



THE OUTLOOK

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University Announces Another Tuition Increase

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University President Grey Dimenna, Esq., informed students that annual tuition will increase 3.85 percent to \$38,879, beginning with the sum-

mer 2019 sessions, in an email announcement his office sent ahead of the spring recess.

This most recent increase in tuition is the third consecutive year in which the increase was nearly four percent.

With 94.1 percent of the University's operating budget tuition-based, Monmouth is largely dependent on student enrollment in order to cover expenses.

For the 2018-2019 academic year, the University's operat-

ing budget is \$178,425,000, with an endowment of about \$100,970,000, as of June 30, 2018.

"Unfortunately, like everything expenses go up," said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement. "We have to be able to cover those increases and the only way we can do it is with tuition increase and raising more money, especially for scholarships." Nagy suggest-

ed that a solution to increasing annual tuition could be to cut in areas like printing on campus.

According to University estimates, 96 percent of students receive some form of financial aid, demonstrating the financial burden that costly tuition has students, prompting them to apply for student loans and need-based scholarships.

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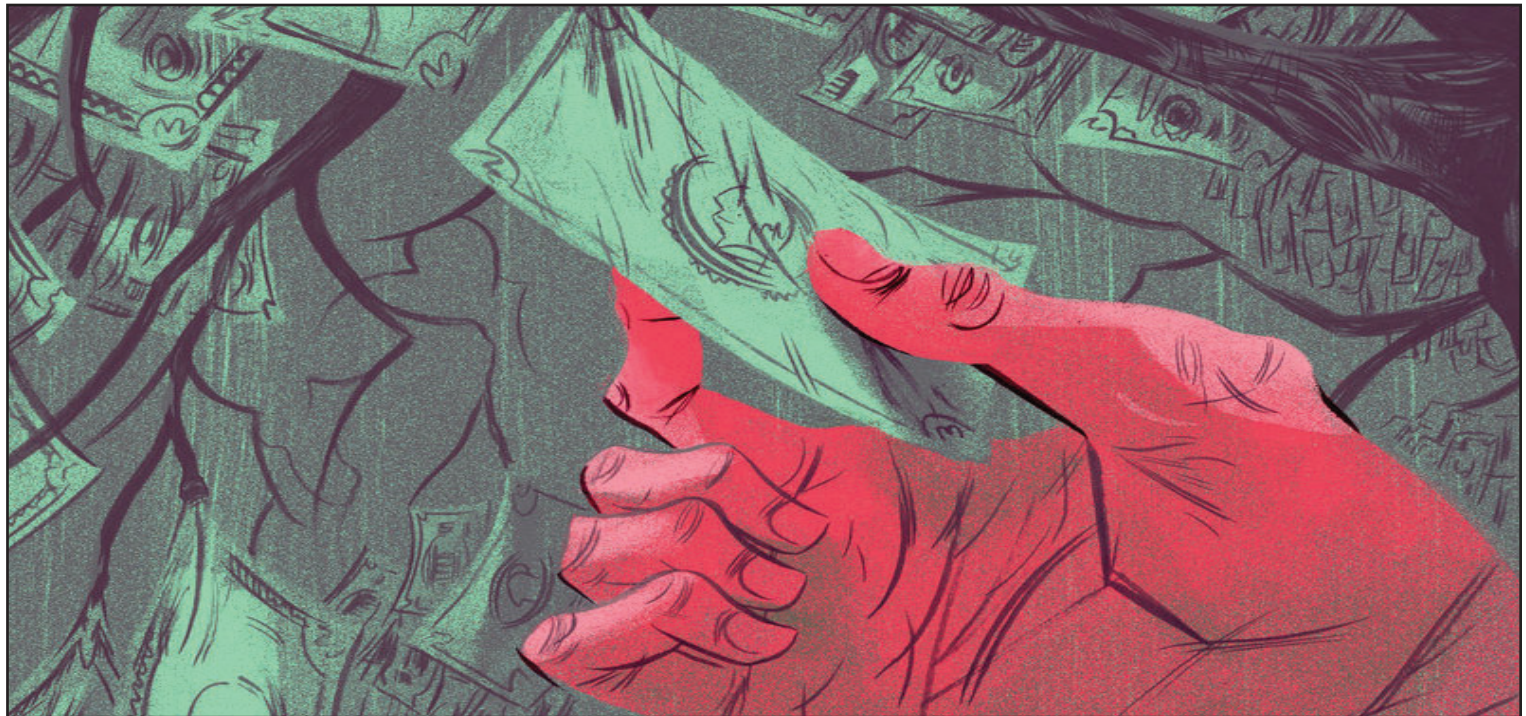


IMAGE TAKEN from NPR

Due to the recent increase in tuition, students will likely need more financial assistance to cover expenses.

Gender Studies Professor Talks on NPR Podcast

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Lisa Dinella, Ph.D., Director of the Monmouth Gender Studies Program and a professor of gender studies, was invited to speak on a podcast on children's toys and gender on the National Public Radio (NPR), which aired on Monday, March 18.

The NPR piece plays an important role in sharing science-based recommendations about children's toys with parents, Dinella explained.

"Early play experiences and exposure to the media impact children's academic and social development,

and small changes in the types of toys adults buy, and how they talk to their kids about play can shape their futures," she said in the podcast.

Dinella currently serves as the Principal Investigator of the University's Gender Development Laboratory. She investigates the relationships between gender, academic achievement, and career development.

She also studies children's toy play and media exposure and how gendered experiences shape academic and career pursuits across the lifespan.

She has addressed the White House, Washington, D.C., on gender disparities in children's toys and media. In April of 2016, Dinella was a

keynote speaker of this event, which was co-sponsored by The White House Council on Women and Girls, The U.S. Department of Education, and The Media, Diversity & Social Change Initiative at the University of Southern California.

She also works with global toy companies and children's media corporations, helping them apply cutting-edge research on gender and play.

Dinella elaborated that gender stereotypes often influence children's lives through toys, television, and advertising, enforcing respective interests based on gender.

In her discussion, she provided simple tips on how to reduce the negative impact of

gender stereotypes in children's fun experiences.

She explained that banning toys outright can be counterproductive, and instead, parents should pay more attention to how kids play than what they're playing with.

For instance, she cited one study wherein researchers found that children, regardless of gender, who were playing with aggressive toys like toy-guns grew up to be more aggressive as adults.

In one of her studies, "Pink gives girls permission: Exploring the roles of explicit gender labels and

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Master's Program Ranking Top 100

LOWELL KELLY-GAMBLE
STAFF WRITER

Monmouth University's Masters of Social Work program (MSW) has been ranked in the top 100 nationwide among 253 institutions based on a recent "2020 Best Graduate Schools" rankings from U.S. News & World Report.

The program was ranked 59th in the health schools' specialties category and second in the state of New Jersey based off eight institutions who offer the program.

It prepares students for advanced practice in clinical social work and in global and community practice.

Robin Mama, Ph.D., Dean of the School of Social Work, explained that when she joined the Monmouth faculty in 1992, social work was combined into a department along with anthropology, sociology, criminal justice, and Africana studies.

The department, however, only had two faculty members including Mama herself, and 65 social work students.

Mama said, "Over the course of a few years, we had many inquiries from alumni and other people from the community as to when we might start an MSW program."

The former Chair of the Department, Mark Rodgers, Ph.D., worked with Mama on their first proposal for this program in 1996.

Rodgers and Mama started the program in 1998 with the addition of four faculty and a Field Director, and 30 students.

"We added another 60 students in the second year of the program and have just been going from there," Mama added.

Carolyn Bradley, Ph.D., Director of the MSW Program, believes this program

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Seniors Countdown to Graduation

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Over 225 seniors attended the graduating classes first ever “50 Days to Kickoff Graduation Celebration,” a free event open to all seniors, in Ocean First Bank Center Varsity Club Tuesday, March 26.

The senior class officers announced what events will be occurring during senior week, as well as when seniors can start buying tickets to Senior Week events.

The celebration included door prizes such as a \$100 amazon gift card, food, refreshments, and one alcoholic beverage for seniors who are 21 and older.

Seniors who attended were able to pick up or place their order for their senior class shirt, and also have the chance to donate their senior class gift of \$20.19, in which they will receive a philanthropy cord for at graduation.

“When we all took office we knew that senior class was in need of some serious updates,” said Nick Verzicco, a senior business administration student and President of the senior class. “We wanted to really analyze other senior class programs at other institutions and see what the rest of our peers are doing.”

Verzicco said that the senior class officers noticed that other universities do not just save all their events for the last week of school, but do things throughout the year to create that comradery among the seniors.

“We all decided that a 50 Day Kickoff to Graduation would be a great start to initiating senior fun. We wanted to create something that we could release information about senior week events, philanthropy cords and give out some cool door prizes,” he explained.

“This was a great event for seniors to mingle with each other



PHOTO COURTESY of Phoebe Nelson

The Senior Class celebrated 50 days until graduation.

before they graduate,” said Phoebe Nelson, a senior political science student and Vice President of the senior class.

“I met with our advisors multiple times to organize the activities that would be occurring at the event and planning out each door prize that was donated to us.”

Nelson explained that the senior class officers also had to do a lot of advertising via social media because it was the first time that the senior class ever held the event.

“I was excited that the officers wanted to take on so many new initiatives this year with the new website for seniors, on-line ticket sales, and the first 50 Days to Graduation Kick-Off Celebration,” said Meg McGowan, Special Events Manager for Conference Services and Special Events, and an adviser to the senior class.

“The kick-off celebration was something the officers discussed after feedback from a survey that went out. We received feedback that some seniors wanted to connect with their classmates prior to

Senior Week.”

Amanda Klaus, Executive Director of Alumni Relations and University Engagement, and an adviser for both the senior class and the Student-Alumni Association (SAA), helped to bring the two student organizations together in meetings throughout the fall and spring semesters.

She believes that connecting the senior class, who would soon be alumni, themselves, with the SAA was a great way to encourage lasting relationships with Monmouth.

“The Office of Alumni Engagement and Annual Giving was honored to sponsor this event to celebrate our graduating seniors and welcome them as our newest alumni,” said Klaus.

She continued, “It is heartwarming to see the class officers and the volunteers as well as the Student Alumni Association come together for a common goal to honor their 4 years together, give back to support the next generation of Hawks, and celebrate each other.”

Overdraft Fees Resolved

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

The Dunkin Donuts in the Rebecca Stafford Student Center experienced a credit card processing issue from Jan. 26 through March 13.

As a result, all debit and credit card transactions during this period were not processed until last Thursday, March 14.

These charges will show on students’ statements individually and all will be posted for the same date.

“We understand the position that this has put on our consumers and we apologize for the inconvenience this has caused. We are committed to making this right,” Gourmet Dining writes in an email announcement to students. “If you happen to incur bank overdraft charges due to this unfortunate situation, please bring a copy of your statement or overdraft notice to the Gourmet Dining offices located behind Roots in The Rebecca Stafford Student Center and we will reimburse you for any

fees you have incurred.”

“I know that for many people, they keep bare minimum balances in their checking account, which is typically tied to their debit card. And if you have a big hit to that all at once, it is very possible for that to put you in an overdraft position and you are going to face overdraft fees,” said Nagy.

“And that very much concerns me, because I know students probably run it down to the bare and are going to be find themselves in that position.”

Upon discovery the incident had happened, Nagy explained that she immediately contacted Gourmet Dining.

“I reached out to them to say, ‘this has to be rectified, and you have to be responsible for whatever overdraft fees may occur because it is your responsibility as our vendor,’” she said.

Nagy also explained that she is continuing to oversee the systems to ensure that another situation does not happen again.



PHOTO TAKEN by Nicole Riddle

Dunkin Donuts patrons experienced overdraft fees.

Social Work Program Climbs National Ranking

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distinguishes from other institutions because the focus on social justice and human rights serves as the foundational perspective of the curriculum. She also believes since the program is small, it allows students easy access to faculty who provide mentorship.

“Our faculty genuinely wishes to get to know our students and to work closely with them on research and to assist them in the selection of their practice area. We use a cohort model admitting students in groups of 30. This model allows students to develop collegial relationships with other members of their class, which helps provide support through the program and after graduation,” said Bradley.

The MSW program admits between 90 and 120 graduate students each year. Students have the opportunity to choose from two concentrations: clinical practice with families and children or global and community practice.

Bradley described that graduates of the MSW program work in a variety of practice areas from behavioral health settings, hospitals, schools, correctional facilities, program administration, public policy development, community organizing and in international social work with the United Nations (UN), Red Cross and other development agencies. “Many of our gradu-

ates obtain jobs upon graduation with the agencies in which they did their second-year field internship,” she said.

Bradley is confident that the program will continue to evolve based on the needs of the people served by the profession and changes in thinking regarding best practice models.

Sanjana Ragudaran, Ph.D., assistant professor of social work, feels that the shifting focus from micro level social work to global community practice and policy research reflects a changing need within the profession.

“There is a need for social workers to be engaged in communities and at the policy level as we provide a unique insight to social problems. We understand that many problems our individual clients encounter stem from systemic barriers, policies and or procedures,” she said.

Working in macro settings, social workers are enablers, advocating for and with clients to eliminate these barriers through human rights and social justice lens. “There is an urgent need for social workers to work with political leaders who create and pass legislation, policies, and assign funding,” Ragudaran continued.

With the graduate program providing a diversified curriculum for social work students, there are more opportunities to build a unique skill set to use in the field. “I am glad that the

MSW program at Monmouth is being recognized and ranked among the top programs in the country,” said Alexia Raess, a junior social work student on track to complete an MSW as an advanced standing student.

Raess said that she is eager to acquire more clinically based skills and experiences. “My BSW. internships and volunteer opportunities thus far have been in schools at the micro and mezzo levels, whereas my MSW internship will provide me with

skills related to more micro social work practice,” she said.

“From taking classes at the BSW. level, I have been provided with texts and research regarding professionals currently in the field,” she continued.

Raess said that she is also excited to increase her field experience working directly with clients in a more individualized setting to further refine skills that she already possesses, as well as to work on acquiring a new clinical skillset.

“The ability to also have advanced standing and complete my MSW in one year at the same institution was another driving force for me in choosing to attend Monmouth,” she explained.

“Monmouth’s MSW program also appealed to me since the learning goes beyond just classroom material. The graduate program will allow me to gain field experience that will serve as a stepping-stone to my career,” Raess concluded.



PHOTO TAKEN by Nicole Riddle

Monmouth’s MSW program helps social work students acquire skills that are useful for global and community practice.

Students Experience Another Year with Tuition Hike

TUITION cont. from pg. 1

"We are deeply aware of the financial sacrifices that you make to afford your education and earn your degree, and we remain committed to your success as a student," says Dimenna in the email.

Financial aid, which includes scholarships, grants, loans, and work-study employment, can come from a variety of sources, including the federal or state government, the University itself, or private outside sources. According to Claire Alasio, M.Ed., Associate Vice President of Enrollment Management and Director of Financial Aid, awards are given on the basis of either academic achievement, financial need, some other special characteristic, or a combination.

There are about 4,400 undergraduates who received a Monmouth University grant or scholarship for the current academic year.

In 2016-17 and 2017-18, it was 4,600 and 4,500 respectively. According to Alasio, the very small degree of variation is explained by the size of the last two entering freshman classes, which have both been smaller as well as retention.

The average Monmouth University grant scholarship package for 2017-18 was \$14,378 and for 2018-19 it is just about \$15,000. Alasio said that the average is expected to, "creep up a little bit next year, but nothing significant."

She explained that for about 35 percent of the undergraduate students, the tuition increase will be partially offset by the annual increase to federal and state grant awards.

According to Alasio, there has been a \$270 increase to the maximum federal Pell grant, which is a need-based financial aid program.

In addition, while NJ has not finalized an amount yet, Monmouth could expect a \$300 increase to the maximum Tuition Aid Grant (TAG) grant award.

She concluded that the net effect of the tuition increase for more than one third of the undergraduates will be about \$900.

"As tuition increases, so does financial need," Alasio said. "As such, I would expect that there will be some more students who meet the criteria for the grant or who don't currently receive the maximum award and will qualify for a larger grant."

Tim McCahery, a senior marketing student, has required some form of financial aid in addition to having a scholarship for all four of his years at Monmouth. He said that the increase in tuition during this time has affected his need for more financial aid.

"If they're raising the tuition \$1-2,000 every year, I owe about another \$8,000 by the end of college," he explained. "I think that [the increase in tuition] should be shown and reflected in your

academic scholarship."

In the most recent academic year, more than \$66 million in institutional scholarship assistance was awarded to Monmouth students from all sources. That figure represents an 11 percent increase from the prior year. Efforts like "Together We Can," a campaign with the goal to raise \$15 million in gifts and pledges by June 30, 2019, intend to create and provide more financial resources to students through scholarship.

The campaign has already made progress toward reaching its goal. Current development, as of March 12, stands at \$13.1, about 87 percent of the way to reaching the University's goal.

The University budget must be balanced each year to meet the increases and decreases in costs as well as fund projects, staff, and activities. The budget will then determine the amount that tuition will increase.

The budget is calculated based on a comprehensive budget model that has been followed for the past 25 years. The model allows the members of the committee to evaluate the sources of revenue, capital projects, and expenses for the coming year, and available amounts for each department.

The budget model is based on a three-year plan that allows the board to plan financially for the coming three years. The University costs are then subtracted from the

revenues and the remaining balance is distributed to each department. The costs in the University differ each year, causing the tuition increases. Costs such as staff salaries, benefits, and medical insurance increase each year. The purpose of the three-year budget program is to prepare for future projects that the University will need.

"President Dimenna gave a presentation to the Faculty Council on the budget in February. This was the first such presentation to the faculty in recent history and opportunity for faculty to ask questions. Increase in tuition was one of the topics," said Marina Vujnovic, Ph.D., Program Director of Corporate and Public Communication and an associate professor of communication.

"He explained that the Board is concerned about tuition increase and the board has worked to keep it under four percent. Faculty appreciated that concern but also expressed that the strategy of tuition increase is unsustainable," she continued.

Yearly increase of 4 percent amounts to 16 percent over four years. Students increasingly work two jobs and go to school full time. Vujnovic noted that financial uncertainty and increasing debt is creating adverse effects on students' stress levels.

"I already see it amongst my students. When the message was received by the students I was just wrapping up

my class and students were getting visibly upset. Some on the edge of tears," she said. "One student said that she simply can't afford it and she fears she won't be able to continue at Monmouth."

"As a college student it's never nice to hear that tuition is going up. As an education major, my future job is one of the lowest paying jobs in the world so increasing tuition would only mean that my student loan amount would increase," said Alexis Borrino, a junior education student.

Borrino also suggested that the University disclose expenditures in order to show students where their money is being allocated. "Since Monmouth did increase the tuition I feel like it would be ideal for them to give us a rough outline of where this extra money is going because it can be kind of skeptical sometimes," she said.

"I don't really see any changes, financially, in my program so it would be nice to see a plan as to what this increase in tuition is going to do for my major/education department," Borrino added.

McCahery noted that if the school wants to grow, it needs more money for amenities like building more classrooms and hiring more professors.

"It's understandable why the tuition does go up, but at the same time I feel like they don't try to keep it as low of an increase as they could every year," he said.

Professor Dinella Discusses Gender and Toys on NPR

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gender-typed colors on preschool children's toy preferences," Dinella studied the role of toy type and color in children's interests and stereotypes.

She gave kids pink monster-trucks and baby dolls in camouflage onesies, coding gendered toys with their gendered colors.

"There's a bigger barrier to boys playing with 'girl' things and acting like 'girls' than there is for girls to be able to venture into these cross-gender plays," Dinella said, noting that there are often more options for girls because they have a broader toy selection.

"These trends that we're seeing in terms of deciding some toys are for girls or for boys is really just limiting their fun," she explained in the podcast. "And that's not what we want. We want kids to have as much fun as possible."

Jessica Rodriguez, a senior psychology major and an assistant in Dinella's research lab, which help to collect for her study she discussed on the podcast. She explained that there was a study conducted in 2005 by Blake-More & Centers where par-



PHOTO COURTESY Dr. Dinella

Dr. Dinella was invited to speak on an NPR podcast discussing how gender coding influences children's toys selections and choices.

ticipants rated 126 toy on a scale of 1-9, one being only for girls, 9 being only for boys, and 5 being for both girls and boys.

The researchers then categorized the toys as "strongly feminine," "moderately feminine," "neutral," "moderately masculine," and "strongly masculine."

"Since this study was conducted in 2005, our lab is currently working on replicating their study to see how and if people's gender perceptions of toys have changed," Rodriguez explained.

In another experiment, she painted all toys white so that signal colors like pink and blue did not stick out to girls and boys respectively.

She found that children were drawn to toys that were more fun, like Play-Doh and Etch a Sketch, rather than the toys that were conventional for gender.

"It was a joy to work with the experts at NPR. As always with NPR, I was impressed with their dedication to sharing science in a fun and engaging manner," Dinella said. "I also loved that

the other expert in the piece was Rosemarie Truglio from Sesame Workshop, a colleague who is well known for her devotion to making children's lives healthier and more fun."

Dinella has also been investigating the relations between gender identity, academic achievement, and career development.

Her research program is housed at the Gender Development Laboratory, where she studies the social and interpersonal factors that influence individuals' academ-

ic and career pursuits.

In collaboration with colleagues at the University of Wisconsin and Washington and Lee University, she researches the factors that are linked to young adults' academic paths, with the intention of isolating variables that often lead to disparities between men and women's levels of financial independence.

Her research has led her to create partnerships with school stakeholders in settings ranging from pre-schools to universities.

Student Spotlight on Logan Smet

LOWELL KELLY-GAMBLE
STAFF WRITER

Logan Smet, a senior communication student and women's lacrosse player, has an inspirational story of overcoming obstacles to achieve her greatest aspirations.

"My dad has always told me that education equals scholarship, scholarship equals education, and education equals future. That has sort of become my mantra throughout college," said Smet.

A native of Rockville, Maryland, Smet did not realize where her athletic talents could lead her. "I began taking the sport seriously when I saw the college coaches at the tournaments recruiting. If I could get enough of them to look at me, I could get the chance to go to school for free. It opened my eyes to the things I could do and use lacrosse to open doors for myself," she said.

Smet was looking for an institution that would give her an amazing opportunity to further her education at the highest level while competing on a NCAA Division I scholarship. She happily committed to Monmouth University.

"It was truly a moment I will never forget," said Smet.

Smet tore her ACL following her commitment. Luckily, her injury did not impact her scholarship, but she faced the obstacle of working hard to recover from her injury for the remainder of high school.

For most freshman student-athletes, playing time is difficult to earn. Smet was one of the few to experience playing time as a freshman, but the following year she tore her ACL again, which forced Smet to sit out the rest of the season.

Monmouth's head women's lacrosse coach, Jordan Trautman, shared that Smet has always faced the challenge to get in shape from injuries. But Smet never allowed this to hurt her confidence.

"She has shown tremendous resilience and toughness as she worked through those times of difficulty, pain, and frustration. Being a division one athlete takes a tremendous amount of time, dedication and sacrifice, and to be set back with an injury makes that journey incredibly difficult," said Trautman.

"She has handled each injury with an amazing amount of eagerness and hard work, and she has come back each time as a very

important player for us both off the field and on," Trautman added.

"I really learned how to become more mentally tough, and how to trust in the process of recovery. I had been through the process already. I had been there once already, so I had some confidence going into it that I could overcome it better than before," said Smet.

Endless support from athletic trainers, coaches, therapists, and family influenced Smet to make her strongest comeback in the field.

Smet sees her father, Steve Smet, as her role model because he helped her remain strong when times were tough.

"He has always pushed me to

be the best person I can be, not only in an athletic perspective, but spiritually, emotionally and mentally as well. He is one of the most patient people I have ever encountered and that is slowly rubbing off on me," said Smet.

Smet also admires her mother, Cindy Smet. "As strong believers in the catholic faith, my mother and father sent all six of us through catholic school growing up. This is something I will be eternally grateful for – knowing the sacrifices that my parents made to give us the best possible education," said Smet.

Senior Penn State women's lacrosse player, Delaney Muldoon, played lacrosse and basketball

with Smet at the Academy of the Holy Cross.

"I've always been amazed by Logan's perseverance and love of the game. I've watched her battle numerous injuries over the years but she always kept a positive attitude and was determined to return even better than before the injury. Her optimism and fun-loving nature is contagious and brings such great energy to whatever situation she is a part of," said Muldoon.

Jenny Staines, a senior real estate student and women's lacrosse player, can also attest to Smet's positive attitude. "What I like most about Logan is her sense of humor. How she's always making people laugh and how she can instantly brighten up a room. Another thing I like about Logan is she's always there to listen to someone if they're going through hard times. She's a great friend and I'm lucky to have her in my life," Staines said.

Monmouth's athletic trainer, Maikee Migallos, admires Smet's ability to withstand hardship and still come in everyday with a positive attitude.

"She's always polite and appreciative of any help she receives. The way she has learned accountability distinguishes her from other athletes. She understands that I can't do all the work during her rehab sessions; she has to put in the work as well, in order to see results," said Migallos.

Smet's expectation this year is for her and the team to win the MAAC, as they just had a huge season-opener win against Niagara.

"I really hope we continue to push each other to the next level and grow as a team," said Smet.



PHOTO COURTESY of Logan Smet

Logan Smet is a senior women's lacrosse player, and a master of overcoming adversities with a positive attitude.

Tips on Surviving the Rest of the Semester

MELISSA BADAMO
STAFF WRITER

After midterms and spring break, the workload of the semester can hit like a tidal wave. As longings for summer arise, it is not uncommon to feel sluggish and unmotivated. However, there are plenty of opportunities to find ways to thrive from now until the rest of the semester.

Motivation is the driving force behind a successful semester. It can be found by looking ahead at future goals and celebrating past accomplishments, both big and small. If there's a specific goal you want nothing more than to achieve, then finding the incentive to work toward it will come naturally. Motivation is a powerful tool that will provide endless bursts of energy to get stuff done.

"I find motivation by just reminding myself that everything will be okay, and that I can do everything one step at a time," said Caitlin O'Leary, a sophomore clinical lab sciences student.

Spring is an opportunity for new beginnings. The time is ripe for planning ahead, arranging a consistent study schedule, and managing time.

Staying organized will ensure that you don't lose track of assignments as the semester progresses. Simply maintaining a planner or setting phone reminders can go a long way, and a classic to-do list has never let anybody down.

Janice Stapley Ph.D., an associate professor of psychology, said,

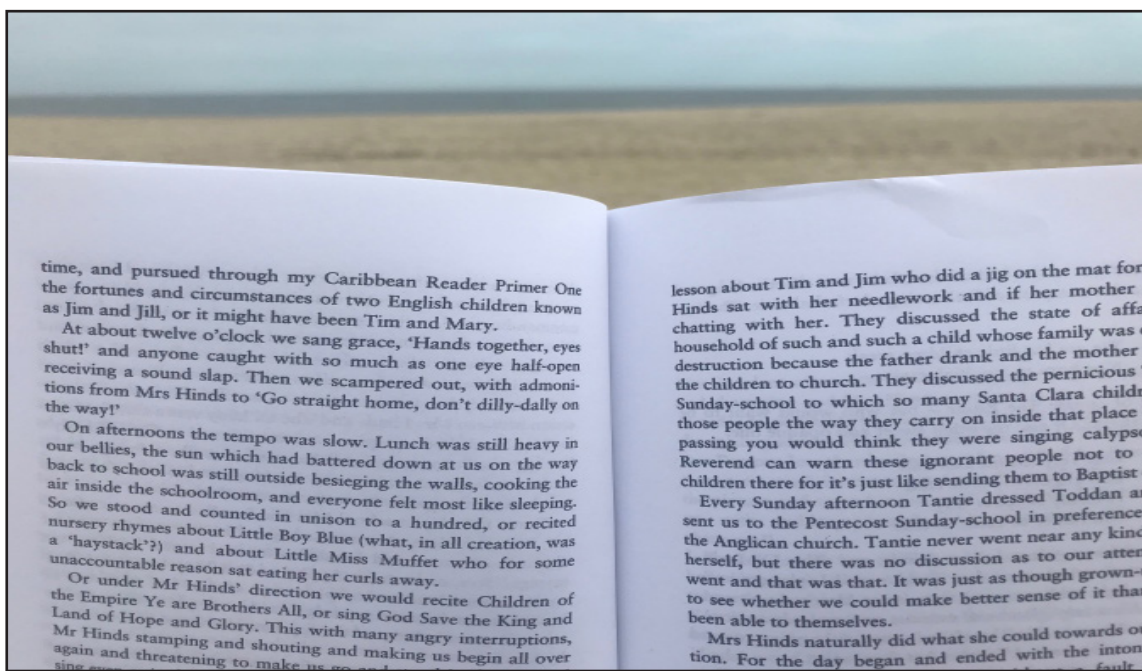


PHOTO TAKEN by Jenna Puglisi

The end of the semester is right around the corner, but there are some simple tips that will help to keep you focused until May.

"Since adolescents and emerging adults tend to be present focused, it is better to work on the rest of the semester in a week by week fashion and set a reward for yourself when you complete things on your planner list."

As the weather gets warmer, working on assignments outdoors can boost your overall mood and create an optimistic environment. There's just something about the way the spring sun warms the campus that sends a surge of happiness to last all semester. Keeping an optimis-

tic mindset can erase any doubts about grades and goals that may arise as the semester comes to a close. Keep the mindset that giving up does not exist.

Thinking about maintaining good grades can often be stressful and overwhelming, which is why self-care is always essential to surviving the rest of the semester. It is easy to get caught up in work and school and forget about the importance of taking alone time.

"I always make sure that I try to find time for myself during the day and not spend all day doing work,"

said Nicholas Testa, a freshman history education student. There should be a healthy balance between work and self-care.

Many people feel guilty for taking time for themselves when assignments are piling up, but there is nothing more important than a little self-care throughout the day. Relaxing for an hour or two before beginning schoolwork may just be the balance you need.

"Our bodies are very clear when they are unhappy with choices we have made," said Michele Van Volkom Ph.D., a lecturer of psy-

chology. "If we do not invest in taking care of ourselves, we will get sick which will then cause even more stress, as missing classes due to illness will just make us fall behind. If we continue to push ourselves beyond our limits, then we will experience negative consequences."

O'Leary said that she practices self-care by getting enough sleep, staying caffeinated, maintaining a skincare routine every night, and surrounding herself with supportive people. For some, self-care means re-watching a favorite show, and for others, it means unplugging from devices for a bit in order to truly relax.

As the semester wraps up, it is important to never let go of aspirations. Persistence will put you on the right path toward a gratifying semester.

To survive the rest of the semester, Testa said, "I make sure that I don't lose the good grades that I've worked so hard to get." For Testa, maintaining good grades results from handing in assignments on time, participating in class, and doing well on exams.

Reaching semester goals, such as an excellent GPA, creates a sense of fulfillment that pulls you into a motivated mindset.

The recipe for surviving the semester consists of motivation, optimism, organization, and self-care.

Rather than dreading the remainder of the semester, it is important to view it as an opportunity for success.

THE MU STUDENT’S NEW GROOVE

CHLOE BARONE
STAFF WRITER

Getting back into the groove of things after spring break can be seemingly impossible. As college students, spring break is the ultimate tease, our fleeting taste of summer that is gone before we know it.

Readjusting to school after a break is difficult, but must be done. Here a few tips to help you get back into the swing of things:

Set short-term goals.

Jumping full force into the remaining time left of the semester is going to leave you feeling overwhelmed. Instead of panicking thinking of all the work you are going to have to face, compartmentalize your time.

Taking on your workload day by day will help you feel like you can meet all of your deadlines, without having a panic attack.

Lisa Allocco, professor of communication, said, “I’ve seen students drop a full letter grade from midterm to finals because they caught spring fever. I suggest they hold strong to maintain or improve their grades heading into final exams.”

Allocco continued, “Students can still enjoy all that Monmouth and the shore area has to offer in the spring, if they take a one-week-at-a-time approach instead of setting their sights on life after finals with five or six weeks of course work still on their plates.”

Why rush your time at college, when you can savor every moment? Even if that means you need to do a little homework along the way.

Plan it out.

Although writing down your goals in a planner can get tedious,



IMAGE TAKEN from Atlanta Challenge

Creating a plan to get yourself back on track after spring break will benefit you for the remainder of the semester.

it is a great way to assimilate back into the college grind.

Go to Marshalls or TJ-Maxx and pick up a discounted planner, or notebook with a fun pattern or design. This will help you feel fresh, organized, and back in the studious spirit.

Erica Barbara, a junior communication student, takes this approach as well. Barbara said, “Personally, to get back into the school routine I start waking up earlier a day or two before break ends. I also write down an agenda for the week back in that time! Writing everything down in one place really helps me get back on track.”

Even if in the long term you can’t visualize yourself writing in your planner consistently, it helps to get the ball rolling. All you need is an initial push to get

on the right track for your school work.

Self care.

Many students flee home during spring break to get much-needed family time and relish in the comfortability of home. While you are home it can be easy to lose touch with reality.

When you return back to campus be sure to work on yourself, which will, in turn, keep you motivated for the remainder of the semester. If you do not regularly practice a self-care routine, this would be the perfect time to begin. When you are feeling, and looking your best, productivity will follow.

Rebecca Ley, a junior health and wellness promotion student, said, “Make sure to review old emails to refresh on what you were doing before break started.

Reach out to friends and see how they are preparing, look at upcoming assignments.”

Ley also provided a good tip: “Pick out a nice outfit for the incentive of feeling good and motivated on your first day.” Spring is a perfect time to rid of your old bad habits and recharge your positivity.

Search for inspiration.

Sometimes the lack of motivation can make you feel lost, and there is no reason not to look for help along the way if you are feeling like this. Take a Sunday night to comb through Pinterest, or even listen to your favorite Ted-Talk to help spark drive.

Hearing what others have done to help get them out of a rut, is often helpful if you are feeling the same way. If you find looking elsewhere for inspiration, is a step

in the right direction, start creating mood and vision boards.

Putting all of your inspiration in one place can help you manifest it in real life.

Meet with your professors.

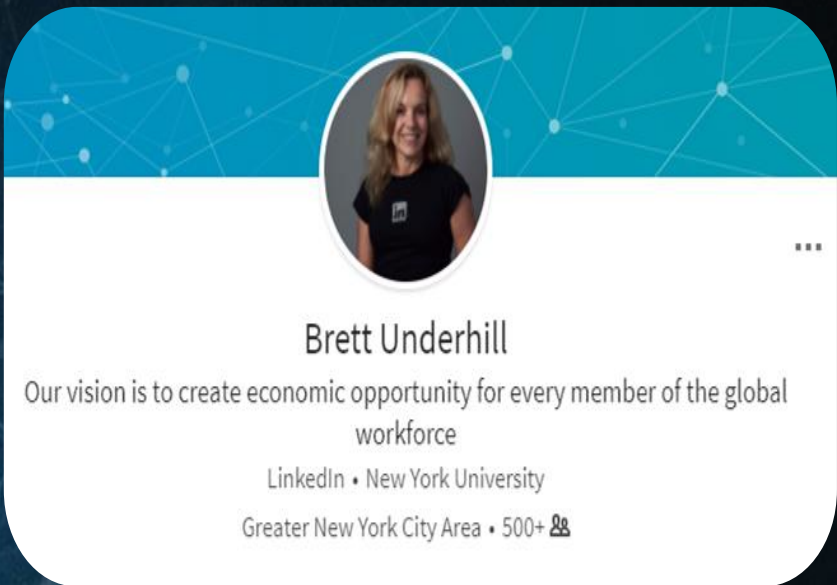
If you are feeling behind from break, don’t hesitate to reach out to your professors. Although it may seem scary at first, your professors are here to help you.

You can find in your syllabi, or on the campus directory, your professor’s office hours and schedule an appropriate time to meet. This will help you get ahead, and have a clear understanding of where you are at in your classes.

Getting back into the groove of classes can be hard, but it all starts with you. You are the only person who determines your future, once you fully invest in yourself success and productivity will follow.

Rock Your Profile!

Tuesday, April 2nd 1:00 pm - 2:00 pm
Eyas Lounge, OceanFirst Bank Center



Interested in building a great profile and jump starting your professional brand? Learn simple tips and tricks straight from Brett Underhill, Talent Acquisition Director @ LinkedIn

Look for the LinkedIn table during Spring Career Day 2019 to update your profile picture.
Spring Career Day, April 2nd 12:30 pm - 4:00 pm
OceanFirst Bank Center
careerservices@monmouth.edu



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Celebrity College Scandal

EDITORIAL STAFF

Recently, the news has been filled with information on 50 individuals who were charged with being part of a \$25 million college admissions scandal. The scandal was based on students allegedly being admitted to prestigious universities based on false athletic resumes, and individuals helping potential students cheat on standardize admissions exams.

The Outlook editorial staff

ful for everything I've done to get this far. It is not taken for granted," one editor stated.

Graduates of elite universities were being paid to take the standardized exams for perspective students. Many times, the student was allegedly unaware that their exam was being altered after they handed it to their proctor.

"I find it hard to believe that students' don't know their parents are doing this for them," said one editor.

"I'm under the school of

"If a student takes up a fake roster spot on a team, that's one spot on the team that goes out the window for someone who needs the scholarship," said an editor.

Coaches and administrators have been among those subpoenaed by the courts for partaking in accepting bribe money in order for students to be admitted to the institutions. "There's no way that they were not aware, especially if they verified extensively. They're either corrupt,

Colleges across the country should begin to take pride in their hard working students, rather than looking for famous names to add to their alumni lists.

discussed the scandal and concluded that the actions taken by individuals in order to get their children into college and universities was wrong, frustrating, and that there needs to be repercussions.

It was known to the editors that these types of situations were not new. Throughout history, the elite have paid their way to the top. "Nepotism, favoritism, and bribery have always existed in colleges," said one editor.

As hard-working students, many of the editors agreed that students should not be accepted into a school because they are a "legacy" or because of the public eye that their family is in. One editor vocalized the fact that they do not believe that "anyone should solely be accepted into a school based on status."

"As a first-generation college student, I am very grate-

thought that being accepted into a college is an accomplishment that should be independently earned based on your own merit," one editor said, reaffirming that grades and applications should not be altered.

"It is completely unethical for SAT and ACT scores to get changed because it is illegal, it is fraud, and they are legal documents, which is perjury," continued the editor.

Student-athletes work hard to achieve success on the field or court. They put thousands of hours and dollars into their perspective sports, all in the hopes of receiving an athletic scholarship. According to the National Collegiate Athletic Association (NCAA), "NCAA Divisions I and II schools provide more than \$2.9 billion in athletics scholarships annually to more than 150,000 student-athletes."

irresponsible, or just incompetent—neither of which should be accepted in their position," said an editor.

The editors agreed that paying others to take standardized exams and paying for athletic profiles to be made so that your child can get into an elite school is unethical.

"Fixing you child's SAT score without their knowledge is not ethical at all. You're not teaching your child anything by not making them work for their achievements. It's not healthy and it's not reality," said an editor.

The Outlook editorial staff believe that we are all here for a reason and that we should be proud of what we have accomplished to get here. Colleges across the country should begin to take pride in their hard working students, rather than looking for famous names to add to their alumni lists.

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American Sign Language

SAMANTHA RIVAS
STAFF WRITER

Language is an interesting concept if you really think about it. Groups of people came together and strung together different sounds and assigned meaning to each of them in order to communicate with one another. I only speak English, but I'd love to be able to speak another language. Nothing common for American students like Spanish or French, though those would also be really nice to know. For me, it's always been sign language.

I grew up in a school system that enrolled me in multiple Spanish classes, so predictable is practically my upbringing. I'm sure a lot of us had the same experience, being carted in and out of Spanish class after Spanish class in elementary school. I suppose people would think that I'd pick up on it fairly well considering I'm half Puerto Rican and for the most part, they'd be right. I enjoyed learning Spanish and practicing it outside of the classroom, but when the school year ended, I never remembered what I learned in class. It just retreated to the corners of my mind, generally out of reach besides the occasional recollection of random words and phrases.

When I got older, the choices for language expanded. I took a French class in middle school but then in high school I had the option to learn Italian, only to switch back to Spanish. It was a basic language that I was already familiar with and I didn't want to stray away from what I knew I was good at. I even took two semesters of Spanish here at Monmouth which proved to be challenging but also fulfilling. Through all this Spanish though, there was always one language that I had always wanted

to learn. I think that's why I never truly remembered everything I learned in Spanish classes. There was no passion behind it.

I don't know why sign language has always fascinated me. The language became more visible when the show *Switched at Birth* aired on what used to be ABC Family, but I loved the language even before then. I think it's the idea of communication through more than just words, that you don't have to hear in order to be heard. Communication through our bodies, after all, is something everyone uses no matter what language you speak. Sign language can be just as emotional, sarcastic and passionate as any other language we speak.

I taught myself the American Sign Language (ASL) alphabet when I was in high school. I figured the least I could do was learn how to spell my name. I've taught myself small words and phrases here and there and my best

friend has also passed on what she learned from a sign language class that she took. My seven-year-old niece even came home from school the other day and tried to teach me the days of the week in ASL (I'm still trying to get the hang of it, but she's a rock star for learning it so fast in class).

I think school systems should stray away from the predictable and strive to teach other languages. The world isn't made up of English, Spanish and French, though I do understand the statistical use of each throughout the world justify the class options. I know if I were given the opportunity, I would have chosen an ASL class over Spanish in a heartbeat.

Maybe one day I'll take a class or sit myself down at my laptop and seriously search and learn the language. For now I'll admire the beauty of the language from a distance, but one day I hope to join the conversation.



IMAGE TAKEN from Cudoo Blog
American Sign Language can be a challenging yet rewarding language to learn.

Monolingualism

SCHARINA BENCOSME
STAFF WRITER

There are more Spanish native speakers in the U.S. than there are in Spain, and yet less than one percent of American adults feel they're proficient at a foreign language they learned in the classroom. According to *The Atlantic*, monolinguals are the minority in Europe, with 19 percent bilinguals, 25 percent trilingual, and 10 percent speak four or more languages. In America, only 15-20 percent consider themselves bilinguals.

From an outside perspective, America, the land of opportunity and freedom, is praised for its diversity and coexisting cultural variations. However, oftentimes there is lack of representation and embracing from within the U.S., which puts both foreign citizens and Americans at a disadvantage.

In the United States, middle and high school education consists of courses which attempt to prepare students for only harder and more challenging courses for higher education. Languages are a skill that surpasses university, trade schools and careers. Regardless of the path a high school student chooses to take, having the ability to speak another language puts them at a huge advantage from the start. Though it is a controversial subject, whether or not basic education prepares students to enter adulthood, it is clear that monolingualism in the U.S. only creates a barrier, a gap and animosity between groups.

Monolingualism puts Americans at a disadvantage. We are entirely less educated in the various cultures within our own country, and therefore unprepared to emerge ourselves into another culture entirely different from our own. It creates a difficulty in finding for ourselves,

whether it comes to interacting with those of our own career or job path in state or out-of-state. It hinders us from the benefits that bilinguals have, such as a basic understanding of linguistics, staving off dementia, and greater cognitive skills.

Even within the bilingual communities, those who become second, third, and so on generations tend to forget their language. For English becomes the prevalent language in schools, outside of schools, and at work. There is loss of culture, instead of enhancing it, and such is another reason why learning another language should be enforced in the States. Giving those of Italian, Mexican, German, Portuguese or other backgrounds the option to continue being bonded to their culture generations after.

I myself have had the experience of being English as a Second Language (ESL) which then helped me self-teach Portuguese and interact with so many people! However, I've met plenty of second-generation Hispanics who've felt like an outsider to their own culture, or not accepted by others.

I am completely aware of the difficulties that entail learning an entirely new, different language, and that the strenuous, busy life of college students or young adults in the U.S. makes it even harder. However I believe such justifies why there should be more emphasis on being taught a language at school (and not just in the span of two years of workbook homework) but actually interacting with speakers, whether by viewing, mimicking, or listening to a language. I believe if students are taught with the same intensity, severity and vehemence ESL students are taught in order to learn proficient English in under three years, Americans can be bilingual too!

Social Media Struggles

RILEY BRAGER
STAFF WRITER

Are you scrolling through Instagram right now (maybe not at this exact moment because you are reading this, but moments prior to reading this) and finding yourself wishing you were someone else?

Maybe you do not want to completely change everything about yourself, but you find yourself constantly comparing physical attributes to other people. It is virtually impossible to not feel jealous when you see images of people who appear to be perfect. They have the perfect family, body, and seems to be getting paid from various social media outlets just for how they look.

Their appearance on social media makes it seem like they do not have any problems and makes you feel worse about yourself. Of course, you should not wish problems on other people but, life can be stressful and it is helpful knowing that you are not alone. However, when someone is having a bad day social media can make a bad day worse by giving the false appearance that some people do not have any struggles in their lives.

For me personally, I have felt this type of jealousy from scrolling through my Instagram feed. Then, I took a step back and realized I am in power of whom I choose to see on my various social media accounts. Many of the people I see on my feed who I feel most jealous and envious of are the ones who I chose to click the follow button at the top of the page.

I play a lacrosse at Monmouth,

which is a spring sport, so every year spring break is the most challenging time for my fellow teammates and me. There are countless Snapchats or Instagram pictures being posted daily of the fun vacations everyone is having.

However, this spring break I chose to approach it differently, being a senior I wanted to soak in the opportunity I have to spend a whole week with my team without any other students being on campus. Instead of wishing, I was someone else, I decided to just be happy for being me.

We all have the choice of how we feel about ourselves. If the Victoria secret model you follow on Instagram makes you question your beauty or worth then unfollow her. Instead, follow the people who will spark change and give you encouragement or helpful advice on social media.

Social media can be a very powerful too, giving people a voice on a very large platform. If you are a female athlete like myself, follow the US soccer team on Instagram and join them in their fight to create equal pay for female athletes. If you have specific interests or desires then use Instagram or social media to help spark different ideas or give you more insight on those specific areas.

However, most importantly decide that you are good enough. Be in control of your own thoughts and feeling because at the end of the day all you have is yourself. Life is too short to wish you were someone else. So, follow the people who will make you feel the best you can, because you are worth it.

LOGAN SMET
STAFF WRITER

Over spring break, the Monmouth Women's Lacrosse team traveled to New York City for the day to go to visit the Metropolitan Museum of Art, The MET.

This was a very special experience for some of the women on the team as we had never been there before. We took the ferry after practice on Tuesday, March 19. The idea of taking the ferry was, in itself, interesting because usually you hear about people taking trains, cars and buses into the city, but not the ferry. This was a first for me, I had never been on a ferry before.

It was a beautiful sight; I stayed outside with a few other brave souls the whole way there and back. I just could not get over the view. I mean, seeing the buildings from a distance set the scene for me right away.

When we got off the boat, we then walked a few blocks to the subway. Taking the subway was a new experience in which we were introduced to a whole new type of person who resides in the city. Most of the people in New York walk with purpose, they have somewhere to be, but these people, they are on a whole other mission.

We almost all didn't make it on in time, because there were so many of us trying to scan and hustle to the rail as it pulled up. Luckily, we all got on in one piece. When

Day Trip to the City

we got off the subway about four stops later, we walked a couple blocks to the MET. The walk, which was roughly six blocks, was not at all bad. It had given me a good chance to see the style and culture of people, who call NYC their home. Granted, it was only my second time visiting New York City so I wouldn't consider myself a local to the area whatsoever, but yet it was an eye-opening experience to the society there.

So, as 29 girls venture around New York City, sight-seeing, and enjoying their break in a new area, we didn't get lost, right? Luckily, we had our three amazing coaches there to guide us as they seemed to be professionals on the streets of NYC. The area had so many different sounds; construction, cars backing up, sirens, horns honking, and pedestrian lights beeping, telling you not to cross. I wondered that if I lived there, if I would ever be able to get any shut eye, in the city that never sleeps.

While en route to the MET, we walked along Central Park. In such a big city where buildings are seen for miles, it was nice to see such a beautiful landscape for people to bring their pets and get away from city life for a while (even if they are still right in the middle of it).

When we arrived at the MET, we all took a picture out front. It was a beautiful place and I was astonished at the amount

of people there. My mouth literally dropped, one because it was beautiful and two, because there were about 10 food trucks lined up right outside the building for tourists like myself to salivate over.

The building itself was amazing as the team split up to go view different parts for the two hours we had to explore, I knew I wanted to see as much as possible. I first went with my group to the Egyptian part of the museum. I think it is so cool to think about how the carvings and engravings were done so long ago, and how they ended up right there in front of me centuries later. I nearly got to see all the parts I wanted, Monet paintings, Van Gogh, etc. My favorite part was probably the Ancient Greek Art sculptures. The chiseling done to perfection, is mesmerizing to me, some of the Greek heads get a little too much for me, but the whole-body figures of the gods are remarkable, especially in person.

There were many moments that we shared that I won't forget but a highlight of the entire trip was when we were walking down 5th Ave. we saw Amy Schumer walking down the street toward us. We were shocked and stoked to see a celebrity in the flesh just walking casually down the street.

In a place with millions of people, on a single street in New York City, walking just like us. It was a memorable moment for us as a group we will all remember forever.



Rewind the Tape: The Unlikely Cassette Comeback



ERICA BARBARA
STAFF WRITER

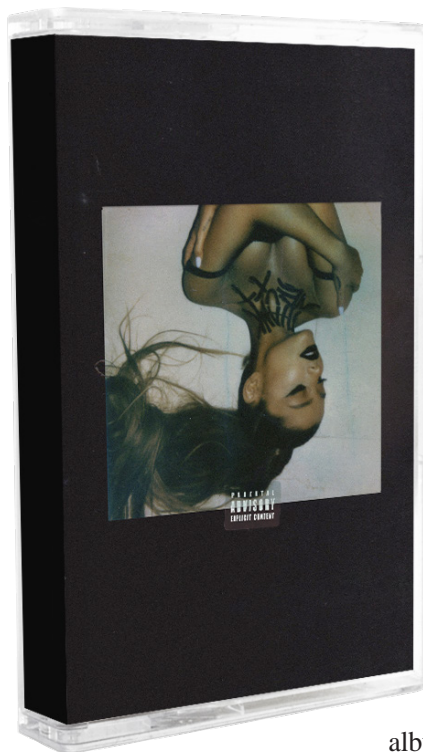
Get out your winding pen and cassette player, because tapes are making a big come-back with modern musical artists and audiences.

The question is: why now, and why the sudden return of the vintage tape-recording device?

Also known as a compact audio cassette or musicassette, a cassette tape is an analog magnetic tape-recording format for audio capture and playback.

Developed in 1962 Belgium by Dutch technology company Philips, cassette tapes defined

IMAGE TAKEN from store.universalmusic.com



music listening habits of the 70's and 80's as an easy, portable change from the bulkiness of records and the unpredictability of radio.

Players like the Sony's 1979 Walkman, stereo tape decks, and boom-boxes made selecting tracks for parties, leisure, or on-the-go listening even more popular.

The physical appearances of the cassette tape (with its compact, boxed shape and two holes), as well as that of the boom-box, became distinct marks of their eras in time: gold-chained hip-hoppers carrying big stereos on their shoulders and neon-sweatband-clad joggers with cassettes loaded into their Walkmen.

Now, who exactly brought back this taste of vintage life by resurrecting the cassette tape in the 2010s?

Well, pop princess Taylor Swift did, with her Grammy-award-winning album appropriately titled *1989* from 2014.

So did diva Ariana Grande, with her 2018 comeback *Sweetener*, which also nabbed a good deal of Grammy wins. Musical icon Björk is set to release all nine of her albums on multicolor cassette tapes for April 2019, joining the likes of Justin Bieber, NWA, She & Him, Weezer, and more.

Now, "alternative" retailers like Urban Outfitters are selling cassette versions of popular albums to trendy consumers.

Two companies, which were



IMAGE TAKEN from electronicbeats.net

Björk reissued her complete discography on cassette. You can purchase the set for about \$92.50 from her website (not including shipping from the UK). Ariana Grande's *thank u, next* cassette (pictured bottom left) is currently trending on eBay for about \$30. It was released as a limited edition from her website.

thought to have been buried with the unofficial death of cassette tapes in the early 2000's, are now at the helm of the so-called revival tour: Mulann in western France and the National Audio Company in the American Midwest.

While it's good business for the few companies involved in processing, the looming domination of Apple and overall smartphone music stores will predictably squash any overwhelming widespread return of the cassette tape.

Stuart Rosenberg, Ph.D., Chair of the Department of Management and Decision Sciences, spoke on the cassette tape comeback: "It's nice that there's something of a revival in the marketing of popular music on cassette tapes. But let's make no mistake: this is a niche market."

Rosenberg, who teaches a course titled *How Rock and Roll Shaped America*, continued, "While they may have been convenient to store because of their relatively small size, they were inferior to [vinyl] LPs for a lot of reasons: First, it was harder

to appreciate album covers and liner notes on a cassette."

"Second, cassette tapes broke too easily. And third, the sound quality wasn't nearly as good," he added.

So if the audio quality of cassette tapes has long been outdated, and there are even more quickly-accessible music listening platforms, what really is the appeal of many artists looking to the cassette tape?

The likely answer is not necessarily surprising and can be described in just one word: NOSTALGIA.

Chloe Barone, a junior communication student commented, "I think it's a novelty for most people. It's also the appeal of keeping up with the vintage aesthetic and always having the next 'cool' thing, just like with the return of the record player."

In the past few years, there has been an apparent resurgence of throwback fashions for the international consumers of today.

Tiny, rounded sunglasses are warped in from the 90's, 80's-style shoulder-pads rock

the red carpets of various awards seasons, and dungaree jackets and flare jeans from the 70's adorn the bodies of many a fashion icon in the media today (look to Kendall Jenner, Gigi Hadid, Zendaya's Tommy Hilfiger campaign, and more).

The use of vintage tech, like the cassette tape and record players, might just be another fashion-over-function scenario.

It's an attempt to defy the rapidly-accelerating advancements in today's electronics; whether for trend or for genuinely preference of an analog medium (just as some prefer the feel of a paperback or hardcover book over an e-book).

Considering this, it can be assumed that with the vast existing options we have today, the resurgence of the cassette in modern music is predominantly for the nostalgia factor and appreciation of an era that has passed.

Rosenberg concluded, "I had hundreds of cassettes that I ended up throwing out in the 1980s when compact discs were introduced. I also threw out my cassette player."

With Sails Ahead Discuss What's Ahead

NICK MANDULEY
STAFF WRITER

Brick Township progressive rockers With Sails Ahead, founded by vocalist Sierra Binondo in 2013, released a new music video for their song "Pixelated" on March 8.

The song hails from their latest record, *Morning Sun*, which was released the previous year.

On "Pixelated," vocalist Sierra Binondo cheekily calls out fake friendship and insincerity within the local music scene.

The video, directed by Kris Khunachak, comically recounts some of the craziest things the band has encountered throughout their career.

The new video can be viewed on the band's YouTube channel.

Morning Sun opens with the track "Disappear," which features a dazzling cascade of amazing guitar work on behalf of guitarists Josef Warner-Reyes and Santino Costa; both of whom bring amazing solos and performances on tracks such as "Willow" and "Always Clouded, Never Clear."

On "Disappear,"

bassist Jaime Martinez dabbles with the cello during the bridge, creating a sound that is full and unique.

Drummer Ryan Venancio gives an infectious performance on the record, skillfully incorporating heavy punk and dance-pop drumming on tracks such as "Synapse Fires."

"A lot of the lyrics on the record comment on how other people's attitudes affect others, or (the lyrics) deflect fault onto others," said Binondo when asked about the record's lyrical content.

The title *Morning Sun* is symbolic for a brighter tomorrow, even in spite of past mistakes, according to the singer.

This is reinforced in the song "Beesly," the record's closing track.

"When the record wraps back around to the album title, is when I guess you could say the narrator comes to accept that they are equally capable of fault. But in the end, there is a promise for them-

selves and for everyone else that there is always a chance to renew and restart," Binondo explained.

Last June, With Sails Ahead embarked on an 11-date tour of the east coast in support of *Morning Sun*.

Connecticut progressive metal band Destination Dimension joined as the co-headliner. Binondo was quick to look back on their recent tour quite fondly, but was equally quick to admit to the pitfalls.

"When you're not a band in demand and you go on tour, you're taking a huge risk, especially financially," said Binondo. "But we go on runs because it gives us experience and we still make a lot of worthwhile new friends and connections. It's always just laying the groundwork for coming back."

This year, the band is planning on shifting their focus to content creation.

Fans can expect a possible single coming this spring or summer. *Morning Sun* is available on Spotify, Apple Music, and other major streaming platforms.

The band has independently released three EPs which can be found on all streaming services.

IMAGE TAKEN from thenewfury.com



Enter Shikari Enters Russia

NICK MANDULEY
STAFF WRITER

British electro-rock giants Enter Shikari made their Russian late-night television debut on Evening Urgant on March 20.

The four-piece from Hertfordshire gave an explosive performance of their single "Live Outside," from their latest album *The Spark*.

Host Ivan Urgant promotes their 2019 *Stop The Clocks* Russian tour, which ended on March 20 at the Heart Bar in Irkutsk.

The tour stopped in cities such as Moscow, St. Petersburg, Krasnodar, and more.

Vocalist Roughton Reynolds delivered an electric performance, belting each note with passion and

effortlessly two-stepping to the beat of the song.

Enter Shikari was founded in 1999 under the name "Hybrid."

It was not until 2003, with the addition of guitarist Liam Clewlow, that the band changed its name to Enter Shikari; the band name was inspired by a boat owned by Reynolds' uncle.

The band released their debut album, *Take to the Skies*, in the spring of 2007.

The album reached number 4 in the UK in less than a week following its release.

The band has been known to write about political issues of varying natures.

This includes climate change, our misuse of natural resources, the Trump Presidency, capitalism, and the United Kingdom's Trident nuclear program.

When questioned about the band's political voice, Reynolds told *Kerrang! Magazine*: "It's what music is for."

If you take out the social commentary, it's not punk, it's just noisy pop."

The Spark was released Sept. 22 2017 via Ambush Reality, the band's independent record label, and is currently available on all streaming services.

IMAGE TAKEN from BBC



Nostalgia and the Co-Headliner: An Inquiry into Touring Collaborations

MATTHEW SHAFFER
STAFF WRITER

There's something particular about the 1990s that seems to resonate with the general public.

It's an intangible something that courses through everyone that has any semblances or memory of the back end of the 20th century.

The aesthetic of the 90's, where everyone wore denim and pastel colors, listening to ska music on their portable cassette players, is something we long for and continue to grasp onto in the current culture.

Not in the literal sense; I don't think anyone has seen a portable cassette player in years, but you can get that feeling when you see major artists from that era pop up on tour, co-headlined by a fellow "90's kid" act.

The more prominent examples of these co-headlining tours are Weezer with the Pixies, TLC with Boyz II Men, and The Smashing Pumpkins with Noel Gallagher's High Flying Birds.

All of these groups were huge at one point in the 1990's with the exception of Gallagher's band, but he still has some pull from his

Oasis days.

On paper, the idea of having two acts play the same show seems like a great idea; two for the price of one.

These bands also match up sound and audience wise, so there should be some fan crossover between the two.

It's not as if the shows are being billed as Slayer with special guest Cher, despite how interesting that pairing would be.

"I think for older musicians and bands it could be beneficial to co-headline a tour for the simple fact that their fan bases have matured and are financially conscious," said sophomore Andres Camacho, the future music director for WMCX.

Camacho further discussed the logistics of touring together, noting that it makes it more feasible for these artists to sell out bigger venues if they go on tour as a bundle, as oppose to doing it solo. The main selling point is to relive the hits of the 90's from bands of the same general sound.

Essentially they are tugging on the nostalgia heartstrings hoping they can get you to come to a show.

It should be a money machine, but the numbers don't seem to

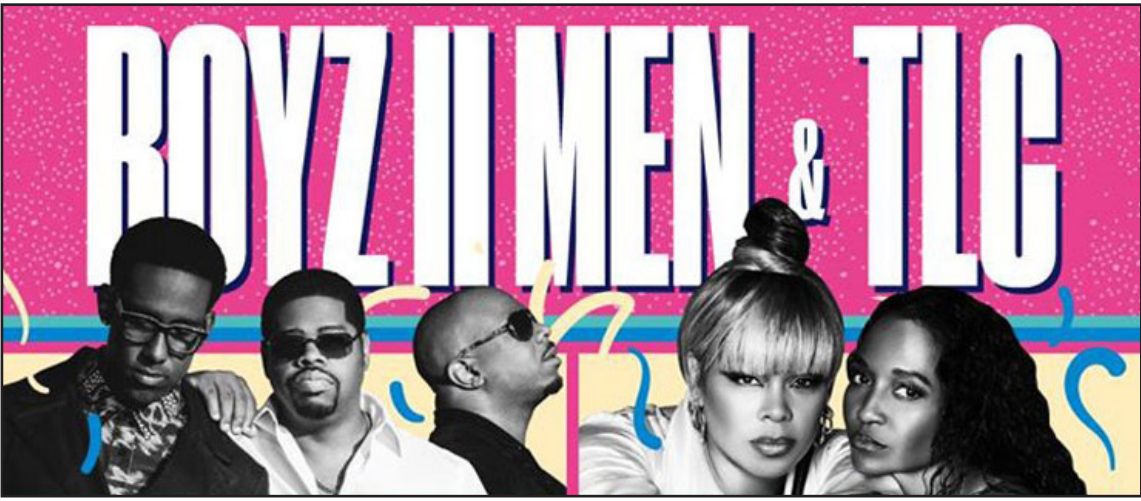


IMAGE TAKEN from vip frontier

Boyz II Men and TLC teamed up for a co-headlined tour last year. Many bands have followed the trend too, like Weezer (pictured bottom left) who paired with the Pixies last summer and this spring.

indicate that.

According to the *NME.com*, in 2018 only two acts ranked in the top 25 for highest total grossing tour: Journey and Def Leppard and Beyoncé and Jay-Z.

Obviously making the top 25 isn't indicative of a failure to get people to come to your shows, but there's an argument to be made when you see all of these solo acts performing at such a high level in terms of ticket sales.

People may be more inclined to go to a show knowing that they are going to get to see a full set from one act.

With the co-headliners, while the bands that go on tour together

tend to be from the same era and of the same genre, it is no guarantee there will be a crossover appeal for both groups.

While the current trend of co-headlining shows seems to be fishing for the nostalgia of the 90's and playing into the current wave of newly anointed adults from the 90's, it hasn't resulted in monstrous success.

It's not a total failure; Weezer and the Pixies are on their second run of tours together after a performing last summer.

They went from playing PNC Bank Arts Center to Madison Square Garden. Based off the venue upgrade, things seem to be going pretty well, just not operating at elite numbers.

It's purely speculative, but looking outside the bubble of these older 90's bands you can see other tours adopting this strategy in their shows.

Last summer Drake had his tour

billed as himself along with the Migos.

Camacho asked, "What artist wouldn't want to go on tour with Drake?"

He continued, "For the Migos, it's a circle of life thing and paid off as their tour was one of the higher grossing tours of 2018."

Drake is arguably the biggest artist in the world right now and he brought on another associated act, presumably to help boost the ticket sales.

The current state of the co-headliner is a way to get an audience to go see bands like The Smashing Pumpkins and TLC play big venues along with other groups from that era.

It's the nostalgia machine being revved up to promote an era of music that we are still deeply attached to.

While it may not be everyone's cup of tea, it seems like it may be here to stay.



IMAGE TAKEN from Rolling Stone

HGTV is Everyone's Home For Entertainment

KATHERINE RIVERA
CONTRIBUTING WRITER

Ever wondered what the appeal of home renovation shows is?

There is such a variety of home shows out there and there's even a whole network dedicated to them.

Founded in 1994, HGTV was originally called the *Home, Lawn and Garden Channel*. Fast forward to 2010, and the channel was called *Home and Garden TV*, or HGTV.

In 2016, the only cable channels that had more viewers than HGTV were *Fox News* and *ESPN*, making it the third most-watched.

But, what makes these shows so popular? What draws people into the lives of seemingly random people on TV who are buying or renovating a home?

Of course, these shows are for entertainment.

That's the purpose of all reality TV and any form of media in general.

Robert Scott, a specialist professor of communication, referenced the length of the shows stating, "Producers would not be able to fit every aspect of purchasing a home into a 30- or 60-minute television program. I suspect too much detail would be challenging to edit and would significantly affect pacing so that the end result would be less entertaining."

Christopher Otteau, MAI, an adjunct real estate professor and CEO of 3P Equity Capital, also acknowledged irrational parts of the programs.

Otteau said, "One of the unrealistic aspects is when [the hosts] assume [that] because you purchase a house for example \$50,000 less, the buyer then has that much more construction funds. That would only be the case if it were a cash deal."

He continued, "If a buyer was putting down for example 20 percent, then a \$50,000 reduction in purchase price would save only \$10,000 in cash for construction."

Since the programs are only 30 or 60 minutes,

there's only so much content that can be shown, meaning a lot of the technical aspects of buying or renovating a house is edited out.

This leads to a much more fast-paced process as opposed to the lengthy, yet realistic, process of waiting for everything to be completed.

Although not every step of the home buying process is included in the shows, it still gives viewers an idea of what to expect for when they become *House Hunters*.

To Otteau, the shows "provide a good depiction of the overall home buying process. Yes of course they eliminate much of the downtime in a deal due to its not interesting for TV, but overall they capture the process."

Otteau also appreciates how HGTV highlights some of the pitfalls first time buyers experience. "These shows feature the issues buyers find either during inspections or post-closing while in construction. This aspect is very realistic and should be a teaching moment for first time home buyers."

Viewers are able to picture themselves in the situations of the people because buying and selling a property is something almost everyone will experience.

Scott said, "Reality TV can be informative, compelling, and entertaining. It is also a form of escapism."

Scott continued, "As a result, I believe part of the appeal is that it's easy for viewers to imagine themselves in the featured

situations, since they are presented by ordinary people rather than celebrities."

It's important to note that the people in the shows are "normal," and there are lots of different kinds of people.

Some shows feature families with children, some are only a single person buying a home, and others have people and families all in between.

This means anyone can relate to the people in the shows.

Along with this, a lot of the shows are set up the same way and have similar outcomes.

However, it's not about the outcomes, but the content of the shows and the "journey" the people are taking that hooks people and keeps them interested.

This so-called "journey" that viewers take with the people on the show can actually provide tips and tricks regarding being a home owner, even if a majority of the editing is done for entertainment value.

People can get ideas, insight, and see what they would want in a potential home.

Considering this, Scott said, "Viewers should watch with a careful eye and always conduct additional research before trying similar things on their own."

Even though the shows all follow a similar structure, the personalities, situations of the different people and the "normalcy" of them all can attribute to the interest of viewers.

It also puts an entertaining spin on something that can seem like a long and uninteresting process.

A much shorter explanation, though, is that people like to watch others knock down walls and break things.

Maybe it's a little bit of everything that keeps HGTV in so many people's homes.



IMAGE TAKEN from HGTV Canada

Jonathan and Drew Scott host the popular Property Brothers.



IMAGE TAKEN from HGTV

Chip and Joanna Gaines are our favorite couple in *Fixer Upper*.

BIG BROTHERS/BIG SISTERS:
SEEKING ACTIVE STUDENT MEMBERS

CAROLINE MATTISE
EDITOR-IN-CHIEF/OPINION EDITOR

The Big Brothers, Big Sisters (BBBS) College Program in Asbury/Monmouth, otherwise known as Project BAM, is in its tenth year of partnership between Monmouth University and Asbury Park High School. According to its official website, BBBS' mission is to provide children with professional support, and overall help them succeed in life. The program allows high school students from Asbury Park High School to be mentored by Monmouth undergraduate and graduate students. They have the opportunity to help children gain confidence, create strong bonds, avoid risky behaviors, and educate and prepare them for real world. The mentees in the program are different every school year to allow for the maximum number of individuals to take part in the program. Some of the high school students have been involved in BBBS in the past, but many are new to Project BAM. This semester there are 12 Monmouth mentors and 16 Asbury Park mentees. Genna Rutka, a BBBS Program Manager, has overseen the program for one year now. The

program meets twice a month. The meetings include lunch, conversations between the mentors and mentees, and campus presentations or tours. "We have gone on a lot of different tours. We had an athletic tour where they shows us the basketball court and all of the locker rooms. The basketball coach actually came and spoke to the group," said Rutka. "We were able to tour the radio station. They let some of the kids get on there and say, 'Shout out from Asbury Park.' Which was cool, they all loved that," continued Rutka.

The most important part of the program is to engage the high school students and expose them to all of the possibilities that are out there. Other presentations that the group has been exposed to include a resume and interview workshop, Capoeira, which is a Brazilian dance for of martial arts, and an anti-violence presentation. "We had the anti-violence presentation which was really nice. They talked about the different forms of violence and ways to stay away from it. We went through positive quotes from famous people throughout time like Martin Luther King, Bob Marley," said

Rutka. "They got to pick their favorite and they all made a bookmark to keep on hand and always remember to stay away from violence and keep positive vibes in life." Dae'Sani Clarke, a sophomore at Asbury Park High School, heard about the program from her guidance counselor, took has taken part in other programs put on by the organization. "My freshman year I actually did the business school program here at Monmouth, so I was here last year too," said Clarke. Clarke was matched with Monmouth undergraduate student, Pernille Kirkeeide Hjelmeland, a sophomore finance and real estate student who is originally from Norway. She heard about the program from a bowling event that the group hosted. After the event she knew that she wanted to get more involved and began as mentor in Project BAM last fall. Despite not being from the same country, not even the same state, the two have an incredible bond. "She is very understanding. That has helped me open up to her more so that I can talk to her about anything without a problem, and not keep it to myself," said Clarke. Hjelmeland appreciates everything that the program has done not only for her, but for the men-

tors. It has helped me get another view on everything. Just how lucky I am to be here and how I can make a difference, help others get into college maybe and just be a motivation," said Hjelmeland. The mentors are not allowed to contact their mentees outside of the program meetings. It is only after the school year ends that they can exchange information and continue their communication outside of the program. Hjelmeland feels that this aspect of the program helps to strengthen the relationship between the mentors and the mentees. "I kind of like that we don't have connection outside of the meetings because then its two weeks and we have so much to talk about. It's good to catch up after two weeks," said Hjelmeland. Hjelmeland hopes to continue as a mentor next year. After graduating from college, Clarke hopes to earn a cheerleading scholarship and major in journalism. For more information on Project BAM and BBBS of Monmouth and Middlesex Counties visit www.bbbsmmc.org. If you are interested in becoming a mentor for Project BAM please contact Genna Rutka at grutka@bbbsmmc.org, Susan Shumard at sshumard@monmouth.edu, or Corey Inzana at cinzana@monmouth.edu.



PHOTO COURTESY of Genna Rutka
Dae'Sani Clarke (left) and Pernille Kirkeeide Hjelmeland (right) have developed a relationship through Project BAM.

Come Paint with Puppies for a Good Cause

JORDAN SMITH
CONTRIBUTING WRITER

On April 13, a small group communication class will be partaking in a fundraising event in Asbury Park, New Jersey. This event is "Painting with Puppies" and will be taking place at Uncorked from 7:30 p.m. to 9:00 p.m. Uncorked has hosted events for families, teens, kids, to create amazing paintings. They have been kind enough to collaborate with a group known as the "Monmouth Five". Uncorked will also be collaborating with The Seeing Eye Foundation that is based out of Morristown, New Jersey. Shannon Hokanson, professor of communication,

is bringing her clas to participate in this event. The Seeing Eye foundation is a philanthropic organization whose mission is to enhance the independence, dignity, and self-confidence of blind people through the use of Seeing Eye dogs. The Seeing Eye's vision is to be recognized for sustained excellence and continuous improvement as the best guide dog school to attend and to support, as a donor, volunteer, puppy raiser, or employee. A few of the seeing eye's goals include increasing independence and dignity of people who are blind, educating the public pertaining to the use of dog guides and capabilities of people who

are blind, and to provide ongoing assistance in order to extend the life of each partnership established. Their values are their mission passion, stewardship, teamwork and collaboration, respect for others, integrity, and overall their pursuit of excellence. At the event specifically, there will be two puppies for those who attend to play with while they are enjoying time with others and painting. Also, Don McGowan from the Seeing Eye will be giving a presentation on the background behind his organization. This event is \$45 per person and all proceeds from this event will be donated to the Seeing Eye Foundation.

Painting with Puppies



April 13, 2019 at 7:30pm-9:00pm
Uncorked
612 Cookman Ave
Asbury Park NJ, 07712

Sign Up through
<http://uncorkedwineinspired.com/>



Join a class of students as they Paint with Puppies for a good cause!

PHOTO COURTESY of Jordan Smith

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!

EARLY / PRIORITY REGISTRATION

Begins on 04/04/19 with new activations
every half-hour between
8:00 am and 4:30 pm

Information and Instructions e-mailed

Students will be able to self-register using the WEBregistration component of WEBstudent.

Students who don't obtain advisor approval will not be able to self-register using WEB-registration and will need to register in-person at their academic department or at the Registrar's Office.

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

WEBstudent Screens for Registration:

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


Other WEBstudent screens that are helpful during Registration include:

- Academic Audit
- Student Schedule
- e-FORMS

Questions . . . contact

registrar@monmouth.edu
askanadvisor@monmouth.edu

7th Annual Criminal Justice Networking Event




The Criminal Justice Department
designed this event to connect students with working professionals in order to explore internship and career opportunities.

Presenters include representatives from local, state and federal agencies including:

- CSI - Forensic Science
- Federal Law Enforcement
- Homeland Security
- State/County/Local Law Enforcement
- Victim and Rehabilitative Services

Wednesday, March 27, 2019
5pm to 9pm - Wilson Hall

**All Students
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WHAT'S UP AT CHABADMU?



SPRING SEMESTER
JANUARY-MAY 2019

GENERAL PROGRAMS

SKYZONE TRIP
FEBRUARY 17TH
Call to RSVP



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



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



EDUCATIONAL PROGRAMS

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



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



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



GENERAL PROGRAMS



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



CHICKEN SOUP HOTLINE
Feeling under the weather? Call us for a taste of home, guaranteed to make things just a bit better! Best of all, it's 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
visit www.JewishMU.org

Chabad MU is a project of Chabad of the Shore.



MONMOUTH
UNIVERSITY

CAREER SERVICES

PRESENTS:

SPRING CAREER DAY 2019

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WITH EMPLOYERS
IN PERSON!

TUESDAY, APRIL 2, 2019
12:30 P.M. - 4:00 P.M.
OCEANFIRST BANK CENTER

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PART-TIME AND
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Bay Head Yacht Club
Bayada Pediatrics
BDO LLP
Benchmark Human Services
Brett DiNovi & Associates
BSE Global/Brooklyn Nets
C&A Financial Group
CDW
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Department of Veterans Affairs
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Enterprise Holdings
ESF Camps
Extensis Group
Family First Urgent Care
Fastenal
Federal Bureau of Investigation
Ferguson
First Financial Federal Credit

Fox Run Group
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Gaming Laboratories International
Genesis Biotechnology Group
Hackensack Meridian Health
HCS, Inc.
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HMP Global
Hotels Unlimited
Humanus
iCIMS
Insight Global
Internal Revenue Service
K. Hovnanian Companies
Kaleidoscope Family Solutions
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MJH Associates, Inc.
Monmouth Medical Center
Monmouth University HR Dept.
Monmouth County Sheriff's Office
MX Logistics
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New Horizons In Autism, Inc.
New Jersey State Police
New York Life
New York State Police
NJ Army National Guard
Northwestern Mutual
Ocean Place Resort

Ontel Products Corp
Pennsylvania State Police
Philadelphia Police Department
Plymouth Rock Assurance
Preferred Behavioral Health Group
Press Communications, LLC/PMCM-TV
Remedy Intelligent Staffing
RemX Staffing
RLS Logistics
Sheldon Gross Realty, Inc.
SHI International Corp.
Six Flags Great Adventure
Spring Lake Bath & Tennis Club
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Stratus Technology Services LLC
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The Glander Group
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Today's Business
Two River Community Bank
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United States Marine Corps
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WRAT 95.9FM/Beasley Media Group



Check this link often for updates and additions:
monmouth.edu/university/spring-career-day.aspx

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Softball Sweeps Wagner in Home-Opening Series

SOPHIA GALVEZ
STAFF WRITER

Softball swept Wagner in their first home series of the season, shutting them out and winning by a combined score of 12-0 over the two games on Sunday at MU Softball Park. Monmouth won by eight runs in the first game and four runs in the second. Sophomore pitchers Lilly Robles and Alyssa Irons both threw six scoreless innings, only allowing for a combined seven hits throughout the day. The Hawks began game one with explosive energy in the bottom of the second inning. Sophomore outfielder Katie Harrington started it off by hitting a single out to center field, followed by her stealing second base. Irons was walked to first base, and then she and Harrington stole second and third base, respectively. Junior infielder Deangie Jimenez hit an RBI groundout to first base, allowing Harrington to score the first run. In their next at bat, Monmouth scored three more runs. Junior first baseman Kayla Rosado hit an RBI single to left center field, bringing home freshman infielder/outfielder Lindsey Baron for a run. With junior outfielder Amber Wozniak and

senior outfielder Jasmine Higa on second and third base, Harrington hit a single out to center field to score them both. There was a bit of a stalemate for a few innings, neither team scored any runs until the bottom of the sixth when Monmouth ended the game with a 8-0 shutout. After two fly outs in a row, junior infielder Sam Tomasetti hit a two-RBI double to left center field, with Jimenez and Irons crossing home plate to score two more runs. Rosado went up and hit a single to right field, which sent Tomasetti home for another run. Wozniak hit a single to right center and advanced Rosado to third base followed by Hopeck hitting a single up the middle and Rosado scoring to seal the team's eighth and final run of the game. "We talk a lot about playing well on our home field, and it was nice to set the tone early," said Head Coach Shannon Salsburg. "Alyssa came out and threw a great game, and I thought our defense was fantastic in both games. From top to bottom, we found ways to push runs across." In game two, no runs were scored until the bottom of the fourth inning, where Monmouth got their 4-0 lead

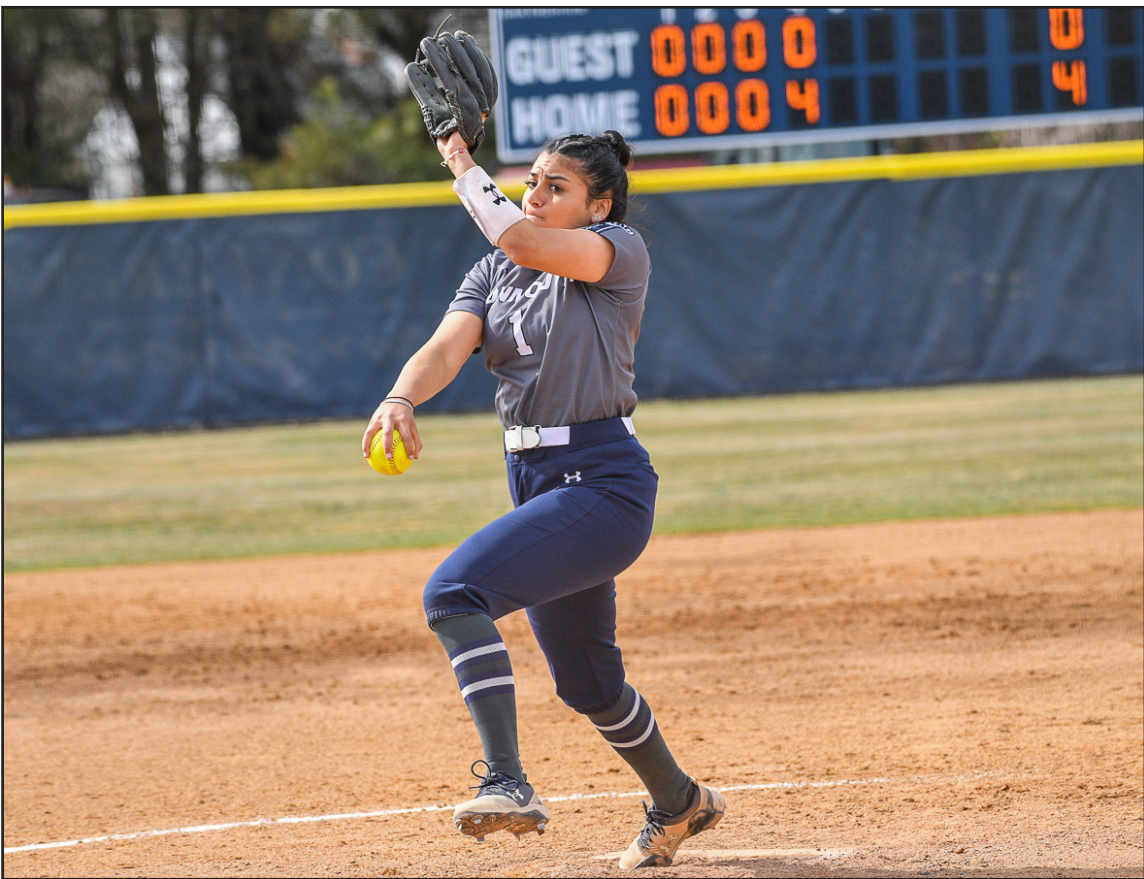


PHOTO TAKEN by Karlee Sell

Sophomore pitcher Lilly Robles dominated against visiting Wagner with six scoreless innings in the circle.

“From top to bottom, we found ways to push runs across.”

SHANNON SALSBURG
Head Coach

and eventual victory over Wagner. Rosado was the first player on base in the inning after getting walked, followed by Wozniak hitting a single to advance Rosado to second base. Hopeck slugged one out to right field, which advanced Wozniak to third base and brought Rosado home for the first run of the game. Jimenez hit a line drive to left field which allowed Wozniak to tag up from third base and score. Sophomore catcher Erika Coreth hit an RBI single to left field, bringing home Hopeck to make the score 3-0. The final run of the game was a result of sophomore outfielder Morgan Maziraz hitting an infield single that brought Harrington home. "In game two, Lilly did a nice job of throwing her pitches and forcing them to adjust to her, not vice versa," Salsburg said. The Hawks added two more

wins to their record, improving it to 13-8 for this season. They have won their last 16 home games, a record that dates back to last season and are 7-0 for games played on Sundays this year. Monmouth will remain in West Long Branch to open up Metro Atlantic Athletic Conference (MAAC) play this weekend, with two games against Canisius on Saturday and two versus Niagara on Sunday.

Bowling Participates in MEAC Championship

EVAN MCMURTRIE
SPORTS EDITOR

Bowling placed fourth out of six teams and posted a record of 2-2 at their first ever Mid-Eastern Athletic Conference (MEAC) Championship at AMF Chesapeake Lanes in Chesapeake, VA last weekend. "We made a run in the bracket, but fell short on our frame closing in the Delaware State match," said Director of Bowling Karen Grygiel. "Overall, we finished the season on a high note and I'm very proud of the fight our team showed through the end of the season." The MEAC Championship is a double-elimination style tournament that operates on a best of three Mega Match format. Monmouth kicked off the weekend with a 2-1 win over the No. 14 University of Alabama at Birmingham (UAB) on Friday morning. The Hawks opened up the match with a 918-880 win in the traditional team game. Freshman Skylar Smith bowled a 225 in the victory, which was the highest pin total for an individual on the team and the second-best total amongst the entire tournament. It was also Smith's second 200-plus pin game of the season. UAB responded with a win in the Baker total pinfall game, 948-912. Then, with the Baker best-of-seven game tied at 3-3, Monmouth hit two strikes at the end of the sev-



PHOTO COURTESY of Monmouth Athletics

Freshman Skylar Smith rolled a 225 in the traditional format win over No. 14 UAB, which was the highest pin total for an individual for Monmouth and second-best in the tournament overall.

enth to snatch the victory. North Carolina A&T later in the afternoon, where they fell 0-2. The Aggies closely edged the Hawks in traditional format by just five pins with a final score of 1008-1003. North

“Overall, we finished the season on a high note and I’m very proud of the fight our team showed through the end of the season.”

KAREN GRYGIEL
Director of Bowling

Carolina A&T won by over 100 pins in Baker format, beating Monmouth 979-863. Senior Brittany Fitzpatrick bowled a career-high 209 for the Hawks in the series with the Aggies. In the traditional team game to open the series with Howard on Saturday, sophomore Camelia Coffman and junior Kyla Day both hit the 200-pin mark as Monmouth won 909-830. Howard bounced back and won the Baker format match, 914-884, but the Hawks were ultimately victorious after winning the best-of-seven series 4-2. Monmouth's run would eventually come to an end at the hands of No. 13 Delaware State, who opened the matchup by taking the traditional team round 863-849. The Hawks stayed alive with a 963-845 win in Baker format, but Delaware State won the best-of-seven round 4-1 to close the page on what was a successful year for the Monmouth Bowling program. Senior Haley Solberg finished as the team leader in 200-plus pin games with 17. In their first season as a member of the MEAC, the Hawks registered 12 victories over teams ranked in the National Tenpin Coaches Association (NTCA) top ten. Monmouth themselves were ranked during the season as they were listed at No. 22 in the February NTCA poll. The Hawks held a positive record of 51-47 on the season.

Women’s Lacrosse Rides Three-Game Win Streak

JACK MURPHY
CONTRIBUTING WRITER

Women’s Lacrosse won both of their games this past week, cruising by Central Connecticut State 12-3 on Wednesday at Kessler Stadium and defeating Niagara 13-12 on Saturday on the road in New York.

In the game against Central Connecticut State, Monmouth gave up the first goal just over a minute into the match, but the Hawks replied with three unanswered goals from junior attack-

er Nicole Ceraso, who finished the day with a tally of four goals and four assists for the Blue and White. After her performance Ceraso now has 88 career assists which is only four away from tying the second place record for career assists. “We’ve been focusing on spreading out on our cuts in the past few practices and that resulted in us connecting on more passes,” said Ceraso.

Also contributing to the offensive outburst for the Hawks were juniors midfielder Rachel Mills and attacker Allison Turturro,

who scored three goals each while senior attacker Logan Smet and sophomore attacker Allison Stofregen each netted one. On the defensive side, senior defender Monica Cortes had an outstanding performance by gathering nine ground balls and forcing five turnovers.

Monmouth not only dominated on the scoreboard but on the stat sheet as well. The Hawks were able to get off 42 shots while the Blue Devils only had nine, with just two in the first half. Monmouth also led in the draw circle 14-3. In

this game, the Hawks set a season high for ground balls with 36.

The Blue and White committed 14 less turnovers than the Blue Devils while also causing seven more turnovers as well. Nine different Hawks forced at least one turnover in Wednesday’s game. This dropped Central Connecticut State to a 2-5 record on the year.

The Hawks next headed to NY on Saturday to take on Niagara, where they ended up winning in nail-biting fashion.

“Today was such a great way to start conference play,” said Head Coach Jordan Trautman. “It was 60 tough, gritty, hard minutes of play and we fought through every minute to get the win.”

The Hawks started the game with a 6-4 lead after Stofregen scored her second goal of the game with just under ten minutes to go. Niagara, however, took a 7-6 lead by halftime as they tallied three unanswered goals in the final 5:03 of the half.

The Purple Eagles then started off the second half by adding another three goals within the first eight minutes, making the score 10-6. After trading goals Niagara led Monmouth 12-8 with 17:02 remaining in the game.

Senior attacker Jenny Staines scored with 13:09 remaining to cut the deficit to 12-9. Just four minutes later the score was 12-10 thanks to Ceraso, who scored her second goal of the game. Stofregen scored with 5:18 left and just 15 seconds later sophomore at-

tacker Caroline Bleck scored to tie the game at 12 with 5:03 left to go.

With just 2:35 left on the clock, Stofregen scored the game-winning goal, dropping Niagara in what was the Hawks’ first Metro Atlantic Athletic Conference (MAAC) game of the season.

“We had some incredible play from sophomores Bleck and Stofregen who were due for a big game and to have them show up and produce the way they did today was crucial to our offensive success,” Trautman said.

They both had big games indeed as they each scored four goals in the winning effort. Stofregen’s performance was her first multi-goal game of her career. Bleck’s tally matched her career high, tying her game against Sacred Heart earlier this season. Staines also played a vital role in the win, scoring a hat trick while also adding an assist for the Hawks.

After Monmouth’s victory over the Purple Eagles they improved to 7-3 on the season with a 1-0 record in the conference, while Niagara fell to 3-6 with a 0-1 record in the MAAC. With these wins, Monmouth is on a three-game win streak while also winning four of their last five.

The Hawks are up against Iona today in New Rochelle, NY before heading back home to Kessler Stadium where they will welcome Marist on Saturday. Saturday’s game will begin at 3:00 p.m. and can be streamed live online via ESPN.



PHOTO TAKEN by Karlee Sell

Sophomore attacker Allison Stofregen netted four goals in Monmouth’s 13-12 win at Niagara, including the game-winner with 2:35 left to play.

Baseball Goes 1-2 in Home-Opening Weekend

MARK D’AQUILA
ASSISTANT SPORTS EDITOR

Baseball opened up their home schedule in West Long Branch this past weekend, splitting a two-game series with Wagner before losing the second half of Sunday’s double-header to Seton Hall.

The home opener was over from the beginning, as sophomore pitcher Dan Klepchick got the start on the mound and could not miss the Wagner bats getting charged for 12 runs, 11 of which were earned, on 13 hits in 4.2 innings of work.

The scoring got going in the second inning when the Seahawks climbed to a 5-0 lead on five hits and an error from the Monmouth defense. They expanded upon their lead with three more runs in the third inning thanks to a pair of run-scoring doubles.

Junior catcher Zach Schild got

the Hawks their first run at home this season in the bottom of the inning with an opposite field double to score one.

After Wagner tacked on another four runs thanks to a triple and double in the top half of the fifth, the Blue and White were able to cross home for their only other runs of the game, scoring three in the bottom of the fifth thanks to a trio of run-scoring walks.

“Early in the game we couldn’t do anything to stop the bleeding,” said Head Coach Dean Ehehalt. “They went up big early and we couldn’t make a play to keep the score down and then we had to fight back and were unable to do that.”

The one bright spot for Monmouth in the home opener was junior right-hander Chris Hawryluk who came in for relief of Klepchick in the fifth and threw

4.1 innings of unearned ball to stop the damage. This was the longest outing of Hawryluk’s collegiate career thus far despite the 4-13 final with MU on the losing end.

“Hawryluk had a great day, made the most of his opportunity and hopefully that can springboard him to some more meaningful innings down the road,” said Ehehalt.

Monmouth was able to bounce back strong in the series finale against Wagner on Sunday in the first half of their double-header with a 6-2 victory. They were led by freshman pitcher Rob Hensey’s first career win on the mound in six innings of work while only giving up one earned run and striking out five.

The Hawks got their first run across in the first when junior right fielder J.P. Walsh got on base and eventually scored thanks to

Schild’s heads up base running.

MU kept the bats rolling, stretching a run across in each of the first three innings to give them a 3-0 lead after three. It was senior second baseman Max Goione who singled in the Hawks’ second run while fellow junior third baseman Johnny Zega drove in the third run on a sacrifice fly.

“We certainly made the most of our opportunities early in the game by manufacturing runs,” said Ehehalt. “That’s been something that we’ve talked about a bunch and it was nice to see us score in four of the first five innings.”

After Wagner pushed their first run across in the fifth, Monmouth retaliated with two of their own in the inning thanks to RBIs from Schild and fifth year designated hitter J.D. Andreessen to make the score 5-2.

Sophomore pitcher Ryan Steckline closed out Monmouth’s sixth victory of the year with three one run innings of work to gain his second save of the year while striking out three in the 6-2 final.

The second half of the double-header was less resounding, as Monmouth suffered a 12-2 defeat at the hands of visiting Seton Hall.

Sophomore second baseman Brandon Taylor hit back-to-back doubles with junior shortstop Danny Long to push across one of Monmouth’s only runs of the game in the second.

“It was nice to see Danny Long starting to swing the bat well, but we took a good game in the middle there, let the leadoff guy on and made an error to open the floodgates,” said Ehehalt.

The now 7-13-1 Hawks will travel to Saint Peter’s this weekend for a three game set with the Peacocks beginning on Saturday afternoon.



PHOTO COURTESY of Monmouth Athletics

Freshman pitcher Rob Hensey struck out five batters in six innings of work to earn his first career win against visiting Wagner on Sunday afternoon.

UPCOMING GAMES

- Wednesday, Mar. 27**
Women’s Tennis vs LaSalle
West Long Branch, NJ 3:30 p.m.
- Women’s Lacrosse at Iona
New Rochelle, NY 3:00 p.m.*
- Friday, Mar. 29**
Men’s Golf at Trump Golf Course
Colts Neck, NJ 10:00 a.m.
- M/W Track & Field
23rd Annual Monmouth Opener
West Long Branch, NJ 2:00 p.m.
- Saturday, Mar. 30**
*Softball vs Canisius
West Long Branch, NJ 12:00 p.m.*
- Baseball at Saint Peter’s
West Long Branch, NJ 12:00 p.m.*
- Men’s Lacrosse vs Canisius
Kessler Stadium
West Long Branch, NJ 1:00 p.m.*
- Women’s Lacrosse vs Marist
Kessler Stadium
West Long Branch, NJ 1:00 p.m.*
- Sunday, Mar. 31**
Men’s Tennis vs New York Tech
Little Silver, NJ 4:00 p.m..
- Tuesday, April. 2**
*Women’s Tennis at Fairfield
Fairfield, CT 3:30 p.m.*
- Men’s Lacrosse at St. Bonaventure
Allegany, NY 4:00 p.m.*

**conference games*



PUTTING THE “O” IN OPENER



Sophomore pitcher Alyssa Irons tossed six scoreless innings in Softball's home-opening sweep of Wagner, where they won by a combined score of 12-0 over two games on Sunday.

SEE STORY ON PAGE 14

PHOTO TAKEN by Sam Navarro