freed slaves became known as Jim Crow laws.

While the archives of yearbooks can be viewed in the University library, Dimenna stated that the University will not take any further steps to make the images public.

“The images in question are offensive, demeaning, and do not reflect the values of Monmouth University today, and as such we will not be distributing them,” he said.

Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion in the Office of Transformative Learning and an advisor to the African-American Student Union, said it was clear that the University’s yearbook staff at the time the offensive images were published did not recognize anything wrong with them.

“As we continue to learn through the persistence of stories like this, racially demeaning and offensive depictions of people of color (African Americans, Latinx-Americans, Asian-Americans and others) have been embedded in American popular culture for much of its modern history,” Taylor said.

“Yearbooks are artifacts that depict an educational institution’s cultural norms, attitudes and values,” Taylor said.

He added, “When this widely circulated form of visual culture features offensive, demeaning and insulting images of minority or marginalized members of the campus community it can signal in explicit and implicit ways that some people are not welcome and not equal participants in the community.”

Zorah Fowler, a senior social work student and President of the University’s African-American Student Union, said that she was not surprised when hearing about the offensive images, acknowledging that the yearbooks were made in a period when racism was more prevalent in the world, including on college campuses.

“It was a community of individuals who all thought the same and acted the same, so there was no one present to hold anyone accountable for

their actions,” she said.

Fowler also recommended that the University send a letter of apology to all parents of students attending the school, as a way of making sure that any concerns parents have by ensuring that the University is remorseful for its acts. However, she also believed that any further discoveries of offensive images in past yearbooks not be made public but should only be brought to the attention of higher-ups in the University.

“At this point, we know that they exist, and there’s no beneficial point in constantly reminding students that this is what we thought of you then, but we’re okay with you being here now,” she said.

Dimenna has said that he will entrust the University’s Advisory Council on Diversity and Inclusion to work with the librarian and other experts to further investigate the incidents.

“As members of a University community, we have a responsibility to use this as an opportunity to acknowledge the immeasurable damage caused by these images, and to take constructive action to advance meaningful efforts to support diversity and inclusion on our campus and beyond,” he said. “It is my hope that we can use this moment to encourage further discussion, education, and understanding.”

# University Changes Policy for Graduation

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18 credits. Of course, the option is still available to those that want to take the opportunity. A freshman coming in the fall of 2020 can take 18 credits per semester and graduate in 3½ years without taking any summer courses.

However, “The question of students falling under that 120-credit requirement who have already been here prior is a complex situation and undetermined,” said Nagy.

Nagy added, “I think this new requirement will be good for everyone. When students graduate on time it helps them to stay on track, be retained and get a job which positively reflects on the institution.”

Summer enrollment can potentially decrease because of this revision, but if graduation and retention rates increase it can offset any loss during the summer for the university.

“Overall, the effect will be positive. Faculty report that students often have trouble with six classes; this reduction will result in a more stable academic performance,” said Moriarty.

Because of course revisions, the adjunct professors may not teach the same courses which would also allow full-time faculty to

teach more classes.

Jeffrey Christakos, M.B.A., Chair of the Department of Accounting and a Specialist Professor of Accounting, said that the 120-credit requirement would better allow students to graduate on time and provide for more extracurricular activities.

He also mentioned, “The only students that may slightly be affected are accounting students who want to get close to 150 credits for CPA licensing.”

Deanna Dantas, a junior English and business management student, stated, “I think it will be very beneficial and will help people graduate on time without having to worry about taking so many classes per semester.”

Dantas also said that students juggling several credits and extracurricular activities each semester can become overwhelming or simply too much money if they need to take an extra semester.

“It was a lot harder for me since I had to fulfill requirements for two majors and general education requirements,” explained Dantas. “I was expecting to finish in four years but actually have to take an entire extra semester of classes. This deterred me from graduating with my class.”

# University Hosts Third Public Servant-in-Residence Panel

LOWELL KELLY-GAMBLE  
STAFF WRITER

The Office of the President and Department of Political Science and Sociology hosted the 19th Annual Public-Servant-In-Residence Panel discussing jobs, the economy, global competition, and New Jersey’s macroeconomy on Thursday, March 7. The event was the third out of four series panels moderated by former New Jersey Senator Joseph Kyrillos this year.

“I have two things when I think about the state’s economy: what happened and what’s happening. Back in the late 1980s, 64 percent of our people were employed. Today, it’s not quite 60 percent,” said Kyrillos.

The Annual Public-Servant-In-Residence program was created in 2000 to provide a venue for public officials to share their expertise with students and the campus community at the University.

Previous Public Servants-in-Residence include former New Jersey Governors James Florio, Christine Todd Whitman, Richard Codey and Brendan Byrne, as well as former Chief Justices James Zazzali and Deborah Poritz.” The Public Servant-in-Residence program establishes students to leaders in communal systems that aid with assessing significant general affairs.

Kyrillos was joined by the following individuals: Joseph Taylor, former chairman and CEO of Pan-asonic North America; Christopher Maher, Chairman, CEO and President of OceanFirst Bank and

a Monmouth University Trustee; Ryaotaro Tashiro, regional economic adviser of Federal Reserve Bank of Philadelphia.

“Property taxes, income taxes, corporate taxes [in New Jersey are] the third-highest combination of state and local taxes to percentage of income in the country,” said Kyrillos. “Governor Phil Murphy’s plan to add another tax and put a cap on economic incentives will hurt the state. Companies such as Panasonic would neither be here to begin with, nor stay here in the state, if it weren’t for the incentives.”

According to the Monmouth University Polling Institute, 45 percent of New Jersey citizens identified property taxes as the most important problem the state faces. “New Jersey residents don’t seem to have a clear read on Phil Murphy. A key question is whether the public feels he is truly focused on his current job. It wasn’t too long ago that the state felt burned by his predecessor’s political ambitions. That’s worth keeping in mind as Murphy’s national profile with the Democratic Governors Association is on the rise,” said Patrick Murray, Director of the Monmouth University Polling Institute.

A reported 46 percent of New Jersey citizens feel that Murphy is concentrating more on his political future than administering the state.

Kyrillos also explained that New Jersey places third in the nation behind New York and Illinois with a gross income loss of \$11

billion, resulting in a net loss of \$3.5 billion. According to the Tax Foundation, New Jersey is also the worst state for economic markets.

“There are parts of New Jersey, such as Cape May and Atlantic counties, that are still struggling with unemployment. There has been a sharp decline of employment in the manufacturing sector, yet rapid growth in service-providing sectors. One thing we have to recognize is that there are pockets in the state that are still struggling, especially southern counties,” said Tashiro.

Maher believes emphasis should be placed on the health and transportation industry. Health care is the prime necessity, but he is also concerned about the transportation which takes away driving jobs for

citizens.

“What we should think about is, ‘What are the things that can impact the New Jersey economy?’” said Maher.

“Unemployment is a very nice and attractive number, but that unemployment number doesn’t show what’s under the surface. There’s a tremendous amount of underemployment, people (overqualified) for the positions they’re in,” said Taylor.

Kyrillos has spent a majority of his career in the Senate with a political background of 30 years. During his time, Kyrillos oversaw the Majority Conference and a committee on economic evolution. He also originally funded the NJ Business Employment Incentive Program and founded state’s

Business Action Center and “Jobs 4 Jersey” program producing thousands of private-sector jobs.

“The goal of the Public Servant-in-Residence program is to introduce students to leaders in public service and to assist students in examining important public issues. The University has a public mission and it is programs like this one that connects the students to the world outside while being a valuable resource for the community,” said Paul Dement, the University’s Director of Government and Community Relations who helped organize the event.

The final Public-Servant-In-Residence Panel will focus on ocean environmental issues, and take place in Wilson Auditorium on Friday, April 5.



PHOTO COURTESY of Anthony DePrimo  
Audience members inquire about the future of New Jersey's economy, jobs, and pension reform.



# THE OUTLOOK

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# Staff Discusses Freedom of Press

## EDITORIAL STAFF

The current political administration has targeted various media outlets, claiming that they are “the enemy of the people.” One example came on Feb. 20, when President Donald Trump tweeted, “*The New York Times* reporting is false. They are a true ENEMY OF THE PEOPLE!”

*New York Times* publisher A.G. Sulzberger deemed this statement as inaccurate and dangerous. Sulzberger admits that pasts presidents have complained about the media coverage of their administration, but always defended free speech.

“I certainly feel that journalists are the guardians of the people, especially because they have always been the gatekeepers to pertinent information,” another editor said. “Though the media has been targeted in recent years, journalists still have an ethical responsibility to report to the public on important issues.”

The President of the United States is only one individual who has stated that the press is the enemy.

However, he seems to lash out at the journalists that do not support his political views. What about the journalists who agree with his thoughts and actions? How can he say that

this stigma that journalists are out to get them or expose them. This fear of an ulterior motive is not completely unsound. The journalist could misquote this source, contextualize what they say, and perhaps even make it ‘clickbait’ worthy. We have to remember the stakeholders of a story; who can gain or lose from this?” said an editor.

During their latest in person meeting, Sulzberger warned Trump that his comments about the media are giving other global leaders the license to crack down on their media. Editors also agreed that freedom of speech and freedom of the press are not afforded to journalists internationally. They are com-

President Donald Trump tweeted, “*The New York Times* reporting is false. They are a true ENEMY OF THE PEOPLE!”

Freedom of speech and freedom of the press are included in the First Amendment of the Constitution. The editorial staff of *The Outlook* discusses our views on what roles journalists play for the people. Are journalists the enemy or are they a type of ‘guardian’ of the people?

Most of the editors agreed that journalists have a duty to provide accurate and important information to the people, but that they are not responsible for guarding or protecting the people from the events of the world. The role of journalists and the media is to report on the events and information that is around them. Their job is not to produce rumors, or harbor information from the public.

“I firmly believe that the credible journalists provide essential information to the public, but they don’t ‘guard’ them. Ultimately, it’s up to the people to decide what information they are exposed to and how they are ‘guarded,’” said an editor.

However, some editors did feel that when journalists provide information to the people they are in fact acting as their guardians, looking out for the good of the many.

some are the enemy while some are friends? Many editors of *The Outlook* agreed with this sentiment.

“If they are covered in a negative light, they will disagree, but if there is a positive story about them then they will agree. Nobody wants to see themselves publicly shed in a bad light,” an editor said.

“The administration likes to bog down journalism so they can downplay the bad press they receive. While journalists are simply reporting the news, the administration has suffered from so many bad publications that they feel the press is against them,” said another editor.

In another tweet, Trump said, “The Fake News Media in our Country is the real Opposition Party. It is truly the Enemy of the People! We must bring honesty back to journalism and reporting!”

The editors acknowledge that there are sources of false information out there. With the internet at everyone’s fingertips, anyone can make an account and post what they believe to be news.

“A lot of people today have

modities not offered by many governments and nation-states. Nonetheless, journalists are doing their jobs. “The freedom of speech isn’t even practiced in many countries, and people risk their lives to report the truth to the masses,” said another editor.

“We live in an era where authoritarian rule is becoming increasingly prevalent and silencing the media, or owning them, centralizes power,” said an editor.

“Though rhetoric in the U.S. reverberates on a global scale, other countries have tried to silence the press when they have given platforms to marginalized groups,” said one editor. “For example, a recent purge of queer people in Chechnya received little to no coverage in Russia, but personal accounts and certain statistics made their way to news outlets in the United States,” continued the editor.

Monmouth University views *The Outlook* as an ally, not as an enemy. Our paper is a resource for the people of the University and of the community.

“Journalists cannot be silenced no matter how many powerful figures may try to do so,” said an editor.

## HOW TO SUBMIT ARTICLES OR LETTERS:

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

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

All copy must include the author’s full name and contact information. *The Outlook* accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in *The Outlook* do not necessarily reflect the views of Monmouth University or *The Outlook*.

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# Graduate School

ELISSA SCANO  
STAFF WRITER

To go to grad school after graduating or to take a year off after graduating? I think that is a question that most college graduates interested in continuing their education come across. I have done my fair share of research because, I myself, have this question.

I am graduating from Monmouth in May with a degree in Communication. I have applied to jobs in Public Relations, Marketing, Advertising, and Social Media. None of which I am particularly interested in or look forward to pursuing. I think this is where I faced a crossroad. I had to ask myself what I want to do for a living. What am I passionate about and what career path will suit my lifestyle in the long run?

I realized that helping people was a fluent theme in my conversations with ones close to me when trying to figure out what profession I would pursue. I had considered becoming a lawyer with a Communication degree, following my father's footsteps. I thought that would be the simple fix to my dilemma. I could help people and make money at the same time.

After some thought, I realized that I wasn't in love with the law. I had gotten a lot of feedback about taking a gap year and saving money before going back to school. People also preached to me about the commitment law school requires and to make sure it was definitely what I wanted to do. For this option, I highly considered a gap year. For those of you who are looking at continuing education and are not sure if it is definitely the

career you want, take the gap year. I figured out law school wasn't my thing, but that I still had a strong desire to help people. I decided on pursuing a Masters in Social Work. After making this decision, I sought advice on taking a gap year once again. One of my professors said, "I always advise a year off to get some work experience." On the other hand, one of my mentors said to me, "if you feel like you want to go straight out of your undergrad, then keep the ball rolling. You don't want to lose that fire," and that really stuck for me.

For people in this same dilemma, give yourself some time to see what exactly you want to commit to. For me, that's what determined if I was going to take time off or go immediately into graduate school. Everyone is going to have a different idea of what you should do. Many people told me to use my degree before accruing more debt. Others told me if I was going to go to law school then I should jump in as soon as possible. But what I realized from all of this chatter was that no one could tell me which way was the right way. There is no right or wrong way.

Picture your life in ten years and list what your priorities are. I knew by becoming a social worker I could accomplish those goals easier and decided that this was going to be the path I pursued. Personally, there was no reason strong enough to take a year off; for you, there may be. There is no one way to do this.

We all have to figure out our paths on our own so take some time to tune into what you want for yourself because you're the only one with the answer.

# Reading Opens the Mind to New Ideas

SCHARINA BENCOSME  
CONTRIBUTING WRITER

I should start with the elephant in the room and admit that it is quite cliché and obvious that I, an English major would of course have a passionate adoration for reading. However, such was not that way always; I was not born appreciating Shakespearean tragedies and with the extensive bookshelf I have now. In fact, like most (if not all) the young adults I know now, I used to despise books and the idea of reading anything longer than nutrition facts was a dreaded punishment.

For the benefit of being thorough, I should mention that English is not my first language. Spanish is. So it all began back when I adamantly sought to absorb the English language and not give the other kids of my class the opportunity to bully me on my lack of proficiency. I felt responsible to learn it, and I took it upon myself to watch all seasons of *Friends*, *Game of Thrones*, *Skins*, *Sherlock*, *Doctor Who* and movies like *Twilight* and *The Hunger Games* over and over again until I could recite dialogue. I came across a printed, book version of *Game of Thrones* (*A Song of Ice and Fire*) and made it my mission to finish all published books, and continue with the *Hunger Games*, and found a different form of entertainment I hadn't really known until then.

It became quite the simplest way to find myself in someone else's shoes, and have it be therapeutic. For reading is not simply to absorb as much knowledge and big words as possible, but to broaden your perspective, imagination, and in comparison, quite similar to binge

watching Netflix.

Holding reading as a hobby was dear to me, and I did not think it important in any way to make it a career. Hence why I was first a biology major. Though I do not regret it, and science is still quite an interesting subject to me, it allowed me to understand my true passion, my dreams of a career, and how reading not only taught me the English language, thematic values and how to grasp knowledge but the importance of following my interests.

There is difficulty in picking up the habit to read, being consistent and making time for it in the busy schedules of college students. Which is why I recommend those

who can't fathom to read for entertainment with little free time to read literary works like *Milk and Honey*, *The Chaos of Longing*, *No Matter the Wreckage, This is How You Lose Her*, *Get in Trouble: Stories* and even comics! Reading should be relaxing from the strenuous reading students do on a daily basis, a break from reality and relaxing entertainment.

One must truly want to progress mentally and physically in order to feel motivated and inspired to pick up hobbies like the gym, yoga, and reading. I believe there is a certain driving ability all college students possess to motivate them academically, and I think said drive can motivate anyone to read.



PHOTO TAKEN by Caroline Mattise

Reading broadens your perspective and awareness of the world.

# Getting Your News from Various Sources

SAL LAGROTTERIA  
CONTRIBUTING WRITER

Technology. Technology has changed the way we communicate, listen to music, and most importantly, look at news.

In recent years, technology has increased our exposure to news from an online source via our computers or our smartphones. A website online, journalism.org, gives multiple statistics on how Americans are receiving their information in this current era.

Just about four in ten Americans get their news from an online source, which doesn't seem to be surprising and is also something that we can only definitely relate to as we navigate our busy lives.

I currently get most of my news from news app updates that I receive via *Apple News* on my iPhone. It's rare, if ever, that I turn on the TV to get updated on the news when I'd rather go on my computer and take a look at what's trending around the world or even searching something that I have an interest in i.e. the latest new tech.

I grew up in a large Republican household, so the network I look at for most of my news is *Fox News*. With *Apple News*, I'm able to save certain article interests that I like and follow them so I can constantly be updated on what's happening everywhere at any time.

On my phone, some of the networks I follow are *Today*, *Evening Digest*, *Apple News Spotlight*, *Smartphones*, *Buzzfeed News*, *Politics*, *Health*, and *Science*.

With the large advancement in technology, I have found it to be easier to favorite or like or star different interests that I enjoy rather than waiting for them to be discussed on the news.

I have also found with verbal communication, that you'll sometimes catch what happens in the news just by word of mouth as often times most young adults and adolescents will receive their news from social media.

Aside from news networks, I also get a lot of my news from social media sites such as Facebook, Instagram, and Twitter. If I want to see news on something that just occurred, I'll venture to Twitter first before I go to Instagram or Facebook. My sister is a junior in high school and I've noticed that a lot of her friends, including herself, get their news from Snapchat by watching those news update videos when you swipe to the right.

With the coming of 5G Internet, having the news on our phones, tablets and computers is something that will "always be," but the future is a different story and where we are going from here.

With politics becoming more and more important to the younger generation, having news integrated into social apps in a more unique way, such as Twitter, will be better for those who don't want to sit in front of the TV waiting for change.

So, in reality, we have more places to find news than we know what to deal with. All it takes is a simple search, a click, and you're there.

# Importance of College GPAs

BROOKE WALKER  
CONTRIBUTING WRITER

Grade Point Average.

For some, it may mean nothing but a number, but as for myself, Grade Point Average is a reflection of not only how hard college students work at earning his or her grades, but can act as a catalyst to motivate students to achieve an even higher GPA than they did the previous semester. At the end of the day, my GPA gives me a sense of pride, and to strive to always put my best foot forward. Whether you think so or not, your GPA absolutely matters!

Let's be honest, maintaining a high GPA in college can be rather difficult at times. College is certainly no cakewalk. Between juggling extracurricular activities, working what feels like those seven grueling hours of pain as a

college student, along with keeping up with grades can be quite the challenge, especially if you find yourself struggling with time management, something I feel, can be fixed with a little bit of prioritizing.

If college students neglect to keep up with their GPA, they may not necessarily be guaranteed a spot in the college they've been dreaming of attending since high school, or qualify for those helpful scholarships that can be put towards pricey college tuition depending on where one applies. And, truth be told, students may view each other a little differently seeing what kind of effort, if any at all, that he or she puts toward their studies. When you take care of your GPA, your GPA will take care of you!

Earning a high GPA not only allows students the opportunity

to earn a rightful spot on the Dean's List, but a chance to join different clubs, or organizations they may be interested in that could possibly lead them to newfound friendships that last a lifetime, or discovering a passion they never knew they had within.

Not only are they truly rewarding, but it ultimately makes you feel great about yourself. Something, I believe, every college student should feel all the time! Hard work always gets recognized, and for that, college students need to give themselves a little more credit for all the challenges they have proved to themselves they can conquer when they may have thought otherwise.

To me, maintaining a good GPA is so critically important in college because it allow doors to be opened that would otherwise remain potentially closed. When a student is recognized as a hard worker, and demonstrates that they are able to handle getting involved in college all while taking four, five, maybe even six classes at once, students should highly commend themselves.

If, at the end of the semester when all grades are finalized and calculated into your GPA and you feel a sense of dissatisfaction with it, don't throw in the towel. Discouragement will always hold one back. You have more than likely heard the saying from a parent or professor, "There is always room for improvement," which is incredibly true. Whether college students realize it or not, they improve every single day, even in the smallest of ways. This is growth. And with growth not only comes better grades and a higher GPA, but an even better you.

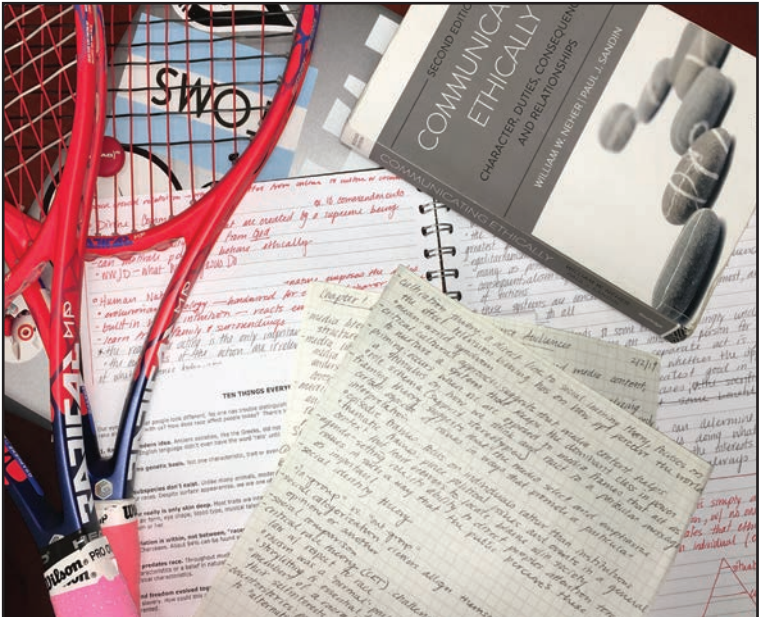


PHOTO TAKEN by Caroline Mattise

GPAs are an accurate representation of a student's success and push them to work harder in life.



# Powerful Podcasts

ELISSA SCANO  
STAFF WRITER

Music has always been my go to when I get in the car to drive. When I got home and plopped in my bed, the television was always what I put on.

I was never a person to read in my free time or pick up a newspaper so the only place I was ever really learning was at school. But my whole world changed when I was introduced to podcasts.

Podcasts are the greatest thing ever invented. I had to take Online Journalism over the summer and I absolutely hated podcasts because I was terrible at making them. Once I started listening to them, the class actually gave me respect for the people who are good at them. The podcast I am going to focus on throughout this piece is Joe Rogan's.

If you have not listened to Joe Rogan's podcast then you should be suffering from a severe case of FOMO. I know what you're thinking for those of you who don't listen to podcasts, "That sounds boring. I don't want to listen to someone talk for two hours. I have better things to do." I know that because that's how I felt until I gave it a chance. Joe Rogan's podcast changed my mind and I know it will definitely change yours too.

You can find his podcasts on YouTube if you're someone who wants to see the interaction. If you're someone who cares a little less about watching it, then you can use the Podcast app which will provide you with each available episode. When you first start watching/listening, in order to really get the full experience, you have to pick your episode wisely. He has all different people on his show so each episode appeals to different audiences. They talk

about a wide range of topics going from social psychology to UFC fights to politics. Rogan has had Dr. Phil come on, Mike Tyson, Travis Barker, Elon Musk. He doesn't discriminate against who he has on the show at all. Rogan exposes himself to people who have opinions that differ from his own and he demonstrates pure critical thinking.

The more I listen, the less I care about who's on the show. It has all become a learning experience for me. I really like his podcast because it's an opportunity to absorb information in an effortless manner. I throw his podcast on in the car every day on my way to school and I get the chance to

be introduced to so many new things and in turn, I learn more about myself. I find out what I'm interested, I become exposed to current and universal issues, I get introduced to new public figures. It's a good way to broaden horizons and open your mind.

Listening to podcasts has almost become a form of meditation for me. I turn it on and I tune into it and for that time period I get to escape from my own reality. I really think that everyone should give podcasts a chance and if it's not Rogan's that interests you, then there are a million different ones to choose from. Who knows, you might even want to start one yourself!



PHOTO TAKEN by Caroline Mattise

Podcasts are a new form of entertainment and offer a wide range of topics.

# Baseball is the Best Season

AMANDA BALESTRIERI  
CONTRIBUTING WRITER

With a little less than three weeks until Opening Day 2019 and MLB Spring Training officially underway, the 2019 season is just around the corner.

We waited long enough for the signing of top free agent Bryce Harper, who just signed with the Philadelphia Phillies on a record breaking 13yr contract for \$330 million. At just 26 years old, Harper is considered to be a rare commodity as he was not only elected free agency but is just one of the three sluggers to acquire a \$300 million contract.

Not far off is Manny Machado who is off to the San Diego Padres on a 10yr, \$300 million deal. After waiting as long as we did for those two to sign, I think we can wait another three weeks for the season to start.

I think we can all agree that it is fun to root for a team. With Monmouth's Basketball season coming to an impressive end, baseball is a nice spot to pick up. With all of the new acquisitions during this off season, every team has something to root for.

Whether it is the star closer of the New York Mets, Edwin Diaz, or J.T Realmuto, the star catcher now on the Philadelphia Phillies.

Rooting for a team definitely brings people together but at the same time, we all love a good competition. Everyone

has an inner competitive side to them, and watching baseball really brings that out.

Going to a game in person can be such an amazing experience. Both the Mets and Yankees stadiums are less than two hours away from campus and tickets are as cheap as \$10 depending on where your seat is. It is definitely a fun and cost-effective night out.

For some reason, everything tastes better at a baseball stadium. Whether it's an ordinary hot dog or plain vanilla ice cream, eating it in the stadium environment changes everything.

Thankfully, baseball season lasts from March all the way until October. With games on every day, it is unlike a TV series where you have to wait the following week for the next episode. One game ends and the next game begins. Baseball is definitely a demanding and committing sport if you want to follow all of the games. But, the reward is definitely worth it!

There are some moments in baseball that make you feel like you are a part of the team. I truly do not think any other sport could make you feel the same way. When a team hits a walk off and everyone rallies around the plate, it is as if you are right there experiencing it with the team. Nevertheless, the feeling of a grand slam is almost as if you hit it yourself.

Baseball is one of those sports that evokes emotion not only between us, but in

the players themselves too. I do not think we will ever forget Wilmer Flores, who was recently traded to the Arizona Diamondbacks, crying at second base in 2015 when he thought he was being traded.

The start of baseball season automatically means the start of Spring. Being only a mile from the beach, I think this is something that we all, as Monmouth students, look forward to. There are only two seasons. Winter and baseball season.

Baseball season has always represented America. From the songs to the feeling of a united country, it is truly an amazing sport to be a part of! There are not many sports that can say that they have a designated song. "Take me out to the ballgame" will always hold a special place in the hearts of baseball fans.

Not many sports have fireworks shows – luckily, baseball does! What is more beautiful than watching fireworks at the baseball field?

While coming to an end, some honorable mentions as for why baseball season remains the best season are bat flips, double plays, the walk-up music, and the sound of the ball hitting the bat.

Baseball is more than just a game, it is a way of life. No matter what team you root for, baseball is a great way to bond with friends and spice up your spring, summer and fall seasons. Best of luck to all thirty teams!

# Hard Work or Luck?

SAMANTHA RIVAS  
STAFF WRITER

It is no secret that success is a driving force for a lot of people all over the world. It's what people aim for, whether it be reaching a career goal, achieving financial stability or finding happiness in your everyday life.

However you define success, I can't think of one person on this Earth who doesn't want to achieve it in one way or another. How we come about this success is the topic for a great debate, so it is here that I pose the question to you. In finding success, should we place more value in luck or hard work?

Now there are two sides to this debate and I am fully willing to recognize that. Hard work can be seen as how much you put into something which in turn determines how much you get out of it. Luck is determined by what you stumble across to help you out along the way. However, I feel like hard work seems to make the most sense when answering this question.

Let me explain.

The idea of luck is nice, but is it truly a reliable approach? Think about it. How many success stories are there in the world? You have Walt Disney, Steve Jobs and many others who found success throughout history. While luck did help some of them out a bit, it was never a determining factor in their overall success. It was their hard work that pushed them forward. Their determination to never give up on their end goals.

Take J.K. Rowling for example, as the creator of the *Harry Potter* series that we all know and love, she has found a lot of success in her life. From authoring the books to contributing to

the production of the eight movies in the franchise, this woman is a prime example of what success looks like.

But it wasn't always this way for her. Rowling was rejected by a whopping twelve publishers before her proposal for the first *Harry Potter* book was accepted. Many other famous authors, such as Stephen King and Sylvia Plath, were also rejected multiple times before finding their success. The common factor they all share is their willingness to put in the hard work and find that one yes in the sea of no's. It never had anything to do with luck.

People don't get to where they are in life simply because things fall into their laps. There are many things that start with the concept of luck, but they don't have the chance to grow into something more unless the work is put into it. Finding a job opportunity is luck, but securing the position is hard work. Meeting someone you connect with is luck, but turning that into a successful relationship is hard work. Luck can be a piece of the puzzle, but most of the picture is put together through the work.

As much as we all wish success was something that came easy, it doesn't. You have to be able to buckle down and work towards anything you want. Right now as a college student, my idea of success is getting my degree.

But passing an exam or getting an 'A' on a paper isn't based on luck. I have to go in with a determined mindset and give it everything I've got in order to succeed. Look at success however you'd like, but just know you can't achieve it without that work ethic.

# Learn to Just Breathe

RILEY BRAGER  
STAFF WRITER

Just breathe. No really take a big, deep breathe.

We often forget, though so simple, that breathing is a necessity in resetting our minds. While air is vital for survival, it also has many health benefits for the mind. On days that may seem impossible to make it through, slow down and take deep breaths.

In a society that is constantly on the go, it is important to take moments to slow down, and reset the mind. According to the article, *The Health Benefits of Deep Breathing* it states many health benefits to taking a deep breath. For example, the article states that breathing calms the nervous system allowing the body to be in a relaxed state.

On days where you feel like you have never-ending school work or obligations, it is important to take a deep breath. While, college can be very stressful both physically and mentally, breathing allows us to relieve some stress, anxiety, and even depression. Taking deep breaths relaxes the mind and helps us to increase our attention and memory, ultimately making you time in the classroom more valuable.

Being a student athlete, I have found deep breathing to be vital to my sanity. On some days, I feel like screaming because I am so overwhelmed. As the to-do list starts building in my mind, I start to feel more and more anxious. However, being a senior I have learned different methods such as, deep breathing and

meditation to help relax my mind. With one deep breathe I can start to focus on each task separately instead of looking at the big picture. On some days, our mind is our worst enemy.

We stress about the little things, making us feel very overwhelmed, this is all the joy of growing up. However, it is how we learn how to deal with some emotions that can either define us or make us stronger and more prepared for the real world.

Deep breathing and mediation is becoming more common in our society as a way to deal with stress. At Monmouth University, many professors are including mediation and deep breathing into their classroom routine.

This allows the students to reset themselves and have a very productive classroom setting. School is one of the main reasons students are stressed so, by incorporating breathing into the classroom relieves some of the tension that may be going on with the students.

You are not alone in any feelings you may be having. If you are stressed, overwhelmed, anxious, whatever it may be your fellow peers are having very similar feelings.


However, there are methods and techniques to help relieve some of the mental stress. College can be hard and exhausting but if we can all remember to take time to reset our minds, it will help us in the end.

The next time you are feeling overwhelmed, stop, take a moment, and take a deep breathe. Be good to your body and mind because it's the only one you'll get.



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W/ RESURREXTION

MAR 29

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W/ BUTCH RALPH

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VENDETTA ROSE

W/ THE FLUKES // DRESS CODE

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PARLOR MOB

W/ THE COLD SEAS

APR 6

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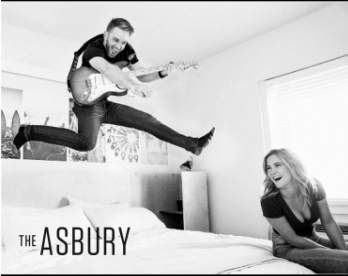
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**All Students  
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PHI ETA SIGMA INDUCTS NEW SCHOLARS

ERICA BARBARA  
CONTRIBUTING WRITER

In a night celebrating the scholastic excellence of the 2019 freshman class, the Monmouth University Phi Eta Sigma chapter conducted its annual induction ceremony on the first Friday of March at 7:00 PM.

With Pollak Theater setting the stage, the Phi Eta Sigma honors society for first-year students inducted its newly-recognized academics dutifully, celebrating not only the importance of academic achievement but stressing the importance of admirable character and soundness of body and mind.

Out of the approximate 1,025 members of the University's graduating class of 2022, 416 qualified for honors by Phi Eta Sigma by achieving a 3.5 grade point average or higher in their first semester.

Founded at the University of Illinois in 1923, Phi Eta Sigma has established over 378 higher learning institutions around the United States, and Monmouth University's chapter is the 272nd

chapter circa. 1987.

The Society began as a freshmanmen's honorary fraternity, where there was a secret password used, a formal handshake, and club-exclusive meetings. In 1974, Phi Eta Sigma became non-gender-specific and opened the induction ceremony to non-members.

There are over 1.1 million lifetime members of Phi Eta Sigma

Entering Pollak Theater on induction night, standing out were a panel onstage of six seats, a podium with a beautiful floral arrangement before it, and, showcased on the back wall, a vivid image of the Phi Eta Sigma crest.

In a striking gold and black color, the Crest symbolizes nobility, higher development, and intelligence in its imagery, including a torch and a book, a pyramid, a gold star, and a key. In Greek, the phrase "Knowledge is Power" adorns a scroll on the Crest.

At the helm of the ceremony speeches were internationally-accomplished faculty advisor Golam Mathbor, Ph.D., and representatives from Phi Eta Sigma's executive board: Historian Jess Romanik, Secre-

tary Arbaz Khan, and Treasurer Jeremy Eletto.

"Phi Eta Sigma, into which you are about to be inducted, emphasizes those personal qualities which are essential to a successful and happy life..." Mathbor addressed the first-year candidates, "The person who succeeds must possess three important qualities: vigor and discipline of mind, care, and respect for the body, and, above all, nobility and generosity of character."

Nancy Mezey, Ph.D., Dean of the Honors School as well as a full professor of Sociology, and Professor William Gorman, from the Department of History and Anthropology, were key speakers alongside the society's executive board. They provided their valuable insight into both academic and personal spheres to encourage the incoming Phi Eta Sigma members to cultivate their best selves as they move through their lives.

Mathbor and the executive board members lead the inductees through the affirmation of honorable qualities for their future lives, to which they collectively responded: "I will". It was a powerful mo-

ment, followed by the official welcoming to the Society, and the awarding of certificates to the individual new members by name.

Visibly proud, Mathbor concluded the ceremony by sharing his appreciation for the faculty, parents, and students with his Vote of Thanks.

"A leader to me is a person who can outstandingly influence others," Mathbor expressed to the audience. "This influence is about competency and character...remember, your character is your destiny."

Mathbor continued, "Citizens of competence and character are the greatest gifts of mankind. You have already demonstrated your leadership qualities...Hopefully, you will continue maintaining this academic excellence in your future career here at Monmouth and beyond."

Following the ceremony, faculty, students, and their families in attendance gathered in the lobby for refreshments.

"Getting off to a good start sets the bar for your academic career," PES Treasurer Eletto spoke on the importance of

Phi Eta Sigma, "this Society is a means for success."

PES Historian Romanik, now a sophomore, looked back on the impact on her own progress, "Attending the event as a freshman encouraged me to be more active in the Society and at the University on a whole."

When asked about the impact of Phi Eta Sigma, newly-inducted members AJ Benfante and Nathan Heisey commented:

"It is a great head start to your academic career as a first-year student," Benfante said, "and provides personal motivation for the future."

"It really is a valuable learning experience," Heisey added, "and it also looks very good for your resume, and for future employers to see that you worked hard."

Inductee Leah Frain also expressed her appreciation for the Society: "An academic community like this is really important for like-minded students to meet."

Frain concluded, "It is incredibly helpful for freshmen to realize that their hard work is appreciated by Monmouth, and by Phi Eta Sigma."

The Debate Team Competes in Georgia

NICHOLAS COSCARELLI  
SENIOR/NEWS/POLITICS EDITOR

Eighteen MU debaters competed at the American Debate Association National Championship last weekend, March 8-10 at the University of Georgia in Athens, GA.

The tournament included approximately 170 debaters from over 20 Universities including Emory University, University of Michigan, Indiana University, University of Minnesota, Northwestern University, Wake Forest University, George Mason University, and Michigan State University to name some.

"It's great for our University and students to compete at the National Championship Tournament," said Joseph Patten, Ph.D., advisor to the Debate Team and an associate professor of political science. "Our debaters are hard-working, gritty, resilient, and some of the best people I know."

This year the debate team also competed at tournaments

at the West Point Military Academy, New York University, Suny-Binghamton, and the New School. MU took first place at the tournament at New York University in November. MU debaters also run the debate team at Asbury Park High School and coached the Asbury team through five tournaments affiliated with the Urban Debate League this year, including a tournament at Harvard last month.

This weekend, MU had nine teams of two students compete at the tournament. In the experienced division, the team of senior Gregory Harpe (co-captain) and senior Kaitlin Allsopp (co-captain) and the team of Landon Myers (co-captain) and Alexis Vasquez scored some victories against very tough competition. Monmouth also had seven teams of two compete in the novice division including: Julia Bialy and Maddie Doe; Matthew Gruhler and Jon Suttle; Annie Francisquini and Chyna Walker; Esther Wellman and Liam Crowley; Michael McGuigan and Michael

Scognomillo; Ziah Rowe and William Siefert; and Ryan Cohen and Christina Balacco. MU debate alum James Hawk and Ryan Kelly helped coach and judge at the tournament.

We will also deeply miss our graduating seniors Gregory Harpe (16 debate tournaments), Kaitlin Allsopp (14 debate tournaments), Landon Myers (11 debate tournaments), and Michael McGuigan (6 debate tournaments). Greg and Kaitlin also coached the Asbury Park debate team for three years.

The topic for this year's debate was Resolved: The United States Federal Government should substantially increase statutory and/or judicial restrictions on the executive power of the President of the United States in one or more of the following areas: authority to conduct first-use nuclear strikes; congressionally delegated trade power; exit from congressional-executive agreements and Article II treaties; judicial deference to all or nearly all federal administrative agency interpretations of statutes and/or regulations; the bulk incidental collection of all or nearly all foreign intelligence information on United States persons without a warrant.

On the affirmative side of the debate some of the MU teams advocated for a "No First Use" nuclear policy, which is a U.S. pledge to only use nuclear weapons in a retaliatory fashion.

Please contact political science professor Joesph Patten, Ph.D. if you are interested in learning more about our debate team. No debate experience is necessary. All you need is an interest in working with fun and interesting people and be fun to travel with on weekend tournaments.



The Debate Team posing for a picture after competing in Athens, GA.

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!



# Steel Magnolias

## Steals the Show at Monmouth

ERICA BARBARA  
STAFF WRITER

Highlighting the interconnected lives of southern women as ‘as delicate as magnolias but as tough as steel,’ the University’s Department of Music and Theatre proudly presents Robert Harling’s touching 1987 dramatic comedy, *Steel Magnolias*, directed by Dr. John Burke.

Using the intimate Lauren K. Woods Theatre as its setting, this production of *Steel Magnolias* is deeply emotional, with an eye-catching set and a cast of intensely dedicated players.

According to the official University page for the 2019 spring production, *Steel Magnolias* “follows six Louisiana women as

they gather in their small-town beauty parlor to gossip, complain, and share the joys and sorrows they face in their lives. Despite differences in age, backgrounds, and attitudes, their camaraderie and sense of humor help them grow through both good and bad times.”

The show opens on the preparations of the wedding of Shelby Eatenton-Latcherie, played by London Jones in the fictional northwestern Louisiana parish of Chinquapin.

Shelby is the daughter of driven career-woman M’Lynn Eatenton, played by Samantha Truglio, and her wedding is occurring later in the day.

They visit successful business owner Truvy Jones’, portrayed by Erin Clemente, in-home beauty parlor, which

becomes the regular meeting spot for the subsequent cast of characters.

The play covers the span of occurrences over the next three years with Shelby’s Type 1 diabetes.

Highlighted are Shelby’s controversial decision regarding having a child, Clairee Belcher and her friendship with the ‘curmudgeon’ Ouiser Boudreaux, the personal and spiritual transformation of Annelle Dupuy-Desoto, and Truvy’s overarching relationships with men in her family.

Each actor in *Steel Magnolias* lent a beautiful and developed progression in the way their characters interacted with each other, dealing with distinctive yet united life struggles.

Jones handled the role



PHOTO TAKEN by Samantha Truglio

Many audience members grabbed a drink and enjoyed the University’s production of *Steel Magnolias*.

of Shelby with grace and expertise, capturing the gentle nature of the character through a condition that can prove to be world-shattering.

Truglio dutifully took the highs and lows of mother M’Lynn, impactfully conveying her heartbreaking arc of emotion.

The actress embraced her role, which moved the audience.

Clemente provided a wonderful foundation to the play as Truvy, lending much joy, gossip, and ultimate support at the helm of her salon.

Being that the show’s characters required a certain Southern twang, each member of the cast truly developed their speech styles to fit the role; each accent was consistent and convincing.

The set was immersive, conveying the distinct feeling of the late 1980’s fully.

With its vintage black-and-white checkerboard flooring, real salon equipment, and tiny personal details (like newspapers, bouquets of flowers, and mannequin heads with permed wigs atop), the set thrust an audience member directly into the group of women.

As the actors got their hair done onstage, one could almost imagine themselves being called next to the styling chairs.

The poignancy of the material was conveyed with seriousness, but the comedic moments were thoroughly effective, providing a true and realistic balance.

Monmouth’s *Steel Magnolias* ran from March 6 to 10 and March 12 to 14, lending audiences a real-life view of friendships, losses, and new beginnings through a cast of admirable and complex female characters.



PHOTO TAKEN by Samantha Truglio

The cast of *Steel Magnolias* put on a great show for all those who attended. From the set design to the acting, all of those who participated in the production made everyone’s wigs fall off.

# The Jonas Brothers Are Back

## But are we a “Sucker” for Reunions?

DANIELLE McCLELLAND  
STAFF WRITER

When I was nine years old, I walked hand in hand with my dad as I went to see the Jonas Brothers in concert.

It was one of the best nights of my life. There I was, in a venue packed to capacity with young elementary aged girls (and possibly a few boys who would dare to admit it) who also loved the dark haired boys who sang about futuristic themes.

Even my dad was having a ball.

As a full-grown woman, you would assume that these passionate feelings about the Jonas Brothers have subsided.

I wish I could say you were right, but I still teared up when I saw the Jonas Brother’s make an appearance on *The Late Late Show with James Corden* for a carpool karaoke.

With their new single “Sucker” that just hit number one on the Billboard Hot 100, it seems that the Jonas Brothers are making a comeback.

And so are the hidden posters kept in dusty attics that younger girls gawked at when they were nine.

The Jonas Brothers have a stable fan base, given the individual music experimentation done by younger brothers Nick and Joe.

Nick Jonas’s solo success in the pop charts includes “Jealous,” which stayed on the Billboard Pop Chart for 28 consecutive weeks in 2014, followed by collaborations with Tove Lo and Nicki Minaj.

Joe Jonas took center stage again as the front man of DNCE, releasing “Cake by the Ocean” in late 2015, which peaked at number 9 on the Billboard Pop Chart.

Reunions give the artist or group a slight advantage, especially if the group was successful in the past because they already have a fan base that will give their new music a chance.

Bands such as The Backstreet Boys have made successful comebacks to the music scene, with “Don’t Go Breaking My Heart” debuting at number 32 on the Billboard Pop Chart.

Samantha Rivas, a senior communication student, believes that the Jonas Brothers will have no problem coming back to pop music.

“I think if the group or individual is loved enough, then yes, they can be successful. I think from the Jonas Brothers’ standpoint; they’re building on anticipation and childhood memories so their comeback is going to sky rocket,” said Rivas.

This begs the question: are reunions always for the best?

Bands such as Guns ‘n Roses (GnR), which had an immense

amount of conflict within the group, have reunited within the past three years.

A lot of people went to their shows just to see the chaos of it all.

Joe Rapolla, Chair of the Music and Theatre Department, believes that bands such as GnR possess a shock factor that is good for touring.

“There’s a bit of a novelty characteristic to some bands. Going to see them is sometimes more for the novelty of the experience rather than the serious artistry of it. But entertainment is entertainment,” stated Rapolla.

Groups like this can bring a lot of profit from touring and attending musical events simply because of their name.

GnR was able to hold the title of the second highest grossing concert tour of all time in 2016 with their *Not In This Lifetime Tour*, which lasted

until 2018, grossing over \$500 million.

Not bad for a band that technically broke up in 1996!

“Bands like GnR know that the only possible way for them to make money is by touring. And some of them haven’t had too much success outside of the band unit. So if they want to capitalize on their early success, it may be in their best interest to try to keep it together for the benefit of a tour,” Rapolla concluded.

Musical experimentation is also a key factor. With “Don’t Go Breaking My Heart,” The Backstreet Boys played it safe and stuck to their boyband sound with a vocally strong chorus, the formula that we are all aware of.

Artists like Britney Spears will often update their older music with new instrumentals behind songs.

With “Sucker,” it seems that the Jonas Brothers are mixing the musical

stylings of Nick and Joe’s solo musical endeavors together to form a modern version of what they have dabbled in before.

So is it possible that the Jonas Brothers will tour?

It seems to be looking that way, given the widespread success of their first single released since 2013.

Samantha Losurdo, a junior communication student, was excited to hear the news of a Jonas Brothers comeback.

“I think the Jonas Brothers making a comeback is fantastic! It’s such a great thing and makes me feel so happy to see a group I grew up with coming back,” said Losurdo.

“Sucker” currently has over 63 million plays on YouTube.

It seems I’m not the only one who is a “Sucker” for them.

IMAGE TAKEN FROM Stylecaster





# Mike Quon: The Art of a Designer

**KATHERINE RIVERA**  
CONTRIBUTING WRITER

Bright, vibrant, unique and exciting are all of the words used to describe the style that Mike Quon paints, draws and creates.

The art exhibit, *The Art of a Designer*, that featured the works of Quon held its closing reception last Sunday, March 10.

The artist, Mike Quon, has been around the influence of art since a very early age.

Quon's father was an animator and director at Walt Disney, who worked on a number of famous animated movies.

Quon said, "My environment was filled with magic markers, pastels, watercolor paints and more. As a master painter, [my father] was a big influence on me. I remember drawing from around the age of five or six."

Born and raised in California, Quon attended UCLA where he graduated with a BFA, and furthered his education at the Art

Center College in Los Angeles.

After graduating, Quon started a career as an art director at J. Walter Thompson and Young and Rubicam. Now, Quon lives in the New York City area.

His pieces have been in galleries and museums all around the world including Los Angeles, Paris, and everywhere in between.

His work is also in the Library of Congress, *The New York Times* office, the U.S. Air Force Art Collection and The New York Historical Society as part of their permanent collections.

Because of the bright and fun style of his work, Quon's art has been used in campaigns and for logos, even promoting events like the Summer Olympics.

One person attending the exhibit called his work "vibrant and interesting," and another said it's "easy to look at and fun."

Attendees were also noting how intricate the artist's paintings are up close.

Most of Quon's work is made

with acrylic paints that have a number of different strokes and techniques throughout the piece.

There are splatters, lines and texture throughout these works and they appear to be 3D with just the use of acrylic paint, like in *Times Square Rush Hour* and *Big Fan*.

Others of his works are collages and use more than one medium to create.

One example is *Surfin' Safari*, which has different papers cut out and placed on top of each other to create a scene of a car on a "road trip."

There is a piece of a large map behind the car that gives the painting a traveling feel.

Another similar example is *Sail Out to Sea*, which is a piece of a sailboat, with the sails made out of pieces of a map layered on paper and with paint to create a textured work.

Furthermore, a very unique example is *Flag Pop Art*, which was made by painting on the two opened pages of a book to create a 3D look and a unique medium to work with.

On a table as part of the exhibit, there was a layout of some models that Quon had made, as opposed to the 3D look on a page, these were actual 3D works.

There were three cameras displayed and one skyscraper, all neutral colors with splatters of bright colors on them.

We also got a look at Quon's earlier work, because on display were small doodles Quon had made dating back through the 1990s.

These give a good representation of Quon's work throughout the



PHOTO TAKEN by Katherine Rivera

Quon's work ranges from sculptures to canvases.

years and throughout his career.

The general feel of all of his work is happy, bright and created to make people feel good.

This is why a lot of Quon's work is used for campaigns and logos. All of the Quon's art catches people's attention.

This style is heavily influenced by his father's animation for children's movies; especially ones made by Disney that are full of bright colors and bold designs.

It's unique for an artist to use so many different styles, canvases and mediums to create a variety of textures and styles, which is why Quon stands out.

A lot of the artist's inspiration comes from New York City, his home, including the skyscrapers and the Statue of Liberty.

Typewriters are also a huge

theme in his pieces along with vehicles.

All of these real-life things are depicted on a large-scale using lots of colors and textures.

Regarding the variety throughout his works, Quon said, "I love working in a spontaneous, loose and bold fashion, with lots of bright colors. I especially like the freedom that painting with watercolors gives me."

The artist concluded with, "I enjoy working in black and white as well. I sketch and draw daily, and for me, work has got to be fun."

It's clear how much Quon loves what he does, which is heavily translated in the bold strokes of his work and the way people positively to it.

*The Art of a Designer* is on display through March 15.



PHOTO TAKEN from tworivertimes.com

Artist Mike Quon poses with his vibrant work.

## CRJ: Our New Drug

**MARK MARRONE**  
ENTERTAINMENT EDITOR

For those still craving a dose of bops since Carly Rae Jepsen's 2015 album *Emotion*, the Queen of Pop is ready to give us a new fix.

The Queen released two new hit singles, "No Drug Like Me" and "Now That I Found You," on Feb. 27, which has given people something to dance about.

The single with over 500,000 plays on YouTube, "Now That I Found You," is a fun song that'll make you "come alive" with its upbeat tempo right from the gate.

CRJ belts out at the chorus, "Cause there's nothing like this feeling, baby/Now that I found you," and you can't help but feel the euphoria too.

When you have that feeling of finding the one, there's no other feeling like it.

You "want it all" by being with that person at any moment you have.

Also, you "don't wanna hide [your] love," or "waste it;" you want to show it.

CRJ reminds us what it's like to fall in love and the dance party you want to throw when you have it.

The artist also reminds us of how sexy some of her songs can be.

Her other single, "No Drug Like Me," is reminiscent of her steamy deep cuts like "All That," "Warm Blood," or "Fever."

It's not so much of a throw down dance song, but more of a sway your hips and bite your lip type of tango.

Our eyebrows rise from the start when CRJ implores her lover to, "Take me to the limit, hold me down there."

From there, we hold onto the closet object in sight for balance as CRJ feels "so intoxicated."

The Queen sings in the chorus that "you ain't tried no drug like me," and she's right.

With this bop that has a touch of synth and a heavy dose of sweltering heat, you'll be hooked.

IMAGE TAKEN FROM @carlyraejepsen Twitter

## Visiting Writer Hanif Abdurraqib

**DYLAN SURMONTE**  
STAFF WRITER

Poet, essayist, and cultural critic Hanif Abdurraqib read to a jam packed audience of fans, faculty, and students in Wilson Auditorium as part of the University's *Visiting Writers Series* last Thursday, March 7.

Abdurraqib's recent works include his first full length poetry collection, *The Crown Ain't Worth Much*, from June 2016, his first collection of essays titled *They Can't Kill Us Until They Kill Us*, published in the winter of 2017, and his most recent book *Go Ahead in the Rain*, published this year, which debuted as a *New York Times* Best Seller.

However, there is always a significant difference in reading the works of a published artist versus hearing that artist read their own work to their audience, which holds true for

Abdurraqib.

Abdurraqib is not only a writer who captures his readers through his poetic and critical words on the page, but also through his powerful presence and sense of hope and inspiration for all who have the opportunity to see him in person.

While in Wilson Auditorium, he read an essay from his collection *They Can't Kill Us Until They Kill Us* titled "Defiance, Ohio is the Name of the Band," as well as a soon to be published poem titled "When Michael Jackson Walked on the Moon."

As part of the *Visiting Writers Series*, Hanif Abdurraqib also participated in an entertaining and insightful Q&A with those in attendance.

When asked by a student in the audience what initially motivated him to start writing, Abdurraqib answered: "I was a music critic and writer before I was a poet, and I grew up in a house where music was often played a lot, but not often talked about a lot."

The writer continued with, "And I've always had such an interest in what was happening narrative-wise, such as what happens when people at concerts - when several bodies are in one place, looking for the same type of release - I've been interested

in all of these lyrical, small, and different moving parts."

"So much of what I write about music," Abdurraqib went on, "is convincing myself that what I am experiencing is as magical and worthwhile as I hope it is," he finished.

Also, when asked if he likes the University's campus, Abdurraqib answered with laughter, "I do. I visited the Student Center, and I got some pizza, and I listened to the Student Activity Board's playlist, which, to be frank, I think could use some fine tuning."

Abdurraqib's visit was both introspective and entertaining, where everyone left with a new outlook on the sounds going on all around them.

The artist's latest work, *Go Ahead in the Rain*, a non-fiction book focusing on the hip-hop group called A Tribe Called Quest is out now.

His next book, *They Don't Dance No' Mo'*, will be out next year.

IMAGE TAKEN FROM Lumina Journal



# Student Spotlight on Nicholas Paradise

MELISSA BADAMO  
STAFF WRITER

In his on-campus suite, Nicholas Paradise grabbed his acoustic guitar and began to strum a series of random chords. His close friends listened as he turned a simple chord progression into much more by adding unique zest. There was passion in his strums as the guitar's crisp vibrations engulfed the space around him.

Paradise, a sophomore music student, has held music close to his heart ever since childhood. The beginning of his musical journey was characterized by constantly being around music, listening his parents' CDs and receiving his first guitar at the age of six. It was a spark that ignited a powerful musical dream.

"I loved music so much as a kid, and obviously I've carried on with it," said Paradise, his passion on the subject settling in the faint smile on his face. Paradise said that he used to take guitar lessons, but became much more proficient by teaching himself.

However, Paradise decided to become a music major only one year ago. After a year of majoring in media arts at Sacred Heart University, he transferred to Monmouth to pursue a degree in music.

Paradise said, "I came to the realization that, 'Yeah, I should major in music, this is what I want to do, I can't see myself anywhere else.'"

Paradise is involved with Blue Hawk Records, Monmouth's student-run record label. His role consisted of determining which artists will be featured on the record's 14th compilation album. Auditions for the album took place on Feb. 11.

"Blue Hawk Records is really cool and unique. I don't know any other college that has their own record label run by students," said Paradise. "It's also a big reason why I came here, because other music programs weren't nearly as all-encompassing as this. There's a lot of accessibility when it comes to being involved in the whole process."

Joe Rapolla, specialist professor of music, Chair of the Music Department, and Director of the Music Industry Program, has Paradise as a student in his Applied Music Industry II class.

"He has demonstrated an enthusiasm to participate in projects that are related to the music industry," Rapolla said. "I love when students take the initiative, are assertive, and demonstrate that they want to take the leadership position, bring others along, and advance the cause. I see that in Nick."

For the rest of the semester, Paradise will be teaming up with artists to help finish the songs that will be on the record. He encouraged his friends to get involved with the record label as well.

Music surrounds the space

between him and his friends, whether it's teaching a friend how to play guitar or sending music recommendations. For his friends, Paradise is prime inspiration to hold on to passions and pursue aspirations.

On a Wednesday afternoon, he began dabbling with his friend's candy apple red bass for hours with an eager attempt to step out of his musical comfort zone. The bass matched the color of his checkered pull-over and beanie. "If you can play guitar you can definitely learn the bass," he declared, determined to take his musical abilities to the next level.

Aside from the bass guitar, Paradise is determined to learn how to play piano and drums. "If I can play all the instruments that I want in my music, I can just do it all myself and that's my end goal," he said, pulling up his sleeves. A rising enthusiasm was noticeable in his voice, smile, and hand gestures. "I want to play everything. I want to be a multi-instrumentalist. I want to be as good as I can with every instrument."

Morgan Sottung, a sophomore business student and one of Paradise's close friends, said, "He talks about music all the time. It's good to know he's doing what he loves."

As Paradise persists through his musical journey, he will continue to find inspiration in his favorite musicians. His musical influences include Roger Waters from Pink Floyd, his favorite band, and

Kevin Parker from the band Tame Impala.

"I think I have it in me to be somewhat successful in this industry," said Paradise, when speculating about his future. "I want to be able to make my own music. I want to be able to be in the studio. I want to know how to produce music. I want to know the ins and outs of the whole industry just so I can be comfortable

anywhere."

"The music industry program here has definitely prepared me," he continued. "Not only do I have classes on songwriting and producing, but I also have classes on business and the industry as a whole, so I get the full scope. Even though I don't know what I want to do, I kind of know a thing or two about a thing or two."



PHOTO COURTESY of Nicholas Paradise

Nicholas Paradise is a music student at Monmouth, who is dedicated to his craft and working hard to succeed in the music industry.

## How to Still Make Time For Your Friends When You're in a Relationship

LAUREN SALOIS  
STAFF WRITER

New relationships are so fun and invigorating. You spend every waking moment with your new partner and talk about your newfound happiness 24/7. But you soon realize that you have placed your friends on the backburner. You are no longer hanging out with them and texting, snapchatting, and talking to your besties all day long.

Let's be honest, no matter how much your boyfriend or girlfriend loves you, they do not want to spend every waking moment with you and vice versa. When you spend too much time with your partner you begin to annoy each other and fight about unimportant things. Spending time away from your partner is healthy.

You do not want to develop a co-dependent relationship, where you can't do anything alone and your partner is your only source of happiness. You and your better half must have separate lives from each other, with your own friends where you can escape.

Letting your relationship eclipse your friendships is a major dating faux pas. Your friends should always be treated as your day-ones because they have been there for you since day one. A lot of times when people enter into new relationships they become so wrapped up in the romance and do not intentionally ignore their friends.

Sooner or later, they realize that their friends are barely speaking

to them and excluding them during hangouts. That is when the FOMO seeps in. But how do you earn their friendship back?

The best way to reconcile with your besties is to talk to them in person and explain to them how wrong you have been and how sorry you are.

Admitting that neglecting them has been wrong and unfair is step one. Step two is apologizing for being such a bad friend and promising that you will al-

ways make time for them. The final step toward earning your friends back is keeping your word.

Making time for your besties is a balancing act. Your significant other and your friends both mean so much to you, so they deserve equal amounts of your attention. For college students, it is easy to make time for friends because most of the time they are your roommates.

Erika Ruscil, a junior commu-

nication student, said, "When it comes to [my boyfriend] I definitely know how to balance time with him and my friends. Also, if he comes over, we hang out with my friends for a little and then spend time with ourselves. Living with friends makes it easier to see them a lot, so I don't feel as bad when I am with [my boyfriend]."

But even though you live with your friends, it can be hard to make time for them when school gets stressful. So, the best way to

make sure you are making time for them and giving yourself a break from the stress is to plan best friend dates.

These dates could be as simple as watching Netflix, eating together on campus between classes, or doing homework together. And of course, going to get Rook or Dunkin' before or after class with your besties is the best date of all. The most important thing to remember is your best friends will do anything with and for you, so invite them to tag along on your errands or to ride to class with you.

Erin Mullen, a junior communication student, said, "My boyfriend and I have the same friends, so it makes it easy to hang out altogether, but we do spend time by ourselves and grab food or hangout whenever our schedules aren't conflicting. Same with my friends - I'm always running around grabbing food or shopping with them."

Balancing the important people in your life is a challenging endeavor. Noel Belinski, a lecturer of English, said, "To be honest, I have difficulty balancing friendship with family and work. The most important thing is to make time for friends, even if it is for a cup of coffee or to spend a few minutes 'catching up' on the phone or in an email. I struggle with this as the challenges of life often derail plans to get together."

Through the challenges of life, make sure that you make time for both your friends and your significant other.



PHOTO TAKEN by Jenna Puglisi

Friendships can be difficult to maintain when you are in a new relationship. These are some tips on how to make sure that you always make time for all the important people in your life.



**0854  
Boylan Gym  
Criminal Mischief**



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](http://www.MayanotIsrael.com)



CHICKEN SOUP HOTLINE  
Feeling under the weather? Call  
us for a taste of home, guaran-  
teed 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!

All activities take place at  
Chabad MU 572 Westwood Ave  
unless otherwise indicated.

For more info call Rabbi Yaakov at 732.829.7476  
email: [ChabadMU@gmail.com](mailto:ChabadMU@gmail.com)  
visit [www.JewishMU.org](http://www.JewishMU.org)

Chabad MU is a project of Chabad of the Shore.





# Interview Tips for Second Semester Seniors

LOWELL KELLY-GAMBLE  
STAFF WRITER

There comes a time when every college student needs to face the reality of graduation. After graduation, students are expected to apply their education to the workforce. In order for college graduates to enter the workforce, they must excel on interviews with employers.

“Have a completed LinkedIn with connections built on it, know the employer who you are interviewing with, and know the skill base you can provide,” said Kristine Simoes, a specialist professor of public relations. Simoes believes that these preparations are necessary for any interview.

Simoes is the former President of the Public Relations Society of America of New Jersey (PRSANJ). She graduated from Rowan University with a bachelor’s in communication/corporate public relations and a master’s in corporate public relations. She has sustained executive positions in the public relations, marketing, and journalism fields for over 30 years. This successes prove her ability to master the interview process.

During an interview, Simoes suggests to use the standard 30 to 45 second elevator speech when answering questions. “Each question is going to ask for a description of yourself, what makes you different, and why the job should be given to you instead of someone else. It’s who you are, what you want, what you give, or what you have,” she said.



PHOTO TAKEN by Jenna Puglisi

Interviews are a common fear among seniors, but with Career Day just around the corner, it is a good idea to start practicing your interview skills.

Jennifer Shamrock, Ph.D., a lecturer of communication, believes that you should have mock interviews at home with another person to prepare yourself for anticipated questions.

One question Shamrock thinks seniors should anticipate is recalling an instance where they managed conflict. She also thinks that you should ask the employer questions about the company, the types of people they usually employ, and their history. She also encourages students to use career services.

“I think that career services can be helpful for making your resume appear as professional as possible, searching for the work you’re interested in, and establishing valuable connections with the local and regional communities that allow Monmouth students to have potential for employment,” said Shamrock.

Shamrock’s first job was with Ithaca College after receiving her Ph.D. She researched the institution to understand the culture and history to become informed about the place where

she was seeking employment. “Think about how you dress, and what level of formality you need on a particular interview. You also should think about your vocabulary, language, and every aspect of how you visually represent yourself non-verbally,” she said.

Zorah Fowler, a senior social work student, shared, “Be confident that what’s meant for you will be for you. As long as you put the necessary work in and you are confident within yourself, you will be successful. It’s

mind over matter. I know that whether I succeed or I fail, I gave my all and that next time I’ll be even more prepared and confident in myself and my abilities.”

“Confidence is key,” said Connor Wagner, a senior political science student. Wagner is currently trying to solidify an internship at the pentagon, and plans on turning this work experience into a job. “I think that when you are speaking to people in power, it builds your confidence and demeanor. If you present yourself on paper very well, the next way would be to present yourself in person even better.

Simoes and Shamrock both agree that you should research prior to interviewing to understand the role you are applying for.

Shamrock believes that you should research the organization’s website, mission statement, and job announcement for what they are seeking in their employees.

“The more you know about the organization, the more committed you will seem in wanting to be a valuable member of that company,” said Shamrock.

“Do your research and find somebody else that works there, making sure you understand that role and are willing to accept all the tasks,” said Simoes.

The interview process can feel scary, but it does not need to be daunting. Do your research, have confidence, and do not be afraid to ask for advice. Career services, as well as your professors, are always available to give you tips on the process.

# Healthy Ways to Start Slimming Down for Summer

JENNA PUGLISI  
FEATURES EDITOR

With the summer months approaching, it is common for people to start thinking about their “beach body.” This attempt to slim down can be healthy when it is done right. However, there are unhealthy dieting methods that students should avoid.

Aimee Orndorff, Director of

Dining Services and a registered dietitian, commented on ways that students can maintain a healthy balance while dieting.

“Your body needs the right nutrients to fuel it throughout the day, especially for college students who spend countless hours studying, doing homework and attending classes. The best way to get what you need is by incorporating a variety of foods from different food

groups,” Orndorff said.

“Make fruits, vegetables, whole grains, lean protein and healthy fats a priority when creating your meals. Limit foods with added saturated fats (think fried foods, cheese, pizzas), added sugars (think sugar sweetened beverages, cakes, cookies, dessert) and be mindful of portion sizes. Drink plenty of water and get moving with at least 30 minutes of moderate-intensity exercise most days of the week,” Orndorff continued.

For students who have tried dieting methods before, they found that extreme measures are usually less effective. Not only will you be less likely to maintain those efforts, but it can become mentally and physically exhausting. Samantha Losurdo, a junior communication student, said, “I did the Weight Watchers diet and measured everything I ate. I kept track of everything in the app and found that it was more tedious than anything.”

Currently, Losurdo has changed her dieting plan to match her lifestyle better. “I’m currently meal prepping every week and I’ve been doing it for a few months now. It’s so easy and it’s a great way to save money! Sometimes finding the time to get food together is difficult, but meal prepping is a great way to save time and eat healthy,” Losurdo shared.

Jess Mandile, a sophomore communication student, shared that she also needed to go through some trial and error to find the best

diet for her. “I have been on various diets throughout my life, starting as young as 13 when I tried to go ‘low carb’ with my mom. I stopped eating all breads, grains, and most fruits during my low carb phases,” Mandile said.

“Low carb diets are truly temporary fixes unless you know the science behind why dieting works. For most, the second they reintroduce carbs, all the weight comes back. The reduction of carbs for a short period just reduces water weight and that’s why you see an initial drop in body weight,” Mandile explained.

“I’ve really considered or attempted every diet under the sun until I found Macros, which isn’t really a diet. It’s simply tracking your calorie and macronutrient intake by weighing and measuring your foods. It’s the only diet I’ve ever been able to sustain, be happy on, and lose substantial weight – almost 40 pounds in less than a year,” Mandile continued.

Mandile encourages her peers to not rush into an excessive dieting plan. “More than often, quick fixes are just dangerous to your health and will leave you unhappy, unable to lose weight, tired, malnourished, or a combination of all those things. Do your research on diets and do it for yourself! You are more than a number or size, and you are beautiful regardless,” Mandile said.

One of the most talked-about diets right now is keto, made popular by many celebrities. “The

ketogenic diet is high in fat, low in carbohydrates and moderate in protein. When comparing it to the MyPlate, it surely is not the most balanced of diets. Following a ketogenic diet also means eliminating good-for-you sources of carbohydrate such as whole grains, high carbohydrate vegetables, fruits, beans and milk,” Orndorff explained.

People may see a low carb diet as a healthy option, but our bodies need carbs to feel good. “The elimination of whole food groups can also translate to nutrient deficiencies in the long run. The keto diet may act as a quick fix rapid weight loss tool but with any restrictive diet, I would proceed with caution and contact a registered dietitian,” Orndorff continued.

If you want to meet with a dietitian, you do not need to leave our campus. “As the full-time registered dietitian on campus, I meet with students, faculty and staff on a daily basis and I encourage others to do so! My office is conveniently located in Magill Commons so students can either stop by, call or email me to make an appointment or even ask me a quick question,” Orndorff said.

Students can call her at 732-263-5608, or email her at [AOrndorff@gourmetdiningllc.com](mailto:AOrndorff@gourmetdiningllc.com). She is also available by appointment at the Health Center on Thursday’s between the hours of 1 p.m. and 4 p.m. To schedule an appointment at the Health Center, call 732-263-3464.



PHOTO TAKEN by Jenna Puglisi

Dieting is healthy when it is done right. Different methods work for different lifestyles, and it can be helpful to consult a dietitian.



# Stepping Out of Your Comfort Zone

SHANNON OSWALD  
STAFF WRITER

"If at some point you don't ask yourself, 'What have I gotten myself into?' then you're not doing it right." This quote from Roland Gau is one that we should try to remember each day. Stepping outside of your comfort zone can help you learn so much about yourself and make you realize things you didn't know before.

If you don't try something new, you won't know if you like it or not; so why not give it a shot? When stepping outside of your comfort zone there are so many opportunities for growth.

Everyone can relate to being scared to do something for the first time, but most of the time, after you do it, the activity becomes much less daunting and possibly exciting.

There are many ways to put yourself into situations where you will be forced to step outside that comfort zone. Maybe you decide to go with an extreme and go skydiving during your summer vacation. Or maybe you decide to put yourself out there and reach out to people you normally wouldn't talk to in your classes.

A big fear that many people have is public speaking. Public speaking is something that many people do not feel comfortable doing, especially in front of a large audience. However, it may get easier with practice.

Through schooling, pub-

lic speaking is something required for students to learn. Communicating effectively is an important skill to help us move outside of our comfort zone, especially if we are able to vocalize how we feel about new and unnerving situations.

Whether we realize it or not, we public speak more often than we would probably like.

Getting up in front of your entire class and speaking for the first time can be very scary for many people, but once you do it a few times, the process becomes much easier.

Some students may even say that going first to present a project is a scary task, but it gets the job done quickly.

Michael Phillips-Anderson, Ph.D., a professor of public speaking, stated, "It's good to challenge ourselves. If we only do the things we know we can do, we will be bored and won't

have a chance to grow."

Public speaking is a crucial part of how we can navigate through society, and it is important that we all take a leap of faith and get used to doing this.

Although public speaking is just one example of why it is important to step outside your boundaries, there are so many more that are incorporated into our daily lives.

By setting manageable goals for ourselves, we can build up the tolerance for smaller tasks that help prepare us for the larger tasks that give us the most anxiety.

Aside from personal goals, working outside of a professional comfort zone is an idea that is equally as important. The idea of advancement is something we talk about often not only in our daily lives, but is also important in the work-

place.

We have ambitions for ourselves, and those ambitions could include trying to get a higher position within your workplace or interviewing for a new job because you are tired of your current one.

We want to advance and separate ourselves as professionals in our field. In order to do that, we need to step outside our comfort zone and demonstrate our capabilities.

Interviewing can be a frightening process but to reach our goals, it's something we must go through.

If we never try then we will never know what the outcome could have been. Colleen Moretti, a junior communication student, said, "It's important to step outside of your comfort zone because if you don't you will never know what your passions are in life.

By doing things we aren't necessarily comfortable with we learn so much about ourselves."

These new experiences and opportunities can shape the person that you become.

Who doesn't like to have fun? By stepping outside of your comfort zone you might find a hobby that you absolutely love.

Trying new hobbies such as a new sport can make you ask yourself, "what did I do before I started playing basketball?"

Along with finding a hobby you love, stepping outside of your comfort zone can introduce you to experiences that you may not have been able to experience otherwise and help you realize the importance of pushing yourself forward.

Madison Urraro, a junior social work student, said, "Stepping outside of your comfort zone is so important because it's the only way you will really be able to find out what type of person you are and the different things you are capable of in life."

Urraro continued, "Especially in college, it's a time that you can explore new talents or experiences that will make you try something different and see what type of person you are capable of becoming."

Within any new environment, it is important to adapt and branch out.

Taking the first step outside our comfort zone can be difficult but is definitely worth it.

Just remember, you never know until you try.

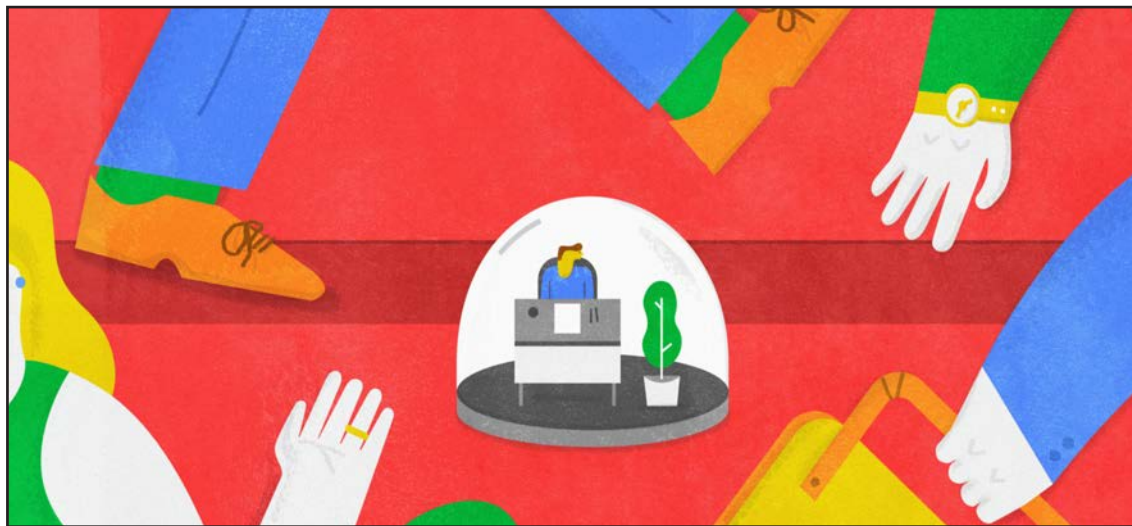


IMAGE TAKEN from threadless.com

Stepping out of your comfort zone may be something that sounds like a challenge, but every once in a while it is important to challenge yourself in order to grow.

## How to Have a Spring Break on a Budget

LAUREN DEMARCO  
STAFF WRITER

Feel like you are missing out if you aren't going away for spring break? Students who aren't able to get away from the Jersey shore over spring break should not be worried. There are plenty of exciting plans you can make that don't require a plane ride.

First off, find some friends that will want to go take a day trip somewhere that will be fun and exciting to see.

New York is always a great choice for local fun, with an endless amount of things to do.

There are so many different things you can do in the city such as: going out for a nice lunch or going to see a Broadway play.

Alexis Nulle, M.A., a specialist professor of communication, said, "Spring break is a great time to rejuvenate the soul for both students and faculty. Whether this means spending some quality time with your family and friends or planning a nice day trip."

She continued, "There are great ways to relax and have fun while you can. I try to treat myself to a nice and relaxing pedicure or facial during the semester."

It is challenging to find time to have fun, so do it while you can."

So plan that day trip. Here are some suggestions for if you want to go to New York. Try the Museum of Ice Cream, you can go and see the different décor of the museum. You can also take pictures in a pool

filled with sprinkles and get to see the different types of treats.

Another fun thing in New York to do is to go ice skating in Central Park. There are still so many fun things to check out in New York that will make the day enjoyable when you go with family or friends.

Bobby Greves, a junior finance student, said, "Over spring break I like to hang out and catch up with my friends since I do not see them a lot during the year. I also enjoy going into the city to see basketball games with some of my friends."

Even seeing a sports game is a great way to stay occupied and let loose.

Even though you feel like everyone you know goes somewhere tropical and warm over spring break, there are a few fun activities to do without having to go away.

Another place to go and be with friends is the beach. You can never go wrong with taking a ride to the beach and enjoying the beautiful scenery.

There are a variety of places around our area to go eat, shop and hangout. Pier Village in Long Branch is a great place to go and enjoy some of the restaurants and shopping places they have.

Even if it isn't a warm day to tan at the Jersey shore, go for a run or bike ride is always a refreshing and relaxing thing to do on the boardwalk along the beach.

Also, another thing to do is

to try and take some time to relax for yourself and doing things you will enjoy.

Jessica Rodriguez, a junior psychology student, said, "Take the time to indulge in self-care. Whether it's sleeping, spending time with family, reading a book, playing video games, going for a walk, or even listening to music, take time out of the day to focus on yourself and what makes you happy."

We all need time to do things without always having to be on the move.

Spring break can be beneficial for some of us to get things done that maybe you have avoided getting done.

Also, many people have heard of the term "spring cleaning", it is like a fresh start.

Although it may sound dreadful to clean over your spring break, some people find it relaxing, and it can even make you feel better about yourself. It is also a great way to get.

Clear all clutter in your life and improve your lifestyle.

As we all know that are so many things that we can do over spring break without having to go away somewhere.

Getting some friends together that our home as well, and planning some adventurous things to do.

Spring break isn't only a time to relax, you can also give back. Maybe fill some of your free time by going to do some community service.

Monmouth University is granting a list of students the



PHOTO TAKEN by Cassandra Capozzi-Smith

Going away for spring break sounds great, but it may be worthwhile to stay on a budget and adventure while you can.

opportunity to go to Guatemala and give back to their community.

Spring break is a time to make unforgettable experiences; whether you are on campus, home, or going away with friends, make the most of it.

You can even discover a new hobby if you are looking to spend the break on a budget. Pick up a pencil and grab some paper and test your artistic abilities.

Or maybe you are a great cook but never took the time

to realize it. There are so many things to do over a week span, so take advantage while you can.

Grab family or friends and have the best spring break without having to leave the Jersey shore.

In hopes of having a fun and relaxing spring break, try to get your assignments and projects done before hand. In doing this, it will allow you to have one less thing to stress about and it can benefit you in the long run.



# How to Perfect that Instagram Picture

COLLEEN MORETTI  
STAFF WRITER

Everyone is always scrolling their Instagram feed wondering, “How did they get their picture like that?” or, “What filter did they use?” We live in an era in which we focus all of our time and effort into our social media personas.

We are constantly thinking of what to post, when to post, and where to post, but can we ever get it absolutely perfect?

Karlee Sell, a junior communication student with a photography minor, said, “The ability to be creative is one of the beauties of Instagram. When I’m looking for the perfect photo for Instagram, I always chose something that I feel is truly an expression of my own creativity.”

This is a great tip for people who want their social media accounts to truly represent themselves.

Sell continued, “This can come from the lighting, the edits, the content of the image, etc. There are no set rules for expressing yourself, and that’s something that I love to explore via Instagram.”

You can capture your picture, you can create your own feed, and you can show the people who you are, which is the amazing thing about Instagram.

You can really be creative and make anything look how you want it to.

Many people say the main way to perfect your Instagram picture is by having a filter. There are already preset filters

on the app itself, but if you’re a professional you don’t use those.

Everyone uses third party apps to filter their Instagram pictures, in which the two main apps people are using are Afterlight and VSCO.

These apps help can help get you that perfect filter, they can make the picture look brighter or make yourself look tanner by using a saturation effect.

Another great tip to get that great Instagram photo is understanding how to compose the picture itself.

It’s important to realize how and when you are taking the picture in order to get a good result. A key component of a perfect Instagram picture is natural light so you must take the picture at the right time of day.

The natural light makes the picture pretty on its own, if you are able to snap a picture at the perfect time of day you won’t even need to try to filter it because it’s already perfect. Have you ever heard of “golden hour”? Well, it is the time of day when the sun rising or setting offers a natural and unique lighting.

This is all key to a perfect picture is the way you take it. We all have that friend who you take 100 perfect pictures for and then when it comes to your turn they take 4 blurry ones, we cannot have that anymore.

Alexa Russell, a senior communication student who has a side photography job, said, “The quality before you start editing the picture is key. If the

photo itself is blurry, the quality will go down even more, once it’s put on Instagram.”

It’s all about that quality, even if you love the idea of the picture you took. If it is blurry and you try to edit it, it’s just going to look too pixelated and mess up your feed; it’s not worth it.

Some professionals even take photos where the background is blurred and the center object is at focus, but maybe start with the simple pictures rather than trying to do this.

People often think they can’t get the perfect picture because they don’t have a professional camera, but these people are doubting the potential of an iPhone.

The iPhone has some of the best camera quality we have seen on mobile devices.

There are also many ways to use it to help perfect your photo. Many people often use the “grid” option on the camera, which helps you to align the image to be straight.

Another tip for perfecting your Instagram photos is to look online for inspiration. Pinterest or photography accounts can act as inspiration for you to try new poses or backgrounds.

Taking photos isn’t too hard; we all do it, all the time. Take your Snapchat story or Instagram to a new level and make your photos great.

So what are you waiting for? Go grab some friends and go on an adventure to test your new knowledge of photography.



PHOTO TAKEN by Cassandra Capozzi-Smith

Taking pictures can be fun, but just make sure that you have great lighting which can provide a high-quality photo.



PHOTO TAKEN by Nicole Riddle

Going out with your friends or going on adventures are perfect times to take great photos.

# Take a Break, Sit Down, and Watch that Documentary

SCHARINA BENCOSME  
CONTRIBUTING WRITER

Documentaries have been a part of society and the entertainment industry for a number of years; but upon deeper inspection, there is much more to documentaries than just entertainment.

For those in Generation Z, television was simply a large part of growing up or a major source of influence in their childhood.

Within the television channels, popular options for kids growing up were Disney Channel, Cartoon Network, and Nickelodeon, but there are also the less popular Animal Planet, Discovery Channel and History Channel.

These TV channels were one of the prime sources of knowledge we as children received when parents were busy, after school or simply just before dinnertime; and in some channels, documentaries provided us with basic knowledge of history, sciences, and even the trivia which might have even sparked the interest in our careers.

Yet, why is there shunning toward documentaries? Why are documentaries oftentimes associated with boredom or wasting time?

Watch that documentary. Ignore that stereotype associated with documentaries; after all, they aren’t always boring.

After a hard day at work or school, we often want to relax

and clear our mind by doing something such as watching includes Netflix and Youtube, so why not fully indulge in a documentary?

Benefits include expanding your knowledge on a topic and they are also good forms of entertainment. Everyone has their own preference of what is entertaining to them.

But some popular documentaries today that could be found easily on Netflix are “The Bundy Tapes,” “The Kalief Browder Story,” “Planet Earth,” “Fyre,” “Why Are We Getting So Fat?” and so on.

This list is just a simple start for anyone who is interested in broadening their horizons and interests. Can’t find your topic on Netflix? Try HULU or Amazon Prime.

Documentaries can unite families after dinner, personalize what may otherwise be seen as uninteresting facts to enlighten the common people, or even remind us of events in history.

Maybe you can look into a

documentary about Amanda Knox and start thinking about different court cases that have made nationwide news.

Inspiration may derive from these channels, for the people grew up watching these documentaries showcasing the beauty of science, the importance of history, or the impact of literature.

Documentaries have served as more than just kickback shows, but to inform the public as well.

Johnny Reyes, a freshman marine biology student said, “I watch documentaries for the information alongside, the different pictures that I get exposed to.” Reyes continued, “My favorite genre is animal documentaries, simply because I learn a lot about the animals, and I get to see what they look like, how they behave, etc.” For some, watching documentaries is another form of learning more about his subject of interest, in an entertaining way.

Breasia Love, a freshman business student, also commented on the subject. Love said, “Documentaries, to me, shows what’s beyond what the world sees on an everyday basis. I normally watch documentaries of the rise and fall of celebrities.”

Love continued, “By watching a variety of documentaries, I get to learn about the hidden lifestyles of animals or people, and to basically obtain knowledge of the things I’m interested in.”

Information is always good to have and being able to acquire it in different ways such as reading, documentaries, radios or art is special.

Every person is different, which shows that every learner is different. In the case of documentaries, the information is personified in ways that are relatable and easy to comprehend and watch.

Lynn Siracusa, Ph.D., a professor of English, said, “Documentaries are informative, [and they] tell us about things we may not have known before.”

Siracusa added, “They may also personalize things that are being presented, to create more personal connections rather than just reading about them.”

Documentaries are simply another method of expanding our knowledge about the world, the beauty and history it carries, and that can be beneficial to any individual that is remotely interested.

Also, when it comes to expanding our knowledge and wanting to retain information, watching documentaries may act as a fun and interesting way for visual learners.

Watching a story and getting an explanation of the topic at focus may be better than reading those 60 pages for your history class.

Now, it is important to read your homework and study hard, but sometimes documentaries that coincide with the topic can act as a back up for remembering the facts.

Hopefully, after reading this, your ideas about documentaries aren’t so negative. Next time you are bored, try to watch a documentary. Maybe even keep it on for background noise; if you do, you might not regret it. As a student, it is important to kick your feet up and relax every once in a while.

Therefore, watching documentaries during free time is certainly a viable, smart way of fusing entertainment with knowledge.

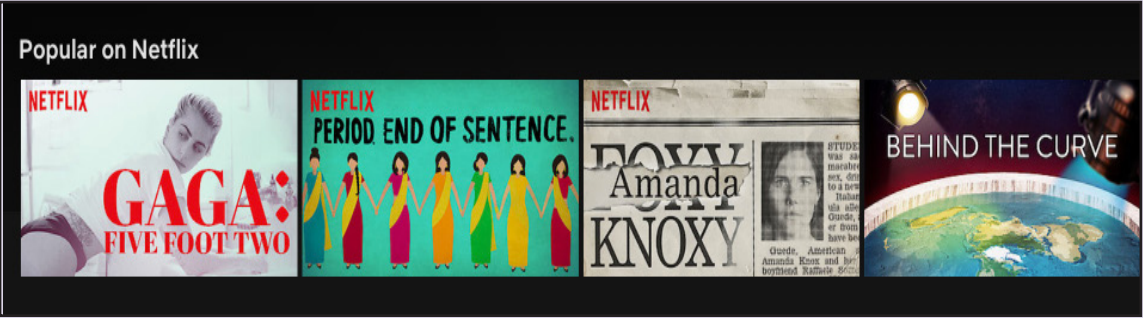


IMAGE TAKEN from Netflix.com

Watching a documentary may sound boring to some people, but there are so many options out there that offer us entertainment.



# Track and Field Shines at NCAA Championships

EVAN MCMURTRIE  
SPORTS EDITOR

Graduate Student Allie Wilson came in fourth place at the finals of the National Collegiate Athletic Association (NCAA) Indoor Championships on Saturday with a time of 2:04.12 in the 800-meter run, the best ever finish for a Monmouth female in the competition.

“It was an incredible experience overall and I was very proud to be able to represent Monmouth at the highest level,” Wilson said.

Wilson had slowly found her way to the front of the pack over the first 400 meters and led the race for nearly 300 meters. The first five runners all finished within a second of each other as she was edged by athletes from Penn State, Penn., and Virginia Tech, respectively.

“Although I was hoping for a little bit more, I gave it my all in that moment and to walk away with a fourth place finish and to be up on that podium was something I will never forget,” she said.

With the result, Wilson earned a plethora of distinctions. In addition to becoming the first female to be named a two-time All-American in Monmouth history, she is the first in the program to be named a First Team All-

American since 2016. Her fourth place finish on Saturday is the best for the Hawks since Tisifinee Taylor’s fourth place finish from over a decade ago at the 2006 NCAA Outdoor Championships.

“Allie was super brave today. She took the lead in the second half and really went for it,” said Head Coach Joe Compagni. “She has come a long way with Coach Chris Tarello’s guidance and had an incredible season.”

The day before, Wilson booked her ticket to the finals by finishing second in the second of the semifinal heats with a time of 2:05.94.

Redshirt senior Corey Murphy was the only other Hawk alongside Wilson to perform at the competition as he finished 12th in the shot put on Friday, earning him Second Team All-American honors. Landing a mark of 63’2.75”, Murphy finished his final indoor season at Monmouth as the first shot putter in program history to compete in the NCAA Indoor Championships.

“Corey also competed extremely well,” said Compagni. “His third throw was his best and one of the top marks in school history. He has put in an incredible amount of work the last five years to get here with Coach [Abraham] Flores and Coach Christian Spaulding, and it is great to com-

pete with tenacity on this big stage.”

The outdoor season for

Track and Field will begin on the weekend of March 29 as the Hawks will be hosting

the 23rd Annual Monmouth Season Opener at Kessler Stadium.

“Although I was hoping for a little bit more, I gave it my all in that moment and to walk away with a fourth place finish and to be up on that podium was something I will never forget.”

ALLIE WILSON  
Graduate Student



Redshirt senior Corey Murphy became Monmouth’s first ever shot putter to compete in the NCAA Indoor Championships this past weekend.

PHOTO COURTESY of Mark Brown Photos

# Women’s Basketball’s Season Ends in Semi-Final

MATT DELUCA  
STAFF WRITER

The season came to an end for Women’s Basketball on Sunday afternoon, as they fell 80-42 to No. 1 Quinnipiac in the semifinals of the 2019 Metro Atlantic Athletic Conference (MAAC) Tournament in Albany, NY.

“It was a tough one for us today,” said Head Coach Jody

Craig. “We didn’t get off to a great start, and when you play a team like Quinnipiac, that could be a deadly combination. We dug ourselves in too big of a hole, but I was proud of our team for continuing to fight.”

The Bobcats scored the first four points of the game, but Monmouth came within one on a three-point shot from junior guard Sierra Green. That

“We didn’t get off to a great start, and when you play a team like Quinnipiac, that can be a deadly combination.”

JODY CRAIG  
Head Coach



Junior guard Sierra Green led the way with 11 points and three rebounds on the night, including an early three-pointer that got Monmouth within one, the closest they would come all game.

PHOTO COURTESY of Monmouth Athletics

was the closest the Hawks would be for the rest of the day. Quinnipiac embarked on a 13-2 run to take a 17-5 lead with 5:09 remaining in the first quarter. Monmouth was able to bring the deficit down to nine on free throws from junior forward Alexa Middleton, but the Bobcats answered with eight consecutive points to balloon the lead to 25-8. After ten minutes, they led 27-11.

Monmouth made a run in the second quarter, hitting three straight field goals to make the score 34-17, while holding the Bobcats scoreless for over three minutes. Quinnipiac, however, answered again, utilizing a 7-0 run to take a 41-17 score into the halftime break.

The Bobcats continued their

run into the second half, scoring the first 11 points to expand the lead to 52-17, while holding the Hawks scoreless until the 3:31 mark of the frame. Quinnipiac closed the third quarter with eight-straight points, giving them a 62-21 lead after 30 minutes.

Monmouth won the fourth quarter, outscoring Quinnipiac 21-18, but couldn’t overcome the deficit, as the Bobcats advanced to their sixth-straight MAAC Championship Game.

“Overall, we demonstrated a fight for 40 minutes, and I think that’s the only change you have to ever make progress in taking that next step, which we really hope to do next season,” said Craig. “It’s a good growth process to go through this today. We have things we’d like to be better at, and it gives us motivation to work on it in the offseason.”

Green led Monmouth with 11 points, which was the 22nd time in 31 games in which she scored in double-figures. Senior center Erica Balman added nine points off of the bench, and freshman forward Lucy Thomas scored seven points while grabbing five rebounds.

For the game, the Hawks shot 26 percent from the field, 23 percent from three, and 77 percent from the foul line. Monmouth turned the ball over 22 times, leading to 26 Quinnipiac points off of those turnovers.

Sunday’s semifinal was the program’s second in four years, as they reached it in the 2015-16 season. Monmouth began their tournament run with a 64-53 win over Canisius on Saturday afternoon. 2019 marked the sixth-straight year

in which the program won at least one game at the MAAC Tournament.

Sunday marked the end of the careers of the program’s two seniors, Balman and guard McKinzee Barker. Balman played 109 games over four seasons, finishing fifth all-time with 127 blocks, while scoring 326 points and grabbing 431 rebounds. Barker started 97 games, scored 674 points, corralled 458 rebounds, dished 257 assists, and had 113 steals.

“It’s been a blessing [to play for Monmouth],” Barker said. “It was quite the rollercoaster but also a blessing. I want to thank the Monmouth program for giving me the opportunity to live out my dream. It’s been quite the ride, and I know that the lessons I have learned playing here I will be able to take into my life after Monmouth.”

“What was unique for me and McKinzee’s experience was that we never had consistency in any of the years we’ve been here,” Balman said. “We had to deal with so much adversity, so many different team changes, we had different players every year, so to see the program being changed into something that can be so beautiful and strong next year is really exciting. I’m just blessed that I had the opportunity to play here, because I know it’s going to be something great.”

The Hawks will return the rest of the roster from this season, and will welcome in two transfer guards, Akilah Jennings and Jen Louro. Monmouth finished the season with a record of 14-17, winning nine games in conference play.



# Men’s Basketball Falls to Iona in MAAC Championship

ZACH COSENZA  
CONTRIBUTING WRITER

Men’s Basketball saw their season come to an end after a loss to the No. 1 Iona Gaels, 81-60, in the Metro Atlantic Athletic Conference (MAAC) Championship on Monday night at the Times Union Center in Albany, NY.

“Iona’s a tough out. We’ve tried everything, and I have to give [Iona Head] Coach Tim Cluess all the credit in the world again and I truly mean it,” Head Coach King Rice said. “He’s a super coach and really gets his kids to play together, more than most people. . . I thought we were going to get this today and I was way off on that. I thank Diago Quinn for choosing us and believing in what we were doing these last four years and I’m sorry that we couldn’t get over the hump for him.”

After netting the first four points, Iona went on a 17-2 run to take an 11 point lead on off a three pointer and extended it to a 12 point advantage at 12:45 on a layup. Monmouth got back in it, rushing through a 6-0 run in the latter stages of the period with a pair of makes from sophomore guard Deion Hammond to cut it to three before a late three made it 36-30 at the half.

Back-to-back triples from sophomore guard Marcus McClary and junior guard Nick Rutherford cut it to a three-point game early in the second half, but Iona hit a pair of

threes in an 11-0 run to make it 52-38 at 14:41. The Hawks scored to halt the stretch, only to see the Gaels score the next nine to lead by 21 with 12:00 remaining. Iona held that margin through the remainder of the half, with sophomore guard George Papas coming on late to knock in a pair of threes for the Blue and White.

Quinn lead the way in his final game with 13 points a on perfect 5-5 from the field. The Hawks shot 43 percent on the game. Monmouth’s bench outscored Iona’s 24-2.

The No. 6 Hawks went on a run to the championship game by winning three games in four days.

The Hawks started the tournament on Thursday night with a 76-72 win over the 11 seed Niagara Purple Eagles, then a 98-92 win over No. 3 Quinnipiac on Saturday and a 73-59 win over No. 2 Canisius on Sunday night before falling to the Gaels.

In the regular season against Iona, they split the series a game apiece. Iona took the first game to open up MAAC play with a 104-84 loss on Jan. 3 in New Rochelle, NY. The Hawks squeaked by the second go around, winning 83-81 on Jan. 20 in West Long Branch.

After starting the season 0-12 going into New Year’s Eve, the Hawks have a record of 14-9. Those wins included a 76-72 win over Niagara on Thursday night, a 98-92 win over Quinnipiac on Saturday night, and a 73-59 win

over Canisius on Sunday night, before losing to the Iona Gaels on Monday night. The Hawks won their first games of the year against Niagara (lost once 75-48), Quinnipiac (lost twice), and Canisius (lost twice) in the MAAC Tournament.

Leading up to this season, the Hawks lost their best scorer in Micah Seaborn, who left the school to put his name in the National Basketball Association (NBA) Draft. They then lost their first 12 games to open the season, those included No. 10/No. 9 Kentucky, Hofstra, and three losses in the

Myrtle Beach Invitational which included West Virginia. Their first win of the season came on New Year’s Eve as the Hawks won 76-74 in overtime against Penn, who were coming off of a win over No. 17/No. 16 ranked Villanova. After gaining some momentum to go into MAAC play, they started it with the loss to Iona. Conference games included ups and downs along the way; they had three four-game winning streaks and a four-game losing streak, including three-straight losses at home to finish the regular season.

The Hawks will see two players graduate, four-year member Quinn and first-year graduate student Trevon Gross, who transferred in from Virginia.

“It’s a blessing that I’ve been able to play pretty much every game since I came here as a freshman, that’s a blessing because not many people get to do that and that was one of my goals in high school, to play as soon as I got to college,” Quinn said.

Monmouth finishes the season with a record of 14-21 (10-8 MAAC).



PHOTO COURTESY of Monmouth Athletics

Sophomore guard Deion Hammond was listed in the MAAC All-Tournament Team along with senior center Diago Quinn.

# Softball Takes Three of Four in George Mason Classic

MARK D’AQUILA  
ASSISTANT SPORTS EDITOR

Softball returned home from a strong weekend at the George Mason Cherry Blossom Classic in Fairfax, VA, where they won three out of their four games and outscored their opponents twelve to eight.

In an unexpected turn of events, their first game of the set against Marshall on Friday was called prematurely in the fifth inning due to snow. The lone run of the game came in the first inning when the Thundering Herd scored on a sacrifice ground out, leading to the 1-0 victory.

Despite the loss, it was a strong effort from sophomore pitcher Alyssa Irons, who went all five innings giving up just the one run on three hits.

“Our team handled the elements and Alyssa pitched well, but we just simply could not get a run,” said Head Coach Shannon Salsburg. “I’m hopeful the weather will move through and we can get back out there tomorrow.”

That is exactly what happened as the Hawks never looked back from there, going undefeated the rest of the weekend in improved weather.

The Blue and White topped tournament host George Mason 4-2 on Saturday thanks to solid offensive efforts from their juniors.

Shortstop Sam Tomasetti and third baseman Amber Wozniak each had RBI singles in the fifth inning to give Monmouth the 4-2 lead that they held onto for the rest of the game. Another junior, first baseman Kayla Rosado also had an RBI double in the first to get the Hawks on the scoreboard.



PHOTO COURTESY of Monmouth Athletics

Sophomore pitcher Alyssa Irons continued her dominance in the circle improving her record on the season to 8-3 with three wins on the weekend against George Mason, Marshall, and Lafayette.

Freshman Lindsey Baron made her mark on the game with a double, a walk, and two runs scored in the win.

“Offensively, I couldn’t have been prouder of our team,” said Salsburg. “It was the first time this year that every time the opponent scored, we answered in the next inning.”

Monmouth kept the momentum rolling into Sunday’s doubleheader including a rematch with Marshall and a tournament finale against Lafayette.

The Hawks got off to quick offensive start this time against Marshall thanks to Rosado, who had RBI singles in the first and third, driving in three runs to give Monmouth a 3-0 lead.

Irons went the distance this time, and after giving up two runs in the fourth inning, she eventually settled in and se-

cured the Blue and White’s lead.

Junior second baseman Deangie Jimenez added an insurance run in the sixth to make it a two-run advantage which Irons was able to hold onto.

“Marshall hurts a lot of opponents by getting speed on the bases, and I was happy to see us keep that to a minimum,” said Salsburg.

The tournament finale against Lafayette was equally impressive with Wozniak getting Monmouth on the board in the third via a single to left field that scored two and made it a 3-0 lead. Jimenez also scored an unearned run in the fourth to increase the lead to four.

Sophomore Lilly Robles got the start at pitcher and allowed three earned runs in 3.2 in-

nings of work.

Irons closed out the final three innings and got the 4-3 win to improve her season record to 8-3 as she has accounted for all of the team’s wins in the circle so far.

“In both games today, we weren’t worried about who got the credit, we just focused on pushing runs across,” Salsburg said. “Alyssa had another strong day, and we had solid defense behind her.”

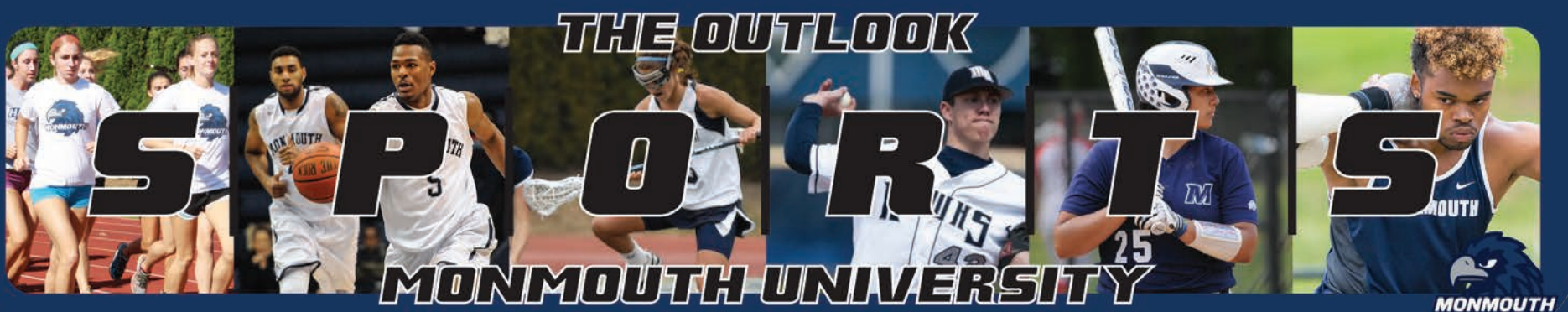
Monmouth’s overall record improved to 8-6 on the season with the win, while Lafayette dropped to 1-8.

Next on the docket for the Hawks is the USF Spring Break Classic next weekend in South Florida. The Blue and White will face opponents that include Lafayette, Army, Brown, North Florida, and Wichita State.

## UPCOMING GAMES

- Wednesday, March 13**  
Women’s Lacrosse vs Wagner  
West Long Branch, NJ 3:00 p.m.
- Baseball at Rutgers  
Piscataway, NJ 3:00 p.m.
- Friday, March 15**  
Softball vs Army  
USF Spring Break Classic  
Clearwater, FL 1:00 p.m.
- Baseball at George Mason  
Fairfax, VA 3:00 p.m.
- Softball vs Lafayette  
Clearwater, FL 5:45 p.m.
- Women’s Bowling  
Music City Classic  
Smyrna, TN TBA
- Saturday, March 16**  
Softball vs Brown  
Clearwater, FL 11:30 a.m.
- Women’s Lacrosse at George W.  
Washington, D.C. 1:00 p.m.
- Men’s Lacrosse at Marist  
Poughkeepsie, NY 1:00 p.m.*
- Baseball at George Mason  
Fairfax, VA 2:00 p.m.
- Softball vs North Florida  
Clearwater, FL 4:15 p.m.
- Men’s Golf Spring Break Trip  
Port St. Lucie, FL TBA
- Sunday, March 17**  
Softball vs Wichita State  
Clearwater, FL 9:30 a.m.
- Baseball at George Mason  
Fairfax, VA 1:00 p.m.
- \*conference games*





# ALL-AMERICAN



Allie Wilson became Monmouth's first female athlete to be named a two-time All-American after placing fourth at the NCAA Indoor Track and Field Championships on Saturday.

SEE STORY ON PAGE 18

PHOTO COURTESY of Monmouth Athletics