



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933

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## Student Government Association Opens Food Pantry

MEHDI HUSAINI  
CO-SENIOR/NEWS EDITOR

The University's Student Government Association (SGA) is launching The Nest, a food pantry that will be open later this semester to provide non-perishable items to serve food insecure students on campus.

The food pantry is located in the lower level of Laurel Hall, which was previously a classroom space, before the proper equipment and shelving were added. Currently, The Nest is stocked with items such as rice, pasta, oatmeal and other canned goods, and is slated to officially open within the next few weeks, according to Nicholas Verzicco, a senior business administration student.

"[It was suggested by] Jihad Johnson (graduate student studying student affairs and college counseling) and current SGA President Mehdi Husaini (a junior biology student) [who] attended the Conference on Student Govern-



PHOTO TAKEN by Mehdi Husaini

The Nest is currently stocked with food and is ready for students.

ment Associations (COSGA)," explained Verzicco, citing that the idea came from one of the workshops at the event. "They explained that other universities have food pantries that assist their student population. I loved

this idea and asked if I could take the initiative on this."

"I think it's very timely," said Mary Anne Nagy, Vice President of Student Life and

PANTRY cont. on pg. 2

## The Outlook Wins Society of Professional Journalists Award

JERRY TROTTA  
ASSISTANT NEWS EDITOR

The Outlook won The Best Overall Newspaper (non-daily publication) in the Society of Professional Journalists (SPJ) Excellence in Journalism Competition as the newspaper that best represents its community.

The SPJ Keystone Pro Chapter's Spotlight is an annual contest that has 19 other categories including Editorial Writing, Broadsheet Page Design, Feature Story, Headline, Online Breaking News, Sports Reporting, and News Photography. The most recent contest covered stories and photos published between Jan. 1, 2017 and Dec. 31, 2017 with the purpose of stimulating high standards and ethical behavior in the practice of journalism.

According to the SPJ official website, "[The contest] is not based on circulation but on quality of the profession and what it stands for, is open to all journalists from

Pennsylvania and New Jersey whose work appeared in a publication in one of these two states."

"The idea of blending the SPJ NJ and PA contests was a trial this year, but it was so successful we most likely will do it again," said Pat Trosky, President of the Keystone Pro Chapter of SPJ. She also stated that the Oklahoma Chapter of SPJ determined the winners of the NJ and PA region.

"We hope that awards help young journalists realize journalists of any age and experience can produce great work," said Christine Cordial, Program Coordinator of SPJ. "We hope it gets them in the habit of submitting [to] awards in their professional careers so that their talent can be recognized as their body of work develop. Our awards program is just one of the ways we seek to equip young journalists with the tools needed to make a name for themselves as professionals."

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## Asbestos Found in Bluffs Apartments

JERRY TROTTA  
ASSISTANT NEWS EDITOR

Asbestos-Containing Minerals (ACMs), chemicals that can be toxic when released into the air, were discovered in small amounts at the University's off-campus Bluffs Apartments during a renovation of the buildings this summer.

"A minimal amount of asbestos was identified in the kitchen and hall tiles, and the spackle," said Patricia Swannack, Vice President of Administrative Services, who is responsible for the maintenance and care of facilities at the University.

According to Swannack, the renovations included replacement of flooring, doors, kitchen cabinets, counters, and furniture as well as upgrading bathrooms.

"Before the University begins invasive work, such as removing floor tiles, sheetrock, or taping, we request that our independent environmental company perform an evaluation to determine whether any suspect material contains asbestos," said Swannack. "Our

employees have been trained to identify materials that may contain asbestos if disturbed. For example, floor tiles that contain asbestos are not harmful unless they are disturbed. We routinely test any material that we think may be suspect."

According to the Agency for Toxic Substances and Disease Registry (ATSDR), asbestos is a term referring to a class of minerals that includes amosite, chrysotile, and anthophyllite. These minerals naturally form long, thin strong fibers. The ATSDR states that individuals may be exposed to asbestos by inhaling these fibers found in the air, swallowing the fibers, or touching through contact with skin. Asbestos fibers can aggravate the lung tissue and cause scarring, which can have side effects ranging from breathing problems to lung cancer.

Swannack maintains that severe lasting effects of asbestos exposure is unlikely. "The minimal amount of asbestos found was abated," she said. "The air was retested and we were advised by the engineering firm that it was safe to enter the building."

"Asbestos containing materials (ACM) that are friable (easily



PHOTO TAKEN by Zach Cosenza

Asbestos-containing minerals were found in the University Bluffs off-campus apartments over the summer.

crumbled) have a much greater tendency to release fibers into the air," she explained. "Conversely, non-friable asbestos containing materials such as floor tiles and siding, because of their nature, do not easily release their fibers into the air," she continued. "The most common construction ma-

terials which contain asbestos are floor tiles, roofing and siding, which are very strong and don't readily crumble or release asbestos fibers unless they are subjected to strong forces."

While asbestos is deadly, the onset of symptoms may not appear for a number of years.

Kathy Maloney, Director of Health Services, said that there are clinical symptoms that may take 15 to 30 years to develop post-exposure.

Swannack provided clarity on

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# Women’s Basketball Head Coach Gets Contract Extension

MATT DELUCA  
STAFF WRITER

The Monmouth University Athletic Department announced that Head Women’s Basketball Coach Jody Craig has agreed to a new three-year contract on Tuesday, Sept 11.

“It’s an honor to feel that the work that we’ve put in so far has been noticed and has been recognized that there is progress being made,” Craig said. “To just represent Dr. McNeil and this university, I’m absolutely thrilled at the opportunity. I’m looking forward to building what I believe they want, which is a championship-level program.”

“I am thrilled to extend this contract to Coach Craig,” said University Vice President and Director of Athletics Dr. Marilyn McNeil. “I have always believed in her exceptional coaching skills, and she is proving daily that she has the right enthusiasm and strategy to move our program to the elite level in the [Metro Atlantic Athletic Conference] MAAC.”

Craig assumed all Head Coach responsibilities on Dec. 8, 2017, inheriting a team with a 2-7 record. She guided them to eight wins the rest of the way, including seven in conference play. In the MAAC Tournament, she coached her team through a double-digit comeback victory versus No. 8 seed Canisius. Down by as many as 13 points towards the end of the third quarter, her team outscored the Golden Grifins 20-6 to advance to the program’s fifth straight quarterfinal appearance in the conference tournament.

“Coach Jody has done a great job making our team her own,” said senior guard McKinzee Barker. “She’s asked us to put our heads down and grind, and I think when we look up on the day of our first practice we will be extremely satisfied with where we are. The team is eager for that day to come, so we can see how our trust in coach’s system and the hard work has paid off.”

“Coach Jody has brought the essential fire and drive that athletes need to possess at this level in order to push each and every one of us to become the best

basketball players we can be,” said senior center Erica Balman. “She understands how each individual clicks as a person, which is important when it comes to understanding what type of communication style works for each person. Her approachability and ability to just be genuine solidifies her fit in the role of head coach.”

The team returns seven players from last season, and has only two seniors on the roster, Barker and Balman. It lost its top two scorers, but returns the next four highest as well as its top two rebounders from the 2017 campaign. The team will welcome in seven newcomers for this season, with four freshmen, a sophomore transfer, and two junior transfers all making their debuts this fall.

The program that Craig inherited has not made the National Collegiate Athletic Association (NCAA) Tournament since 1983, which stands as its lone appearance in program history. It also has appeared only once in any postseason tournament since that point, that being a 2011 Women’s National Invitation Tournament (WNIT) appearance.

Craig was hired as an assistant coach on July 18, 2017, coming off of a 20-year stint at Foothill College in Los Altos Hills, CA. At Foothill, she compiled a record of 448-164, including 148 wins over her final five seasons with the program. She also guided the program to two state championship appearances.

“I’m as impatient as they are,” Craig said. “In wanting that sooner rather than later. There’s a lot of work to be done for that to take place, but I really accept the challenge in that it’s something that in other levels I have been able to do. I believe I understand the process of building a championship-level team and I look forward to doing it here. I think Monmouth has the pieces, the program has some development still needed, but I believe the pieces are in place that it can be done.”

Monmouth will open their 2018-19 season on Nov. 6 at the OceanFirst Bank Center against Bucknell. The start time and broadcast information will be announced at a later date.



PHOTO COURTESY of Stockton Photos

Women’s Basketball Head Coach Jody Craig agreed to a three-year contract extension this month.

# The Outlook Wins Prestigious Award

AWARD cont. from pg. 1

“As faculty advisor to the paper, the award is a rewarding recognition of what the students try to achieve every week,” said John Morano, Faculty Advisor and Professor of Journalism. “For independent professional journalists who represent the highest industry standards and ethics to find that we served our ‘community’ better than any other paper in the competition...I believe is an incredible honor.”

The non-daily publications include weekly, semi-weekly, and monthly newspapers, magazines and online publications, according to the SPJ. Due to confidentiality obligations, Pat Trosky was unable to provide the other collegiate publications which *The Outlook* was up against.

“It’s really nice to see the culmination of all of our hard work and passion being recognized in this way,” said Courtney Buell, alumnus from the graduating class of 2018 and former Editor-in-Chief. “It would not have been possible without the effort and care taken by each and every staff member, our graduate assistants, and our advisor [Morano] in making this paper the best it can be and I’m really grateful.”

“Moving forward, I just want to continue the hard work that previous editors have done,”

said Zach Cosenza, the current Editor-in-Chief. “Courtney taught me so much and I hope I can continue her hard work and pass it along to the next Editor-in-Chief. Every week we have to balance school work and *The Outlook*. It is hard to manage but every week we make it work... We all do a great job and the results show.”

“[The award] solidifies that we have an outstanding journalism program,” said Aaron Furguson, Ph.D., the Chair of the Communication Department. “As a former *Outlook* writer and As-

sistant Editor, I know how hard it is to put together a weekly newspaper. You find difficult issues and cover them objectively.”

“*The Outlook* has a very strong record of winning national and regional competitions. Our students have consistently produced an extremely high-quality publication,” Morano said. “The mantra at *The Outlook* is ‘be fair and tell the truth’. We all take that very seriously, and accolades like this one from SPJ validate our commitment to those standards.”

1). 2017 SPJ Best Newspaper Overall

2). 2013 - 2014 ASPA Most Outstanding Newspaper

3). 2012 - 2013 ASPA Most Outstanding Newspaper

4). 2012 - 2013 ACP - Top 10 Nationally

5). 2009 - 2010 ASPA Most Outstanding Newspaper

\*Recent championships won by *The Outlook* from both national and regional press associations acknowledging the contributions of our student newspaper.

# Food Pantry Launched by SGA

PANTRY cont. from pg. 1

Leadership Engagement. “You’re starting to see [facilities] like this pop up on campuses across the country.” She emphasized that food insecurity is still a major issue at Monmouth, and often goes unaddressed, especially among members of the graduate student and international student communities, as well as students living in the apartments on campus or in off campus rentals.

“Upwards of 30 percent of all college students are food insecure,” said Vaughn Clay, Ph.D., Director of Off-Campus and Commuter Services. “In the many years that I’ve been working with students from an off-campus perspective, I’ve probably had... a dozen or two who told me they were worried about [living] costs and that was going to bleed into their ability to purchase food.”

“The food pantry is [mainly] targeted towards students that live on or off-campus that do not have a meal plan,” said Verzicco.

For Verzicco, this exemplified an effort where University students and administration were able to collaborate, “Administration, faculty and students have supported the idea and really believe that this can help our Hawk Family,” he said. “With the help of Swanack and Nagy we were able to secure a location and shelving. Our SGA Executive Board worked together on establishing The Nest as the pantry’s name.”

“President Dimenna was very supportive, and the Board of Trustees were also very supportive,” said Nagy in re-

gard to the reception of the idea. Nagy also stressed that University employees along with Gourmet Dining are eager to contribute to the stock of food present through food drives and donations, while administration is considering placing student workers in the facility to help distribute and organize food. According to her, money from the student discipline funds may also be used to supplement the effort, while products from the community garden may be added in the long term.

“We’ve also received a generous donation from the Brick Campaign which was used to purchase the first few items to stock up the food pantry,” said Leslie Valdez, junior homeland security student and Vice President of SGA. “We recently received a sponsorship from Coca Cola as well and we have hopes for many more sponsorships in the near future.”

The project symbolizes a necessary step for the University community to become a more closely-knit environment, according to Verzicco. “I believe that Monmouth Hawks fly together and The Nest is here to ensure that their college experience is as good as it gets,” he said, “They say all good things happen over good food and good people. I like to think we have both to offer.”

“SGA has many plans to help expand the food pantry initiative this year, beginning with seeking help from our on campus resources,” said Valdez. “Some of our plans include a possible Parking Ticket Forgiveness Day where students will be allowed to have one on-campus parking ticket forgiven in exchange for canned goods which will go towards the campus food pantry.”

“A lot of the struggle is figuring out logistics,” Verzicco said, noting that there are still challenges to be overcome. “For example, hours, inventory, number of meals to put in the bag and what to put in the bags. With the help of the Monmouth family and a lot of research we are making great progress.”

“The key to any one of these programs is consistency,” said Clay. “Consistency in the way in which you market the program, consistency in the way you’re staffing it.” Clay emphasized the importance of communicating with other organizations that have similar causes to allow the food pantry to serve as many students as possible.

Verzicco encouraged students to use the hashtag “#HawksFeedingHawks” on social media to spread the word about the pantry, as one of the next major focuses of the project is branding and presentation to the local community.

“I think the future is very bright,” said Nagy. “My hope is that students who are of need will come and take advantage of the [pantry]...and people feel safe and comfortable in being able to come forward.”

“I’m excited that Student Government has been leading the way in this [effort],” said Clay. He urged students who wish to help with the cause to email [sga@monmouth.edu](mailto:sga@monmouth.edu), and get involved with SGA’s work. “I’m looking forward to opening day and when we’re able to start welcoming students in, and watching it grow over the semester, the year, and from that point forward.”



# Honoring the Life of Alice Paul on Constitution Day

NICHOLAS COSCARELLI  
DEPUTY MANAGING/POLITICS EDITOR

A theatrical performance about the life of Alice Paul, a leading suffragist and women’s rights activist, was hosted in Wilson Auditorium on Monday, Sept. 17.

The event was sponsored by the Political Science Department, Office of the Provost, and “Stand Up and Be Counted,” the University’s voting campaign; and featured props to create a scene of Paul being interviewed by reporters in a nursing home, with Paul later ‘transforming’ into her younger self to tell her life’s story.

“Each year, we celebrate Constitution Day, September 17, with an event that brings students together to learn more about the U.S. Constitution. Professor Joseph Patten, proposes an event and the provost office, along with the department, sponsors it,” Laura Moriarty, Provost and Vice President of Academic Affairs, explained. “This year we [had] a theatrical performance celebrating the life of Alice Paul. Ms. Paul and others are credited with securing for women the right to vote; a fundamental right that we must all protect and exercise regularly as we continue to fight for equal rights for all.”

Taylor Williams, Esq., has been portraying Alice Paul since the late 1980’s, when she was first approached by the woman who ran the American Historic Theatre in Philadelphia. Williams said that she was always aware of Paul, and that she was active in the Women’s Movement in the 1970’s. “I remember seeing her



Taylor Williams, Esq., (center) poses with junior political science student Landon Meyers (left) and senior political science student Kaitlin Allsopp (right) after her performance.

artifacts in a shop window on Walnut Street and thinking, ‘These have to belong to Alice Paul,’” she said. Paul’s life and work are what have inspired her to portray this role for over three decades.

“Alice Paul was a significant force in securing suffrage for U.S. women, pushing the more staid suffrage organizations to take their fight for the right to vote to the public through direct action,” said Katherine

Parkin, Ph.D., a professor of history and gender studies. “She and her colleagues endured tremendous suffering, were arrested and force fed in the nation’s capital. She described her treatment, being tied to a chair with sheets, being held down and having tubes forced into her mouth. Women had been debating and implementing strategies to achieve suffrage for more than 65 years, and Paul’s approach

was to use more radicalism.”

“One of the great things about having ‘Alice Paul’ here on campus is that it is a reminder that many of the rights we have today is because heroic people like Alice Paul were willing to engage in civil disobedience and to endure violence and prison in order to bring about positive change for future generations,” said Joseph Patten, Ph.D., Chair of the Department of Political

Science and Sociology, and an associate professor of political science.

Williams recognizes this legacy of Paul, stating that it is rewarding to continue it through theatrical performance. Moreover, she explains the political implications that women like Paul still have today. “It’s so relevant right now; we are at a political crossroads, are we going to go forward with ideas, like equality, that Alice Paul has put forth or are we going to go in another direction,” Williams said. “It gets people thinking about the direction of our country.”

“I hope that students recognize that those pushing on the edges of revolution often have the effect of making the more moderate forces look reasonable,” said Parkin. “Otherwise moderates, in this case acting like ladies, were not making any headway in their fight for rights.”

Rocco Puzza, a sophomore political science student, said that he enjoys the fact that the University offers events like this one so that students can better understand the long fight for women’s rights in American history. “There’s tons of things that I can learn as we learn way back in time, women didn’t have as many rights as men did, and they fight for that a lot more so I applaud them for that,” he said.

“I hope [students] will follow Professor Patten’s advice and vote. That’s what we got: we’ve got the power of the ballot. But, as Alice Paul says, ‘if each of us will do one small thing—put in one small piece—we will make a great mosaic of equality,’” said Williams.

# Asbestos in Bluffs Apartments Cleared by University Personnel

ASBESTOS cont. from pg. 1

the asbestos levels at the apartments. “Asbestos is a health risk when it is friable, that is, when it is crushed, pulverized or reduced to powder, and present in air that is breathable,” Swannack said. “That is not and has not been the case when an asbestos abatement was performed at the Bluffs.”

Jeremy Colon, a senior and criminal justice student, was living at the apartment where the ACMs were discovered and said that he was never notified about the asbestos. “I personally found out from a sign that was on the outside of the building during renovations in the summer, a sign that was meant to keep strangers and workers safe,” said Colon.

Kaitlin Korgeski, a senior communication student, is another resident who was living at the Bluff Apartments over the summer. Like Colon, Korgeski was not informed of the situation. “I think the University was hoping to keep the situation quiet, especially since they cleaned it during the summer when there are less students living at the bluffs,” she said. “However, I was living at the Bluffs this summer and I witnessed the entire building being quarantined and people in hazardous suits only being allowed into the apartments. For the school

to not even notify students of the danger is very concerning.”

“[The University officials] claim they didn’t discover (asbestos) until this summer when they were doing a little remodeling,” Korgeski commented. “Once they began to remodel and move things around, that’s when they disturbed it and discovered asbestos. But still there was no word about it.”

Swannack weighed in on students’ claims that they weren’t notified. “Students moved out in May and returned in August,” she said. “All work was performed while the building was vacant during the summer,” she continued. “We are required to notify occupants when they are living in the apartment,” noted Swannack. “We did not abate any asbestos in any occupied apartments so there was no one to notify.”

Colon was moved out of the apartment with the ACMs into another Bluff’s Apartment. “The only reason I didn’t [permanently] leave was because of the convenience between classes and where I work [at Rook Coffee],” said Colon.

Korgeski spoke candidly about the lasting effects that she and other students may endure from their time living in the Bluff’s during the asbestos discovery. “I am worried about any possible exposure to asbestos that I

could be receiving,” she said. Korgeski continued, “It will be many years from now, but that exposure can cause seri-

ous health problems and can be deadly.”

Korgeski is still living at the Bluff’s, but only for financial

purposes. “I can’t afford an apartment where I have to pay every month. With the Bluffs, it’s in student loans,” she said.



The University worked to remove asbestos traces from several apartments in the University Bluffs.



# THE OUTLOOK

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# Editors Talk Greek Suspension

## EDITORIAL STAFF

Monmouth University made the decision to suspend Greek Life indefinitely on Aug. 20. In an email sent to students on Sept. 6 about the situation, University President Grey Dimenna, Esq., and Vice President of Student Life and Leadership Engagement, Mary Anne Nagy, took notice of Greek Life's recent troubles including, "hazing, alcohol and drug use, and lack of academic focus."

Dimenna and Nagy directed the Greek Senate to address their conduct on campus through a written plan to improve Greek Life, but the proposal came up short. These factors contributed to the University's indefinite suspension of Greek Life.

The University's decision resulted in mixed emotions among students and *The Outlook's* editors.

Most editors thought that the choice was justified. One editor said, "I think the Greek suspension was not only fair but justified. There's a combination of reasons for the administrators to act. Realistically, I feel no matter what the Greek leadership councils propose, it won't suffice to expectations. The news of this story does not shock me; I think it should've happened sooner."

Another editor thought the move was justified but thought some components of Greek Life should be reinstated, such as philanthropy. For example, Greek Life has engaged with charities to "raise money and awareness towards their cause," one editor explained. Efforts like these on behalf of Greek Life has helped to grow the Monmouth community.

One editor said that Greek Life's suspension will be worse for the University's safety, saying, "While done as a safety precaution, I

think ultimately, this suspension may prove to be more dangerous to students. Realistically, fraternities and sororities will probably continue to exist. Only now, since they are not recognized by the campus, they are existing without any rules whatsoever."

Whether the University made the right decision, the editors had differing opinions. One editor thought it was the right choice because, "not only did we avoid a potential tragedy down the line, but the University will attempt to change the culture of a flawed system."

On the other hand, another editor was "not convinced that the suspension will accomplish what the University wants." The staffer said that, "due to the popularity of Greek Life, I'm sure the groups will be added back to campus soon. This suspension feels like a temporary attempt at fixing safety issues that have been going on for years. Unfortunately, there are many sad and horrific stories attached to Greek Life across the nation, and absolute safety never seems to be achieved. I hope this suspension helps establish a better plan to keep our students safe, but at the moment, I am skeptical."

Editors also thought the decision could improve or hurt the University's image. One editor said, "It looks good on President Dimenna and other faculty members that they stood up to the Greek Life organizations, since they were so popular on campus. The organizations did not meet the necessary criteria and were rightfully punished. It could be questionable in the long term if students applying to Monmouth were looking for Greek organizations to join, but hopefully, the organizations will plan to meet Dimenna and Nagy's requests by then."

Another editor felt prospective students will look at Monmouth differently for not offering Greek Life. "For high schoolers who think about coming to Monmouth and want to join Greek Life, I think it is a negative impact for enrollment," a staffer noted.

An editor felt indifferent toward Monmouth's reputation and said, "I don't necessarily think that the suspension of Greek Life tarnishes Monmouth's reputation, but it definitely puts us in the spotlight. We are the first university in the state to pull a stunt like this and that in itself says something."

The thought of joining Greek Life was also mixed among the editors. One editor's thoughts on Greek Life were solidified after the suspension: "I've never been interested in joining Greek Life; the stereotypes of Greek Life do not fare well with me, and I think that Monmouth's Greek Life has proven that."

Contrarily, a different editor thought the suspension wouldn't matter toward their choice of joining Greek Life. "If I was hypothetically considering joining one, these events wouldn't have any impact on my decision. If anything, it may actually have a positive impact, since it shows that Monmouth does its best to regulate what happens within Greek Life," the editor commented.

While one editor didn't have any interest in joining Greek Life, he/she understood how important it is to students. The staffer said, "I feel that joining Greek Life does have a lot of merit to it. I have some really good friends in [Greek Life] that couldn't imagine their lives without their [brothers and sisters] and the lessons they learned."

*Some editors affiliated with Greek Life chose not to comment.*

## 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](mailto:outlook@monmouth.edu)) by 12:00 p.m. Sundays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

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

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# Crocs: Fashion & Function

CAROLINE MATTISE  
OPINION EDITOR

This weather is crazy. One minute it’s raining and the next minute the sun is shining and you are sweating. What shoes are both functional and fashionable for such weather changes? That’s right, Crocs.

You are lying if you say that you never owned Crocs. I can remember the first time that I got a pair of Crocs. I was seven years old and my mother came home from the shoe store with these funky foam shoes in three different colors. She was the only person in town to sport these air, water shoes. People would stop her and ask what they were and where the heck she bought them. Next thing I knew, everyone in my family had at least one pair of Crocs.

First, let’s talk about their functionality. Waterproof. Boom. Sure, they have holes in them so your feet get a little wet, but they are more elevated than flip flops and provide more support and stability.

Most Croc styles, and there are a lot of them (but we will get to those later), come with a security strap that can be placed around the back of the heel so that the shoes do not fall off. Crocs dry easily. Oh, it has stopped raining? Your shoes will be dry in five minutes, tops.

Now, let’s discuss the fashionable aspect of these wondrous water shoes. Crocs come in a myriad of fashions. There are the classics that come with the ankle strap. There are “Mary Janes”

that are slightly more feminine. There are flip flops, clogs, sneakers, boots, and probably many styles that are just waiting for you in your local Crocs store.

Probably my favorite style of Crocs were the Mammoth Crocs. These were perfect for winter. Lined with a plush, sock-like lining, these shoes were waterproof slip-ons that kept your toes warm. What a concept.

You might think that Crocs are just for young tikes, but I have seen quite a few adults wearing them lately. One of the greatest athletes of all time, Serena Williams, was rocking Crocs in a recent Instagram video. Last week I saw a huge football player walking to class with a pair of black Crocs on his feet, better yet he was wearing socks with them. Do not think that you are too cool for these foam foot beds.

And, do not think that Jibbitz have gone by the wayside either. For those of you who do not remember Jibbitz, they are little rubber characters, or designs that fit inside of the holes on top of crocs. One of my male classmates donned a fresh pair of purple Crocs that were decorated with an assortment of Jibbitz.

My mother and father still wear their Crocs around the house. I have actually inherited a pair of my mother’s first Crocs so they have become somewhat of a family heirloom. If you can take away anything from this little article let it be known that Crocs are beginning to resurface because of their functionality and fashionable qualities.

# Activites to Cure the Rainy Day Blues

SAMANTHA RIVAS  
CONTRIBUTING WRITER

Rain has the potential to put a damper (no pun intended, though maybe just a little bit) on any day of the week.

Whether it’s Monday and you have to trek all the way to Bey Hall with nothing but a hoodie and an inverted umbrella to keep you dry or it’s Saturday and you’re stuck inside watching the torrential downpour, the rain sinks any chance of outside enjoyment.

The sky opening up is just about the last thing anyone wants happening, especially when it means saying goodbye to summer and being forced inside to take shelter from the elements.

So, I’ve thought of just a few things that will help our Monmouth hawks soar through this bad weather with ease.

First and foremost, just hunker down at your desk and get some homework done. Personally, I can’t sit and enjoy any time I have to myself if I have an assignment nagging me from my book bag.

Being stuck inside gives you no room to procrastinate and make up excuses as to why you didn’t read that simple five-page introduction chapter.

Most people choose to

catch up on YouTube video series or their latest Netflix obsession (I highly suggest flipping through a couple episodes of *Black Mirror*) on a rainy day.

While lying in bed seems to be the popular option, I always thought making a blanket fort would be fun. I know we’re technically considered adults, but that doesn’t mean we can’t act like children sometimes, right?

Toss a blanket over some chairs or the gap between you and your roommate’s beds, grab some pillows for the floor and you instantly have a more adventurous way to watch all your favorites. The point is to have fun here, don’t take yourself too seriously.

Board games are something I think we forgot about when we grew up. It’s so easy to get caught up in the technology we have sitting around.

Sometimes rolling some die or shuffling a deck of cards is all the entertainment we really need. Round-up a small group of friends who are equally as bored as you are, buy a cheap deck of cards or board game from the dollar store and you’re set.

Why not bake some cookies to eat while you play? While not everyone on campus has access to an oven, those who do can test out a

new recipe (or use the store bought cookie dough. We don’t judge).

You can also choose to have a spa day. Paint your nails, apply a face mask and relax while you listen to your favorite music or even just the sound of the rain outside.

It’s easy to become stressed, even at the start of the year when you read your syllabus and see all the assignments you will have to complete. At the end of the day, you want to be sure you’re taking care of yourself.

One of my guilty pleasures is scrolling through Pinterest and pinning all the cute crafts they have to offer. There are thousands of DIY and craft ideas floating around on Pintrest. On dreary days, I take the opportunity to go to Michael’s, get the supplies I need and try my hand at a few of the projects.

Even if you don’t want to commit to something big, adult coloring books are time consuming and have that relaxing element that a stressed college student needs.

Your rainy day survival guide can carry you through even the worst of storms (I’m talking to you, Florence). I challenge you to do at least one new thing from this list and if all else fails, taking a nap is never a bad idea.

# Off-Campus Eateries

KIERSTEN BECHT  
STAFF WRITER

Can you believe it? We are three weeks into the semester already! What this means is that you have likely depleted your stash of instant noodles, tested out every station in the dining hall and have eaten way more Jersey Mike’s than you would like to admit.

It is around this time that the newness of on-campus dining begins to fade away and suddenly the idea of having cereal for every meal doesn’t sound half bad; but it doesn’t have to be like that.

Believe it or not, a whole other world exists outside of campus and it is just waiting for you to experience its many culinary delights. So, put down the ramen, forget about meal swipes and take your taste buds for a ride to three of my favorite off-campus eats. With a full tank and an empty stomach, the opportunities are endless.

**Ippin Ramen, Oakhurst**

Yes, we are college students and yes, we love Ramen. But have you ever tasted real Ramen? I don’t mean the kind that comes in a Styrofoam cup with dried noodles and a spice packet containing very questionable ingredients.

No, you are better than that. I am talking about authentic ramen. Ramen with hot broth that will warm your soul and is flavorful enough on its own that it doesn’t require enough salt to spike your blood pressure (I’m looking at you instant Ramen!)

And if you are trying to play the lazy card, don’t even try.

Ippin Ramen is a mere 3 miles from campus, which is only an eight-minute ride!

Do yourself a favor, stop kidding yourself and put down the Styrofoam security blanket. Your taste buds will thank you.

**Pasta Volo, Asbury Park**

If I had to describe Pasta Volo in three words it would be: Chipotle for pasta. How much better can it get?

Pasta Volo is a great place to hit up when you’ve got \$10 to your name and you miss your mother’s cooking.

Or if you feel lost and like you have no control over your life, head on over to Pasta Volo where all the decisions are made by you. How does fresh pappardelle sound? Or perhaps you are in more of a rigatoni mood? Pasta Volo lets YOU

be the driver and can fulfill all your carbohydrate needs.

Not only does Pasta Volo offer authentic and affordable Italian food, but they also have an online ordering system so you can order from the comforts of your dorm and have fresh pasta waiting for you in no time. Need I say more?

**Cardinal Provisions, Asbury Park**

I do not even know where to begin with Cardinal Provisions. Their food has actually brought me to tears before and moved me to write an ode about them.

While you may not have to wipe away tears of joy between bites as I did, I can guarantee you that once you get a taste of Cardinal Provisions, there is no going back.

Imagine your favorite comfort foods, but elevated. Their menu changes seasonally which means it is impossible to grow tired of their offerings, and they are always coming up with imaginative daily specials that one would find in a trendy metropolitan area, not Monmouth county.

Not only is this my favorite place for a weekend brunch, but it seems to be all of Asbury Park’s, so be prepared to wait for a table.

Fret not however, while you wait for the tables to turn over help yourself to some complimentary coffee or indulge in one of their baked in-house pastries and prepare yourself for what could possibly be the greatest brunch of your life. And while you are waiting you can dream about dinner.



PHOTO TAKEN by Kiersten Becht

Whether it is breakfast, brunch, lunch, or dinner, there are places all around Monmouth that are full of good eats.



# Protests Continue During Kavanaugh's Hearings: Women's Rights and *Roe v. Wade*

MEGAN RUGGLES  
CONTRIBUTING WRITER

MATT ENGEL  
CONTRIBUTING WRITER

Supreme Court nominee Judge Brett Kavanaugh attended a hearing with Senators to discuss his stance on abortion on Tuesday, Sept. 4.

A group of women dressed in red gowns and white caps stood outside of the hearing room in silent protest.

As the hearings continue for Kavanaugh's confirmation, protests from groups opposing his appointment have increased.

During Kavanaugh's testimony on abortion, fifteen women lined the balcony above the hearing room, overlooking the Senate offices.

The women's costumes were meant to carry a solemn message from Margaret Atwood's dystopian novel *A Handmaid's Tale*, which portrays a world wherein women are devoid of basic human rights: namely, control over their own bodies.

These women are members of Demand Justice, an organization which strongly opposes Kavanaugh's confirmation based on his prior rulings on abortion and healthcare as a U.S. Court of Appeals Judge.

Protests have not only taken place outside of Congress and the Supreme Court in Washington, D.C., but also through fundraising to target Senators who are undecided about their confirmation vote.

Many activists involved have been arrested for disrupting the confirmation hearings, protesting their concerns over Kavanaugh's stance on social issues. These protests have led to criticism from Senators, such as Republican Benjamin Sasse from Nebraska, who claims that the Supreme Court is not the appropriate venue to debate politics.

Kavanaugh, who is affiliated with the Republican Party, and had formerly served under President George W. Bush, has been appointed to replace Justice Anthony Kennedy after he announced that he would be retiring.

Known for being moderate on social issues, Kennedy has ruled in favor of abortion rights and marriage equality, cases that Kavanaugh's protestors claim will be overturned if he were confirmed and replaces Kennedy.

"We cannot completely remove ideology from how we interpret the constitution or how judges evaluate cases," said Brendan Wright, Ph.D., an adjunct professor of political science. "Since we need to recognize that ideology influences both constitutional and political thinking, it seems crucial for Senators to at least consider a candidate's ideology before voting them onto the highest court in the land."

Joseph Patten, Ph.D., Chair of the Department of Political Science and Sociology, and an associate professor of political science, agrees that it is fair to assess Kavanaugh's personal beliefs, and that Senators should work to determine whether or not he is willing to overturn Supreme Court cases

that many have deemed settled law, such as *Roe v. Wade*.

"We are living in a very intensely partisan era, so it is hard to think that it would apply to everything except judicial selection," Patten said.

"That said, the stakes are very high and there are a lot of people who care about the issue of abortion rights, as well as the Russian investigation with Trump and the scope of presidential powers," he added.

Kevin Chang, a senior history student, was not surprised by the disputes over Kavanaugh's political views. "Presidents usually appoint judges who seem to have a similar political ideology to their own," he said. "In other words, a president with a liberal ideology will usually appoint liberals to the courts. Likewise, conservative presidents tend to appoint conservatives."

Kavanaugh has described *Roe v. Wade*, the 1973 case that established the lawful right to abortion as "settled law" when speaking with Republican Senator Susan Collins from Maine; but Planned Parenthood Action called Kavanaugh's claims "hollow words" on Twitter, based off of Kavanaugh's past verdicts and Trump's remarks that he would nominate pro-life justices.

"[Kavanaugh] is a threat to people's constitutional rights," writes Planned Parenthood Action in their tweet.

"Brett Kavanaugh was advanced to be a Supreme Court Justice for the single-minded focus in overturning *Roe v. Wade*," said Katherine Parkin, a professor of history and gender studies.

"The White House only secured names from the Heritage Foundation, ensuring that their nominee was committed to overturning *Roe v. Wade*," she continued.

"Opponents' of *Roe v. Wade* singular objective is to secure an anti-choice Justice and many have 'held their noses' to support President Trump to achieve that aim. Certainly the Heritage Foundation and the White House are going to deliver such a Justice, even if Kavanaugh is undone," Parkin added.



IMAGINE TAKEN from IndieWire  
Women's rights activists silently protest Kavanaugh's confirmation, wearing robes from *A Handmaid's Tale* to demonstrate Kavanaugh's anti-choice stance and his potential to overturn *Roe v. Wade*.

With evidence amassing that the Trump Administration might attempt to revisit *Roe v. Wade*, the female activists' decision to wear the attire of handmaids is significant.

According to Corey Wrenn, Ph. D., a lecturer of sociology and gender studies, "...feminists are smart to capitalize on this pop culture in order for their message to resonate in a visually compelling way."

"We've come a long way from the point in history in which women's bodies were fully controlled," she continued. "Today, women's barriers to education have been greatly reduced; with this education comes a greater confidence in what women are entitled to, greater knowledge about changing the system, and greater propensity for resistance," said Wrenn.

Others like Amanda Connelly, an adjunct Professor of English, worry that "we are a lot closer to work of dystopian fiction [as portrayed in *A Handmaid's Tale*] than many of us want to believe." She thinks that "[the handmaid activists represent] what many women in this country fear: a future with even less body autonomy."

"Between [Kavanaugh's] views on abortion and the latest sexual misconduct allegation, it is clear that he would not fight to support women's rights," Connelly concluded.

In the verdict of *Roe v. Wade*, a woman's right to pri-

vacuity extended to her decision to have an abortion; this right is protected under the 14th Amendment.

Brittany Macaluso, a sophomore social work student, said, "As a woman, the right to privacy is important." She uses herself as an example stating, "Although I would not get an abortion for personal reasons, it is my choice." She believes that her choice is private and should not impact another's decision either.

When Democratic Senator Kamala Harris from California asked Kavanaugh to name a "law that gives the government the power to make decisions about the male body" during one of his hearings, he was at a loss for words, stating, "Uh, I'm happy to answer more specific questions..."

"Congress would [never] deem it necessary for a similar law acting upon males... This is just another way the male is trying to 'dominate' the female, and it is disturbing," Matt Natale, a sophomore English student asserted.

"To me, it's unlawful to force a woman to do anything to her body... Privacy is our assurance of security, and should be valid regardless of gender and situations," said Natale.

Although, under the law, *Roe v. Wade*, women may have access to receive an abortion, Parkin explains that a vast majority of U.S. women have already, "Through local and state laws, intimidation and

violence, and limited resources, been limited in their ability to access abortions."

"Kavanaugh's appointment, or even if he is done in by the accusation of sexual assault, or that of his successor, will strive to make abortion illegal and further contribute to women's limited ability to control their reproduction," she continued.

With Republicans holding a small 51-49 majority in the Senate, pressure from activists who are worried that Kavanaugh subscribes to an anti-abortion legal philosophy have led to millions of dollars being raised against Senators who could potentially vote for him.

Activists have been targeting moderate Republican Senators, such as Collins, who has recently made news for receiving over 3,000 coat hangers from abortion-rights groups, serving as a reminder to the days when abortion was illegal, and women were forced to use extremely dangerous methods to end unwanted pregnancies because they did not have access to safe medical procedures.

"Anti-choice proponents have always rejected efforts to reduce pregnancies, only supporting the completely-ineffective abstinence only message in high schools and ensnaring that Plan B and other preventative prescriptive efforts with religious posturing on our nation's preeminent Food and Drug Administration approval body," Parkin explained.

Tameah Young, a sophomore political science student, believes that forcing a woman to have a child she does not want, would result in the mother harboring underlying resentment for the child.

Young affirms that "the only people who should make choices regarding women's health are women."

The Senate Judiciary Committee has scheduled to vote to recommend Kavanaugh to the entire Senate this Thursday, Sept. 20.

However, after allegations of sexual assault have been levied against the nominee, many Senators have called for a postponement.

Kavanaugh and Christine Blasey Ford, a California professor accusing him of sexual assault, will testify before the Senate Judiciary Committee next Monday, Sept. 24.



IMAGE TAKEN from Morning Update News  
People rally outside of the U.S. Senate, holding signs that say "Protect Roe" and "Trust Women."



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- Federal Work Study is loaded into HCL.
- Jobs will change daily, 365 days a year. “Job agent” notifications may be good to create.
- Please remember that original unexpired identification is required to complete the Form I-9 when accepting a job offer. ID must be presented to Student Employment, Quick reference: <https://www.uscis.gov/i-9central/acceptable-documents> .
- Please call with questions or if you need an appointment to help with job search tips.

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# Fall Clothing Pieces: Must Haves

COLLEEN MORETTI  
CONTRIBUTING WRITER

Fall weather can be described as an “in-between” season. As it’s too chilly to wear a sundress, but too warm to wear a fuzzy sweater all day. In your fall fashion wardrobe, it is important to remember the idea of layering and color coordination. Fall can easily be any fashion lovers favorite season. When the weather is finally cooling down and leaves start to turn, it is important that your wardrobe changes with it.

The first and favorite fall fashion essential is a cardigan. There is nothing more versatile than a grey or tan cardigan. It also comes in handy when first transitioning into the brisk fall weather.

Cardigans are great to layer over summer camisoles or tanks tops that you have not yet parted with, making them great for any type of weather coming. Something that has also become very trendy recently is buying a bright colored cardigan, such as red or yellow, it can really help spice up a basic outfit. A plain white tee shirt with jeans is a classic look, but add a bright cardigan and you’ve made it original.

Ahh, with a new season comes new shoes. You cannot be walking to class in your Old Navy flip-flops anymore so it is time to break out the fall footwear. A very common theme that is seen in the fall, especially around campus, is wearing boots.

From work boots, to booties, to combat boots, and more, there is such a variety

of this popular footwear. Boots are easy to match with anything ranging from jeans and a shirt to even a dress. Specialist professor in the communication department Alexis Nulle, gave her input on footwear. Nulle stated, “My favorite fall fashion staple is my boots.

Now that flip-flop and sandal season is over, I look forward to wearing them. They are essential to any fall outfit.” And there it is, the coping of putting away your favorite sandals and the act of getting ready for boot season.

Another one of the greatest fall fashion favorites is a vest. They are a great piece to have for the cooling weather. Contrary to popular belief, they do keep you very warm and it’s a great substitute for a jacket that often makes you feel too bulky.

They are also very useful in the sense of what you are using it for. You can use it for adventurous activities such as hiking, biking, or camping; but you can also wear it just running quick errands to the store.

Vests are also an essential piece in your fall wardrobe, they are handy nonrestrictive, and a great addition to any outfit. They are also so easy to find at a large variety of stores and the vest can act as a complimentary piece to any outfit when we begin transitioning to the winter weather.

Another great inexpensive fall fashion is scarves, specifically blanket scarves. Blanket scarves are big, cuddly, and comfortable; the

name implies how great they actually are. Who wouldn’t want to wear a blanket out in public and look stylish? There are also so many different ways you can wear your blanket scarf, either wrapped around, as a cape, or just draped down. Again, this clothing piece is a great transition from fall to winter weather, keeping you so warm as the air gets cooler.

The blanket scarf is a great addition to anyone’s closet because luckily, they come in many colors. When looking at the hot trends right now, plaid patterns are very popular for this particular clothing item. One could call the pattern fall plaid; it is very trendy in the fall season and can always add some fun to a plain outfit.

Fall is also known for the large amounts of plaid flannels that are seen. Flannels are a great piece for anyone to own because they are so diverse.

Anyone can wear them, this is an item that definitely is not gender specific. They come in light and airy versions as well as fleece, and there are so many different colors and styles of this item.

Many people use flannels in the fall because walking to class may get chilly, but not cold enough for a jacket, and then when you step in that hot and sticky classroom, you can take it off and just be in your t-shirt.

When asking different students about what their favorite fall fashion essential is, their answers of soft sweaters were popular. A junior psychology



PHOTO COURTESY of Campbell Lee

With fall approaching, it is important to have the clothing items essential to stay in style and keep you warm for the changing seasons.

student, Brielle Kough, said “I love sweaters in the fall because they are just so comfy, cozy, cute.” Kough continued, “They are also easy to use when wanting to stay warm on a chilly day.”

When talking to sophomore nursing student, Brielle Saunderson, she agreed. Saunderson

son stated, “Sweaters are perfect for the fall because they keep me warm, but not too warm, they are perfect for the brisk air.”

With the fall quickly approaching hopefully this can help with an insight of what is an absolute necessity in your closet!

## Ways to Keep Yourself Busy This Fall

SHANNON OSWALD  
CONTRIBUTING WRITER

With summer coming to an end, people experience different emotions. Many people get sad when the summer season ends, but it can allow us to look forward to the variety of fun activities that fall brings. Going to school at the shore makes it hard to get into the fall spirit since we are constantly surrounded by the beach, but there are so many activities to enjoy in the fall.

When asking people around campus what they like to do in the fall, different answers were given. Donna Dolphin, an associate professor of communication said, “I love to go camping in the fall. I think it is the best time of year for it. The days are a little cooler but the sun is still warm. The nights are quite chilly, even cold sometimes. It’s perfect for enjoying a campfire.”

She continued, “The leaves are turning brilliant colors and that makes the hiking and canoeing that much nicer. I like to enjoy fall foods with the change of seasons and everything tastes even better when you are cooking outdoors.”

One of the most common fall activities is apple or pumpkin picking. Delicious Orchards located in Colts Neck is one of the most popular places to go apple and pumpkin picking

around here. Along with going pumpkin picking, there are so many delicious treats you can buy.

Another fun fall activity is hayrides, even the haunted ones to help people get into the Halloween spirit. Whether you are more of a thrill seeker or just in it for a mellow ride, there is something for everyone. C. Casola Farms Haunted Attractions in Marlboro Township is the perfect place to catch a haunted hayride. It is the ideal spot for

thrill seekers and can definitely keep you on your toes for the entire ride.

Colleen Moretti, student of communication said, “I like to go pumpkin picking because it puts me into the fall mood. It is a tradition that I do with my family every single year ever since I was little.” Moretti added, “It is a fun way to get into the fall mood and to spend time with my family.”

Getting lost in a corn maze is definitely something that will

put you into the fall vibe as well. Most corn mazes are a fun way to get together with your friends and have a little fall fun.

When thinking of fall activities, many people tend to think of a lot of things outdoors but that isn’t the only option. There are a lot of activities that you can do inside as well.

Whether it is making fall crafts with friends or collecting the beautiful changing colored leaves, activity possibilities are endless. If you are looking to

make some DIY fall crafts, Pinterest is a great place to seek inspiration.

By looking on Pinterest you can find thousands of crafts even for the not so crafty people. There is something for everyone if you look hard enough.

Whether you are crafty or not, it is always important to let your artistic abilities flow. Another indoor activity is finding new fall recipes to make.

Pinterest is also a good source to use to find new delicious recipes. From dinners to desserts, you can find anything that you are looking for. Kristina Gorgone, a junior education student said, “One of my favorite fall activities is cooking with my mom. Each year we pick our own apples and try to find new recipes.”

Our favorite recipe is apple cobbler and it has now become a tradition for my mom and me to make.” With the fall approaching, there are so many activities that you can find at your fingertip.

Carving pumpkins is a classic fall activity, and a common tradition, that is fun for every age. It is so easy to go pick up a pumpkin and to make your own masterpiece out of it.

Fall is the perfect season to get creative and have a little fun.



PHOTO TAKEN by Cassandra Capozzi-Smith

Hiking is a great way to be outside during the fall season. Whether you go for a nice walk along the beach or find a trail to be on with your friends, definitely go outside and enjoy nature.



Vincent DiMattio

# Celebrating 50 years of Artistic Mastery

KAYLA CUBILLOS  
CONTRIBUTING WRITER

While some planned for their future at the Involvement Fair last Friday, Sept. 14, artist and professor Vincent DiMattio reflected on the past 50 years that he has spent at the University with his new art gallery's opening reception, "Vincent DiMattio/50." DiMattio's work was on display at the DiMattio Art Gallery in Rechnitz Hall, Ice House Gallery, and the Pollak Gallery.

Friends and family came to the reception at the DiMattio Art Gallery to celebrate the achievements of DiMattio, who had played a large role in the lives they lived in and out of the University.

I wandered around the gallery to admire the art work of a professor who had so much passion for the job he has, educationally and artistically.

DiMattio has the touch of incorporating his own opinions and emotions through his art in a humorous way.

From the attitudes and remarks of his peers, DiMattio has quite the sense of humor, most of which is self-deprecating.

It's worth checking out the Pollak Gallery, because some of his best collage work is there.

The University is not the only place where the artist has flourished; more of his artwork is accessible in Trenton and Newark Museums.

DiMattio is also widely recognized in places like Mexico, Spain, and Puerto Rico, where he had the opportunity to show his work.

And with the experience of traveling there, he gained further inspiration for his art.

The publication of the book which he co-authored with Professor Kenneth Stunkel, a former professor of history, entitled *The Drawings and Watercolors of Lewis Mumford* added to the popularity of DiMattio and continued to bring more attention to his art.

A lot of DiMattio's work is abstract, and depending on the collections and the medium used, his artwork could be anywhere from erotic and colorful to a political stance in black and white.

In all of his collections, there is always a flow to his work that tied the pieces together, with creative lines, color or even just a common theme in his work.

When observing the behavior of those around him, I noticed how many people were there to support him and the distinctive connection they had with each other.

Upon further investigation, DiMattio had in some way changed the lives of every person in the room.

While admiring a personal favorite collection of the artist's work in Pollak, I overheard a woman say that DiMattio had changed her whole life.

Obviously, that would be enough to spark anyone's interest: I immediately whipped out my phone, pressed record, and asked if she could elaborate on the way in which an art professor could change someone's life so profoundly.

As a 29 year old student who was convinced that she couldn't pursue her passion, Vaune Peck is now the University's Director of the Arts.

Peck, or as DiMattio called her, "The next Kathryn Hepburn," came to the University with the intention of finally becoming an artist.

"He gave me permission to be an artist. I will always be grateful for that," said Peck.

With the help of DiMattio, Peck was able to turn the part time position of Director of the Arts into a full-time position, which has affected the entire arts program at the University.

DiMattio's help in establishing the University's Gallery program illustrates the passion he has in his teaching and hope for future generations.

W.B. Yeats once said, "Education is not the filling

of a pail, but the lighting of a fire."

DiMattio most certainly ignites a fire in each of his students.

"I didn't get an A plus, I didn't deserve it. I got an A. That's what I love about that man. He has so much integrity as a teacher and an artist. He gave me what I deserved," Peck claimed.

The desire of his students to truly have to work to reach their own limits and then go beyond that pushes them to work for themselves and teaches them valuable life lessons.

In a video explaining the artist, previous students advocated that although DiMattio was hard on his students at times, it was his determination to help guide them to reach a place where in they believed in the art they were creating and believed in themselves.

The caring nature of the teacher moved beyond the classroom and students created a relationship with their mentor which I believe aided in their success.

It was evident that even after his 50 years of teaching, the impact which he has made on his students and the relationships he formed with them, had not faltered.

DiMattio greeted every guest with a smile and spoke to them as though they had just picked up on a conversation they left off at before.

It was a heartwarming experience to see the impact he has had on people who graduated long before any of the current students arrived.

Like Vaune, DiMattio also had his own life changed by the people at the University who supported him at the reception.

The number of students, friends, and family who came to support DiMattio had the artist in complete awe.

"I'm feeling overwhelmed; it's more than I thought would happen. I knew people would come, but I didn't expect this," DiMattio said.

However, the overwhelming

nature of the situation was surpassed by the amount of support and love everyone demonstrated, which is what DiMattio focused on, claiming, "It's emotional for me... it moves me."

It was a hallmark memory for me as well to witness how members of the University's community, and the families of those who attended, came together.

I look forward to seeing more artwork from DiMattio.

Hopefully I will someday have the privilege to sit in one

of his classes and learn from someone who is so dedicated to helping and teaching students to express themselves unapologetically.

"Vincent DiMattio/50" is on display through Dec. 7 and is worth admiring.

Whether you're an artist or not, whatever passion lies within you, take advantage of it and use it to create something and express yourself.

In the words of DiMattio, "It's not sitting around and waiting for a thunderbolt; it's there."



Professor Vincent DiMattio poses by one of his pieces in the DiMattio Gallery. Members of the University community, family, and friends came to support DiMattio's work.

PHOTOS TAKEN by Matthew Aquino (bottom left) and Nicole Riddle (Top right, middle right, and bottom right)



# THE CASE FOR Carly Rae

MARK MARRONE  
ENTERTAINMENT EDITOR

When you mention her name, it reminds people of a dark place: middle school.

It was a time when braces, zits, Silly Bandz and PDA plagued the halls; but one hit song dominated the airwaves.

“Call Me Maybe” by Carly Rae Jepsen, or CRJ, was a sugary pop hit released in 2012 that left the country and middle schoolers divided.

Millions loved the hit for its catchy chorus, while others thought it was overplayed, like I did.

Fast forward to last year and I came across a suggested video on YouTube where music critic Anthony Fantano of *The Needle Drop* gave his opinion on CRJ’s 2015 album *Emotion*.

With skepticism, I watched the review, but to my dismay, Fantano said he liked the album.

I took Fantano to his word and dropped a cool \$7 on CRJ’s CD.

Little did I know, this may have been the best \$7 I’ve ever spent.

When I played *Emotion* for the first time, I was struck by a blaring saxophone from its opening track, “Run Away with Me.”

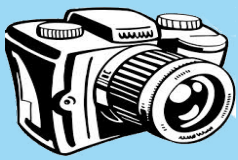
From that moment on, I was strapped into the glorious seventeen track long album; but it was hard to do so with my hips gyrating uncontrollably.

On *Emotion*, CRJ takes the classic 80’s synth sound and improves upon it.

The artist doesn’t rip off the







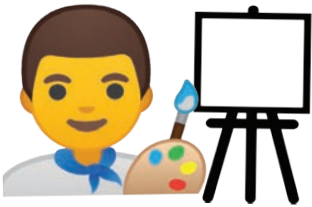
MOMENTS AT  
MONMOUTH



**LEFT:**  
CONSTITUTION DAY KEYNOTE  
SPEAKER TAYLOR WILLIAMS,  
ESQ., PORTAYING THE UNSUNG  
HERO OF THE SUFFRAGIST  
MOVEMENT, ALICE PAUL.  
PHOTO TAKEN BY:  
NICOLE RIDDLE



**RIGHT:**  
VINCENT DIMATTIO,  
PROFESSOR OF ART  
AND DESIGN, POSING  
WITH EXCITED FANS AT  
THE OPENING OF HIS  
SEMESTER-LONG ART  
EXHIBITION.  
PHOTO TAKEN BY:  
NICOLE RIDDLE



**LEFT:**  
MEMBERS OF THE  
UNIVERSITY'S CLUB FIELD  
HOCKEY TEAM TAKING TIME  
TO HUDDLE UP DURING THEIR  
GAME AGAINST RUTGERS  
EARLIER THIS WEEKEND.  
PHOTO COURTESY OF:  
RICHARD  
HUFF

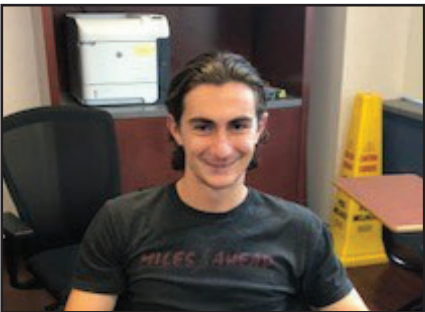


**RIGHT:**  
STUDENTS GATHERING ON  
SHADOW LAWN TO TALK  
TO MEMBERS OF VARIOUS  
CAMPUS CLUBS DURING  
LAST FRIDAY'S ANNUAL  
INVOLVEMENT FAIR.  
PHOTO TAKEN BY:  
MATT AQUINO



*What is the best advice you've  
ever received?*

COMPILED BY: NICOLE RIDDLE



**Chris Marco**  
**Graduate Student**

"Enjoy what you're doing and don't stress."



**Patricia Lafferty**  
**Junior**

"Learning how to manage my time well."



**Marc Aeocella**  
**Freshman**

"Get involved and talk to everybody you can."



**Christi Ruggiero**  
**Senior**

"The best advice is that the least impressive thing  
you can do is try to be impressive."



**William Gorman**  
**Professor of History and Anthropology**

"Whatever you choose to do as a career, be sure to be  
happy with it, because you will be doing it for a long  
time; so choose carefully."

**Don't see your picture this week?**  
Check back in next week's issue for more Monmouth students' photos!



# WANT TO MAKE \$\$\$

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<https://www.monmouth.edu/hawks-career-link/>

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**For Student Help:** Use Job #3636

## 2. ATTEND AN INTEREST MEETING\*

Friday, **September 14** at 3:30 pm- Student Center 202B

Tuesday, **September 18** at 1:00 pm- Student Center 202B

Wednesday, **September 19** at 3:30 pm- Student Center 202B

Wednesday, **September 26** at 3:30 pm- Student Center 202B

Thursday, **September 27** at 7 pm- Mullaney 1st Floor Lounge

Monday, **October 1** at 7 pm- Mullaney 1st Floor Lounge

Tuesday, **October 2** at 4:15 pm- Student Center 202B

Wednesday, **October 3** at 3:30 pm- Student Center 202B

*\*Attendance is mandatory to complete the application.*

## 3. WORK SUNDAY, OCTOBER 7 2018

Contact Kristin Waring with questions: [KWaring@monmouth.edu](mailto:KWaring@monmouth.edu)



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# THE IMPORTANCE OF GETTING INVOLVED

NICHOLAS COSCARELLI  
DEPUTY MANAGING / POLITICS EDITOR

The annual Involvement Fair took place on Shadow Lawn, last Friday, Sept. 14. With nearly 100 clubs and organizations set up in front of Wilson Hall, the event provided students with the opportunity to get involved, reach out to new people who share similar interests, and to find their niche on campus.

“We usually have approximately 100 clubs and organizations take this opportunity to promote themselves to the students,” said Amy Bellina, Director of Student Activities and Student Center Operations. “It is an easy way for students to learn about the opportunities that are available to them.”

Bellina stressed the importance of becoming active on campus by utilizing the many student-run clubs and organizations at the University. “Being involved in clubs, organizations, and various activities gives students a chance to meet other students, feel more a part of the Monmouth community, build resume experience, develop relationships with people that may be mentors for them, learn more about a particular area of study, try something new, and to have fun,” she said.

Alexis Borrino, a junior education student said, “The fair basically has a club for every major, so not only do I become close with the people in my

education classes but through education-based clubs as well. Whether attending the fair or being a recruiter behind the table, I feel like it is definitely a great way to bring the campus together.”

Although it is important for all students to get involved in extracurricular activities, the Involvement Fair provides particular significance for freshmen and new transfer students, members of the University’s community who may not be immediately exposed or familiar with all there is to offer on campus.

“With the people who were advocating for their club/organization, it made it easy to decide and get a visual representation of what the club was about and whether or not you would enjoy being a part of that activity,” said Kayla Cubillos, a freshman communications student, about her time at the Involvement Fair. Cubillos found a lot of clubs she didn’t know we offered.

In order to encourage new students to become excited about being active members of the Monmouth community, the Offices of Transition & Leadership Programs and Student Activities collaborate every year to hold Welcome Week and the Service & Leadership, Hawk Pride, Academics, Diversity, Organizations & Involvement, Wellness (S.H.A.D.O.W.) Program.

Katherine Browna, Coordinator of Transitions and Leadership Program, said this about Welcome Week, “We want that first week of the semester to have a lot of opportunities for students to get out of their residence hall or stay on-campus for more than just their classes so they can start to create connections and get used to their new environment. The transition to college comes with a lot of challenges and opportunities so the goal is to make students feel welcome and get them engaged from day one.”

Browna continued, “Events like the Hypnotist, Comedian, and Illusionist are great events opportunities to start creating shared memories with new friends.”

Another method that the University employs to encourage freshmen to get involved is the S.H.A.D.O.W. Program, which Browna says “provides first-year students with the extra push they need to start exploring the wealth of options we have outside of the classroom on campus.”

By encouraging students to attend at least one event in each of the six categories, not just six random events, Browna says that it challenges them to go to things they that otherwise might not have initially been drawn to.

“If a student attends at least one event in each of the six categories by the [Oct. 31] deadline, they automatically get a free

sweatshirt and get the chance to win other big prizes like a \$500 gift card to the bookstore, an Apple Watch, and other great prizes,” Browna explained.

“Hopefully this helps some students find something they didn’t even know they were interested in or helps them gain a skill they’ll find helpful moving forward,” she said. “Getting involved on campus can seem like an overwhelming process sometimes because there is so much to do so my hope is that the S.H.A.D.O.W. Program streamlines that process for some.”

“All in all, the hope is that students find their place on campus and begin to see Monmouth as a home away from home,” Browna continued. “Getting involved is often how students find their friends, discover and explore their passions.”

A student’s first year of college is often difficult, especially because many are beginning to explore more of their interests and re-define themselves as young adults. Cubillos said, “I found myself to be more comfortable and that lead me to be more confident in who I am.”



PHOTO TAKEN by Matt Aquino

Students spent their Friday afternoon learning about different clubs and organizations on campus.

## Come Perform with CommWorks!

KARA D'ANTONI  
CONTRIBUTING WRITER

CommWorks is looking for performers!

CommWorks is a self-expression club that is based around performance.

Most students perform poetry, slam poetry, and original pieces, however we encourage students to express themselves through any outlet they are comfortable. For example, a number of members last year sang and danced for performances. We pick a theme each semester and create a performance around that central idea.

Last year we held a performance called, “This Is Me,” where students sang songs, read poetry, and told stories on having our voices be heard about topics we feel are important in society. Something that makes CommWorks special is that we have written full pieces as a club. For the “This Is Me” performance, the club as a whole wrote a piece about micro aggressions, where we all said a micro aggression we have been called and created a response to it. It was very empowering and beautiful to see the club come together about such a touchy subject.

CommWorks’ mission is to create a safe, positive space where students can come and be themselves while getting performance experience. CommWorks is an academic club based from the Communication Department, so a large part of our mission is to improve our communication skills through these performances as well.

Recently, CommWorks and Monmouth Oral Communication Center (MOCC) have joined forces to achieve this

mission. MOCC is another academic Communication Department club, yet their focus is on public speaking and how to help others on their public speaking and interpersonal skills.

Lucky for CommWorks, with MOCC’s expertise on public speaking, there is no doubt in my mind our performances will be perfected. We, as a club, are extremely excited and blessed for the opportunity to work closely with MOCC for the rest of the year.

CommWorks is always looking for people to come and help out. Even if someone has not had any experience performing, that is completely okay!

Although there is no pressure to perform, we do encourage people to step out of their comfort zone and try something new! Usually by the end of the year, people who said

they would never get on stage are up their performing! It truly is beautiful watching students grow and develop throughout the year in this club.

As the club’s President, I believe that kindness goes a long way and I hope this club will showcase that throughout our meetings. My goal is for CommWorks to be a safe haven where students can go to relive stress and take a moment to be surrounded by positivity and good vibes. Self-expression is a huge part of self-care, which a lot of college students tend to disregard. CommWorks tries to enforce happiness through the love of performance, communication, and overall want to make our campus a more welcoming place for all students.

Meetings are held every Wednesday at 2:45 p.m. in Plan- gere 235!



PHOTOS COURTESY of Kara D'Antoni

CommWorks and MOCC are two organizations designed to help students blossom into performers.

## Club and Greek Announcements

### Student-Alumni Association

The Student-Alumni Association (SAA) serves as an important link between current Monmouth students and University Alumni through a structured format of activities and events. Our goal is to build a network in which current students can reach out to alumni for career opportunities and philanthropy, as well as to continue Monmouth pride both on and off campus. The SAA holds regular meetings each week and is open to all students.

For more information, please contact Nicholas Coscarelli at [s1124349@monmouth.edu](mailto:s1124349@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](mailto:s0933548@monmouth.edu) or meet us on Wednesdays in JP 138 at 3:15 p.m.

### Monmouth Oral Communication Center (MOCC)

The Monmouth Oral Communication Center is a student run organization that provides free training for students looking to improve their public speaking and presentation skills. We can help you develop and organize your speech, overcome apprehension and anxiety when speaking, as well as increase your speaking confidence in any class. If you need help, contact the MU Tutoring Center; or if you would like to become a trainer come to one of our meetings, Wednesdays at 2:45 in JP 235.

### 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 [outlook@monmouth.edu](mailto:outlook@monmouth.edu) and come to our meeting during club meeting time. We hope to see you there!



# Malibu: Bringing the West Coast to West Long Branch

JENNA PUGLISI  
FEATURES EDITOR

By now, most Monmouth students have heard of Malibu. But if you haven't had a chance to jam to their beachy vibes yet, you'll definitely want to add them to your playlist.

The band consists of Scott Buksbaum (bass/vocals), Ray Laux (guitar/vocals), Eric Schwartz (guitar), and James Spavelko (drums). Since coming together to create music as freshmen last year, the members of Malibu have experienced major success.

To celebrate their one-year anniversary, Malibu has over 14,000 Spotify streams on the song "Brighter Blue." They also recently announced that they will be supporting Natalie Claro during her upcoming tour, throughout October.

In regard to how they began to create music together, Buksbaum, a sophomore music industry student, said, "I knew Ray through a couple classes and I knew he played guitar and sang, so I asked him if he wanted to start a band. I never met Eric before our first band practice, and I met James through a mutual friend." Once they began to play together, there was instant chemistry.

Blue Hawk Records, Monmouth's student-run record label, has infinitely helped Malibu grow as artists. Schwartz, a sophomore political science student, said, "Blue Hawk Records gave us our first outlet to write and record our songs, which we're really grateful



IMAGE TAKEN from Malibu's Instagram

Malibu is busy making new music and preparing for a fall tour, which begins in Syracuse, NY on Oct. 16.

for."

"We recorded and released 'Brighter Blue' with them, which has since been our most successful song. They've also given us plenty of opportunities to perform on and off campus, letting us reach a bigger audience," he continued.

Joe Rapolla, Chair of the Department of Music and Theatre Arts, has had the chance to work closely with Malibu. They collaborated on two Blue Hawk Records releases:

*Volume 11* and *After Midnight*.

"When the guys came together as freshmen, they had a lot of great energy and enthusiasm. That energy was what helped them attract a fanbase so quickly," he said.

"Over the last year they have coupled that with focus, and a sense of who they are as a band. That is what will propel them to the next level," Rapolla added.

This past summer, Malibu played shows all around

the country, including stops in Brooklyn and Georgia. To kick off the school year, Malibu had their first headlining show at Long Branch's own Brighton Bar, on Sept. 8. What can we expect to see from the band next?

Spavelko, a sophomore music industry student, said, "Malibu is currently working on moving into a more alternative-pop sound. The band will be working with a whole new set of professional

musicians and producers from across the East Coast, creating a completely new and fresh take on the current trends of the alternative genre."

If you're looking for something different to do one weekend, come out to support your fellow Hawks at one of their shows. Also, go ahead and check out their Spotify, so that you're prepared to sing along.

For those who haven't listened to Malibu before, Laux, a sophomore music industry student, said, "I would describe us as guitar driven pop. We have a lot of pop sensibilities, but we keep our rock backgrounds prominent. Our music is full of catchy hooks and guitar riffs."

Malibu will offer you the perfect way to keep hints of summer in your playlist, as we quickly progress to the official onset of the fall season.

Maybe Malibu will even inspire you to start your own band. In that case, Rapolla has some advice.

"It's always great when it happens naturally like it did for Malibu. But then you have to channel that hard work like these guys are and keep catching that magic in a bottle," he said.

Rapolla continued, "That's what this band is doing. Raw talent and energy is key. Then like anything else, hard work is what makes the difference."

Malibu's passion for their craft is evident in every performance and recording. If you want to stay updated on the band, you can follow them on Instagram, @MalibuNJ.

## Transfer Student Survival Guide

MELISSA BADAMO  
STAFF WRITER

Imagine being a penguin in a jungle, somewhere unfamiliar that you're jumping into headfirst. For many transfer students at Monmouth, this is a common feeling.

If you're stressing about fitting into Monmouth as a new transfer student, you're not alone. Luckily, there are unlimited ways to overcome the struggles of being a transfer student. Monmouth offers numerous resources to help transfers adjust to life here.

Erica DiNapoli, a junior business administration student, transferred to Monmouth this year. "I'm feeling like a freshman again," she said. "I'm trying to figure out where everything is, and I'm trying to meet people."

One of the most common difficulties of being a transfer student is the social aspect of college. But meeting friends at a new school is easier than you may think.

DiNapoli continued, "You have to put yourself out there and go out and meet people. I'm doing that all over again. It can be scary at first, because you don't know anybody and you don't know how they are. But if you get invited to things, you should go regardless."

"Just try to make the best out of it. If you transferred as a junior, you have two years left and at that point, you might as well make them count," she added.

Take advantage of the events that are hosted right here on campus. There are so many things to look forward to. For instance, Gift-Card Bingo and Casino Night are happening on family weekend from Sept. 28-30.

There are a bunch of opportunities to get involved and make new friends that will last you a lifetime. Sometimes, diving in headfirst is the best way to get familiar with the students, faculty, and environment here at Monmouth.

Erin Chen, a junior business administration student, is trying to adjust to her first few weeks as a recent transfer student. She said, "Try to make friends. I know it's really hard, because people here have known each other for a while. But once you find some people or a group of friends, you'll become more comfortable and adjust easier."

Another way to adjust to life at Monmouth is to set goals. Goals help you figure out exactly what you want to achieve, whether it's social, academic, or personal.

It's not uncommon for different schools to handle academics differently, so the best way to overcome being thrust into a new environment is to have a planner to stay organized. That will help you avoid potentially missing any deadlines.

Anthony Urmei, the Director of Transfer Services, has been working with transfer students exclusively for about nine years. He offered his advice to

transfer students who are trying to adjust to Monmouth life.

"You want to build resume experience. And this is where the shortened timeline really comes into play; you have to start doing these things from day one," he said.

"You don't have time like first year students to explore and figure things out. Get that experience through clubs and extracurricular activities to develop your resume," Urmei added.

While you build your resume experience, joining extracur-

ricular activities is also the perfect way to get involved and meet new people. You'll likely find friends with common interests.

Remember the golden rule: no question is a dumb question. "Advocate for yourself," continued Urmei. "Ask questions from the get-go. Talk to [your advisor], figure out what courses you need to take and when, in order to graduate in a timely manner."

"Be proud of that fact that you're a transfer student," Urmei said. "You really ac-

complished something, especially if you've earned an Associate's Degree. You can be a Monmouth student and still be a proud transfer student. The fact that you came through a lot to get here means so much."

Don't let the difficulties of being in a new school discourage you from your studies and your social life. Rather, get out there, meet amazing people, and do amazing things. Make the best out of your time here at Monmouth, because the future has so much in store. Hawks fly together.



PHOTO TAKEN by Jenna Puglisi

Transfer Services is located on the lower-level of the Student Center, ready to help new students.



# The Best Things to do in Monmouth County

SKYLAR DALEY  
CONTRIBUTING WRITER

As syllabus week winds down and you have planned out your work, or planned to procrastinate, you may be looking for some things to do. Thankfully, there are countless things to do around Monmouth County to occupy your time.

Only a ten-minute drive and a couple of dollars for parking can immerse you in the artistic, hipster, and alternative vibe of Asbury Park's boardwalk. Walking down on the far end, past the Paramount Theatre, are a collection of aesthetic murals. The hand-painted surfaces features everything from mermaids to Marilyn Monroe.

Donna Dolphin, an associate professor of communication, said, "It's a lovely place, very close to campus, and I can't think of a reason why anyone wouldn't want to go there. It can be a free activity. It's full of cultural history as well."

Further along the boardwalk, there are various other attractions, such as mini-golf and a vintage-styled shop. There are also beachfront restaurants that are the perfect spot for a date-night.

One of Asbury Park's most unique attractions is its Silverball Museum. Chris Chen, a sophomore computer science student said, "It was very nostalgic seeing all these old



PHOTO COURTESY of Skylar Daley

**Channel your inner model by** posing for some Insta-worthy pictures around Asbury Park.

pinball and arcade machines. It was honestly worth the \$15 to play until closing since I was there for hours."

The Silverball Museum is not your average gallery or collection. You can immerse yourself in this pseudo-1950s world with pinball, skee-ball, and even authentic air hockey machines. Similarly, Red Bank offers Yestercades, which is filled with other vintage games like Pac-Man.

If your Friday nights are open, come out and see Aberdeen's midnight showing of the cult classic, *Rocky*

*Horror Picture Show*. Throw toast and toilet paper, find your freaky-side, and join the growing community of friendly and obscure people. Performed in live action by the Friday Nite Specials cast, watch the 1975 classic come to life. You may even see some Monmouth alumni or students in the cast, so keep an eye out!

Olenka Mallqui, a junior biology student, said, "Going to see *Rocky Horror Picture Show* at the Aberdeen Theatre is like stepping out of reality and going into the twilight

zone. It's an experience you'll never forget."

If it's way past 8 p.m. on the weekend, or you didn't get time after your 6 to 9 class to go to the dining hall before it closed, don't worry. There are more options than buying that overpriced macaroni box at the convenience store.

Over on Route 35 in Oakhurst is one of the best diners in the area, Blue Swan Diner. Open until 1 a.m. weekdays, and 24 hours on the weekends, the diner features cheap comfort food in large quantities.

However, if you're feeling edgy and want to eat to an alt-rock soundtrack, head on down to Inkwell, which is only a two-minute drive from campus. Loaded with art deco and iconic paintings and pictures, this cozy coffee house is always a popular spot.

Another go-to of Monmouth students is Pier Village. Even when the weather is cold and dreary, Pier Village warms you with their stores and restaurants. The outlet features Playa Bowls, Stewarts, Lu-lulemon, Molly and Zoey, and many more.

When it's suddenly the end of the fall semester, and the weather makes you freeze to the bone, walking around outside may not be that appealing. But you also don't want to catch cabin fever! Luckily, Monmouth Mall is close by, with over 100 stores and activities.

Catch a movie, cozy up in a chair at Barnes and Noble, or spend hours traveling from store to store. Not to mention, there is a giant food court and chain restaurants surrounding the parking lot.

Is Monmouth County boring you? There's a quick fix to that, too! There's a train station conveniently located right in Long Branch, where you can catch a train to Manhattan on a whim.

There are many cool activities surrounding our campus, so take advantage of all of them.

## How to Stay Healthy This Fall

EMILY CONDRON  
STAFF WRITER

Autumn has its amazing side— pumpkin flavored everything, being able to wear comfy sweatshirts, and even just being able to walk outside without sweating. Even though there is so much to enjoy about this beautiful time of the year, it is clear that it is also a time of strain on the body.

Not enough sleep, weather change, and stress can all come together to make for one nasty sickness. In light of this, here are a few things to keep in mind to help us all stay healthy this season.

Regardless of which season

is approaching, it is important that you always drink water. Water makes up around 60 percent of the human adult body, meaning that without intaking enough water, your body will end up shutting itself down from dehydration.

When this happens, it becomes hard to think, your lips get super chapped, and your skin becomes overly dry.

After asking some students about how they try to stay healthy, Shannon McGorty, a sophomore education student, said, "I don't like the taste of water very much, but it's important to be healthy, so I buy flavors for the water, so I make sure to get the daily recommended intake."

So, even if making sure you have all that water everyday seems impossible, you can find a way to do it. The more water going into the body, the better the body will work.

Another easy way of keeping those germs away is by washing your hands. Although everyone should know that soap and water are always there to help, there are some people who do not believe in germs.

Sorry to be the one to point this out, but germs are everywhere. Please, for everyone's sake, take the two minutes after the bathroom or before eating to make sure that all the germs are gone.

Like any other college cam-

pus, the levels of stress that Monmouth students face is through the roof. As a person stresses, their body can experience physical pain from the increased stress levels. Some examples include headaches or back pain.

If you feel this type of pain, and you know that the two exams and seven readings assigned for the next day are eating at you, take a breather and find something to do to clear your head. Activities that may help with this are doing yoga, taking a run, or simply watching an episode of *Supernatural* on a rainy day. Stress is a common way to weaken your immune system, so giving yourself time to relax is a simple way to fight off germs.

Siobhan McLoughlin, a senior psychology student, said, "I took Yoga, Tai Chi, and I am now taking Pilates classes on campus. It relieves a lot of my stress, especially when feeling overworked." There are times when a person needs that small break from the world, in order to keep themselves going.

What you eat also affects the way the body interacts with the change in season. Healthy eating is important to having a healthy body. This season, try to keep your sugar intake down. Yes, that means that saying no to the third frappuccino may be necessary.

Also, keep those fruits and vegetables in mind when you go food shopping or visit the dining hall. Sadly, living off of french fries and fried chicken may not be the best for your body.

Easy things to do when it

comes to being healthy in the fall: always keep a small bottle of hand sanitizer with you, as well as some tissues. Also, eliminate the habit of sharing of food and drinks, so that germs do not spread from one person to another.

In addition, vitamin C gummies are a lifesaver. Two gummies a day when the body starts to not feel good will help fight off those germs.

Another good option is treating yourself to an açaí snack from Playa Bowls. The superfruit is filled with antioxidants, which will give you a strong defense against pesky colds and the flu.

Kiameesha Evans, a specialist professor of health studies, also gave a few tips on how everyone, not just at Monmouth, can keep themselves as healthy as possible. Offering five main steps to take, Evans said, "Don't skip breakfast, implement time management skills, get enough sleep/rest, say 'no,' and wash your hands."

Overall, staying fueled and getting enough rest will keep you feeling strong, all season long.

While it can be very common this season, no one wants to be sick. Amid your hectic schedule, try to maintain a healthy lifestyle.

If becoming sick is inevitable, keep the germs to yourself; make sure to always block your coughs and sneezes in class.

If it reaches a point where you experience a fever, chills, or other symptoms of a serious illness, please visit the Health Center on campus for help.



PHOTO TAKEN by Jenna Puglisi

**Essentials for fighting** fall illnesses include: tissues, vitamin C, and some tea with lemon and honey.



# Field Hockey Ends Losing Streak with Home Win

CHRIS FITZSIMMONS  
STAFF WRITER

Field Hockey responded to a Friday afternoon loss at No. 5 Princeton with a convincing 3-1 triumph over Villanova at So Sweet a Cat Field on Sunday, bumping their record up to 3-5 on the season.

After taking Big Ten teams Michigan State and No. 7 Michi-

gan to double overtime and overtime the previous weekend, the Hawks travelled to Princeton on Friday. The match was their third time facing a nationally-ranked opponent this season including Aug. 24's loss to No. 18 Saint Joseph's.

Taking on its second-straight top ten ranked opponent, Monmouth played as well as could be expected. Princeton

jumped to an early 2-0 lead due to two penalty corners in the opening half while simultaneously shutting down all of the Hawks attempts to score.

The Tigers carried that momentum into the second half by quickly adding a third goal. Freshman forward Natalie McNamara got the Hawks on the board in the 45th minute off of an assist from sophomore midfielder Ireen Fren-

ken. Princeton scored their final goal twenty minutes later and walked away with a 4-1 victory.

A bright spot in the day for Monmouth was their improved play in the second half. After getting outshot 11-2 in the first, the Hawks closed the gap to 9-6 in the second.

"There were some moments of great hockey today against a very talented Princeton team," said Head Coach Carli Figlio. "We need to look to hold possession and be consistent in our approach to each game. We look forward to being back home beginning Sunday."

Returning to So Sweet a Cat Field for the first time since Sept. 2nd, Monmouth stopped a four-game losing streak when they beat Villanova, 3-1, on Sunday afternoon.

The Hawks were led by a two-goal game from senior forward Georgia Garden Bachop, who was all over the field against the Wildcats. Senior forward Kelly Hanna also contributed to the effort by adding her fourth goal of the season midway through the second half.

Monmouth had an explosive first half which saw the team take 11 shots on net while limiting Villanova to seven. Bachop's first goal came off a tipped shot in

front of the net four minutes into the game. Hanna added the second nine minutes after, but Villanova responded with a goal in the 26th minute to make it 2-1.

Bachop scored her second goal two minutes before the end of the half. She was assisted by sophomore midfielder Meg de Lange, who placed a perfect pass that allowed for Bachop to bury her shot into the netting.

"I think it was not the goals, it was how we did it," said Bachop, whose performance marked her third multi-goal game of her career. "Before I put in the goal there was three or four passes beforehand. I think that was huge for us because that is what we have been working on in practice. It would not have happened had it not been for my teammates."

The second half slowed considerably as neither team found the back of the net. Shots were limited to 6-3 in favor of Monmouth while both goalies made one save each. In the end, the Hawks claimed the 3-1 win and with it got back to winning ways.

Next up on the docket for Monmouth Field Hockey is a future America East opponent in Vermont. The Friday afternoon match is slated for a 4:00 p.m. start at So Sweet a Cat Field and will be televised on ESPN3.



PHOTO TAKEN by Karlee Sell

Senior forward Kelly Hanna scored her team-leading fourth goal of the season in the 12th minute of Monmouth's 3-1 win against Villanova on Sunday afternoon.

GEORGIA GARDEN BACHOP  
Senior Forward

"Before I put in the goal there was three or four passes beforehand. I think that was huge for us because that is what we have been working on in practice."

## Men's Soccer Edged by Columbia, 1-0

EVAN MCMURTRIE  
SPORTS EDITOR

Men's soccer was defeated by Columbia on Friday night at Hesse Field on The Great Lawn after they were unable to reply to an early goal, dropping their record on the season down to 1-4-1.

"I thought, to be fair, we were a little bit flat tonight," said Head Coach Robert McCourt. "We've got so many new guys in the group that I feel like right now they're a little bit concerned about playing not to lose instead of playing to win, and that's the difference in the mentality of a winning group."

Freshman goalkeeper Sean Murray was tested early on with a shot from close range, but he was able to make his first of four saves to keep it out.

Columbia scored the match's lone goal just past the ten-minute mark. Senior forward Dylan Mott received a pass with his back to goal, turned on the defender, and fired past Murray to put the visitors in front.

The Ivy-Leaguers continued to put on the pressure as they searched for a second goal. Senior forward Kynan Rocks had a shot blocked in the box and then sophomore midfielder Avi Eller hit the crossbar from point-blank range.

With less than five minutes to go in the first half, Monmouth came inches away from equalizing. Sophomore

midfielder Chris Scheuerman launched a curling effort from outside of the box with his right foot that looked like it was going to fly into the top right corner. The shot was tipped over the bar by senior goalkeeper Dylan Castanheira in what was his only save of the match.

Columbia came close to scoring again when Eller's looping header rattled off of the far post and bounced back across the goal line before being cleared just moments before halftime.

In the 53rd minute, Monmouth missed out on their best chance of the match to level the score. A pinpoint cross was driven into the box from the right wing that found freshman forward Alex Hajj all alone at the back post, but the attacker's first-time effort flew over the crossbar from close range.

Chances were hard to come by as the second half wore on, and after ninety minutes Columbia's lone goal was enough to earn them the three points and bump their record up to 3-1-1.

Monmouth has now been shut out on four occasions this season, scoring a total of just three goals over six games.

"All of our guys in the attacking positions are relatively new guys, so I think they're still adjusting to the pace of college soccer," McCourt said. "And when they do get moments, they're a little bit nervy in those positions. So

little tap-ins or passes in the corner maybe become a shot that's whacked off over the bar."

The Hawks were only able to put one of their attempts on frame, while Columbia found the target five times.

Senior defender and captain Zach Pereira said that despite the team's record, they are playing well together. "We just gotta move on from it. The next game is the most important game," he said. "We're just gonna stay positive and

come flying into the conference."

McCourt said, "We're going through some growing pains. It's a really, really good group of kids."

He believes that the squad is currently going through a period of transition. "They're working really hard. There's just so much newness in the group right now that I just think we have to continue to stay together and try to hit our stride come conference time."

The Hawks are next in ac-

tion on Wednesday, Sept. 26th, where they will open up play in the Metro Atlantic Athletic Conference (MAAC) against Manhattan at Hesse Field on The Great Lawn.

Monmouth fell to Manhattan in their last meeting on Oct. 17, 2017. A goal in double overtime from then-junior midfielder Ryan Shields won the game for the Jaspers.

Kickoff for Wednesday's match is set for 7:00 p.m. and it will be broadcasted live on ESPN3.



PHOTO COURTESY of Mark Brown Photos

Men's soccer was held to just one shot on goal in the 1-0 loss to Columbia on Friday night.



# Football Hangs on to Beat Lafayette

ZACH COSENZA  
EDITOR-IN-CHIEF

After the defense gave up zero points in the second half, football came back to defeat the Lafayette Leopards 24-20.

“The defense did a good job in the second half, we knew we had a good plan in place and we needed just to execute it,” Head Coach Kevin Callahan said. “I have to give credit to the defense for what they were able to do in the second half.”

After going into the half down 20-15, the Hawks score retook the lead on the last play of the third quarter. Sophomore running back Pete Guerriero scored on a 43 yard rushing touchdown to make it 21-20. MU’s two point conversion after the touchdown was unsuccessful. Junior kicker Matt Mosquera added a 27 yard field goal midway through the second to make it the eventual score of 24-20.

In the first quarter, the Hawks and Leopards traded touchdowns, first was a junior quarterback Kenji Bahar to Guerriero 12-yard touchdown pass. The point after was unsuccessful after a botched snap. On the impending kickoff, Lafayette returned it 95 yards for the score to make it 7-6 Leopards.

The Leopards expanded their lead late in the first, scoring on a five-yard touchdown pass. The point after was blocked by junior defensive lineman Adam Kakar, leaving the score at 13-6.

After back-to-back punts by Monmouth and Lafayette to start the second, Mosquera brought the Hawks to within four after converting on a 25-yard field goal. On the next drive, the Hawks stopped the Leopards



PHOTO TAKEN by Karlee Sell

Senior wide receiver Brandon Batts notched a career-high seven catches for 93 yards in the 24-20 win over Lafayette on Saturday night.

“I have to give credit to the defense for what they were able to do in the second half.”

KEVIN CALLAHAN  
Head Coach

on third down twice, but two Monmouth penalties allowed the drive to continue for Lafayette. The Leopards would capitalize on the Hawks’ mistakes, scoring from five yards out.

“We had two critical penalties on their one drive on third downs and that kept the drive going and they were able to get in the end

zone,” Callahan said.

Monmouth answered with a touchdown of their own, this time from senior running back Devell Jones. He scored from four yards out to make the halftime score 20-15.

In the second half, Lafayette attempted to expand on their lead in the opening drive, but the

field goal attempt was blocked by senior defensive lineman Daivone Thomas. The next drive by Monmouth would stall in Lafayette territory after a failed fourth down conversion. After two punts by the Leopards and one by Monmouth, Guerriero scored on an untimed down, giving Monmouth a slim 21-20 lead

going into the final quarter.

Mosquera’s field goal midway through the fourth gave Monmouth the 24-20 lead. Lafayette’s final attempt of the game was a 50 yard Hail Mary attempt that was batted down by junior defensive back Tymere Berry, sealing the narrow victory for the Hawks.

Junior linebacker Da’Quan Grimes was named Big South Defensive Player of the Week on Monday. His four tackles helped the defense shut Lafayette out for the entire second half.

Bahar finished with a new career-high in passing yards with 334 on 28-40 passing, his second in two weeks. He was awarded with the Big South Offensive Player of the Week for his performance.

“We started off a little slow but at the end of the day my guys were out there making plays,” Bahar said. “I tried to spread the ball around pretty evenly so it was all them, catching the ball and making plays. We had a two-minute drive going right before the half and we tied to build off of that drive starting off the second half.”

For the game, senior wide receiver Reggie White Jr. finished with seven catches for 86 yards. White Jr. is now in second place all-time with 198 career receptions at Monmouth. Guerriero finished with 110 rushing yards. Senior wide receiver Brandon Batts had a career-high seven catches for 93 yards.

The Hawks (2-1, 0-0 Big South) will next travel to Princeton to face off against the Tigers as they look to make it three wins in a row. Kickoff is at 4:30 p.m. and the game will be televised on ESPN+.

# Women’s Soccer Falls to Rider in Conference Opener

SOPHIA GALVEZ  
STAFF WRITER

Women’s soccer played their first Metro Atlantic Athletic Conference (MAAC) game of the season away to Rider on Sunday at Ben Cohen Field where they were defeated by a goal to nil.

“Tonight’s game was a typical conference matchup,” said Head Coach Krissy Turner. “We created some chances, but Rider finished and we were unable to convert.”

The only goal scored in the game was the result of a corner kick in the 11th minute that was sent into the box by Rider junior midfielder Valeria Pascuet. The cross found senior defender Meghan McCabe at the far left post, who rose above her marker to head the ball back across goal. Freshman defender Niamh Cashin was there for the tap-in to give the Broncos the early advantage. The goal was the first of Cashin’s career.

The Hawks outshot the Broncos 17-8 during the game, including an 8-5 shots on goal advantage.

Freshman defender Jesi Rossman and junior midfielder Lexie Palladino both led the team with five shots each as they searched for a reply to Rider’s early goal. Two out of the five shots on target were executed by Rossman, while the other three came from Palladino. Monmouth also won eight corner kicks compared to Rider’s two.

The Hawks continued to try to claw their way back into the game, but sophomore goalkeeper Carmen Carbonell’s eight saves kept them quiet en route to her first clean sheet of the season.

The loss broke Monmouth’s 13-game unbeaten streak in conference openers as well as their 11-game regular season unbeaten run against the Broncos (8-0-3).

The defeat sees the Hawks’ regular season record drop to 5-3-1 while their MAAC record starts off at 0-1-0. Monmouth’s record away from home this season fell to 3-2-0 due to the loss.

The Hawks match up against fellow New Jersey program Saint Peter’s next. Dating back to their first meeting in 1994, Monmouth has beaten the Peacocks in every match that they have played. The Hawks command a perfect 23-0 record against Saint Peter’s, outscoring them 104-11 in the process.

In the 2017 season, Monmouth met with Saint Peter’s on Oct. 21 and it took a period of overtime for them to get the 2-1 win.

The Peacocks are currently 1-6 on the season. Their lone victory came last Saturday in the form of a 1-0 win versus Canisius in their first conference game of the year. Saint Peter’s began their 2018 campaign with a six game losing streak where they were outscored 23-3.

The Monmouth women’s soccer program will be hosting a pre-game alumni reception from 4:00 p.m-6:00 p.m. before kickoff against Saint Peter’s this weekend. The event will be located in the Pompeii Room inside of Wilson Hall.

The Hawks will return to Hesse Field on The Great Lawn to host Saint Peter’s on Saturday, Sept. 22 at 6:00 p.m. The match will be broadcasted on ESPN+.



PHOTO COURTESY of Rick Decker

Junior goalkeeper Amanda Knaub collected a season-high five saves in the 1-0 loss to Rider on Sunday.

## UPCOMING GAMES

**Friday, Sept. 21**  
WTEN at Rider  
Lawrenceville, NJ 3:00 p.m.

FH vs Vermont  
So Sweet a Cat Field  
West Long Branch, NJ 4:00 p.m.

**Saturday, Sept. 22**  
MXC at 24th Annual Henry  
Mercer Monmouth Invitational  
Holmdel, NJ 9:45 a.m.

WXC at 24th Annual Henry  
Mercer Monmouth Invitational  
Holmdel, NJ 10:30 a.m.

WTEN vs St. Francis Brooklyn  
Outdoor Tennis Complex  
West Long Branch, NJ 12:00 p.m.

FB at Princeton  
Powers Field at Princeton Stadium  
Princeton, NJ 4:30 p.m.

WSOC vs Saint Peter’s  
Hesse Field on The Great Lawn  
West Long Branch, NJ 6:00 p.m.

**Sunday, Sept. 23**  
FH vs Bucknell  
So Sweet a Cat Field  
West Long Branch, NJ 4:00 p.m.

\*conference games





# HAWKS TAME WILDCATS



**ALSO IN SPORTS!**

**FOOTBALL**

**MENS SOCCER**

**WOMENS SOCCER**

Field Hockey was victorious over Big East opponent Villanova 3-1, on Sunday afternoon. Senior forward Georgia Garden Bachop scored twice in the first half to help the Hawks end a four-game losing streak, two of which were to ranked teams.

**SEE STORY ON PAGE 18**

PHOTO TAKEN by Karlee Sell