



THE OUTLOOK

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Dimenna Gives State of the University

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

University President Grey Dimenna, Esq., released a "State of the University" for the 2018-2019 academic year to the Monmouth Now weekly recap last Wednesday, April 10.

Dimenna highlighted the University's accomplishments in enhancing academic excellence and initiatives, achieving milestones, improving campus facilities and resources, athletic achievements, the University's scholarship campaign, and looking ahead to future success.

"As president I have made student success the guiding principle for decisions that affect Monmouth University. This commitment extends beyond academic, athletic, and career outcomes. It includes engagement with diversity, the arts, community service, and compassion for others," says Dimenna in

his letter.

He noted that academic quality of the incoming freshman class was the highest in the University's history, with an average high school GPA of 3.42 and an average SAT score of 1134. Additionally, Monmouth enrolled the high-

est percentage of out-of-state students, and welcomed the third highest percentage of racially and ethnically diverse students in its history, at 26.3 percent and 27.4 percent, respectively.

The University has also seen more academic pro-

grams and initiatives. In April 2018, the Department of Political Science and Sociology launched the Center for Active Citizenship.

"The vision was for a student-centered space (now BH226) to support our Department's competitive academic student teams and clubs, especially, the Debate Team, the Model United Nations Team and the Mock Trial Team," said Ken Mitchell, Ph.D., Chair of the Department of Political Science and an associate professor of political science.

He said, "Monmouth's Debate Hawks are nationally ranked and [our] Model United Nations Team each consistently wins awards at competitive contests in the USA and the UK."

Mitchell continued, "Most important from my perspectives, participating students after graduating



PHOTO COURTESY of Monmouth University

The Hawk at Brockriede Common began a new tradition in the center circle outside of the OceanFirst Bank Center last fall semester.

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DeRosa Selected for Yale Seminar

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Christopher DeRosa, Ph.D., an associate professor of history, has been chosen by the Council of Independent Colleges (CIC) and the Gilder Lehrman Institute of American History to participate in a special American history seminar at Yale University in New Haven, CT.

DeRosa is one of 25 faculty members who were selected from a pool of 51 highly competitive nominations to participate in the "The Civil War in American Memory" seminar, which will run from June 23 to June 27.

"I'm excited to participate in a seminar led by the eminent historian David W. Blight, whose work on the Civil War in American memory I've assigned to Monmouth students many times," said DeRosa. "Especially in light of our own campus' not-too-distant debate over the legacy of Woodrow Wilson, it is important to help communities distinguish between the alleged 'erasing' of history and valid revision of previously enshrined interpretations. I appreciate Provost [Laura] Moriarty nominating me for the opportunity."

This seminar aims to provide a forum to comprehend and analyze why slavery, the Civil War, and Reconstruction Era have remained an unending dilemma in American historical awareness. The CIC believes that DeRosa will "play a strong role in the seminar."

In announcing the selection of participants, CIC President Richard Ekman said, "Strengthening the teaching of American history at colleges and universities is of critical importance to maintaining informed citizen participation in a democracy. The Civil War has been used—and misused—to bolster

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Campus Discusses First Year Seminars

ANDREW STUDNA
ASSOCIATE NEWS EDITOR

Last month, *The Outlook* reported that Monmouth University will be reducing the 128-credit requirement for graduation to 120 credits, effective in the fall of 2020.

One of the traditionally required courses that may be getting cut due to this change is the First Year Seminar.

The First Year Seminar is a three-credit course that currently fulfills a general education requirement for all first-year students who enter the University with 18 credits or less. The requirement must be completed during the student's first semester.

The University's policy states, "Within the course, students have the opportunity to sharpen higher-level academic skills, enhance awareness of ethical issues in academia in general and

the course topic in particular, and expand their learning through University resources, activities, and events."

According to Marina Vujnovic, Ph.D., Chair of the Faculty Council and an associate professor of communication, First Year Seminars became

a requirement for students following the University's general education reform in 2009. Vujnovic said that a few major reasons for originally implementing the First Year Seminar were concerns with engagement and retention amongst students.

"Proponents [of the First Year Seminar] believed that allowing students to take courses outside of their primary academic interest area would allow them to learn about the transition

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PHOTO COURTESY of Monmouth University

Monmouth's First Year Seminars help to prepare students for their first experiences in college.

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Monmouth Concludes Public Servant-in-Residence

LOWELL KELLY-GAMBLE
STAFF WRITER

The Office of the President and Department of Political Science and Analogy hosted the final Public Servant in Residence Panel of this year discussing ocean protection and climate change. The panel was moderated by former state Senator Joseph Kyrillos, in Wilson Hall on Friday, April 5.

"When I was first elected to the state Legislature, there was a true crisis out there," said Kyrillos, discussing the condition of New Jersey's beaches.

Kyrillos continued, "However, a rare collective effort among government, along with the help of non-governmental groups pushing for change, managed to turn the table."

He explained that shortly after, the beaches were clear of garbage and filled with people again.

While his time in the legislature, Kyrillos established New Jersey's Shore Protection Fund, sponsored the original Environmental Infrastructure Trust, and helped close the – Coastal Area Facilities Review Act (CAFRA) loophole to protect the shoreline from overdevelopment.

"Lawmakers ended ocean dumping and curbed inappropriate development along the shore and among other steps," he said.

The panel also featured the following speakers: Tony MacDonald, Director of Monmouth University's Urban Coast Institute (UCI); Cindy Zipf, Executive Director of Clean Ocean Action, a broad-based coalition of non-profit agency that researches pollution issues affecting the marine environment, then formulates policy and campaigns to eliminate each pollution source; Chris Daggett, Former Regional U.S. Administrator of the Environmental Protection Agency and Commissioner of the New Jersey Department of Environmental Education.

Daggett had an up-close view of what the state faced first as a regional administrator under the administration

of former New Jersey Governor Thomas Kean.

"To say that it was the Wild West was not far from the truth in a lot of different areas. Everything from wood to hypodermic needles was being discovered. Debris washing up on the shore and high fecal coliform levels found in water samples forced the closure of beaches," said Daggett.

He explained that New York harbors filled with debris came from sources noticing uncovered trash bags entering the ocean. To fix the issue, New York City covered barges and began street sweeping. "Overtime, other steps were put in place, so that you can suddenly see your feet in the water in the

ocean," he said.

Zipf recalled that New Jersey was the ocean dumping capitol of the world where there were eight ocean dumping areas for dredge spoils, wood burning, and other material.

"There were legal areas that were managed by the government for dumping waste. Overtime, the ocean had enough with medical waste and dead sea life washing up on shore and the state tourism industry. We were a national laughingstock," said Zipf.

Throughout the Jersey Shore, including Monmouth, Ocean, Atlantic, and Cape May County, a minimum of 9 percent are part of our identity," said Kyrillos.

MacDonald described that

it would be unthinkable of NJ's progress 30 years ago, but he believes there will be future issues due to the ocean's chemistry evolution.

"Due to ocean warning, fishermen are noticing a shift in typical fishing patterns. The regular framework for fish management is not adaptable to this kind of changes," said MacDonald.

"We still have obstacles to face and challenges to deal with. Climate change is a real issue that can negatively impact all of our communities," said Kyrillos.

Zipf believes that the public is valuable when advocating for issues to influence movements.

"It is true that elected leaders and government can obviously make things happen, but they need, we the people, to push them. We need academia to do research and critical thinking to come up with solutions to put this together," said Zipf.

Paul Dement, the University's Director of Government and Community Relations, said, "I want to thank Senator Kyrillos for being with us this year and providing such informative discussions for our students and the community."

"It's really been a terrific year and it was because of the dedication and work that Senator Kyrillos put in to make these events successful," he concluded.



Panel members Zipf, Daggett, and MacDonald discussed ocean protection and climate.

PHOTO COURTESY of Monmouth University

Undecided Fate for the First Year Seminar at Monmouth

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to college while also learning about a topic or an area they otherwise might not be familiar with," said Vujnovic. "This would allow them to adjust better to college, widen their interests, engage them more, and retain them at Monmouth."

Judith Nye, Ph.D., Faculty Director of First Year Seminars and Associate Vice Provost of Academic Affairs for General Education, noted, "The faculty are currently in conversation about possible changes to the general education curriculum as part of Monmouth's efforts to reduce required credits from 128 to 120, but there are several options on the table, and it would be premature for me to comment."

"Conversations about revisiting what we do in First Year Seminars have been happening on campus before the 120-credit reduction conversation, but it got more prominent with the 120-credit discussion," Vujnovic added.

Kenneth Campbell, Ph.D., a professor of history, teaches a First Year Seminar course on the Beatles. "It has been one of the most enjoyable and

rewarding experiences of my career," he said. "I like that the classroom atmosphere is a little more informal than other classes because part of the focus is on being a mentor and helping [the students] to adjust to college and a key transitional phase in their life."

Campbell said, "I am adamantly opposed to those who wish to eliminate the First Year Seminar." Through student feedback and evaluations in his course, he has seen the benefits that students are able to take away from it.

"They don't all get the same benefits, but the course is designed so that almost everyone seems to get something valuable out of it," he added.

Eric Easterly, a senior business student, said that he had fond memories of his First Year Seminar course, "History Through Hollywood," when he took it during his first semester at Monmouth in 2015.

"It was a nice adjustment class for getting used to college," he said.

Easterly said that in the course, students were given assignments in class that required them to explore the University and its resources.

"We did a scavenger hunt that made us use the Writing Center and see everything in First Year Advising," he recalled.

When asked what his thoughts were on the University potentially cutting the First Year Seminar requirement, Easterly said, "I don't think that they should, I think it's nice in your first semester to have a class where you're taking something that you enjoy and that eases your way into adjusting for college."

Vujnovic believes that students should be exposed to content areas outside of their majors, which is an important aspect of the University's academic life. However, she is not sure if the way the First Year Seminars are designed right now is the only way to achieve this.

"We need to look into whether simply taking a discipline-specific course that has open seats for primarily freshmen would deliver the same thing," said Vujnovic. "This kind of a course would potentially alleviate some concerns from the faculty that do not feel comfortable or prepared to teach the transitional part of the course as it is designed now."

She noted that the transitional aspect of the course is already covered well by student services. However, more could be done through First Year Advising to ensure that first-year students have all the necessary amenities they need to succeed at Monmouth.

Discussions on the fate of First Year Seminars are ongoing and there is currently no deadline for the University to reach a final decision.

If the course requirement does end up getting cut, Vujnovic said that there would certainly be a new type of required class or activity available to incoming

students that will help them learn to adjust to life at Monmouth.

"It is the University's mission and goal to help students acclimate and be a full, engaged, and happy member of our Monmouth family," she said.

With the possibility of First Year Seminars being cut still on the table, Campbell said, "It would leave a void of a course in which [the students] are specifically encouraged to talk with their professors and PLAs (Peer Learning Assistants) about issues or problems related to the transition to college and adult life."



First Year Seminars may be cut from the new credit requirement.

PHOTO COURTESY of Monmouth University

Students Participate in First World Ethics Event

MEGAN RUGGLES
ASSISTANT NEWS EDITOR

The University held its first World Ethics Café where students were invited to deliberate on ethical issues in the Magill Club Dining Hall on April 10.

Faculty facilitated ethical discussions with students in seven rotating sessions, each focusing on a different ethical dilemma.

Students were asked to consider questions like “Is it ethical to clone humans?” and “Is fair trade really fair?” Students also weighed in on whether it is right to pay CEOs 300 times the median pay of workers, or if the death penalty should be abolished.

The event was funded by the Helen McMurray Bennett Endowment in Social Ethics and was co-sponsored by the Honors School. Johanna Foster, Ph.D., the Helen McMurray Bennett Endowed Chair of Social Ethics and an associate professor of sociology, organized the event.

Others who were instrumental in organizing the event were: Claude Taylor, the University’s Advisor-in-Residence for Academic Transition and Inclusion and a lecturer of

communication; Heide Estes, Ph.D., a professor of English; Manuel Chavez, Ph.D., a lecturer of World Languages and Cultures; Scott Jeffrey, Ph.D., an associate professor of business; Kevin Dooley, Ph.D., an associate professor of political science; Catherine Duckett, Ph.D., Associate Dean of the School of Science; and Nancy Mezey, Ph.D., Dean of the Honors School.

A group of professors called Murder of Ethicists, recently established to work to elevate the campus conversation on social ethics, and to raise greater awareness about the wide range of threats to shared values of ethics, also worked to organize the event.

“This event was a huge success,” said Mezey. “It not only raised awareness about a variety of specific ethical issues, but also reminded us how important it is for us to come together to discuss and debate such issues so that we can become more informed people.”

The World Ethics Café provided students with a safe space to engage in conversation about challenging issues. “There were no right or wrong answers at any of cafeteria tables and all were encouraged

to examine the issues from many sides, and to entertain positions one might not usually consider,” Foster said.

Discussing these issues presented students with a variety of perspectives. Brittany Macaluso, a sophomore social work student, said, “Opening [this event] up to the students and having professors speak about prevalent topics not only informs students but provides new insight. It is an opportunity to learn more about social justice issues.”

Mezey, who facilitated a table discussing the ethics of cloning, said, “Many of the ethical questions posed had so many possible answers, so students could explore the questions in a variety of ways and develop their own conclusions around what is ethical and what is not.”

The goal of the event was to encourage students to examine “what it means to ‘do the right thing’ and consider what kinds of social systems we need to promote the common good,”

Foster explained.

“The result was energetic and engaged discussions where we were all both educators and learners,” said Mezey.

Foster concluded, “We are all responsible for doing the hard work of collectively defining and protecting our shared understandings of the common good, and for constantly examining whether those principles are being put into action and how and those deliberations should be at the core of what we do at a university.”



PHOTO COURTESY of Monmouth University

This year was the first time students participated in the event on world ethical issues and dilemmas.

University Celebrates Year of Achievements

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have gone onto prestigious graduate schools, law schools, and employment opportunities after graduation,” highlighting the success of the Department and its students.

In addition to dedicated space in Samuel E. and Mollie Bey Hall, formal organization of the center has allowed increased funding for Monmouth’s academic teams, including the Debate Team, Model UN Team, and the Mock Trial Team.

At the graduate level, the University will now be offering two new programs beginning in summer and fall 2019: a Master of Science in Athletic Training and a Master of Fine Arts (MFA) in Creative Writing. The MFA will become Monmouth University’s third terminal degree program, following the Doctor of Nursing Practice and the Doctor of Education programs.

Additionally, in January of 2020, Monmouth will begin offering an online post-professional doctorate in Occupational Therapy, with plans for an entry-level doctoral program in Occupational Therapy in 2021.

“Together, these programs will significantly broaden the scope of advanced academic opportunities at Monmouth,” says Dimenna in his address. “With nearly half of our academic offerings directly related to the health professions, Monmouth University is uniquely positioned through the IHW to partner with hospital systems and other healthcare organizations to advance and amplify initiatives that will positively impact the health and well-being of our region.”

The University’s new state-of-the-art Simulation Laboratory, created in partnership with Monmouth Medical Center, an affiliate of the RWJBarnabas

Health system, will also advance efforts in health care initiatives, including education and workforce development.

The School of Social Work, in partnership with the Division of Student Life, has also received a second \$300,000 Garrett Lee Smith grant focused on suicide prevention over a three-year period.

Only 7 percent of universities who apply for this prestigious grant a second time receive it.

The School is also celebrating the 20th anniversary of its nationally ranked Master of Social Work program.

Carolyn Bradley, Ph.D., Director of the MSW Program, believes this program distinguishes from other institutions because of its 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.

This past fall, students organized and opened a student-run food pantry, “The Nest,” to combat a food insecurity, which is national issue.

The effort to serve Monmouth students without a meal plan is a joint effort between the Division of Student Life and the Student Government Association (SGA).

“I think it is awesome that the school realizes how tough it is for many students, even when it comes to having a meal. I work and eating out around here can really empty your pockets fast,” said R’eanna Hester, a senior communication student.

SGA receives food and toiletries for The Nest solely through donations.

Funding for the pantry comes through support from our beverage partner Coca-Cola, Gourmet

Dining, SGA funds, and the generosity of many campus donors.

The University also welcomed a new Hawk monument in the center circle outside the Ocean-First Bank Center. The statue was sculpted by alumni Brian Hanlon and his wife, Michele Hanlon, underwritten with a generous donation from the Brockreide family, including trustee John Brockreide.

Beginning with the Hawk Walk at Homecoming, the figure quickly became a rallying point and source of pride for students, Monmouth athletes, and alumni; a new tradition of the football touching for the Hawk for luck before every game also emerged.

In Athletics, Monmouth has also made several accolades, claiming its fourth straight overall Commissioner’s Cup, including winning its first Metro Atlantic Athletic Conference (MAAC) Women’s Commissioner’s Cup.

Men’s Tennis won its third consecutive MAAC Tournament Championship while Field Hockey and Women’s Soccer won MAAC Championships on the same day on campus in the fall.

It was the third consecutive advancement to the NCAA Tournament for both teams.

“We remained strong... because we have always had high priorities that the new guys who came in and the new coaches agreed and shared with the already existing members of the team,” said Nicola Pipoli, a senior business administration student and Men’s Tennis team captain.

“Winning MAACs once was a great feeling. The second MAAC Championship boosted our confidence even more and put a target on our backs for this past season,” said Jessica Johnson, a junior communication student and Women’s Soccer team captain. “This third win let the

conference know that we are the team to beat.”

Johnson said, “Winning this past fall meant so much to us because we work so hard to be the best team in the MAAC and we love to see it pay off. It gets more special each year we win because it proves that it wasn’t a fluke.”

In October, the president also announced his Together We Can scholarship campaign in order to raise private funding for student scholarships.

Since October, the campaign has raised \$12.89 million in gifts and pledges committed to scholarship funding, more than 86 percent of the University’s \$15 million goal.

“Achieving success will enhance our ability to continue to attract highly qualified students from economically, geographically, and culturally diverse backgrounds,” says Dimenna.

“It is an honor and privilege to serve as president, and I am deeply appreciative of our generous, talented, and loyal alumni and friends who support Monmouth by serving on our boards, mentoring students, giving back through financial support, and sharing valued insight,” he says. “I am grateful to the faculty and staff who make it possible for students to discover, learn, and grow.”

He concluded, “Our students remain a source of continuing amazement and delight for me, and I will strive to carry their incredible energy and optimism with me through the end of my tenure as president, and into the adventures that await.”

As Monmouth’s 2018-19 academic year approaches its last months, the University looks forward to more successes and accomplishments in the future, and welcomes its new President-elect Patrick Leahy, Ed.D.

Professor to Present on Civil War

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contemporary arguments about conflict resolution, race, and the role of America in the world.”

Ekman also said that the seminar will provide participating faculty members with unusual insight into the selective public memory through the years about the American Civil War.

“Participants in the seminar will be better prepared to teach a new generation of students how to understand major social and political issues of today in light of history, the different perspectives in different eras, and recent debates over Civil War monuments and symbols,” he said.

Seminar participants will assess the historical memory of the most divisive event in American history, the Civil War.

Participants will also consider works on Civil War memory, discuss theoretical texts on the nature and significance of collective memory across time and cultures, and dive deeply into three anniversary moments in this history: the 50th (1911–1915); the 100th (1961–1965); and the 150th (2011–2015).

During the seminar, DeRosa and other participants will also consider the recent and current crises and debates over Civil War monuments and symbols from the 2015 massacre in Charleston, SC, to the recent protests and violence in Charlottesville, VA, among others.

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First Year Seminars

EDITORIAL STAFF

Last week, *The Outlook* was made aware that Monmouth University faculty may be considering cutting the First Year Seminar requirement in the future.

This comes in light of the recent announcement that the University will be changing the 128-credit requirement for graduation to 120 credits effective fall semester of 2020.

Currently, all first-year students at Monmouth who are entering with 18 credits or less are required to take a First Year Seminar (FY101). The course fulfills a General Education requirement across all majors and must be taken during the student's first semester at Monmouth. The

joyed it. I think that because the University gives you the opportunity to choose your own First Year Seminar topic, it was easy to get engaged in the material."

"I also felt that the professor who taught the course was really passionate about the course content and made it a really fun experience," the editor continued.

Another editor added, "It was a great experience, I'm really happy I took it. It (the topic) was right up my alley and it was nice to be there with other freshmen."

One element of the First Year Seminar courses is the presence of Peer Learning Assistants (PLA) in each section. A PLA is a student who assists the professor of the course with daily classroom activities. They also act as

Most of the editors agreed that their first year at Monmouth might have been different without taking the seminar. "I met peers through the course that were able to help me as a freshman, and I am actually still friends with some of them today," said one editor.

Another editor said, "It was nice to have a First Year Seminar because it was a break from the 'nitty gritty' of books and assignments. While I had my fair share of work, it was also a class that was catered to students, where we discussed how to adjust to college."

Finally, the editors were asked if the University should keep the First Year Seminar as a requirement. Most of them agreed that it should, but the individual seminars

The Outlook editorial staff feel that the course has a large part in providing incoming students the chance to properly acclimate to life at Monmouth.

course is taught on a variety of different topics by full-time professors across all fields.

With First Year Seminars potentially on their way out, *The Outlook* editorial staff took the time to discuss their experiences within their own First Year Seminars and how they impacted their own college lives.

They also shared their thoughts on whether or not the University should cut the requirement.

The editors said they took First Year Seminars on a range of topics including: children's books, Hollywood journalism, rock music in the 1960s, films about baseball, sustainable energy, and the Beatles.

When asked about their experiences in the courses, the editors all agreed that they were positive. One editor said, "Personally, I really en-

mentors and role models for the students to help them get accustomed to the college lifestyle.

Most of the editors said they did not necessarily benefit from having a PLA, but that it was still nice to have them as part of the class so they could assist the professor.

"[The PLA] was so sweet and helped us if we needed, but I never really went to her with problems or concerns. I didn't have a bad time with her, but I definitely didn't benefit from having her in the class either," said one editor.

One editor on the staff had previously served as a PLA. "It was a great experience mentoring freshmen students. I made time weekly for my office hours where students could meet with me about the course, but I also had student reach out to me for advice on life," the editor said.

have room to be improved.

"It should still remain a requirement, but they need to include more impactful and beneficial aspects for first year students," one editor said.

Another editor added, "It should remain a requirement because it's tough to throw freshman right into the fire."

The editor concluded, "The students will have four years' worth of mundane classes, so why not have one that's focused toward them and is on a topic that embraces the liberal arts of this University?"

While the University community awaits a final decision on the fate of First Year Seminars, members of *The Outlook* editorial staff feel that the course has a large part in providing incoming students the chance to properly acclimate to life at Monmouth.

HOW TO SUBMIT ARTICLES OR LETTERS:

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

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

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Coffee Options Increase with Warm weather

SAL LAGROTTERIA
CONTRIBUTING WRITER

As the temperature changes from those frigid single digit numbers to high 60's during the day and low 50's at night, the conversation has begun yet again of Iced Coffee vs. Hot Coffee. Both coffees are exactly the same but let's not get ahead of ourselves here, one has ice and the other doesn't; there's your difference! But to break it down even further, there are people that will strictly drink hot coffee and think iced is gross, or they will strictly drink iced and think hot is gross. Coffee, just like everything else, is based on personal preference.

So, here's my thoughts on which you should choose; if you're a first-time coffee drinker, get cold brew. When ice is added to the coffee, it separates the rich taste that coffee has and breaks it down to make it less "insane" when it hits your pallet. But in general, definitely iced coffee. What to put in your coffee will depend on what you like. If you enjoy the coffee taste, do cream, milk, half & half, almond milk or coconut milk. If you want a little sweeter, ask for sugar.

As for hot coffee, if you're home, try a creamer that's not too sweet and do half a spoonful of raw sugar, this is what I highly recommend. If you run

out to get your hot coffee, ask for cream and sugar because some places have different coffee beans than others so cream and sugar will keep it simple and standard across the board. Dunkin' has many different flavors when it comes to their coffee from caramel mocha, mocha, butter pecan, caramel, French vanilla, cookie dough, white chocolate raspberry, and rocky road. My advice if you go with one of these choices is to order as follows: medium hot mocha coffee with cream. *No. Sugar.* It's already sweet enough and the sugar will be a massive overload! But, if you like the sweet, then go for it.

The place at which to get your coffee is not something people thought about 10 years ago, but now new and hip coffee places are popping up left and right. Where to get your coffee will be based on what you like, how strong you like your coffee, and if freshness is important to you. Dunkin' has a large number of flavors and blends. The breakdown of blends includes Original Blend, Dark Roast, and Dunkin' Decaf. The flavored shots, that are unsweetened and sugar free, consist of French Vanilla, Hazelnut, Toasted Almond, Blueberry, Raspberry, and Coconut. Lastly, the flavored swirls consist of Caramel, French Vanilla, Hazelnut, and Mocha.

If you're looking for freshness from Dunkin', the best time to go is in the morning before 9am. Anytime after that, you may run into some problems of the coffee not being good or fresh.

As for fresh coffee, the number one place you have to check out at least once in your lifetime is Rook Coffee Roasters. I will give you a warning that their coffee is very strong and has a bite to it. Rook offers

hot coffee and their cold brew, but it's made to order and the coffee concentrate comes from a keg underneath their coffee counter, so it's a coffee bar which is really sweet!

Sticking with the cold brew because personally, that's what Rook does best, if you like it light get a Regular Latte Style with Almond Milk and Raw Sugar. If you want your coffee a little darker, get the next one up which is the cold

brew New Orleans style with Almond Milk and 2 pumps of Raw Sugar.

The best advice I can give for this topic is if you're like me and you don't care about the weather, get the cold brew all year around – you won't regret it! Get the hot coffee here and there, but stick to the cold and make sure to drink it in moderation and not quickly like it's water. Remember, it's coffee!



PHOTO TAKEN by Sal Lagrotteria

Now that the weather has begun to transition to springtime weather, the coffee choices increase. There are cold brews and iced lattes that mix up the daily dose of caffeine.

Running a Marathon? No Thanks

CAROLINE MATTISE
EDITOR-IN-CHIEF/OPINION EDITOR

Do I want to run a marathon? No. Hard no.

I don't even like running around the block. I definitely do not want to train and put my body through hell to run 26.2 miles. I am sure that if I were to complete a marathon I would feel very accomplished, like I had conquered the world.

Oh well.

My uncle ran in a few marathons but after a while he said that he had had enough. He was tired of wearing his body down. My high school softball coach was an avid runner. He would run every half-marathon and marathon in the area. He would run a race and then come to softball practice directly after. I don't know how he stood on his legs for three hours after the races.

Every year my tennis team participates in the Red Bank Crop Walk. This is a five mile walk/ run to raise money to end hunger. I walk every year. I couldn't even run the five miles if I wanted to. Sure, we run during tennis practice and matches, but that's only a few steps per every shot that we hit. After the first half mile, my knees would burn like a match was lit inside of them. Then my right shoulder would begin to ache with every stride. Then my ankles. And let's not forget about my breathing. I would really be sucking air during this five mile run that is a walk around the block in comparison to a marathon.

Over Spring Break I went on a trip to Puerto Rico with my parents. While we were there a Iron Man race was tak-

ing place. This is even more extreme than a marathon. The participants swim in the ocean, bike, and then run. The participants looked like they were struggle. How could anyone enjoy that? It just seems painful.

But just because I would never run a marathon does not mean that I have no respect for the people who do. I have even more respect for them, professionals and amateurs alike.

Nonetheless, I enjoy reading about marathon runners and runners in general. One of my favorite athletes to follow online is distance runner Alexi Pappas. Born in the rep-

resented Greece in the 2016 Rio Olympic Games. I admire her for her running, but also for her inspirational mantras and writing skills.

Another marathoner that I admire is Tatyana McFadden. Competeing in the Summer Games as a Paralympian, McFadden has a total of 17 medals. This year during the Boston Marathon her wheelchair flipped. But that did not stop her. McFadden ended up finishing second! She is truly an inspring athlete.

While I never plan on running in my own marathon, I will continue to look at marathon runners in admiration.



PHOTO TAKEN by Caroline Mattise

A marathon is not something that I ever plan on doing, but I have respect for those that run their hearts out.

Major Trouble

SCHARINA BENCOSME
CONTRIBUTING WRITER

In my most honest approach to this topic, I believe I should begin with the fact that it took me years to choose a major; not because I did not know what I felt most passionate about, but because of shame and self-doubt.

Most people who are in college go to college in order to look forward to a future with stability: a stable job, a stable income, a stable lifestyle, and jeopardizing such stability would defeat the whole purpose of investing about \$50,000 (a year) in your education. Such is the grand belief I had for myself; that while I was unsure of what I wanted for my future, stability and consistency was a must. Especially for someone of troubled background with the responsibility to make something grandioseof myself as first generation. So my freshman year of college I came in as a STEM major, which I knew I was good at, seemed promising, and would impress family and friends.

I learned the very harsh way that not all that is gold is for you. I did well, and I enjoyed my first semester at college, but very quick did I realize that when times were stressful or things seemed pointless, I leaned on literature to get me through. The arts, they have always been crutches in my life; as a toddler, when I used to "read" to a crowd of teddies (much as I knew nothing about the differences between the letter z and t); as a middle schooler, I felt handicapped in America for not speaking English and reading in said language until English became a fluent passage to a world of more art; as a teenager, when, well, teenage things occur and we begin to let our dreams die, I only dreamt bigger.

Yet how could I even fathom a major in the arts? All my life I did

most of my research in the STEM field. I've never considered the idea of a non-STEM major and therefore I was unprepared; realistically, the only thing I thought anyone could do with an English major was to... teach? I was unsure if I wanted to end up teaching either, but I did not want the misery that came with doing hard work and no enjoyment for my future.

Alas, I switched. I still don't know the exact route set in stone to take me to where I want, yet the unknown seemed more promising, more uplifting, than knowing where I was headed. I realized that we, as we are bred and raised to know that STEM is the path to a "decent" education that "certainly" pays off, put aside whatwe love to be complacent to those we love. I've realized that pressure is put on others who are not STEM to prove themselves, or expected fail entirely. I've also learned that, STEM majors deserve the utmost respect for their passion, dedication, and resilience; art majors too. That everyone does.

How could we ever provide wings to our scientists if we chip away and suppress imagination, creativity, artistry and originality of thought?

I propose we respect all majors, equally, and support the arts financially as we should support the STEM majors mentally, for the pressure, exhaustion and feeling of defeat is not excluded to those who seem "clear-cut" in life.

Alas, college is not exempt from shaping us for the work field but as adults as well, and give us room to make independent choices as well as withdraw them. Take on the various opportunities, resources and experiences your college provides to learn more about you, and what feeds into the future you see for yourself.

The Rush of Attending a Live Concert

BROOKE WALKER
CONTRIBUTING WRITER

In life, at least for me, there is no greater feeling than going to a good concert. Introduced to a wide array of genres at a very young age -ranging from classic rock, blues, dance, country, jazz and so on- music has always been what I like to call my release not only from the everyday stresses life likes to produce, but an escape to a state of true bliss.

And, what better way to do so than by going to a concert to see a favorite band play some great tunes?

As an avid music lover and constant concert goer, in my eyes, one of the aspects of a good concert is when the front man, or woman, instantaneously kicks off the show not only with a great hit to amp up the crowd, but a conversation with the audience. Whether it's just a little bit of small talk, or a five to ten-minute story about the inside of the artist's life, I believe conversation allows a special connection to be had between singer and audience, making the show that much more meaningful.

Another aspect of a good concert is when the music allows you to simply *feel*. At a good concert, you feel a sense of unity with a whole lot of unfamiliar faces around you who share the same love, appreciation, and understanding of lyrics not only capable of

moving thousands, but having the ability to produce waves of all kinds of emotions among the sea of people you are in. Music has a powerful effect on people where tears are brought to the eyes, smiles appear from ear to ear, and a

recollection of memories resurface of times good, and bad, giving one a taste of nostalgia once again.

When I think of a good concert, I think back to the times I found myself surrounded by a crowd of people, singing,

and waving their phone lights back and forth in a rhythmic manner to Foreigner's "I Want to Know What Love Is," head-banging to Mötley Crüe's "Kickstart My Heart," and singing terribly and rather tone deaf to Journey's very

well-known hit "Don't Stop Believin'." Not only did all of these headliners put on an awesome show in a matter of three hours, but knowing that I was able to be immersed in a large community of people who shared the same feelings of ecstasy made it that much more of an enjoyable experience.

The venue of the concert also influences the experience. A big stadium or arena has incredible speakers and thousands of people. Everyone has their assigned seat and if you are far from the stage you can see the artists on the large monitors. A smaller venue, located in an old theater creates a more intimate atmosphere. In these venues, there is not a bad spot in the house. But you have to be careful at general admissions concerts that you do not get caught in a mosh pit.

Truthfully, I believe that everyone has their own definition of what makes a concert "good." Any concert, whether big or small in size offers something for everyone. Whether you enjoy soothing jazz concerts, shows that keep your feet moving all night long, or mosh pits if you're into that sort of thing, if you find yourself in a place where you can escape reality for a while, have a little bit of fun, and overall in a state of euphoria, I think the concert you went to has done justice in accomplishing making you feel alive.



PHOTO TAKEN by Caroline Mattise

Live music is a completely different experience. You are surrounded by individuals who have the same music taste and you can feel the music throughout your whole body.

April, 2019

Dear Students:

On **Sunday, April 28**, the Student Government Association will host **Springfest** on **Shadow Lawn** (rain site: the Ocean First Bank Center) from **12:00 pm to 5:00 pm**. This annual tradition will include live music, a BBQ by Gourmet Dining, food samples from outside vendors, festival games, and giveaways. Springfest 2019 will have everything you need and it should be a great way for us all to celebrate the end of another year at Monmouth University. We do ask that you remember to have your MU student ID with you at the event site.

Please Note: Students and their guests may not bring or consume alcohol at the Springfest locations of Shadow Lawn or the rain site: Ocean First Bank Center.

While your attendance at Springfest is a key part of what continues to make this event so popular, it is important that you practice good decision-making before, during, and after the festival. Your respect for the rules and regulations of the University, the local communities, and your willingness to look out for each other are essential to making this day successful. Therefore, I ask that you spend a few moments reviewing the two guidelines that will be in effect for Springfest 2019.

1. Pets/animals, open-containers, alcohol, squeeze bottles, bags, purses, backpacks, and/or similar items **ARE NOT PERMITTED** at Springfest. **Any student/guest that attempts to bring such items will have to leave the event.**
 2. MUPD will enforce the parking in the **Great Lawn** and **Garden Apartment** lots on April 28. If you plan to drive to campus for the festival and do not have a valid parking sticker for the Garden or Great Lawn parking lots, you **MUST** park in the **commuter parking** lot by the Student Center. No exceptions permitted. Students should enter the campus from the Larchwood Avenue entrance.

For those students who live off campus, I would also remind you that the local communities have a **zero tolerance** for any quality of life disruptions. Should you decide to host a social gathering before, during, or after Springfest, please make sure that you and/or your roommates are adhering to all applicable laws (e.g. excessive noise, consumption/possession/distribution of alcohol, traffic related). Furthermore, I hope you will exercise common sense, good decision-making, focus on the safety of self/others, and a respect for one's neighbors.

I hope you will take an active role in assisting the Student Government Association and Monmouth University in our effort to present Springfest 2019 in a safe and positive manner. Your commitment to making this event a celebration of the year's achievements is critical. I know I can count on you to do so!

I look forward to your anticipated cooperation and I hope to see you at Springfest. Best wishes on your final exams!

Sincerely,

Mary Anne Nagy
Vice President for Student Life and Leadership Engagement

Caring for Your Body as an Athlete

RILEY BRAGER
STAFF WRITER

Everyone is chanting your name, the stadium is filled, and you are the big fish in a small pond.

However, imagine being 18 years, old away from your family, and practicing three hours a day, 6 days a week, plus the expectation of doing extra skill work. There are days where you feel like you cannot move out of your bed because your legs are so sore. Everything hurts but you are expected to jump right out of bed and do it all again. Then there is the mental aspect of putting yourself through the same pain as you endured the practice prior. Your legs shake, the arms feel like Jell-O, and you want to quit. How are you supposed to continue? But your coaches and teammates are expecting you to push through. They need you.

The thought of playing a sport in college can sound like a dream until you are fully immersed in what sometimes feels like a nightmare. This is my fourth year of being a Division I college athlete and I am not going to lie, it has taken me a long time to learn how to care for my body.

Over all the years of being an athlete, there are important steps that should be taken in order to keep your body mentally and physically able for the game. First, it is important to be well rested. In an average day, an athlete spends so much time working out physically whether it is running or in the weight room.

What about after those work outs? The only way the body

can truly recover is when it is well rested. It is important for an athlete to have at least 9 hours of sleep per night in order to have the best recovery.

Additionally, it is important to stay hydrated and constantly replenishing the liquids in your body. In order to have optimal performance an athlete should be putting water and electrolytes in their body to perform to the best of their ability.

Another important way to keep your body healthy is by using the medical training room. A benefit of being an athlete in college is you have full access to trained professionals in sports medicine. There are abundant amounts of recovery aids that athletes have access to such as ice baths and hot baths, foam rollers, and stimulation machines.

While so much emphasis is on the actual sport, many times people do not realize the behind the scenes actions that take place. There is so much physical stress on a person's body when they play a college sport and athletes should take time to make sure they are preventing injuries from occurring.

While playing a sport in college has many physical and mental challenges I would not have changed it for the world. The lessons and memories you make with your team will last you a lifetime. College can be challenging because you are away from your home, sometimes for the first time, surrounded by all new people. Nonetheless, college has given me teammates who became my sisters and for that, I could not thank the sport enough.

SUNDAY, APRIL 28

12:00 pm to 5:00 pm, Shadow Lawn
(Rain Location: Ocean First Bank Center)



2019

GOURMET DINING BBQ

Continental Breakfast 10am-12 pm, BBQ 12-5 pm

PLAYA BOWLS (MU ID Required)

INTERNATIONAL FOODS

MUSIC BY

HEADLINER TBA!

DNA

JACK & TICO

BLUE HAWK RECORDS

PERFORMERS

CECE PRODUCTIONS

NOVELTIES & GAMES

SPRINGFEST SHIRTS

AND MORE...

PLEASE REMEMBER

NO BAGS, BACKBACKS,
SQUEEZE BOTTLES, OPEN
CONTAINERS, ALCOHOL, OR
PETS PERMITTED. STUDENT
ID REQUIRED AT THE EVENT

THANK YOU TO OUR SPONSORS!



STUDENT EMPLOYEE APPRECIATION WEEK

Amber Rothman, Brittany Weisbrod, and Rebecca Colucci, on behalf of Monmouth’s **Department of Accounting and Business Law**, we would like to thank you for your hard work, enthusiasm, and reliability. We could not ask for better Graduate Teaching Assistants.

Administrative Services & Facilities Management Student Employees: Thank you for the effort and dedication you provide to support our division. Your assistance is greatly appreciated each and every day. Thank you for all you!

Omar Moustafa, Hugo Parada, Matthew Ayala, Jason Castillo, Pablo Catano, Danisha Cespedes, Ivana Diaz, Gregory Ewanis, Samuel Pierce, McKenzie Bishop, Jordin Hugger, Jacqueline Barton, Brooke DiLorenzo, Alexis Davis, Scott Dessel, Shaina DeLeon-Monroe, Fabian Munoz

Thank you Diajah, Jess, Arianna and Lauren for all your hard work helping with the art studios! We appreciate all you do to help keep everything running smoothly. You’re the best! – **Department of Art & Design**

Once again we would like to thank Julia McGrath for her continued help in our office! We appreciate you! **Department of Athletics**

Thank you to the BEST student-employees on campus, our Monmouth Digital Network crew!!!

Ali, Angela, Anne, Azalia, Brian, Cassidy, Castro, Christina, Dana, Dominique, Eddy, Eric, Gabby, Haley, Jacob, Jenny, Joe, Josh, Karlee, Lilly, Logan, Makayla, Matt, Nick, Nick, Sam, Sean, Taylor and Zach. We appreciate all of your hard work and dedication! **Athletics Communications**

Alissa, Erin, Julia, Keryann, Makayla, Martha, Mike B, Mike D & Xavier – On behalf of the **Department of Athletics Sports Medicine**, we would like to extend our greatest appreciation to you for all of your hard work this year. Happy student employment appreciation 2019!

Jesse and Tiffany, you are both so responsible, hardworking and kind! It is truly my pleasure to work with such fantastic students! Thank you!!! Kristi McDonald, Aquatic and Laboratory Animal, **Department of Biology**

The **Bruce Springsteen Archives and Center for American Music** proudly recognizes the following Monmouth University student employees for their dedication and commitment to ensure that the archives will be appreciated by researchers, fans and scholars for decades to come: Annalaan LeMay * Alissa Goldman * Brianna Scangarello * Connor Rupp * Drew Fournier * Gillian Demetriou * Rogan Garvey. Your extra effort and enthusiasm are sincerely appreciated!

Career Services would like to thank Julia Tamburello and Sarah Sikora for all their hard work and enthusiasm this year. You make our team special and we appreciate all that you do! Congratulations Julia, on receiving your MBA and Sarah, on receiving your bachelor’s degree. We will miss you and are excited to see what the future holds for you both!

Amanda! Ashley! Christiana! Dally! Gab! Hannah! Heidi! Ivy! Kayla! Joe Chung! Joe Perez! Lynette! Miriam! Nick! Nizhe! Ray! Shadiyah! Zykeem! Every single one of you plays such an integral role in our success, we are so lucky to have you on our team! We love you, YOU ROCK! ThankUU! ThankUU! ThankUU!!!! **Center for the Arts** – Vaune, Kelly, Lynn, Sharon & Ruth

Thanks for the adventure – now go have a new one!! We would like to thank our **Central Box Office** student employees for your help this year! You have all been UPbeat, UPLifting, and always UP to the task! To our newest members Alexa Rodriguez, Emilee Lind, and Leah Fonseca, we’re so happy you joined us! To our seniors, Emily Neilwocki and Devin Bourne, we’ll miss you, and wish you luck! There’s no where to go, but UP! ~Patti & Patty~

The **Department of Chemistry & Physics** thanks you for your dedication and hard work!

-Chemistry Lab Assistants: Brittany Bobowski, Kayla Celiberti, Ivy Chance, Kathy Chen, Talia Ciciyasvili, Michele Dustman, Artiom Efimenko, Lauren Fairchild, Joyce Almeida, Danielle Guillen, Jillian Man, Nicole Martir, Mary McKeiver, Reina Montero, Taylor O’Rourke, Skyler Post, Ryan Reutti, Skylar Robinson, Noor Sarsar, Mika Schievelbein

-Laboratory Stockroom Assistants: Christopher Bentsen, Michal Kalisz, Brianna Miller, Amanda Prascsak, Linda Schneider

-NMR Assistant: Jessica Baals

-Organic Lab Assistants: Adham Hasan, Angelique Ithier, Olenka Mallqui, Kaitlyn Murtha, Gabriella Padilla

-Physics Lab Assistants: Kristen Marzano, Tom Melfi, Nolan Spengler

-Quant Lab Assistants: Pavneet Kaur, Kushkumar Patel

-Science of Food & Cooking Assistants: Tugba Akilli, Jared Gregory

A special thank you from the **Department of Communication** to Erica, Glen and Addison for all your help in the equipment room this year.

Department of Computer Science and Software Engineering

While (CS_Tutors= true) {Productivity++; Confidence++; Ability++;} Professor Gatto,

The **Department of Computer Science and Software Engineering** appreciates the contributions of our IT Lab Assistants to the IT Program. Their expertise, patience, and dedication to helping students is unmatched! Special thanks to the following students for their work this semester: Nereida Barrios, Christopher Calva, Joseph Chung, Justin Clappsy, Tyler Conklin, Erica DiNapoli, Rob Golebieski, Sabina Graziano, Brianna Licciardello, Shannon McGorty, Jennifer Serey-Herrera, Taniyah Thomas, Derek Vander Woude

CHRISTOPHER MARCO, the entire **Economics, Finance, and Real Estate Department** thanks you for your EXCELLENT support as our Graduate & Teaching assistant for the last three semesters. You will be missed. Best wishes from all of us!

On behalf of the **Equal Opportunity Fund Program (EOF) Department** we would like to express our Thanks & Gratitude to our amazing student employee team, Jennifer Garcia, Yaniliz Herrera, Priya Telidevara, Celestine Taylor, and William Biedebach. We appreciate all the work you do to help our office be the best it can be for our students.

Visitors always feel welcomed by the warmth of their smiles, callers are always assisted by their customer service, boxes of paper seem to disappear with their expedited scanning skills, the **Office of the General Counsel**, the **Office of Equity and Diversity** and the **Office of Internal Audit** want to thank and express our gratitude to our student employees: ANGELICA BIALY, JULIA BIALY, MORGAN THOMPSON, and MADISON URRARO for all of their hard work and professionalism!!!

The **Guggenheim Memorial Library** appreciates all of our student workers! Thank you for all you do!

The **Department of Health and Physical Education** would like to celebrate all of our outstanding student employees: Alexa LaVere, Adham Hasan, Celine Powell, Jessica Henry, Tereza Trubiano, Lauren Cozzolino, Jillian Man, Sara Polansky, Kaitlyn Galligan, Mariah Laster, and Angelina Cifelli. Thank you all for your hard work and dedication! We are so proud to have you on board!

To Briella and Dalia:
You both do a great job
In a dozen different ways.
Helping other students,
We sing your praise!
Being on time and helping staff too,
You are truly a part of us
With everything you do!
-Health Services Staff

Gabriella and Elijah thank you for your great work and assistance with getting the **Institute of Health and Wellness** more established this semester.

Best Office Assistant EVER!!! Matt Del Guercio
Thank you for all your help this year! The **History & Anthropology Department**.

The **Office of Human Resources** is proud to recognize Amanda Smith, Megan Fryc, Deana Maffucci and Nicole Roberto for all of their hard work and dedication to our department. We sincerely appreciate all that you do and we thank you for your continued commitment and enthusiasm. It is a pleasure to have all of you working in our department. Great Job!

Miss Nicole Jaconski - We have learned so much from you! Thank you for all you do! Love, Mrs. Tracey & all of your third graders. - **Long Branch School District**

To a terrific trio—Celine, Nicole, and Odalys—thank you for always handling anything that comes up in the **Math Department**!

Taryn McGee, Annalaan Lemay, Cassie Cinque, THANK YOU FOR ALL YOU DO FOR THE **Monmouth Museum**. WE COULD NOT DO ALL WE DO WITHOUT YOU!! A big shout out to few graduating seniors Emily Minieri and Julie Barbella- congrats!

Amanda and Brianne- Thank you for everything you do for us in Birch Hall! You are both Awesome!! - **School of Nursing and Health Studies**

The **Outlook** would like to thank Angela, Anthony, Davina, Emerson, Katie, Madeline & Tyler for all of their hard work throughout the year. You guys are the BEST!!!

Sandra, Jane and Darika, thank you for all the help you give me here in the **P-card Department**. You are hard workers and personally delightful to work with on my team. Thank you very much! Loretta P-card Coordinator

Thanks Alanna, Connor, Frank, Hamza, Harry, Omar, and Taylor for all of your hard work! Monmouth University **Polling Institute**

The **Office of the President** would like to recognize our outstanding student worker Shadiyah Belton. Thank you for your tremendous efforts supporting our office this year. ~President Dimenna, Annette Gough, Tina Agnello, and Delaine Sarraf

Thank you Angelina Cifelli and Saiera Shueib for your outstanding work supporting the **Department of Psychology**!

Jesse, we are so lucky that you’re part of the **School of Science** team. We in the Dean’s Office thank you so very much for all you do for us.

Nick Coscarelli, Shaina DeLeon-Monroe, Jean Huang, Dana Nevins and Esosa Ruffin: Making a difference in a young person’s life, working together on hard questions, and being part of the success of figuring them out. Mentor/ Mentee relationships are forged through time and patience. Your participation in the **Program for Acceleration in Computer Science (PAC)** is greatly appreciated and truly a memorable experience for our students. Dean’s Office, **School of Science**

To Kaitlin Dunn, Morgan Spanier, Taylor Mitchell, Alexis Graber, and Kailee Cluett: Thank you for your hard work and dedication to the **Speech-Language Pathology Department**. We truly appreciate everything you have done for us this 2018-2019 school year!! Yours Truly, The Speech-Language Pathology Department; Dr. Remshifski, Dr. Bartolotta, Dr. Mlawski, Dr. Raj, Professor Bonner, Professor Givney, and Trish Bartlett

Story Time – Thank you to Alex, Steve, Julianna, Sam, Kayla, Alyssa, Jordan & special guests. You all have done a tremendous job. The children and parents adore your attentiveness. Thank you for your thoughtful preparation with each program. Congrats to Steve & Julianna on graduating! Thank you to the Library staff who help us promote our events and the MU campus who help with booking rooms, parking, snacks, etc.! Sincerely, Aimee

Thank you to all of our student workers in **Student Activities**. We appreciate all of the hard work and dedication you provide during the year to help your fellow Hawks get involved with the many events on and off campus:

Cameron, Carly, Chibuzo, Chinonye, Danielle, Maritza, Raymond, Shakirah, Zoriah, Alexis, Amber, Daniel S., Edward, Hannah, Tobi, James, Najah, Vanshelly, Hunter, Cheyenne, Danisha, Jonathan, Bianca, Daniel A., Muge, Caesar

Student Employment thanks all of our workers – past and present! File. Phones. Errands. Train. Greet. Design. Enter. Steve, you know you will miss the “8 hours” reports! We will miss you. You have made us smile and left us with some useful suggestions! Mia, it’s been fun getting to know you and you do a great job on the dance team! Sam! Italy or Student Employment? You are always helpful and looking for the next project. Thank you! Alexis, our training gu-ru!

Thank you for your time and commitment to our office. Fradely, thanks for pitching in this semester. We are looking forward to working with you in your new position this summer. Kayla, our amazing Kayla; fun, creative, trustworthy. We love you. Thanks for all of your contributions. Great job everyone! Good luck with finals.

Karla, Kailee and Patrice, I appreciate all of the fantastic work you do for **Student Government Association (SGA)** and me! Thank you for a great year! Bette

Dear Peer Tutors and Office Assistants, Every year I think I have the best set of student employees, yet somehow you all get better and better each year! Thank you all for your hard work, enthusiasm, and commitment to making this department great and for being such outstanding role models and a support system to your fellow Hawks. Sincerely, Dorothy-**Tutoring Services**

Kyleigh and Alyssa, Thank you from all of the staff and students here at **Voyagers’ Community School**! We depend on your help and love having you in our community! Your dedication, flexibility and passion make you assets to our school.

Thank you Gianna and Victoria for being so committed to **WMCX**. We truly appreciate all of your hard work.

Nicole and Aileen: Thank you for your kindness and support to me and the Department of **World Languages & Cultures**. We are very grateful for all that you do, regardless of what it is; so happy that you have joined us for another semester! Gracias, Danke, Grazie, Merci..... Eileen and the Faculty of World Languages

Julia and Jane help students write papers. Cassandra and Megan do, too. Nicole O. and T. share a name And will help before an essay is due.

Kendall and Nicki just started this year And will receive their degrees in May, Their positive effect on students Are definitely here to stay.

Mary writes the best session logs So professors can get a peek. While Amanda runs our Instagram, Posting at least three times a week.

You may hear Hannah on the phone When she covers when Sara’s at lunch, Or you may see Alyssa’s smile When you’re stressed and in a crunch.

Cassidy is an expert at online appointments. McKenna and Mallory work hard with you. To all the dedicated Writing Assistants, We are grateful for all you do. ~ **Writing Services**

2019 Student Employee of the Year Nominees:

Emily Blaser, Undergraduate Admission
Heather Bradley, Athletics-Marketing
Trent Broderick, Fitness Center
Vanshelly Buret Tavarez, Student Activities
Sandra Chen, Purchasing Card Office
Erin Chen, Digital Print Center
Skylar Daley, Library
Matthew Del Guerico, History & Anthropology
Brooke DiLorenzo, Student Activities
Joseph Fantozzi, Supplemental Instruction
Amber Galati, Student Activities
Nicole Jaconski, Long Branch Schools
William Jones, Athletics-Marketing
Caitlin Mazzella, Tutoring Services
Samantha Moss, Athletics-Track & Field
Caitlin O’Leary, Center for Excellence in Teaching & Learning
Alec Reilly, Athletics- Engagment
Kelly Schuld, Honors School
Amanda Sorresse, Writing Services
Santino Timpani, Digital Print Center
Kyleigh Trout, Long Branch 21st Century Learning Center
Lois Walton, Long Branch Free Public Library

2019 Supervisor of the Year Nominees:

Dorothy Cleary, Tutoring and Writing Services
David Tsang, Digital Print Center
Kelly Valentine, Athletics-Marketing

Congratulations to all of this year’s Student Employees. This week is about YOU! -Sincerely, Student Employment

The Sports Studies Club Celebrates One Year

JORDAN SMITH
CONTRIBUTING WRITER

The Sports Industry Club will be having its last meeting of the school year this Wednesday, April 16. The meeting will celebrate the one-year anniversary of the Sports Industry Club being on campus. Pizza and refreshments will be provided at this meeting. Also, during this meeting, there will be an election for the new Executive Board. Positions that will be available are President, Vice President, Treasurer, and Social Media Coordinator. This club has provided opportunities within the sports industry to various students on campus, by hosting meetings, presenting numerous speaker series events, as well as hosting off-campus events. Some notable speakers this organization has hosted include representatives from the New York Yankees, New York Rangers, Philadelphia Phillies, and more. This club has also hosted field trips to sporting events. This upcoming Saturday, April 20, the Sports Industry Club will also be attending the Lakewood Blueclaws game at 4:05 p.m. This event provides students with free transporta-

tion to and from the game, as well as a chance to tour and meet with a few executive members of the Lakewood Blueclaws. Max Sobrano, a senior business management student and the club's President

and Founder, has been an extremely dedicated president for this club. He's constantly been in contact with various sports teams such as the New York Knicks, New York Nets, New Jersey Devils, and New York Giants, developing new

relationships that could assist in the growth of students' potential in the sports industry. He has also built new relationships with Madison Square Garden, as he's attended Career Fairs at Madison Square Garden with other club mem-

bers. In addition to the numerous achievements Sobrano has accomplished, he has also recently won President of the Year for all of Monmouth's clubs and organizations. "Thank you so much to everyone that has made the Sports Industry Club so successful," said Sobrano. "Although this is an individual award, it means absolutely nothing without the assistance of all of my amazing Executive Board, as well as our club members. I can't wait to see all of the successes of this club in the future and hopefully it gives everyone the ability to get started in the sports industry," continued Sobrano. Robert Disko, a senior business student and Club Vice President, also had a few closing remarks to the end of this school year. "We all want to thank all of the speakers we've had come, as well as all of our club members. Without the assistance and support you've all brought us, none of this would be possible," expressed Disko. Be sure to follow the Sports Industry Club on Instagram @musportsindustry for their latest updates and events.



The members of the Sports Industry Club will host their final meeting of the semester.

PHOTO COURTESY of Jordan Smith

Ocean Coast Institute Hosts Symposium on Climate Change

KARL VILACOBIA
PRESS RELEASE

Leading experts from around the world in the areas of climate change adaptation law and science will assemble at Monmouth University on April 17-18 for the Climate, Coasts & Communities Symposium. With the "new normal" of increased storm events, flooding, sea level rise and coastal erosion being caused by climate change, the event will focus on lessons from other states and abroad that can help New Jersey navigate the challenges. Discussion topics will include climate change impacts to voiceless communities, including future generations, wildlife and natural resources; the public health dimensions of coastal adaptation; and scientific strategies

to combat climate change-induced factors that are harming marine and coastal ecosystems. Keynote speakers include Global Ocean Forum President Biliiana Cicin-Sain, University of Tasmania Faculty of Law Professor Jan McDonald and University of Utah S.J. Quinney College of Law Professor Robin Craig. The two-day symposium will kick off with a panel of Monmouth University students presenting their research on issues including the transfer of development rights and easements to improve coastal resilience and the threats extreme weather events pose to water supplies. For registration and more information, visit monmouth.edu/climate-coasts-communities or contact Professor Randall Abate at rabate@monmouth.edu. The event is free for Monmouth University stu-

dents and employees (registration required), \$35 for members of the public and \$25 for Monmouth alumni and non-Monmouth students. The admission cost covers an opening night reception, Thursday continental breakfast and lunch, and refreshments. The event is being hosted by Monmouth University's Urban Coast Institute, Wayne D. McMurray School of Humanities and Social Sciences, School of Science, Office of the Provost, Global Education Office, Department of Political Science and Sociology, and Youth Activists Group. Be sure to follow The Urban Coast Institute on Instagram @urbancoastinstitute for the latest updates and a schedule for the Climate, Coasts and Communities Symposium.



PHOTO COURTESY of Monmouth University

The Urban Coast Institute

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 Planegere 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 at 2:45 p.m., 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!

AMERICAN IDIOT

Rocks Woods Theatre

ERICA BARBARA
STAFF WRITER

Marked by blasts of frenetic energy, political and social symbolism, and unabashed rebellion, the MU Players production of Green Day's rock opera *American Idiot* proved that punk is far from dead in the minds of youth today.

With ever-striking lyrics by Billie Joe Armstrong and a book by Armstrong and Michael Mayer, Woods Theater was filled to the brim with the rage and love of a talented student-run cast and crew from April 12 through 15.

Serving as the spring musical, the players detonated their heart grenades in *American Idiot* to the tune of songs from the rock trio's 2004 album of the same title.

Direction and production by Kayla Mingino, musical direction by Olivia Mingino, set design by Victoria Lohnes and Ryan McNaught, and choreography by Dennis Breslin and Azalia Whitlock ignited a

unique fire that blazed bright.

In an address to the audience, director Kayla Mingino, a junior communication major, commented on the importance of the show to modern viewers, "The story needs to be told now more than ever."

"Through suburban revolution," Mingino, continued, "we too can speak up for causes we believe in. Whether that be addiction, or the current political climate, or anything that makes you want to fight back."

"That is the beauty of this show, and the culture that preceded it. No one is too small to make a difference," she concluded.

In the fictional setting of Jingletown, USA, *American Idiot* follows a hot-blooded young Johnny (Ray Laux and Tom Lynskey) and his angst-filled friends Will (Joe Marano), and Tunny (Scott Buksbaum) who decide to leave their hometown out of dissatisfaction.

Will is begrudgingly stopped by his pregnant girlfriend, Heather (Dylan DiRobbio), and must stay home.

Meanwhile, Johnny goes to the 'big city' and Tunny enlists in the army.

Obsession, hatred, and misfortune combined follow the young men on their journeys; Johnny meets the mysterious Whatser-name and famed drug deity St. Jimmy.

Also, Will struggles with becoming a father, and a broken Tunny finds an Extraordinary Girl in an unlikely place.

Themes of the show include vicious drug addiction, suicide, abuse, sex, anarchy, and struggles of war.

Performances by the entire cast were passionate and well-executed, as Brislin and Whitlock's choreographic direction strongly punctuated sentiments of youth resistance in a politically-divided America.

Each cast member filled the space with impactful dance-fight choreography, even directly interacting with easily-accessible members of the audience.

The music direction by Olivia Mingino was immersive and authentic.

The eight piece student rock band executed the iconic Green Day set list with expertise. The vocal abilities of the cast on a whole were excellently directed.

The production was also resilient through changes.

Ray Laux played Johnny on the 12 and 13 shows, and Tom Lynskey took over the role on the 14 and 15 due to illness.

Kayla Mingino also stepped into the role on the night of the 13, serving as Johnny for multiple scenes so that the show would continue. Ray, Tom, and the en-



IMAGE TAKEN by Haley R. Gasparine

The play was directed by Kayla Mingino.



IMAGE TAKEN by Haley R. Gasparine

The Green Day inspired *American Idiot* is a rock opera.

Foreign Film Spotlight: *Sunset Can't Shine*

MARK MARRONE
ENTERTAINMENT EDITOR

As I said in my article on page eleven, this year has been rough for film thus far.

I can't remember the last time I saw something decent, so I decided to take a 40 minute drive to catch *Sunset* by Hungarian director László Nemes.

The director's last film, *Son of Saul*, won an Oscar for Best Foreign Language Film.

And folks, I can't even catch a break on foreign films.

In the Hungarian *Sunset*, we follow Írisz Leiter (a little too closely because of the jarring cinematography), who goes back to Budapest so she can work at a hat store that bares her last name.

However, Leiter uncovers a dark past and a brother she left behind when she split from Budapest as a little girl.

There's a good story to be told, but Nemes has trouble telling it.

A glaring issue is the camera work by Mátyás Erdély. Throughout, the camera is closely up against Leiter as she navigates through Budapest.

Although, it's hard to see where exactly she is because the background is always out of focus.

You can't tell there's a \$10 million budget to this movie because it's all blurred out in the back!

While you could say it makes the viewer feel uneasy, I say there's certain times for that. It feels like you're on a nauseating piggyback ride for two-and-a-half hours.

It's also hard to hang on to the ride because the plot is incoherent.

The characters don't really talk that much, and most of the time it's just Leiter walking around with a shocked face.

They try to explain somethings, but these characters pop out of nowhere and when that happens so much, it's hard to follow who is telling what.

Sure, it's hard to follow the plot, but when you take a step back, you can kinda see what Nemes was trying to tell.

Unfortunately, the sun sets on his opportunity to do so.

Just as Leiter looks for her brother, my search for a decent film this year continues.



IMAGE TAKEN from Hungary Today

Monmouth Alumnus to Play *Vans Warped Tour*

NICK MANDULEY
STAFF WRITER

Brick-based pop rockers The Ones You Forgot shook the New Jersey music scene last week when they announced they will be playing the Vans Warped Tour this summer in Atlantic City on June 29 and 30.

The two-day festival will include performances from iconic bands from Warped Tour history such as Blink-182, The Offspring, A Day to Remember, Bad Religion, and many more.

The Ones You Forgot, fronted by University alumnus Jenna Bruno, will be performing songs from their summer 2018 release *Too Afraid to Say*.

"It's really so exciting to be playing this year. A huge thanks goes to Kevin Lyman- Warped's founder, for those who don't know," said Bruno, who graduated from the University in 2018. "This could not have happened without him giving us a chance, as well as all of our friends, family and fans who have supported us from day one."

The band's upcoming performance at the Warped Tour brings back a flood of memories to the band's lead singer.

"2010 was my first year as a 13-year-old," reminisced Bruno. "It's a bit of a blur, but I remember seeing bands like Hey Monday, Mayday Parade, Bring Me the Horizon, Artist Vs Poet and I distinctly remember crowd surfing for the first time to The All-American Rejects and We The

Kings."

That year, Bruno would be introduced to a plethora of bands that would soon become her favorites by the following the summer.

However, her introduction to music occurred long before entering the realm of music that gets played in Hot Topic nationwide.

"I started singing in chorus and a few local recreational clubs that my mom signed me up for in my elementary school days," said Bruno, who at the time was only singing for fun.

"I eventually lost touch with it for a while because I developed severe stage fright, however my addiction with going to shows and discovering new music in my teenage years inspired me to fight through and start my own band."

Five years after starting said band along with guitarists Matthew Thompson and Ferdinand Benauro, Bruno and

the rest of The Ones You Forgot have seen an impressive amount of growth.

Two EPs and one single into their career, they've had a music video debut on *Alternative Press*, embarked on three tours and opened for the likes of Never Shout Never, Hit the Lights, Boys Like Girls, Four Year Strong, and many other pop punk giants.

The band has even begun to see social media accounts dedicated to them by fans as well as covers of their songs on YouTube.

"Dream big!" said Bruno, addressing fans and aspiring musicians alike. "There are so many things out there for you in the world of music. Second- practice, practice, practice! It's the only way to get better at your craft."

"Lastly, have fun! It's so important that you enjoy what you create. It isn't always easy to smile on the tough days but it makes all the difference in your musical journey," she concluded.



IMAGE TAKEN from The Ones You Forgot Facebook

Jenna Bruno sings at a Ones You Forgot gig.



Your Quarterly Film Report: *Everything in 2019 Sucks*



MARK MARRONE
ENTERTAINMENT EDITOR

Last week, I finally gave up. After months of watching garbage at the movie theater, it took one movie to break me.

Watching *The Beach Bum* made me feel like I was losing brain cells with every second.

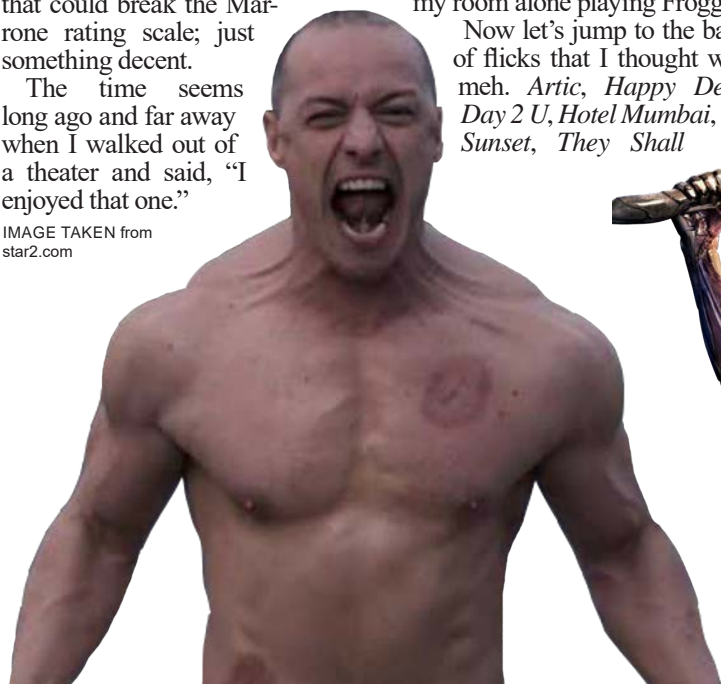
There I was, in a practically empty theater watching Matthew McConaughey drink booze, drug out, have sex, and fall asleep on repeat for about two hours.

Within that time frame you could see the life get sucked out of me while I slowly sank in my chair.

When I made it out of the theater (somehow alive), it made me wonder: *when was the last time I saw a good movie this year?* I'm not talking about something mind-blowing that could break the Marrone rating scale; just something decent.

The time seems long ago and far away when I walked out of a theater and said, "I enjoyed that one."

IMAGE TAKEN from star2.com



The answer: only twice. The only two movies I liked this year were *Stan & Ollie* and *Greta*. Those two weren't amazing either, but they were just enjoyable!

The other 16 movies I've seen so far this year have sucked in their own special ways.

Mind you, I've even avoided other movies that have low ratings or don't have a decent trailer.

Before I take out the trash, I'd like to say that I'm not some sad sack who finds something to hate in every movie.

I have the AMC Stubs A-List, where I can go to the theater up to three times a week because I love going there and watching a good flick.

Why would I find pleasure in tearing apart films when I could do much better things like sitting in my room alone playing Frogger?

Now let's jump to the batch of flicks that I thought were meh. *Artic*, *Happy Death Day 2 U*, *Hotel Mumbai*, *Sunset*, *They Shall*

Not Grow Old, *The Upside*, and *Us* received ratings between two and two and a half stars out of four.

These are a batch of films that made me say, "eh, that was okay."

Hotel Mumbai was compelling, but it's not the kind of movie that I'd go out of my way to watch a terrorist attack unfold.

Plus, despite critical acclaim for *Us*, it's a layered film with some entertainment value but not worth spending hours of research to find the five million easter eggs director Jordan Peele placed.

The twos had some entertainment value, but it was a struggle to get through the ones. *Alita*, *Captain Marvel*, *Cold Pursuit*, *Pet Semetary*, *Serenity*, and *Unplanned* earned one to one and a half star ratings.



IMAGE TAKEN from Deviant Art

Yes, it's shocking to see *Captain Marvel* here, but this was the first Marvel flick I've seen in a while and it just reinforced why I skip out on them. For its entirety, I felt nothing.

Captain Marvel felt like any other superhero movie with a formulaic plot, safe jokes, and an ending we saw coming from a mile away.

Meanwhile, *Serenity* received its one star rating because it was hysterical to see Matthew McConaughey take tuna fishing seriously the way he did.

Also, its ending revealed that everyone lives in a video game was completely bonkers.

I may not be a sad sack, but I'm cruel enough to give out ratings lower than one.

Climax and *Glass* were both victims of the Marrone rating scale cruelty.

Glass was an extremely disappointing end to director M. Night Shyamalan's long spanning *Unbreakable* trilogy. The entire film is incredibly boring, because it takes place in a mental ward for over two hours.

The budget was frugal, but hey, at least they incorporated some dizzy point of view gopro shots.

Additionally, *Climax* was a screaming frenzy where I saw a few people leave the theater midway through.

All of the characters were unlikable, the dialogue was unnecessarily

crude, and everyone was yelling at each other for nearly an hour and a half.

It was like spending a day at the DMV.

Well, I've taken out as much trash as I could. Believe me, if I didn't have to keep a word count, I could've dedicated this full page to critique each individual dumpster fire film.

However, I'd like to spare you from the rambling and it would be great to keep my blood pressure at a healthy level.

To reach that healthy level, let's think positively toward the rest of the year.

There could be some good flicks on the horizon like *Godzilla*, *Rocketman*, *Toy Story 4*, *Once Upon a Time in Hollywood*, and *A Beautiful Day in the Neighborhood*.

But if *John Wick Chapter 3* disappoints, I won't go near a movie theater again (although I shouldn't anyway after watching *The Beach Bum*).



IMAGE TAKEN from Nerdist



GAME OF THRONES: THE LAST OF ITS KIND



MATTHEW SCHAEFFER
STAFF WRITER

Television is almost as American as apple pie.

It's been a hallmark of the average household since the end of the 1950's and has woven its way into the world's culture.

Unlike film, TV is a more intimate medium; we invite these stories and characters into our homes and invest time out of our day to immerse ourselves with them.

Every once in a while, a show transcends the comfort of our homes and launches into a countrywide phenomenon.

Game of Thrones launched their final season last Sunday, sparking a mass conversation on social media platforms and pretty much every major news outlet in the world.

It is, without a doubt, the biggest cultural show to air in the past decade.

The show returned after a near two-year hiatus and will air its remaining episodes within the coming weeks.

Thrones isn't the first show of its kind.

Yes, it's budget and literal size is probably the first of its kind, but the way it fits into pop culture is not anything new.

Massive television events becoming

standard water cooler talk have been a thing since *M.A.S.H.* aired its record breaking final episode all the way back in the 1980's.

Other shows would follow in popularity like *Seinfeld*, and *Friends*, both becoming synonymous with American pop culture, that even the most obscure reference from either show would be recognized by the average viewer.

It wasn't until *The Sopranos* came along that critics and viewers gilded the current era of TV, "The Golden Age of Television."

Shows began to increase in quality, in terms of production, writing and acting.

The gap between film and TV was closing. Episodes became more serialized, the subject material became darker, and people began to grow attached to the premise and characters of the show.

The fate of Tony Soprano was a national conversation and the finale is still revered to this day.

The Wire, *Breaking Bad*, and *Mad Men* all followed suit in controlling the attention of the public and were appointment television shows at the height of their popularity.

Now, with the dusk of *Thrones* just a few weeks away, it begs the question: is this the end of the Golden Age?

Shows like this come along every decade or so, and over the past few years, there has been a clear shift in how we consume TV.

Streaming allows the viewer to binge each episode at their leisure; it's no longer a week-to-week process.

Amazon, and now both Apple and Disney are all now part of the streaming game.

That doesn't bode well for the future of weekly, episodic TV.

Appointment television viewing is a social experience unlike anything else.

Each week, it's like a major sporting event happening at the same time, with everyone waiting for the next day to debrief with one another. That emotion you feel, desperately waiting for each new episode every week, will vanish with the age of streaming.

The most notable show that comes close to the global appeal of *Thrones* is *Stranger Things*.

The Netflix show has a massive appeal to a large audience, but differs from *Thrones* because it releases all its episodes at once.

There's no way to dictate who has seen what, it's very much up to the viewer to decide how much to watch at once.

Stranger Things tends to dominate the culture for about a week or so after its premiere.

It doesn't have the legs of a weekly show to keep the conversation brewing.

streaming will all, but kill the nature of a "water cooler show" and because of the success of streaming, it is likely that other media companies will follow the same formula.

Both Amazon and Disney are currently in an arms race to create their own versions of *Game of Thrones*.

Amazon has invested \$1 billion into making a *Lord of the Rings* television adaptation, while Disney is creating its own set of shows featuring both Star Wars and Marvel properties.

These streaming companies are chasing after what *Thrones* has: a rabid fan base that will discuss and theorize about the outcome of the show with one another.

The problem seems to be that they may not realize, that while *Thrones* isn't the first show of its kind, it could potentially be the last, with the dawn of the streaming era upon us, the way we view television is certain to change forever.



IMAGE TAKEN FROM officialpsds.com



IMAGE TAKEN FROM PNG World

Alumna Spotlight on Tara Ackaway

NICHOLAS COSCARELLI
SENIOR/NEWS/POLITICS EDITOR

Monmouth alumna Tara Ackaway, CEO and founder of Social Wise Communications, has been featured in *ForbesWomen* on Thursday, March 28.

At 22, Ackaway, a former communication student, founded Social Wise, a boutique public relations company, after graduating Monmouth. After four years, her team now works with small businesses, non-profit organizations, authors, entrepreneurs and celebrities. Her portfolio includes projects with Bravo, E! News and MTV.

Prior to the launch of Social Wise Communications, Ackaway was interning in the city balancing three high-profile entertainment public relations and social media gigs. When she was a senior at Monmouth, Ackaway got an internship with the Bravo series "The Real Housewives of New York City."

"I was a student during all of this. I was going in and out of the city (NYC) almost daily," she said. "Everyone wants immediate results. I knew working this amount of hours and this high stress pressured job would lead me to something. I didn't know what it would be but I knew it would lead me to this bigger, amazing experience."

"I did a lot of networking in the city. I talked with a lot of people. I made a business card with my name on it and I handed it out all

over the place," she continued.

Ackaway said, "It wasn't all glamorous. And, I appreciated the work ethic required to complete those not-so-glamorous responsibilities."

John Morano, a professor of journalism, had Ackaway as a student and her company now represents him as his publicist.

"She approached her education with purpose, took her internship to another level, and wound up with opportunities that enabled her to launch her own company," Morano said. "Tara has never shied away from a challenge. And no one will ever accuse her of lacking motivation"

She said that her philosophy was and has still remained the same: success isn't handed out, it's earned. "Dream big, work hard and be willing to sacrifice a lot now... in order to live a life most will never have," she said. "Bottom line, I was working with top industry professionals perfecting my craft each and every day."

Ackaway said that Monmouth helped her prepare for these opportunities and encouraged her to embrace as many internship opportunities as she could. "I am extremely grateful for that support and encourage others to follow that same advice," she said.

Morano also believes her accomplishments underscore the reality that if students embrace the opportunities and instruction available at Monmouth, with the addition of their own creative en-

ergy, the sky is the limit. "Tara is a testament to that," he said.

Eventually, Ackaway explained, balancing what felt like three full-time jobs (four, including being a student) caught up to her. "I couldn't possibly continue this routine for my final semester. And so, it was time to end a really exciting chapter of my life. I was drained. And quite frankly, had no desire to reside in New York City after graduation," she said.

"Of course, the feeling was bittersweet. Still is. But, it was time to move on and I couldn't be surer of that now," Ackaway added.

However, during her final semester, Ackaway started to receive freelance requests from contacts she met during time interning in New York City. "I made an impression. Powerful people wanted to take a chance on me. It felt good. And so, I thought why not? Why can't I pursue a business," she said.

"At first, I didn't realize what I was about to take on. I didn't envision having a company. That was until several individuals came to me with freelance requests. Zero advertising dollars. No promotion. All referrals. And then, in that moment, the light bulb went on. I saw the vision, and now, it was time to act on it," she continued.

In the beginning it was just her for a while, she explained. She juggled up to ten monthly paying clients at one time. Then, she began hiring on freelancers from Monmouth to assist her. But, it wasn't enough.

"The demand was too high. My company was growing and is continuing to grow at a fast pace. Last year I hired my first employee, a fellow Monmouth University graduate. Then, I hired my second employee," she said. "It's a really special feeling to provide job security to anyone, especially a fellow Hawk."

Ackaway said there is an unspoken bond between Monmouth alumni. "We can relate to one another. We've experienced the same educational opportunity and we're the best in our industry because we've been taught by the best," she said.

"We always look forward to learning of and celebrating the success of our alum," said Amanda Klaus, Executive Director for Alumni Engagement and Annual Giving. "Seeing Tara use the connections and tools Monmouth provided her as an undergraduate in conjunction with her personal hard work and tenacity is a wonderful vote of confidence in the Monmouth education."

"We look forward to keeping Tara connected to Monmouth in hopes to connect her to current students and celebrate a talented member of our alumni family," said Klaus.



IMAGE TAKEN from Forbes

Tara Ackaway is an accomplished member of the Hawk family.

The King of the Monsters: Spotlight on Jason Aquino

VINCENT GRASSI
CONTRIBUTING WRITER

Some people collect coins, others collect sports memorabilia, but few collect giant radioactive reptiles with atomic breath. Jason Aquino, a senior English student, has a collection of figures depicting monsters from the Godzilla franchise.

The majority of his collection showcases different iterations of the "King of the Monsters," but his collection also includes other beasts such as King Ghidorah, Rodan, and Mothra, just to name a few. Jason estimates his collection to include about 60 figures in total, and the largest figure in his collection towers at three feet tall.

At about a foot tall, Aquino's newest figure of Godzilla from the movie *Godzilla: Tokyo S.O.S.* stands with outstretched claws, while showing off its menacing array of bone-white dorsal plates

that poke through its back. The figure cost him \$75 and was manufactured by Bandai, one of the largest manufacturers of collectible figures.

Describing his newest purchase, which he bought on eBay, Aquino said, "I like it because it's one of the few figures I have where Godzilla has lightning-bolt shaped dorsal plates that generate blue atomic breath, because that shape is usually associated with orange breath. It's unique."

Zoe Saufler, a senior graphic design student, commented on his personality. She said, "Jason's hilarious but also very introspective. He has a kind-hearted personality. One minute we'll be joking about YouTube videos and the next we could be talking about theoretical universes and its effects."

There are 34 Godzilla films in existence. From 1954 to now,

the enormous reptile has been depicted in many different ways. Besides this, there is a swarming array of other giant monsters that Godzilla battles throughout the franchise's history. So it's safe to say companies that make collectible figures for the franchise have a lot to work with.

Since the Godzilla franchise originated in Japan, a majority of its collectible figures are also made in Japan. Aquino explained that there is a lack of stores in our area that sell figures from the franchise. To get around this, he goes online.

When it comes to looking for a new figure to add to his collection, Aquino keeps a few things in mind. The condition, paint quality, film-correct details, and the inclusion of an authenticity tag all factor into his willingness to outbid others in those tense eBay bidding wars he knows all too well.

The rarest piece in Aquino's collection is a figure of Titanosaurus, which cost him \$90. It was the lowest price he could find for it and that particular figure ran out of stock soon after he confirmed his purchase. His most expensive piece, a figure of Battra, cost him \$150.

Aquino's father introduced him to the Godzilla franchise, presenting him with a box set of Godzilla films when he had gotten home from preschool one day.

He was only five years-old when he had got his first two Godzilla figures. One figure was of Godzilla and the other was of Mothra, the second most-featured monster in the franchise.

Matthew Aquino, Jason's twin brother and a senior graphic design student, said, "Since we were little, he's had action figures and owned all of the original movies.

He knows all of the history and back stories of each character, who their enemies were, and the different stages of their character development."

Aquino described his emotional connection to the Godzilla franchise as one of the reasons why he collects the figures. He proudly declared that Godzilla's unique, and incredibly piercing, roar resonates with him like a "battle cry."

"[Godzilla movies] are empowering in a way because you think to yourself, okay, if I can be like this giant radioactive dinosaur who can stomp on buildings at a whim, I can easily overcome whatever it is that is bothering me at this point in time. You have the battle cry and the musical scores of these films, that together, paint an image of strength," Aquino said.

Aquino feels his hobby as a collector has helped bolster a feeling of control over his destiny, and it has improved his self-confidence.

Jamie Goodwin, Ph.D., a specialist professor of psychology, commented on the general psychology behind why people collect things as a hobby.

She noted that the benefits are primarily emotional: the excitement of hunting down a rare item, rewarding sensations related to acquiring a new addition, the relaxing nature of organizing a collection, the pride of having a comprehensive collection, and the joy of connecting with fellow collectors or enthusiasts.

Goodwin also described why people might collect things from their childhood. "It's a way of recapturing some of that youthful innocence or that joy of discovery of when you first got interested in that particular thing," she said.

Even though Aquino has reaped many benefits from his hobby as

a collector, he has missed out on one of those benefits. Aquino expressed that he rarely has had the opportunity to meet other Godzilla collectors.

In lieu of this, he is a member of several Facebook groups devoted to Godzilla fandom, as well as selling and trading collectibles. However, Aquino admitted that he does not plan on selling or trading any of his figures; he's just there to search for more to add to his collection.

He also mentioned his desire to attend a convention in Illinois called "G-FEST" in the future. According to G-Fan.com, a website created by G-FEST's founders, "G-FEST" features presentations and Q&A sessions by actors and crew from the Japanese Godzilla films, fan presentations on topics of interest, contests and gaming, new and classic kaiju movies, the western world's largest kaiju-oriented dealers room, and lots of fun and camaraderie."

As Aquino eagerly looks to expand his collection, he'll have even more figures to choose from as two new Godzilla films are set to be released in the near future. *Godzilla: King of the Monsters* will be released this May, while *Godzilla vs. Kong* will appear on the big screen in the spring of 2020.

Currently, he is scouring the Internet for a figure depicting King Ghidorah, as it appears in the franchise's upcoming film.

"Right now you can buy it on preorder for \$178, but I need money for the summer. So, I'm going to wait until September," said Aquino.

Referencing the figures already in his collection, Aquino continued, "This is something I take pride in and I really like having the opportunity to talk about them."



PHOTO COURTESY of Jason Aquino

Jason Aquino collects rare figures from the Godzilla franchise.

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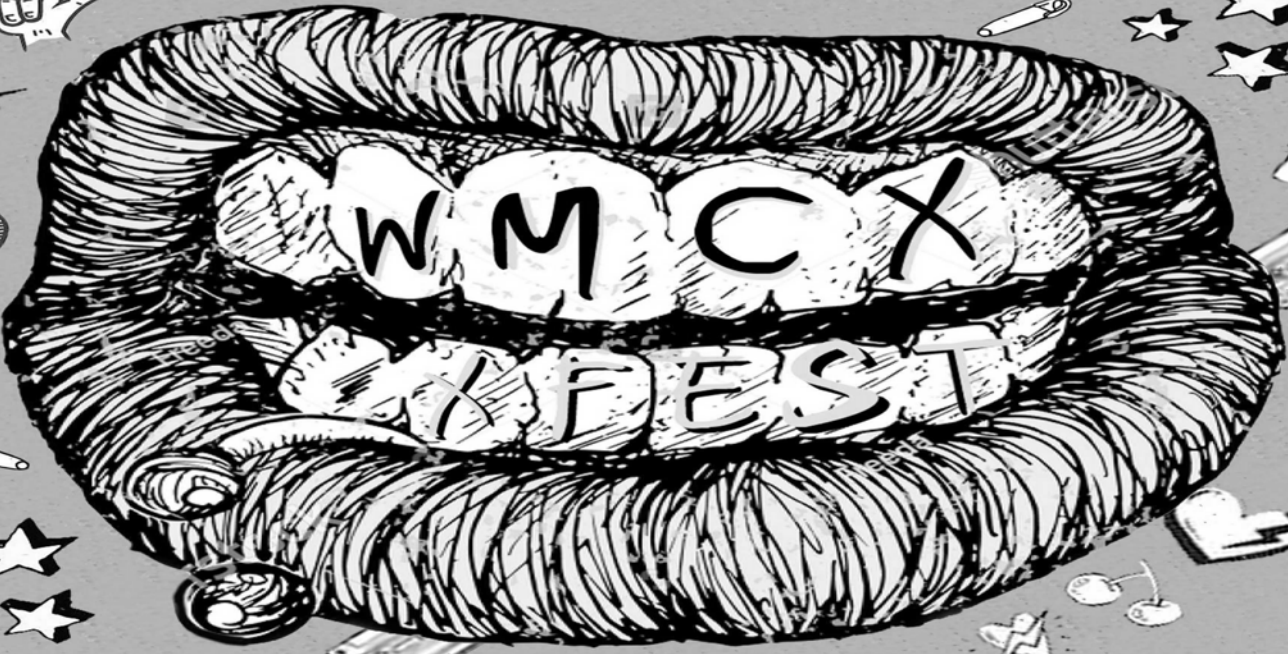


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More Summer, Less Spending

LAUREN DEMARCO
CONTRIBUTING WRITER

Being a college student over summer vacation, with no money to spend, can be very upsetting. Luckily, there are a few ways you can save money this summer while still having fun.

Enjoying the outdoors and warm weather is a great way to save money in the summer. Instead of spending, there are many free activities to do. Going for a hike, riding your bike, swimming, or even going on a camping trip with friends, are experiences that are priceless.

Micheal Phillips-Anderson, Ph.D., an associate professor of communication, said, “There are lots of mostly free (or relatively inexpensive) things to do over the summer so you can save your money for the big stuff (for me that would be travel).”

He continued, “You can sit on the boardwalk in Asbury Park and listen to a show from The Stone Pony for free. It costs a little to get to New York, but there are lots of things to do that won’t cost a lot like music, parks, and art exhibits.”

Living by the Jersey Shore, we have the opportunity to take a trip to the beach easily. If you are in the area some beaches to check out are: Sandy Hook, Pier Village, and Asbury Park. Sandy Hook beach has water sports such as paddle boarding and kayaking for little cost. In Pier Village and Asbury Park, you can ride your bike on the

boardwalk or around town, instead of driving and consistently having to spend money to fill your car up with gas.

If you are looking for nightlife, there are live bands that perform in Pier Village. These performances are free to attend. Instead of paying an exuberant amount of money for concert tickets, take advantage of the local talent. During the concert you can mingle with friends, take a walk on the beach, or eat at one of many restaurants in the surrounding areas.

Michaela Schnek, a junior criminal justice student, said, “The best way to save money during the summer is going to a free public beach and relaxing, without having to spend your money on paying to get onto an expensive beach.” Going to a beach where you do not have to pay for admission will help save you money and give you relaxation you were looking for. One free beach that is close to our beautiful campus is Seven Presidents Park. At this beach you only pay for parking.

Another thing to keep in mind during the summer months is that in order to have fun, you do not have to go out to expensive dinners. Sophie Cooperman, a sophomore homeland security student, said, “I will try and cook more at home than eating out, which is something that I didn’t do last summer.”

Meal planning is something that can help everyone during the summer as far as saving money and eating cor-

rectly. Instead of splurging on a smoothie that will cost you around \$10-12 during the summer months, opt to make the smoothie at home. Cooking at home will save you money, and from long lines.

Summer at the Jersey Shore draws large crowds, and vacationers, which in turn makes the prices of food and simple snacks sky-rocket. On weekends, popular restaurants will have hour long waits, and a chaotic atmosphere. If you are feeling the pressure to go out with family or friends to an expensive dinner, try suggesting a home cooked meal followed by outside games or hangouts.

Having a bonfire, and sitting outside on a summer night will bring you closer to family and friends, while creating memories.

There are many alternatives to saving money during the summer, while avoiding the mindset that to have fun, you must pay. Making simple lifestyle changes to the way you find transportation, experience night-life or even eat, can benefit you by saving money and improving your future.

Saving money this summer will help you financially stay stable, and not buckle under the stress of being a “broke” college student. Take full advantage of the Jersey Shore, and everything (free) it has to offer, in a true local style.

After all, it is not about how much money you have or spend, but rather the good times you have, and the memories you make with friends.

Ask Chloe

“As a college student how can I enjoy going out with my friends, while not wasting my savings,”-Anonymous

Dear anonymous,

College is a time to experience all that life has to offer, which unfortunately, can costs money. With summer approaching, here are some tips on restricting cash flow.

John Inzero, a professor of marketing and international business, before teaching, headed a design, development, and international sourcing department in the consumer gifts, housewares, and toys industries, where he learned budgeting. Inzero says, “The best way to save money this summer as well as enjoying yourself with friends, is to have a budget. List out what you will be earning, what your estimated expenses will be (gas, clothes, etc.,) and be sure to figure in a percentage, say 15-20 percent, for entertainment. Be sure to keep to your budget. And know, if things start getting tight, that there are plenty of free things can do.”

While budgeting is important, look into “forced savings.” Robert Scott, Ph.D., a professor of economics and finance, stated, “People should save for many things (retirement, emergencies etc.), so I think college students should not deprive themselves of a trip or time with friends to save a few dollars...The research on this topic is conclusive, the best way to save is called “forced savings.” For example, automatically deduct money for your paycheck (a defined amount every pay period) and have it moved into a savings account. If people don’t see the money, then they are less likely to spend it. Everyone says they will save more, but with a pocket full of money it’s amazing how quickly it disappears.”

Never feel discouraged or left out if you are not in the position to spend money. Life moves at different paces for everyone, do what is best for your future while enoying the present.

Good Luck,
Chloe

How to Buy the Best Lacrosse Sticks

LOGAN SMET
STAFF WRITER

Lacrosse is known as the fastest sport on two feet. In lacrosse, you use your stick, also known as cross, to pass, pick up ground balls, as well as score and defend. There are many players who suffer a broken stick throughout their career, and the importance of getting a new one is crucial to their game. The stick is to lacrosse as a ball is to soccer, or a hockey stick is to hockey. Simply put, you cannot play without one.

When deciding on which stick to get, there are important details to take into consideration. Meghan Shneck, Director of Operations for the Monmouth University women’s lacrosse team, shared her thoughts on the different types of sticks available and at which level a player should begin to use them. “Beginners usually start with a completed stick set. These sticks usually have a wider head and a thicker pocket material,” said Shneck.

As a player advances, so should their stick. “As they become more skilled, a player will look for a narrower head. These sticks start to develop channels to hold the ball in the sweet spot,” continued Shneck. The “sweet spot” being the place below the shooting string where the ball sits most comfortably in the stick. When the ball is in this spot, there is an advantage of having a better shot or pass.

In terms of competing at the highest level, Shneck counsels,

“Advanced sticks will have a single piece runner in the middle straight up in the material of the head of the stick. This helps with the ship, speed and accuracy of the ball.”

There are many ways to string a stick depending on what you are looking for. Shneck had her own preference while at Kean, “My favorite stringing is with four leathers on the inside with mesh or synthetic. I feel like as an attacker the leathers give you a good fast whip of the ball. On the other hand, mesh holds the ball really well. Personally, I like leathers for attackers and mesh for defenders and/or players who have a hard time keeping the ball in their stick. Also, mesh helps form a nice pocket for the draw,” said Shneck.

The draw in women’s lacrosse, which occurs after every goal is how a team gains possession of the ball, in men’s lacrosse this process is known as the faceoff.

Monmouth women’s lacrosse Assistant Coach Christie Kaestner also recognizes the importance of the sweet spot to the women’s game. “When I teach little girls, I always talk about the sweet spot and help them create a nice pocket right there to develop their ability to control the ball,” said Kaestner.

A former attacker at Duke University, Kaestner recognizes the tremendous technological advancements in terms of lacrosse sticks. “Sticks these days have tremendous sweet spot technology - the pockets are designed to encourage a sweet

spot and allow for better control, especially for younger players,” described Kaestner.

In terms of the difference between men’s and women’s lacrosse sticks, Kaestner explained, “Women’s sticks are designed to encourage skill and feel of the ball, unlike a men’s stick with a deep pocket, a women’s stick is much shallower and thus requires more feel and skill to handle the ball.” Due to the checking allowed in the men’s game, the head of a men’s stick has a deeper pocket, which keeps the ball in place within a greater range of movement. Women’s stick heads have a shallower pocket and shorter sidewalls, allowing for frequent passing.

Kaestner, a player of the sport of lacrosse since she was a child, has always had her own personal preference of stick. “I loved a tracker pocket when I was in high school because it had a great sweet spot and today’s pockets are all modeled after the tracker,” said Kaestner. In regard to the type of stringing she has preferred throughout her years as a player and coach, she sees the value of stringing. “I’m not a fan of the new mesh for women because I think it’s harder to release the ball, just like with a men’s stick. The mesh in their [men’s] sticks creates a different point of release, a flatter angle, so it’s harder to aim,” she said. If you’re questioning what matters the most when buying a lacrosse stick, she cautions, “The head doesn’t matter all that much, but the stringing does, go

for a string head with a sweet spot in the pocket - you can’t go wrong,” she said.

Dick’s Sporting Goods, one of the main places to purchase lacrosse sticks, has a pro tip website, where they stated, “More advanced players will want to use a lacrosse head that allows for more intricate adjustments. This will allow the player to adjust the stick to fit a changing playing style. One aspect of the lacrosse stick that can be adjusted from player to player is pocket depth. Deeper pockets allow for better ball control and shallower pockets are best for quicker release. A player’s pocket depth is up to their personal preference.”

From a men’s lacrosse perspective, things change. Gordon Phillips, a senior long stick midfielder for the Monmouth Men’s lacrosse team, is quite skilled when it comes to different types of men’s lacrosse sticks.

“The main difference between men’s and women’s lacrosse sticks is firstly, the weight of the shaft. As there is more hitting in guys, a heavier shaft is needed to sustain the hits and abuse. Another difference is the head. A men’s head is thicker on the sides and does not have a bend on the top of the head because a mesh pocket would be difficult to string into this. Lastly, the pocket is different. Girls tend to use traditional, which includes leather strings or a run way; while guys use mostly mesh, which will stretch and can be strung deeper for better control of the ball, more depth and

makes the ball easier to catch, but less consistent,” Phillips said.

There is something players do besides having different heads and shafts, and that is the taping they use on their sticks. Not everyone does it, but those who do, may do so for different reasons. “Players tape their sticks based on how much grip they want and where they want their hands to sit on their shaft. The tape allows players to have more control, especially when it’s raining,” said Phillips.

Monmouth Women’s lacrosse Assistant Coach Tim McGeeney said it’s all about where you’re starting, and where you plan to end up in terms of what stick to begin with, specifically for men’s lacrosse players. “Due to the varying depths of men’s pockets and the type of stringing, new players are encouraged to start with a stick called the Warp from Warrior. The mesh is made of soft Kevlar and is resistant to change. This type of stick was introduced just a few years ago to create a better experience for new players,” he said.

The complete Warp stick costs around \$120 dollars. A former All-American goalie for Loyola College, McGeeney has extensive knowledge of the sport.

Depending on how old you are and when you begin playing, lacrosse is a sport that brings a lot of fun experiences, and new friendships. When a player breaks their stick, the process to get a new one is fun and trying to find what stick suits you best can be a rewarding experience.

Baseball Wins Crucial Home Series Versus Niagara

MARK D'AQUILA
ASSISTANT SPORTS EDITOR

Baseball completed a phenomenal week of play beating the University of Pennsylvania on the road before taking two of three from Metro Atlantic Athletic Conference (MAAC) opponent Niagara over the weekend in West Long Branch.

It was the Quakers of Penn who got on the board first in Wednesday's single game set, scoring three runs in the first two innings off Monmouth's senior left-handed pitcher Kyle Ajjan.

The Hawks' bats responded in a massive way the next inning, erasing a three-run deficit in a hurry and turning it into a three-run lead after scoring six

in the top half of the third.

Fifth year center fielder Kyle Norman got the inning rolling with a single to left field that plated two runs to get the Blue and White back within one.

Then it was senior catcher Clay Koniencki who drove in the game-tying run on an opposite field single to right, scoring junior shortstop Danny Long.

Sophomore first baseman Nick Campana, junior right fielder JP Walsh, and sophomore designated hitter Sean McHugh each followed up in the inning with run-scoring hits of their own, helping MU jump out to the 6-3 lead.

The Monmouth bullpen helped close the door on the Quakers the rest of the way, throwing 6.1 quality innings of

relief while only allowing one run to secure the 8-5 non-conference victory.

Sophomore left-hander Evan Ferris led the strong relief effort, going 4.2 innings allowing just one run while earning his first career win.

"The pitchers battled all day and made the pitches when they needed," said Head Coach Dean Ehehalt. "Evan Ferris was outstanding; he settled the game down for us, so it was a huge effort on his part."

Senior third baseman Max Goione also tacked on his first home run of the season to left field, giving MU a much-needed insurance run late on.

Monmouth took this momentum and rolled with it heading into a huge weekend series with

conference rival Niagara beginning with a doubleheader on Saturday.

The Hawks made sure they had game one wrapped up from the start, scoring the first five runs of the game in just the first three innings of play.

Long contributed to three of the team's first four runs, scoring twice and driving in one.

Then it was Koniencki who remained red-hot at the dish launching his first home run of the season to left field making it a 5-0 lead.

"It was really important coming into the weekend that we jumped out and got a lead, that was our goal and we certainly did that," said Ehehalt. "In the second inning we manufactured some runs and took advantage of some things and put up three and took control of the game."

After Niagara got one back in the top half of the fourth; fifth year left fielder JD Andreessen got ahold of his team-leading fifth homerun on the year which drove in three runs and extended the Monmouth lead to 8-1.

Sophomore pitcher Dan Klepchick threw seven strong, three-run innings while striking out ten batters to earn his fourth win of the year in what would be a 9-3 final.

"He [Klepchick] makes big pitches in big spots and pitches out of jams and he keeps getting better," said Ehehalt. "He gives us a chance to win every time out."

The Blue and White took a step back in game two of the doubleheader, getting shutout 5-0 to even up the series.

Freshman Rob Hensey got the start in this one, allowing two earned runs and three hits in 3.2 innings of work. Then it was the junior Regan Dom-

broski who took over, allowing three earned runs on six hits in just one frame.

The story of the game was a lack of hitting for the Hawks who could only manufacture four hits without getting on the scoreboard.

MU did finish out the week on a high note though, grabbing a conference series victory with an 8-3 win in the finale on Sunday.

This time it was Niagara who got off to the quick start, scoring three runs in the first two innings off senior pitcher James Kelly.

However, the come from behind effort did not take long for the Hawks who suddenly found themselves with a 4-3 lead after Koniencki launched his second home run of the series, this time a grand slam over the center field fence.

"Clay just proved that one swing of the bat gets you back in the game, we were a much different team after that and I was hoping we got a spark," said Ehehalt. "We were fortunate Clay put a good swing on that ball."

Monmouth added four more runs in the innings that followed without allowing any more on the defensive side, earning themselves their fourth conference victory of the season.

The 14-19-1 Hawks will be in New York City for a non-conference matchup with Columbia this afternoon, with first pitch slated for 3:30 p.m.

This weekend, Monmouth will travel to Fairfield for a three-game MAAC series; the opener on Friday will be followed by a doubleheader on Saturday afternoon. First pitch for both days will be 12:00 p.m.



PHOTO TAKEN by Karlee Sell

Sophomore pitcher Dan Klepchick struck out ten Niagara batters in seven strong innings on the mound, earning his fourth win of the season on Saturday.

Women's Lacrosse Rebounds From Losing Slide

JACK MURPHY
CONTRIBUTING WRITER

Women's Lacrosse cruised past Canisius, 16-6, on Saturday afternoon at Kessler Stadium, improving the Hawks to a 10-5 record on the season and a 4-2 record in Metro Atlantic Athletic Conference (MAAC) play.

After a heartbreaking loss to conference leader Fairfield last Wednesday by a close score of 13-12, the Hawks were able to bounce back with a dominant performance all around this past weekend.

"I think we needed to come out and show who we are, we needed a game and a day like this," said Head Coach Jordan Trautman. "I'm really proud of the effort on both sides of the field but this is what we have been waiting for. We've been talking about taking moments and taking opportunities and that's what they did today."

Leading the Hawks' offense were sophomore attacker Caroline Bleck and junior midfielder Rachel Mills, who each had career games. Bleck recorded eight points on four goals and four assists while Mills netted five goals. Mills has been playing exceptionally well as of late as she has scored nine goals in her last two games.

"My team has been doing a great job of passing the ball around and creating space for each other and I think that's been really helpful," said

Mills. "I think those two losses we had really motivated us to come out strong today and finish the regular season strong." Mills filled up just about every portion of the stat sheet in Saturday's contest as she caused two turnovers, three draw controls, and two ground balls to go along with her goals.

Junior attacker Nicole Ceraso added three assists in the Hawks win. Ceraso now has 100 career assists and is only five shy of moving into first for all-time assists in school history.

After Monmouth's 16-goal effort, they are now averaging 13.0 goals per game, which is the highest average in the MAAC.

"I think our offense is dynamic, we aren't one dimensional," said Trautman. "People are stepping up in big ways and that's something that is a testament to our practices."

The Hawks displayed their dynamic offense by scoring the first five goals of the game within the first 17 minutes. Canisius were unable to score their first goal until the 10:24 mark in the first half.

They would then score another goal shortly after but Monmouth responded by rattling off four unanswered goals, two of which came off of the stick of junior midfielder Sarah Gilogly and the Blue and White took a 9-2 lead going into halftime.

Senior attacker Logan Smet

got the goal scoring started for Monmouth in the second half before Canisius scored the next two goals cutting the lead to 10-4 with 22 minutes left. The Hawks then took over by scoring the next five out of six goals to take a commanding 15-5 lead, which was too much for the Golden Griffins to overcome.

As the score shows, Monmouth dominated Canisius in just about every aspect of the game. The Blue and White outshot their opponents 39-18 and won 19 of the 24 draws. Junior midfielder Me-

gan Hart set a new Monmouth single-season record for draw controls with 80, after tallying four in Saturday's performance.

Monmouth's defense also played well as they only gave up six goals the entire game. The Hawks' six goals allowed is the lowest in a conference game since the 2016 season, where Monmouth held both Quinnipiac and Manhattan to six goals each. The Blue and White allowed just seven shots in the final 30 minutes of the game.

The Monmouth defense was

led by sophomore defender Emily Holtz and senior defender Monica Cortes who caused three turnovers each.

With Saturday's win, Monmouth reaches the ten win mark for the first time since 2016, which was also the first and only time they made it to the MAAC Championship game.

The Hawks will look to defeat conference rival Manhattan this afternoon in their last home game of the season. The match will start at 3:00 p.m. and will be streamed live online via ESPN+.



PHOTO TAKEN by Karlee Sell

Sophomore attacker Caroline Bleck tallied four goals while dishing out four assists in Monmouth's 16-6 win over Canisius on Saturday afternoon at Kessler Stadium.

Softball Dominates on the Road in 4-0 Weekend

SOPHIA GALVEZ
STAFF WRITER

Softball earned four wins on the road this weekend while competing in doubleheaders against Manhattan and Saint Peter's, respectively, as sophomore pitcher Alyssa Irons clinched third place for most wins in program history in a single season with 20.

On Saturday, the Hawks traveled up to Riverdale, NY to play a doubleheader against Manhattan. Both games were won by Monmouth; first 3-1 and then 4-3. Irons went the distance in the circle for both wins, only allowing three runs to be earned by Manhattan in the 14 combined innings.

In game one, Monmouth got on the board quickly as a result of a sacrifice fly ball hit by sophomore catcher Erika Coreth in the top of the second inning, allowing junior utility player Amanda Hopeck to score. Manhattan senior infielder Kat Prevo hit an RBI, tying the game up 1-1 in the bottom of the third inning.

Neither team scored again until the Hawks took the lead in the top of the sixth inning. Junior first baseman Kayla Rosado hit a single out to right field, bringing freshman infielder and outfielder Lindsey Baron home to score. Sophomore outfielder Katie Harrington doubled to left field, allowing fellow sophomore outfielder Morgan Maziarz to come home and chalk up the final run of the game.

Game two began slowly, with neither team making their way onto the scoreboard until the

top of the fourth inning, when Monmouth scored two runs. The first run was due to junior outfielder Amber Wozniak hitting a single to center field, resulting in Maziarz scoring and putting the Hawks on the board. The second run occurred two batters later, with Harrington hitting a single and getting Hopeck to run home to make the score 2-0.

Manhattan regained the lead in the following inning, scoring three runs. Sophomore infielder Victoria Alonso singled to left field, bringing home her teammate, freshman outfielder Megan Gillooley, to score and put the Jaspers on the board. Following this, Prevo smashed a triple to left center field, bringing home two more runs for Manhattan and taking the lead, 3-2.

The Hawks tied up the game in the top of the fifth inning with Coreth hitting her second home run of the season. The winning run was scored by Monmouth off a fielding error during the top of the sixth inning. Junior infielder Deangie Jimenez earned an RBI after an error by Manhattan's second baseman, bringing home Hopeck for the win.

"I was very pleased with the way we battled today," said Head Coach Shannon Salsburg. "Manhattan is a tough place to play, but we did a good job of adjusting and playing our game. Alyssa [Irons] was attacking their hitters, and we had multiple people with big days. Erika [Coreth] and Amanda [Hopeck] came up with big hits and had outstanding days. It's always nice to see production from top to bottom."



PHOTO TAKEN by Karlee Sell

Junior utility player Amanda Hopeck drove three runs across the plate in Monmouth's 8-0 win over Saint Peter's in game two.

The doubleheader against Saint Peter's resulted in not one, but two shutouts. Irons and sophomore pitcher Lilly Robles pitched a combined 11 innings, and let up zero runs. Both games were ended early due to the two run rule, with Monmouth coming out on top with two 8-0 wins.

In game one, the Hawks came in hot. The first run of the day was a result of Rosado hitting a solo home run to center field during her first at bat in the top of the first inning. The score stayed 1-0 until the top of the fourth inning, when Rosado hit yet another solo home run to make the score 2-0. This was followed by Harrington doubling to left field, bringing home Hopeck for the third run as well as Harrington stealing home to earn a fourth.

In the top of the fifth, Baron

bombed a double to left field, bringing home both Jimenez and senior outfielder Jasmine Higa. Baron then scored due to junior outfielder Sam Tomasetti hitting a single out to right field, followed by Hopeck hitting a double to left center, bringing home Maziarz for the final run of the game.

Monmouth quickly got on the board in game two with Tomasetti and Wozniak hitting back-to-back singles during their first at bats, allowing Baron and Tomasetti to score, respectively.

In the top of the third inning, the Hawks put four more runs on the board. Tomasetti scored again off of a single hit by Hopeck, followed by Higa scoring on an error made by Saint Peter's. Jimenez singled out to center field, allowing Hopeck to score the fifth run. With one out

left and the bases loaded, Maziarz flew out to center field, allowing Harrington to tag up for the sixth run of the game and the fourth run of the inning.

In the top of the sixth inning, Hopeck hit a single to center field, bringing home Rosado and Baron, earning Monmouth their second 8-0 shutout of the day.

After the games this past weekend, the Hawks overall record improved to 26-12 and their Metro Atlantic Athletic Conference (MAAC) record improved to 11-1.

Monmouth will stay fresh with a non-conference doubleheader versus Lafayette in Easton, PA this afternoon ahead of this weekend's two-game set at Marist. First pitch in the MAAC showdown against the Red Foxes is set for 12:00 p.m. on Saturday.

Men's Lacrosse Stays in Playoff Hunt with Home Win

EVAN MCMURTRIE
SPORTS EDITOR

After earning just one win through their first eight games of the season, Men's Lacrosse has now won their last two, most recently with an 11-6 victory over Manhattan at Kessler Stadium on Saturday afternoon.

The win kept Monmouth's season alive, as a loss would

have eliminated them from a chance at qualifying for the Metro Atlantic Athletic Conference (MAAC) Tournament.

"I am really proud of our effort," said Head Coach Brian Fisher. "Our team showed toughness and grit and we battled adversity this week with some injuries to key guys. We played with great energy today and it was probably our best performance of the year.

Hopefully we can keep it going."

With 10:44 on the clock, sophomore midfielder Casey Kimmel opened the scoring for Monmouth with a powerful strike from long distance as the hosts edged their way in front.

Manhattan, however, answered with four-straight goals to take a comfortable lead.

Monmouth responded even more emphatically, going on a 7-0 run to lead 8-4 with 8:05 left in the third quarter.

The visitors would break the scoring streak with a goal at the 5:01 mark, but the Hawks scored another three to add some space to their lead before the Jaspers scored the final goal of the game with 4:29 left to go in the fourth.

Sophomore midfielder Brock Anderson was amongst Monmouth's top performers in the 11-6 win, scoring his first career hat trick and improving his season goal total to eight.

Two of his goals against Manhattan came via high-powered strikes from distance where he cut in from the right and shot across his body from the left.

Senior attacker Griffin Figel earned his second four-point game in a row as he registered two goals and two assists.

"We were playing for our season today," said Figel. "We have a lot of upperclassmen, myself included, and the guys just really played their hearts out. Playoff mode, it was a must-win, a lot of guys stepped up – we had a couple of injuries. A lot of younger guys stepped up for us older guys."

With the win, Monmouth improves to 3-7 on the season and 2-3 in MAAC play.

The Hawks will hope to continue their recent success when they face Quinnipiac (6-5, 3-2 MAAC) in Hamden, CT on Saturday at 4:00 p.m. in the penultimate game of the regular season.

"We played with great energy today and it was probably our best performance of the year."

BRIAN FISHER
Head Coach



PHOTO TAKEN by Karlee Sell

Sophomore midfielder Brock Anderson scored his first career hat trick in Monmouth's win over Manhattan on Saturday afternoon at Kessler Stadium.

UPCOMING GAMES

Wednesday, April 17
Men's Tennis vs Marist
West Long Branch, NJ 2:30 p.m.

Softball at Lafayette (Doubleheader)
Easton, PA 3:00 p.m.

Women's Lacrosse vs Manhattan
West Long Branch, NJ 3:00 p.m.

Baseball at Columbia
New York, NY 3:30 p.m.

Friday, April 19
Baseball at Fairfield
Fairfield, CT 12:00 p.m.

Men's and Women's Track & Field
Larry Ellis Invitational
Princeton, NJ TBA

Saturday, April 20
Men's Tennis vs Niagara
West Long Branch, NJ 10:00 a.m.

Women's Tennis vs Niagara
West Long Branch, NJ 10:00 a.m..

Baseball at Fairfield (Doubleheader)
Fairfield, CT 12:00 p.m.

Softball at Marist (Doubleheader)
Poughkeepsie, NY 12:00 p.m.

Women's Lacrosse at Quinnipiac
Hamden, CT 1:00 p.m.

Men's Lacrosse at Quinnipiac
Hamden, CT 4:00 p.m.

Men's Tennis vs La Salle
West Long Branch, NJ 4:00 p.m.

**conference games*



OUTTA' THE PARK



Senior catcher Clay Koniencki hit two home runs, one being a grand slam, in Baseball's 2-1 series win over Niagara at home this past weekend.

SEE STORY ON PAGE 18

PHOTO TAKEN by Karlee Sell