



University Unveils New Hawk Statue

SOPHIA GALVEZ
STAFF WRITER

A 22-foot wide bronze sculpture of a hawk was installed in the center of the roundabout near OceanFirst Bank Center on Saturday, Sept. 15.

The bronze hawk is a donation from University alumni, given by world-renowned sculptor Brian Hanlon ('88), his wife Michelle ('90), and the Brockriede Family. Senior Associate Athletics Director Jonathan Roos, who coordinated the effort, described the monument as a new point of pride being welcomed onto the campus.

Discussion about the possibility of "The Hawk" began over three years ago, in July of 2015. Vice President and Director of Athletics Marilyn McNeil, Ph.D., said that there was a mutual conversation between the donors and the school about the project, but that "their (the donors') love of Monmouth allowed the conversation to end beautifully."

The official start of the project was when the two donors signed funding agreements in October of 2017, and accord-



PHOTO TAKEN by Matt Aquino

The new Hawk statue was placed in front of the OceanFirst Bank Center on Sept. 15.

ing to Roos, no University operating funds or tuition dollars were used for the funding of this project.

According to Roos, the new hawk statue was built to foster pride amongst the Monmouth community. "We wanted to create a landmark space on campus that would build pride for our

students, alumni, prospective students, faculty and staff, and community," he added.

"I really like it [the statue]. It's a good way to get people hyped about the school. It shows pride for the school, and that's something I really like, it's one of the reasons why I chose to come to Monmouth," said freshman com-

munication student Anna Maيدا.

Likewise, since "The Hawk" was gifted to Monmouth from the Hanlon and Brockriede families, there are hopes that the statue will increase awareness of the Alumni Association.

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Anacon Hall Turned into Heat Shelter for Elmwood Residents

MARK D'AQUILA
STAFF WRITER

Residents of Elmwood Hall were encouraged to stay overnight in Anacon Hall after a heat wave from Sept. 5-7 prompted student and parent complaints about temperatures in the residence halls.

"I had lived in Elmwood before so I knew they did not have air conditioning," stated Matt Engel, a junior communication student. "I did not want to stay there, but I had requested a single room and this was the only dorm that had them."

Elmwood and Pinewood Halls remain the only student housing buildings on campus without air conditioning. While high temperatures are not much of an issue in the middle of the school year, the first few weeks of school are where students are facing the heat. According to the *New Jersey Herald*, the first week of September could have been considered a heat wave, with it having felt more like the first week of August than the first week of September.

On the final day of student move-in, Labor Day (Sept. 3), the heat in

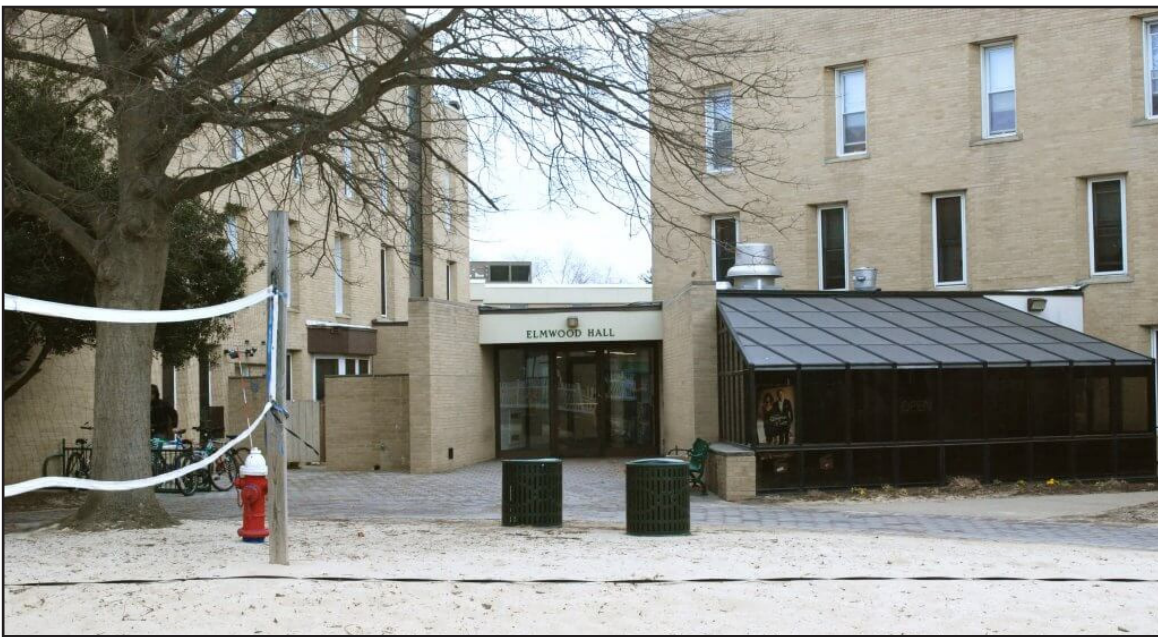


PHOTO COURTESY of Monmouth University

Due to high temperatures in Elmwood Hall, students were allowed to relocate to Anacon Hall.

West Long Branch reached about 90 degrees with no record regarding how high temperatures were in residence halls without air conditioning.

On Sept. 4, Mary Anne Nagy, Vice President of Student Life and Lead-

ership Engagement, contemplated ways to accommodate students living in these non-air conditioned buildings. "We began to get a lot of complaints from students and parents about the conditions so we worked

with facility management to gather additional fans to strategically place around those buildings to improve the flow of air," Nagy explained.

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Business Honor Society Recognized Nationally

NATALIE OSTERMANN
ASSOCIATE NEWS EDITOR

The University's chapter of Beta Gamma Sigma (BGS), the International Business Honor Society, has been recognized as a highest honors chapter this month by its national organization.

BGS was established in 2000, shortly after the University received accreditation from the Association to Advance Collegiate Schools of Business (AACSB) for their business program in 1999.

Donald M. Moliver, Ph.D., Dean of the Leon Hess School of Business, recalled the moment when he received the news. "The way I was notified was [by] President [Grey] Dimenna," explained Moliver. "He sent me an email because he was personally notified that our chapter has been recognized as a chapter of distinction and said if I hadn't seen this I think you should know about it."

Unlike some honors societies, Beta Gamma Sigma takes members on an invite-only basis. Students must be at least of sophomore standing and have a 3.8 GPA to receive an invitation to join. Only the top ten percent of business students are accepted as undergraduates; the eligibility for graduate students is a little more lenient, with them having to be in the top 20 percent of their class. Becoming a member is a lifelong commitment that stays with students long after they graduate.

The traditional induction ceremony is held on the night before spring commencement at the Hollywood Golf Club in Ocean, NJ. New student inductees, current student members, families, and University faculty gather around to celebrate the chapter's accomplishments and listen to a guest speaker. Additionally, awards are distributed to both students and a faculty member who have shown exemplary work that year.

"It's a bit of a high," noted Moliver, when discussing the

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Beta Gamma Sigma Given Highest Honors by National Organization

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feelings experienced after induction. “The parents are proud; most of the inductees will graduate the next day, and it’s a good way to kick off commencement.”

However, because Beta Gamma Sigma only takes members by invitation, students are not always aware of what membership entails.

“When I initially got in, I didn’t even know how to get in, what it even was until I looked at the pamphlet,” commented Joseph Firetto, a graduate MBA student and President of the chapter. “Now, being on the other end of it [as a member], and going through the process, it definitely got clearer.”

Firetto commented on the expectations that a member faces when they join Beta Gamma Sigma. “Being in the organization sets you in a higher standard,” noted Firetto. “More is expected of you, especially from faculty, staff, and the board of trustees. The [University] is known for the business school, especially, and it has the accreditation.”

Celeste Leon, a senior accounting student and Relations Officer of BGS, built on Firetto’s take on the benefits of membership. “Students who want to be part of this society must have the dedication and determination needed to have high grades and have a vision of what they want to achieve,” explained Leon.

The student executive board of Beta Gamma Sigma is relatively new, with the first official student officers being elected during the fall semester of 2017. The board was created to help foster leadership and student engagement outside of the classroom.

“The formation of the Student Chapter Officers in fall 2017 has allowed us to

run events and career-related workshops that served not just as the BGS inductees, but also the overall student body of the Leon Hess Business School,” commented Janeth Merkle, MBA, Assistant Dean of the Business School and Vice President of the chapter.

Merkle believed that it is the high level of student engagement which set the University’s chapter apart from others, and helped give them the push that they needed to be receive this accomplishment. “Last year, the BGS student leaders reached out to small businesses around the area to collaborate in fundraising events,” explained Merkle. “I think those engagements had helped Monmouth University obtain one of the Highest Honor Chapters.”

Beta Gamma Sigma has a variety of programs that prepare students for life outside of the four-wall classrooms o which they have become accustomed to during their years at the University.

Student Enrichment & Engagement through Mentoring Activities (SEEMA), a professional mentoring program for members, allows students to collaborate with a professional mentor in their prospective career fields. Students benefit from this mentoring in multiple ways, from getting help with their resumes to internship placements. This program helps students foster a professional relationship with the potential for further networking.

“As an honors chapter, it is very easy to become a member, put it on your resume and never think about it again,” commented Joseph Fantozzi, a senior business administration student and Treasurer of the chapter. “The thing that makes BGS special is that we don’t stop there. Becoming a member is the first step into this whole world of opportunity for professional and personal development and

growth.” explained Fantozzi.

Along with professional development, Beta Gamma Sigma has worked meticulously on programs that can pay it forward, both to the surrounding communities and the world. Recently, the chapter has created a financial literacy program to help high school students in the surrounding area. Starting with two districts, Beta Gamma Sigma now works with five urban school districts within the county, including Asbury Park, Point Pleasant, and Manasquan.

Barrie Bailey, Ph.D., Secretary of the chapter, believed that it is the level of student engagement that elevated the University’s chapter to a higher regard. “The number of students that actually accepted their personal invitations to join BGS and the addition of student officers who submerged themselves into significant engagement activities propelled our chapter to a new level of excellence,” she said.

“For the last several years, our chapter has been in the process of electing student chapter officers in order to become more engaged on campus and in the community” explained Bailey. “This became possible when BGS started allowing sophomores to be inducted into the society. Future plans include holding on-campus professional events and community service.”

Leon had some parting advice for students unsure about accepting an invitation to join BGS. “I advise these students to be willing to do what it takes to achieve your long-term goals and have the habits/priorities of a student leader,” suggested Leon. “This includes having good time management skills and always searching for more. There’s beauty and opportunity in the unknown.”



PHOTO COURTESY of Janeth Merkle

The Monmouth chapter of BGS was recognized by the national organization for exemplary work throughout the years.

New Hawk Statue Donated by University Alumni

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“The Hawk” has replaced the former statue that stood in front of OceanFirst Bank Center. According to Roos, the smaller hawk is now being planted between rows of flowers at the top of the ramp coming up from the tunnel that connects the residential side to the academic buildings.

Roos hopes that the addition of the new sculpture said, “We wanted to spread the Hawk pride throughout campus... As students walk from their residence halls to class and athletic games, they will see this smaller hawk statue, helping to increase pride.”

Another reason McNeil and Ross believed the movement of the smaller hawk was a good idea was because the larger sculpture is set to become a more significant focal point of the area in front of the OceanFirst Bank Center.

McNeil said, “From the perspective of the OceanFirst Bank Center and the Brockriede Common, we really believed that this magnitude of a sculpture would emphasize the beautiful space that exists in front of the OceanFirst Bank Center.”

The Involved Student sculpture by Woodrow Wilson Hall of a girl lying on her back reading a book with a soccer ball propping up her legs is also part of Hanlon’s portfolio. Hanlon has created other profound works in many places such as: a Shaquille O’Neal monument for Louisiana State University, a Red Hawk for

Montclair State University, and he even designed the 2015 college basketball awards. “We are very proud of what Brian Hanlon has created. We are very fortunate to have talented alums giving back in such an impactful way,” said Roos.

“The new Hawk statue should serve as a point of pride for all Monmouth students, alums, employees, supporters and fans,” said Eddy Occhipinti, Associate Athletics Director. “It’s where every home football gameday will start as the location where our Hawk Walk ends, and can be a central meeting place for fans. We are lucky to have very generous and supportive people who love Monmouth and have a great deal of pride in what it means to be a Hawk, and this new beautiful statue represents that.”

Sophomore running back and communication student, Peter Guerriero said, “I like it. I think it’s a good addition to the campus. As an athlete it’s pretty cool because it shows school spirit and how it’s increased over the years.”

The Hawk and Brockriede Common still need a few final touches such as laying down sod and installing lights around it.

“This sculpture represents everyone at Monmouth. We are all Hawks. Not just the athletes: our faculty, staff, administration, students, fans, boosters, and trustees,” said McNeil. “The donor made this gift to help unify the Monmouth community and I think it is a beautiful reminder for everyone.”



PHOTOS TAKEN by Matt Aquino

The 22-foot wide statue was placed in the Brockriede Common in front of the OceanFirst Bank Center.

Debate Team Defeats Cornell in Quarter-Playoff Round

NICHOLAS COSCARELLI
DEPUTY MANAGING/POLITICS EDITOR

The University Debate Team received four team awards at the Phyllis Schatz Invitational, hosted by the SUNY-Binghamton this weekend. The team went 4-2 on Friday, Sept. 21 and Saturday, Sept. 22, and defeated Cornell University in a quarter-final playoff round on Sunday, Sept. 23.

“We actually went up against the same Cornell team during the regular rounds and they were a really tough team to debate,” Eric Schwartz, a political science student sophomore, explained. “They were obviously incredibly intelligent and used some pretty intricate and unique arguments. They ended up winning that round. When we learned that we would be facing them in the playoffs, we knew we had to step up our game. Matt and I prepared for the arguments they might run, and ended up beating them and advancing in the playoffs.”

“It felt great to defeat an Ivy League school, and I’d like to think that it reflected really positively on Monmouth and even helped with our reputation as a school to take seriously,” said Schwartz. Cohen also believes that the team’s win against Cornell at the tournament is a major achievement for the University, and he credits their success to the work and commitment of the rest of the team and of their advisor, Joseph Patten, Ph.D., Chair of the Department of Political Science and Sociology, and an associate professor of political science.

“Defeating Cornell was a really great win for me and my partner Eric. However, it was all because of debaters like Gregory Harpe, Kaitlin Allsopp, Landon Myers, and Alexis Vasquez who put so much time and effort into gathering evidence and mentoring the Eric and myself,” said Matt Cohen, a junior com-



The University’s Debate Team competed in the Phyllis Schatz Invitational tournament at SUNY-Binghamton this weekend.

PHOTO COURTESY of Kaitlin Allsopp

puter science major. “Debate is all about the team and our leadership is amazing and me and Eric would have gone nowhere without them.”

“And of course without the amazing Dr. Patten to guide us through the good and the bad, debate would just be another academic activity not the fun and enjoyable experience it is because of him,” he added.

According to Patten, another team within the experienced division, which consists of students on University scholarships, also “scored hard-fought victories” in debates against other teams in their division. Landon Myers, a senior political science student with a minor in economics, and one

of the team captains of the University’s Debate Team, explained how the team prepared for the tournament.

“Last year, we went to our first tournament much earlier than any year before. It worked so well we decided to start earlier again. However, that meant we had less than three weeks to get everything prepared. While that may seem like a long time, debate requires a lot of materials that need to be ready before a tournament starts,” said Myers. “So the past three weeks, the captains and debaters returning from last year researched and compiled documents dozens of pages long.”

“The success of this tourna-

ment was not by just showing up, but scrimmaging to refresh ourselves of debate, researching to prepare arguments to make at the tournament, and helping new debate team members prepare for the tournament themselves. With all the work that went into the tournament beforehand by everyone on the team, it is exciting to see such success,” he added.

Gregory Harpe, a senior political science student, and one of the team captains, agreed with Myers that weeks of scrimmaging and much time researching to compile evidence to use in the debates were successful. “This work is clearly paying off because we have so many strong teams

and are getting wins off of Ivy League schools such as Cornell,” he said.

“We are also extremely lucky to have a great coach and mentor in Dr. Patten, who not only teaches us debate strategies and information, but also serves as a motivator who teaches us about grit and never giving up when faced with adversity,” Harpe added.

According to Patten, three other University teams also made it into the playoff rounds by going 4-2, before narrowly losing on 2-1 votes against teams from George Mason University and SUNY-Binghamton in the novice division.

The tournament included approximately 150 debaters from teams from 12 universities including Cornell University, George Mason University, West Point Military Academy, West Virginia University, Liberty University, University of Rochester, Rutgers, and New School. Each year, a topic is picked to be debated at every tournament.

According to Kaitlin Allsopp, a junior political science student with a minor in gender studies, and one of the team captains, this year’s topic was whether the United States federal government should substantially increase statutory and/or judicial restrictions on the executive power of the president in one or more of the following areas: “authority to conduct first-use nuclear strikes; congressionally delegated trade power; exit from congressional-executive agreements and Article II treaties; judicial deference to all or nearly all federal administrative agency interpretations of statutes and/or regulations; the bulk incidental collection of all or nearly all foreign intelligence information on United States persons without a warrant.”

The University’s Debate Team will next compete at the West Point Military Academy on the weekend of Oct. 26.

Anacon Hall Opened for Elmwood Residents

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On late Wednesday afternoon, Nagy recived a phone call from a parent who was concerned about the living conditions of their child. At this point, the fans didn’t seem to be working and the weather wasn’t breaking so the decision was made to offer cots in Anacon Hall to any student that felt uncomfortable in their building.

About 12 cots were set up throughout Anacon Hall in the Rebecca Stafford Student Center with another dozen kept as extras ready to be utilized if needed.

“The University has cots in stock for employees who need to remain on campus when there are weather situations that prevent them from being able to get to and from campus,” said Patricia Swannack, Vice President of Administrative Services. “On occasion, the Police, Facilities Management employees and Gourmet Dining employees have had to remain on campus in order to provide appropriate support to our students.”

University faculty members were unsure of how many students would actually utilize this accommodation, but the message

was given out to all of Residential Life who then notified the student body through an email sent out to all students to which the issue pertained to.

Upon further inspection the following morning, Nagy found four students asleep in their now air-conditioned building of Anacon Hall.

One student, Shannon Monaghan, a freshman health studies student and a resident of Elmwood Hall, walked over to the Student Center with some of her friends around 12:00 a.m. the previous night when the heat became unbearable.

“Being without air conditioning wouldn’t have affected my school choice because I only really went one week with being really hot,” said Monaghan. “I just hope that it doesn’t get like this again at the end of the school year.

Setting up cots in Anacon Hall is something Nagy has never done before; however, moving forward in the first or last couple weeks of school if they need to implement this plan again they will.

“Elmwood and Pinewood were the first and now oldest resident halls on campus and were built in the 1960’s,”commented Nagy. “We

are now actively evaluating what can be done to renovate or replace those two buildings.”

Renovating or replacing these two building is not nearly as easy as it may seem; they can only be altered during the summer when students are not living in them.

Assistant Vice President for Student Services James Pillar also commented on these possible renovations to Monmouth’s oldest residential buildings and said, “I do not envision air conditioning being added to these buildings in the near future.”

Pillar added, “This is an issue that is not unique to Monmouth. The University, in consultation with stakeholders of the community, will continue to evaluate which improvements are financially feasible and will ultimately be beneficial to our students.”

“Last academic year, the University distributed an RFP to engage an architectural firm to work with University officials and students to improve the residential experience, Pinewood Hall and Elmwood Hall, for students,” said Swannack. “In the near future, students will be invited to participate in the process so that they can share their thoughts.”



PHOTO TAKEN by Nicole Riddle

Anacon Hall inside the Rebecca Stafford Student Center was used as a temporary shelter for Elmwood students.

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Hawks Talk Getting Involved

EDITORIAL STAFF

College is a time for students to find themselves and discover their passions. Joining on-campus clubs and organizations is a way for students to broaden their horizons and make connections with other students and community members.

The editorial staff at *The Outlook* shared their experiences with other clubs at Monmouth University, and gave advice to those looking to join clubs and organizations. While some of our staff are fully dedicated to the production of the paper, other editors are involved in various organizations across camps.

One very busy editor said that they are currently involved in the Student Government Association, the Honors School Association, "...an Honors Peer Mentor, a School of Science Peer Mentor, a member of Beta Beta Beta (biology honor society), and a student researcher that works in neuroscience/cancer study and experimental design."

"Outside of *The Outlook*, I am a brother of Tau Delta Phi and member of Monmouth University's chapter of Active Minds," said another editor.

Some of our editors even juggle an off-campus job during the school year. One editor stated, "I am currently a hostess at Simko's in Neptune City, as well as a babysitter."

Another said that they, "...currently serve at a restaurant in Hazlet and have a sports writing internship at 12 Up Sports, a branch of Minute Media."

Some are not currently working off-campus, but have done so in the past. "I do not currently, but I have held a few on-campus jobs over the years," said an edi-

tor. "Last year, I balanced an off-campus job with school and I worked there through the summer, but now I am only focusing on my academics this semester," added another.

First Year Seminars and New Student Orientations always encourage students to get involved during their first or second semesters. For those students who are upperclassmen or transfer students, just know that students can join organizations at any time. An editor said "I started in the first or second week of freshman year by filling out my SGA application after the involvement fair. It all just kind of snowballed from there as I heard of different ways I could develop my leadership and communication skills."

Another staffer added, "...[I] started looking to join different clubs at the end of my freshman year, and then didn't become really active in *The Outlook* until the fall of my sophomore year."

One editor stated that they have always been a very involved student and that before transferring to Monmouth, they were "very involved" at Brookdale. The editor continued, "I was an executive board member of the honors association as well as an honors peer mentor. Also, I have been teaching kindergarten CCD for four years at my local parish. When I transferred to Monmouth for my junior year, I took my first semester to acclimate myself to my new academic program and waited until spring 2018 to get involved on campus."

Most editors said that they have gotten better with managing their time over the years and now have it down pat. "Usually, I just try to mentally prepare myself beforehand because I have long

days and early mornings so I need to be efficient and purposeful with how I spend time, especially this year. An often overlooked aspect of managing time is scheduling time for yourself, so I make it a point to try to do one "active" thing a day whether it's go to the gym for a quick lift or playing pickup basketball with friends," said an editor.

Although, one editor said, "Time management isn't my strong suit, but I always pull through."

The editors then offered their advice to freshmen and anyone looking to get involved. Do not hesitate to join a particular club or organization. An editor said, "A lot of the times it ends up being counterintuitive thinking about whether you have 'time' for another activity you want to do."

"There is a ton of opportunity at MU, and not living up to your potential to give back to and be an important piece of the environment you're in may just make you regret it," an editor added.

"My advice for those looking to join clubs is to go for it. I feel that getting involved, even if it's just baby steps, is crucial to your overall success in school. You need to be involved and make connections with others besides just going to class," said another editor.

"Also, I would say try an activity that you've always thought about but weren't sure if it was a good fit for you. College is the time to try new things and you might meet awesome people you never thought would be your friends."

All of the editors at *The Outlook* recommend getting involved in an on-campus club and doing so early on in a student's academic career. While it may be difficult to juggle the workload at times it can be worth it in the end.

HOW TO SUBMIT ARTICLES OR LETTERS:

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

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

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The Controversy of Parental Trackers

SAMANTHA RIVAS
CONTRIBUTING WRITER

Should parents track their college aged students on their phone?

Modern technology allows us to do just about anything we can think of, from sharing photos to reading news from across the globe. It's difficult keeping our lives private when there are constant updates on our location, which makes you wonder who exactly can keep tabs on what you're doing.

Whether I share my location or not, the one person I know that's always watching is my mother. But is this okay?

I have heard mixed reviews on whether or not my friends' parents track their location from their phones, but my particular situation seems to be the extreme. My mom made my 29-year old sister and I download an app called Life360 so that she has constant access to our location.

Apparently the location tracker that the iPhone comes with doesn't fit my mother's standards (sorry Apple). The Life360 app is so scarily accurate that you can watch your marker move on the map as you walk from room to room in whatever building you're in.

If she really wanted to, my mom could watch how long it takes me to get through the Jersey Mike's line during lunch. It takes stalking to a new level, but is it still considered stalking if your parents are the ones watching your every move?

To a certain extent, maybe.

I've constantly spoken to my mom about etiquette while using the app. While I understand it's purpose when I take the train up north to go visit my sister, I don't understand the purpose of checking it on a random Thursday afternoon

when my parents know that I'm in Plangere for the better part of the day in class. Tracking can be beneficial if you are going on a long car ride or you are headed to an unknown part of town. That makes sense.

Want to know what my plans

are for the weekend? Just ask me. I don't want to get a creepy text asking who I'm at the mall with while I'm trying to enjoy my Saturday off (true story, you can't make this stuff up).

Though it saves me from

having to send a text telling my parents where I am, it isn't always comforting to share my location.

I also think being 21 years old should establish some kind of trust between my parents and I. I mean, they did raise me. I'm old enough to drink so it's not as if I'm lying about that (nor have I ever).

Sometimes, parents see other kids my age and all of the trouble they get into. Although I may be doing what I'm supposed to be doing, some parents feel justified in using a tracker.

I always go to class so I'm not going to just casually play hooky, especially for the amount of money I pay to attend such classes.

I'm a true believer in honesty being the best policy and unless I give you good reason not to trust me, which I never have, I would hope that means I am treated like an adult instead of a rebellious pre-teen.

I guess what I'm trying to say is that when we grow older, the leash our parents have attached to us should become longer. That includes the digital ones as well.

The use of electronics has become such an advanced concept, but what should not be advanced is the way you keep your child under your watchful eye. I know it's hard to accept, but it's time to let your hawks fly from the nest without protection, parents. We'll learn some hard lessons without you but we'll always know our way back home.

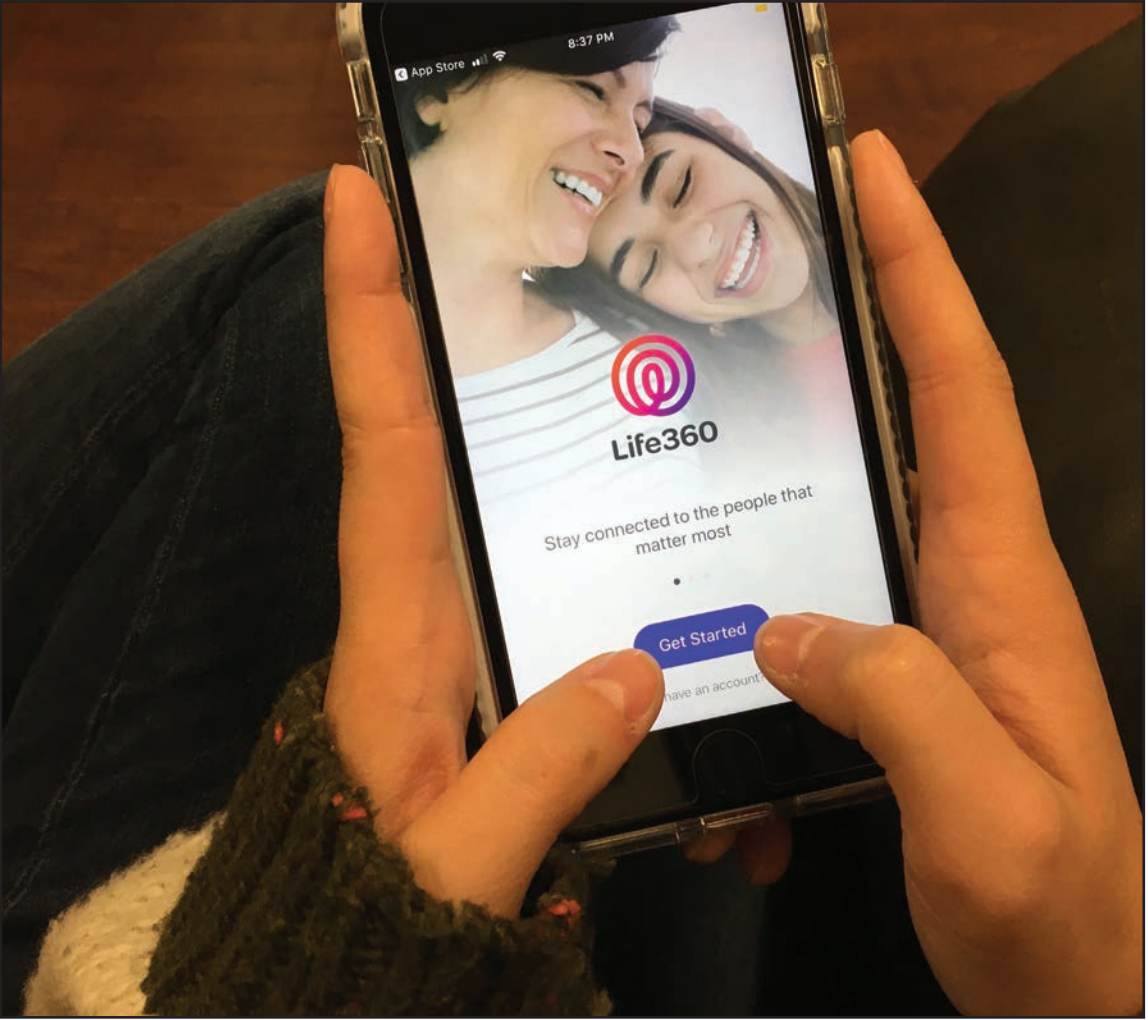


PHOTO TAKEN by Caroline Mattise

Although iPhones are equipped with their own tracking sensors and some individuals, mainly parents, download apps such as Life360 in order to track other's movements.

Finding Inspiration in an Age of Social Media

ELISSA SCANO
CONTRIBUTING WRITER

More often than not we see people grabbing for their phone in times of silence and automatically open up Instagram.

Why are we so attracted to the ins and outs of other people's lives? Are we searching for a way to take the focus off of ourselves or is it a need to improve our own realities?

In an age where there is so much information, it's hard not to be influenced in different directions. Our control over the definitions of what is beautiful and what is cool have strayed from us and developed from what is put in to the media.

I have found by being selective in what accounts I follow, I can remain to true to myself. Some of the inspirational people I find helpful are Iskra Lawrence, Nonstop Travelling, and David Goggins.

Iskra Lawrence is one of my favorite accounts to follow. In a time where I struggled with perfectionism and discovering myself, I found strength in her posts. She has set an example for women of all sizes, all body types, and all ethnicities.

Iskra is a model who does not fit the typical mold. In her life, she has taken what set her apart from others and used it to her advantage. After following her for a while, I started to look at my differences as positives.

Her pictures are unfiltered most of the time and display what it's like to be human and authentic even when she's under

the lime light.

Want to travel the world but afraid you won't have the funds? Nonstop Travelling will prove you wrong. This account tells the story of a couple who lives out of a van and travels the world taking pictures and experiencing new cultures. Seeing two people determined to live their dream regardless of money limitations pushes me to be fearless in my pursuits. For them it's traveling, for you it might be graduate school; whatever it is, there are ways to achieve it.

David Goggins is a retired Navy Seal who has battled obesity and has shown that humans are capable of whatever they put their mind to. He has participated in exhaustive competitions that have forced him outside of his comfort zone.

His ability to be mentally tough and to understand how to embrace the power of his own mind is something I apply admire and use in my life. His posts consist of him pushing limits and sharing positivity that gets people wanting to better themselves and change their perspectives.

These are only a few of the accounts that I follow that are inspirational and motivating to me. Students at Monmouth as well as other college students are so lucky to have the resources to connect with people who are out in the world doing things with their lives and inspiring others.

Following inspirational accounts on Instagram and social media can lead to you becoming a person that can be an inspiration to others in the future.

The Benefits of Chores

CAROLINE MATTISE
OPINION EDITOR

Growing up, my mother would give me a white, plastic bucket on a nice summer's day. She would then say that I could not come inside until I had filled the bucket up five times with pinecones. Pinecones. This woman had me picking up pinecones all around the yard. I hated it. When I was not picking pine cones or pulling weeds in the yard, I was folding towels or vacuuming the floors of the house.

My childhood consisted of chores, chores, and more chores. Often times I had to tell my friends, "Sorry I can't play today because I have chores to do." Although I disliked chores when I was young, I am glad that my parents made me help around the house. Many of my friends never had to do chores. They never folded a single towel or picked up a single pinecone.

I have moved on from the pinecone days, thank goodness. Now, when I come home for breaks from school my mother has me paint. I do not paint murals or portraits of our pets. I paint the cinder block walls of out basement, but only after them have been vacuumed. I paint the back of the steps, or even the floors. Not to toot my own horn but I am a pretty good painter. My mother really wants me to embrace our off-brand artist name. It is only a few letters off of the famous French painter, Henri Matisse.

When students come to college they have more responsibilities. They are own their own and must take care of themselves. I

think that those who have done chores as a child are more prepared for college and life away from home. They know how to do laundry, clean the dishes, and vacuum the floors. And those that never had to do chores often find that their rooms are littered with water bottles and dirty clothes scatter the floor.

Unfortunately, I still know of some college students that take their laundry home to their parents' house on the weekends. This is part of the experience and part of growing up. Soon enough we will have graduated and will have our own apartment of house. We will have to mow the lawn, wash the dishes, wash the windows, fold the towels, and vacuum the floors.

Nowadays, I wake up and will often vacuum part of my house

or empty the dishwasher before heading off to school. It feels like every day I am doing laundry. And now that fall is here, the leaves and pinecones will begin to cover the ground. I cannot wait until I have my own little pinecone slaves, I mean children. I have developed so much respect for my mother, but there are times where I still think that she is overboard with the cleaning and chores. She will ask me to vacuum the first floor of the house and then will be upset that it only took me half an hour. Meanwhile, it takes her four hours to vacuum a single closet. I cannot help that I am a better vacuumer than her, it just comes naturally. And, if you are ever looking for a cheap, but talented painter you know who to call.



PHOTO TAKEN by Caroline Mattise

Childhood chores, like folding towels, were another way to prepare us for life in college and ultimately life in the real world.

Supreme Court Stays Decision to Disclose “Dark Money” Political Contributions

ALBERT SHALOM
STAFF WRITER

The U.S. Supreme Court upheld the ruling of a lower federal court, which requires all non-profit groups to disclose the identity of any donor giving more than \$200 when such groups advertise for or against political candidates, on Tuesday, Sept. 18.

The ruling was a result of a six-year-long case brought on by Citizens for Responsibility and Ethics in Washington (CREW), a 501(c) (3) nonprofit organization.

According to its official website, CREW “uses aggressive legal action, in-depth research, and bold communications to reduce the influence of money in politics and help foster a government that is ethical and accountable.”

In Oct. 2012, CREW filed a complaint to the Federal Election Commission (FEC), requesting that a conservative non-profit group called Crossroads GPS should be required to disclose the names of their donors.

The request was issued after Crossroads GPS ran a \$6 million campaign in opposition to Senator Sherrod Brown (D-OH).

On Aug. 3, 2018, the U.S. District Court for the District of Columbia granted CREW’s Motion for Summary Judgment and denied the FEC’s and Crossroads GPS’s cross-motions.

According to the FEC official litigation records, the court “stayed the vacatur” for 45 days

to provide time for the FEC to issue interim regulations consistent with the Federal Election Campaign Act.

The Court also vacated the Commission’s dismissal of an administrative complaint against Crossroads GPS and remanded the matter for reconsideration.

Joseph Patten, Ph.D., Chair of the Department of Political Science and Sociology, and an associate professor of political science, believes that the ruling can impact the upcoming 2018 midterm elections since many large donations are given in the weeks leading up to the elections.

Patten conferred that the ruling, is particularly significant in two respects. The first is the fact that the ruling comes approximately just six weeks before the midterm elections.

The second is that this ruling also closes a loophole that has been left open for decades upon decades when it comes to financing political campaigns.

“The ‘dark money’ loophole enables people and corporations to contribute large sums of money without anyone knowing about it,” said Patten.

This loophole was created by the FEC nearly 40 years ago, allowing wealthy donors to finance aggressive ads, while their identity remained anonymous.

“It’s also been a source for foreign money to enter into our elections, which is illegal,” Patten explained.

“In 2016, Russia was able to funnel money through some po-

litical action committees that do not disclose sources and that money was then brought into our elections,” he continued.

According to research conducted over the period of one year by Issue One, a nonpartisan government reform organization, it has been found that the top 15 politically active non-profits raised and spent more than \$600 million on campaigns between the years 2010-2016.

John Suttile, a junior political science student, stated that he believes that everyone is entitled to vote for who they want and have their own political opinions.

However, Suttile explained, he does think that that the relationship between transparency and government, especially, within the U.S. is becoming ever more important.

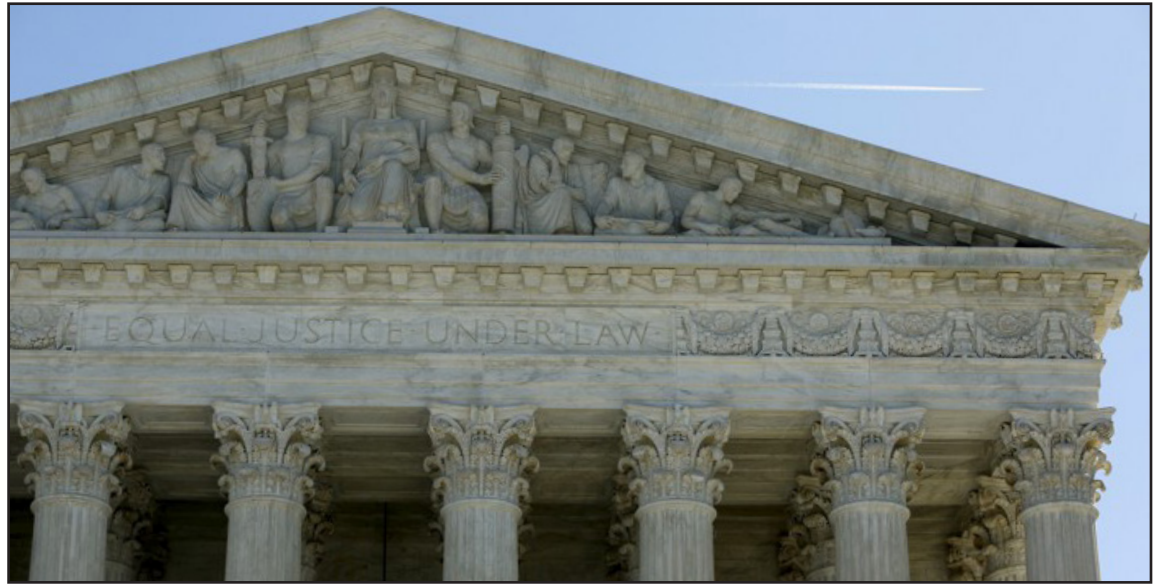


IMAGE TAKEN from *The Atlantic*

The Supreme Court decided to uphold a decision that requires “dark money” to be disclosed.

Puerto Rico Struggles, A Year After Hurricane Maria

MEGAN RUGGLES
CONTRIBUTING WRITER

People gathered in San Juan, Puerto Rico to mourn the thousands who died in the aftermath of Hurricane Maria last year, on Thursday, Sept. 20. Government officials denounced the inactive role which the U.S. federal government has played in recovering.

Congress has invested billions of dollars in efforts to help reconstruct Puerto Rico after the Category-4 hurricane hit the island last year, but devastation continues to ensue.

Danica Coto, from *The Associated Press*, and based in Puerto Rico, said that eight months after the storm, “major power outages are still being reported, tens of thousands of insurance claims are pending, and nearly 60,000 homes have temporary roofs unable to withstand a Category-1 hurricane.”

The mayor of San Juan expressed frustration with U.S. relief efforts through the Federal Emergency Management Act (FEMA) and other federal assistance programs.

She told *CNN* in an interview, “The [Trump] Administration killed the Puerto Ricans with neglect. The Trump Administration led us to believe they were helping when they weren’t up to par, and they didn’t allow other countries to help us.”

According to Ralph Cuseligo, DSW., an assistant professor of social work, “the U.S. government could have done more to provide aid to Puerto Rico in the wake of Maria.”

He continued, “This is due to a

multitude of factors, but especially the way the current administration handled the response efforts and mismanagement by FEMA leadership.”

Paul Humphrey, an associate professor of world languages and culture, explained, “There’s been an issue with the two versions of FEMA. There’s a Puerto Rican version and U.S. version.”

“Have they given aid? Yes. Have there been a lot of pushes to disperse this aid? Yes. But, there are a lot of issues on the ground with how aid is dispersed,” Humphrey explained.

“There was [also] a problem with the Jones Act, which prevented aid going straight to Puerto Rico, as it could have done. FEMA [was just one of many] issues,” Humphrey added.

The relief efforts of Hurricane Maria have also sparked debates in Puerto Rico regarding their status in the U.S.

Former Governor of Puerto Rico Aníbal Acevedo-Vilá believes that it’s more than an economic issue, Puerto Ricans are struggling with their cultural identity. They are U.S. citizens, but are not viewed as American.

In speaking with Brittany Macaluso, a sophomore social work student, about mainland America’s lack of connection to Puerto Rico. She believes that it stems from proximity and differing cultural backgrounds.

“Puerto Ricans have their own culture that does not align with the states, so they feel less attached to American tradition,” Macaluso said.

Whether Puerto Ricans view

themselves as Americans, Humphrey claims, “[It is] a very contentious question... The fact of the matter is Puerto Ricans are American citizens.”

However, he continued, “Whether [Puerto Ricans] view themselves as Americans or not... it doesn’t mean that the Federal government has any less of a responsibility to help them as if they were part of the 50 states.”

Cuseligo explained, “Our attention span as Americans is short... stories of Puerto Rico’s needs and Maria recovery efforts fade. With Puerto Rico you are looking at recovery and rebuilding that will take 5-10 years.”

“Americans forget, especially when we are not directly impacted by an experience. I feel many Americans may not feel connected to Puerto Rico, as they might with U.S. states,” Cuseligo concluded.

The neglect that Puerto Rico suffered from the mainland might stir feelings of resentment, furthering their want to disassociate from the U.S.

Cuseligo believes that “the lack of relief and recovery efforts in the wake of Maria, especially as time goes on [will foster resentment].”

Such negligence at the federal level demonstrates the limbo Puerto Rico operates under.

The islanders live without the advantages or burdens that being a U.S. state comes with.

Currently, they are subject to federal regulations: struggling to keep their traditions and battling economic problems, especially after Hurricane Maria last year.

Democratic Lean in NJ 7th District

NICHOLAS COSCARELLI
DEPUTY MANAGING/POLITICS EDITOR

Democratic candidate Tom Malinowski narrowly leads incumbent Leonard Lance (R-Clinton Township) in New Jersey’s 7th Congressional District race, according to a recent poll released by the University’s Polling Institute on Thursday, Sept. 20.

This district includes all of Hunterdon County, and parts of Essex, Morris, Somerset, Union, and Warren counties; and it has been represented by Lance since 2008.

According to the Cook Partisan Voting Index (PVI), the district has a score of R+3, meaning it tends to vote Republican.

Republican candidate, former Governor of Massachusetts, Mitt Romney won the district by six points in the 2012 presidential election.

However, the district swung by one point for Democratic candidate, former-Secretary of State, Hillary Rodham Clinton in the 2016 presidential election.

“It’s a brutal campaign season for moderate Republicans running in blue states like New Jersey,” said Joseph Patten, Ph.D., Chair of the Department of Political Science and Sociology, and an associate professor of political science.

“Many pollsters are predicting a pink wave of women voters that could potentially tip the scales

hole since SuperPacs were allowed to form after the Citizens United and Speech Now cases in 2010,” he said.

With this decision, Patten believes that Congress can now create and pass more comprehensive campaign finance reform bills.

Voters will now also be more aware of who they are voting for, and where they receive their donations.

From WikiLeaks founder Julian Assange to Edward Snowden as well as with the assistance of social media and the Internet, politicians can easily be influenced by campaign donors.

Knowing who and where the money is coming from can lead citizens, with the right to vote, to make a more informed decision as to who they vote for.

for Democrats against moderate Republicans, which the current controversy involving Supreme Court nominee Judge Kavanaugh makes worse,” he added.

Patten also attributes the Democratic lean to the recent tax reform bill passed by the Republicans in Congress last December.

“Some New Jersey residents are being hit particularly hard,” he said, referring to the law’s cap placed on the deduction for state and local income, property, and sales taxes in New Jersey.

Patrick Murray, Director of the University’s Polling Institute, said, “Perhaps the most interesting thing about this district is that it is home to the Trump National Golf Club, where the president spends much of his time over the summer.”

“Voters in that part of the district are really negative about the job he is doing even though they are Republican voters historically,” he added.

“It’s just that they adhere to a much more moderate vision of the GOP than Trump represents,” Murray concluded.

According to a survey from the University’s Polling Institute, 47 percent of respondents from this district “strongly disapprove” of the President Donald Trump’s performance in office.

The survey also shows that 46 percent of respondents would rather see the Democrats take control of Congress.

Student Employment Workshop

10/3/18

Topics:

- "Dress for Success"
- Student perspective about working on campus
- Customer service- do's and don't's
- Preventing Discrimination & Harassment

Wednesday, October 3rd

3:00 p.m.

Pozycki Hall Room 101

RSVP to sbrown@monmouth.edu

All are welcomed to attend!

Learn best practices and perspectives from MU professionals and current student employee. Listen, learn and discuss hot topics about working on campus.

.....

Come "Dressed for Success" at the workshop
Giveaway for "Best Dressed" work attire
Light refreshments will be served.





Monmouth Global's Study Abroad Fair

Friday, Sept. 28

Erlanger Garden

2pm-6pm



Rain Locations:
Wilson Hall, Pompeii
& Versailles Rooms



MONMOUTH UNIVERSITY
GLOBAL EDUCATION

Parent Info Session

Wilson Hall
Room 104

RSVP: GEO@monmouth.edu

dinner provided



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Seeking a motivated, bright, friendly Front Desk Receptionist

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Approximately 17 hours per week, Three shifts 8am to 1pm/3pm Tuesday,
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This is a fun positive work atmosphere! Fitness perks- boot camp classes,
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CRIME BLOTTER

9/2/2018 - 9/17/2018
unknown
Laurel Hall
Theft of leggings

9/20/2018
1340
Parking Lot 11
Harassment

9/20/2018
2317
Beechwood Hall
PsULA w/alcohol/
student misconduct

9/22/2018
2140
Elmwood Hall Poss. Of CDS/
Paraphernalia/Stud. Mis.

9/23/2018
0104
Mullaney Hall PULA /
Student Misconduct

9/23/2018
0129
Hesse Hall
PULA /
Student Misconduct

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Student Misconduct

9/23/2018
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Student Misconduct

Packing Hacks to Improve Traveling

SHANNON OSWALD
CONTRIBUTING WRITER

With summer coming to an end, that doesn't mean that traveling has to. Whether it's a quick weekend getaway or a long journey to Europe there is one similarity that would be important for either.

This similarity is packing. When going on vacation or away for the weekend, packing is necessary, no matter how long you will be gone.

Unfortunately, many people hate packing or just don't know how to do it in an efficient way. There are many things to consider when it comes to packing for a trip.

First and probably the most important aspect to think about is whether you are flying or driving to your destination.

When you are flying you need to be aware of the weight and size restrictions of your luggage.

On most airlines you are only allowed one carry on, as well as a backpack or other bag that can fit under your seat.

You can check a bag that is much bigger than a carry on, but that will be for an extra cost of course.

Luggage is a tricky thing because it still has to be under a certain weight.

Sometimes driving may be easier because at this point, your main concern would have to be whether all the items can fit in the car.

A great tip for packing your suitcase is to roll your clothes instead of folding

them. Rolling your clothes can allow you to save room within the suitcase and can allow you to pack more items of another category. When packing shoes, it is important to put them in a small bag or put a shower cap over them.

Now, this may sound silly or stange to some, but the reason for this is so that dirty shoes will not mark or stain your clothes.

Maddie Larkin, a junior social work student who is currently studying abroad in Italy gave some insight on the topic.

"It is important not to over-pack because you have to remember you will be able to buy things there if needed," Larkin stated.

She continued in saying, "The hardest part for me when I was packing to go abroad was forgetting the fact that I can still buy items if I forget them."

People tend to forget that you don't need to bring everything you own with you.

When it comes to packing toiletries it helps when you bring small travel size shampoos, soap, and perfumes instead of bringing large bottles that will take up a lot of space.

When bringing a carry-on bag onto the plane, it is important to know all the constraints and rules. For example, liquids must be in a container that follows the size limit.

Another tip is to always remember that the hotel you will be staying at will probably provide shampoos and soap.

This can be something

you look into before you travel, that way you can save money on buying travel size items and the storage in your suitcase is not taken up by these unnecessary things.

Specialist Professor Mary Harris of the communication department agreed with the tip of rolling clothes. "Packing clothing pieces that are interchangeable within your wardrobe is important," Harris stated.

She continued by adding, "Packing cubes are also really helpful." For those of you that don't know, a packing cube is a small bag that is designed to organize items inside luggage. The purpose of this item is to compartmentalize and optimize space.

Another space tip for saving space is to use vacuum seal clothing bags.

You put your folded clothes in vacuum seal bags and then suck out the extra air that is in them, in doing this, it makes the clothes and the bags extremely flat.

Doing this allows you to save so much room in your suitcase.

It is also important to know if the place you are staying at has a washer and dryer.

Because if so, then you can pack less clothes due to the fact that these cleaning and drying machines are easily accessible.

This is a tip that some people may overlook but you can try to research this before you leave for your trip.

Putting dryer sheets in your suitcase for long trips



PHOTO TAKEN by Cassandra Capozzi-Smith

When packing, be cautious about the amount of clothes that you bring. These packing tips can be useful to any traveler.

is a good idea to keep them smelling clean until you arrive at your destination.

Colleen Moretti, a junior communication student said, "This past summer I traveled to Ireland for a week. I packed 2 shirts for every pair of pants. This is a good tip for making sure you have enough outfits to get you

through the trip."

Whether you are traveling 50 miles or 500 miles it is important to pack your suitcase using some of these tips.

While packing a suitcase isn't enjoyable for everyone, using these tips may ease your stress a little bit.

Safe travels everyone.

How To Become A Morning Person

COLEEN MORETTI
CONTRIBUTING WRITER

We always go to bed telling ourselves that we are going to start waking up early and being productive, but does it ever really happen? The answer is probably no. Starting your morning off the right way will set your tone for the rest of the day.

Don't you ever notice when you're running late in the morning, or you get a coffee stain on your clothes that the rest of the day follows with bad luck? That's why becoming a morning person is so vital for the rest of your day.

The first tip to becoming a morning person is an obvious one, actually getting up and out of bed. We all want to keep giving ourselves "10 more minutes" until the last possible second, but morning people never hit that snooze button. A good way to practice this habit is one that starts the night before.

When you are about to get cozy and ready for bed and you go to charge your phone, you should put it on the other side of the room, instead of allowing it to be right next to you. This way in the morning you will actually have to get up from the comfort of your bed to turn that annoying alarm off.

After getting out of bed, it is really easy to contemplate getting back in it. But take some advice: don't. When asking people that define themselves as ones who enjoy mornings, an answer that

may help this problem was found.

Natalie Tauge, senior communication student, said, "The first thing to do every morning is to make your bed that way you won't want to get back into it, it signifies the start of a new day."

Another easy way to become a morning person is another one that relates back to the night before.

You obviously won't be able to get up and start your day off right at an early time if you don't go to bed early enough. It is important that before a good night's sleep you

have things you may need, examples would be fuzzy pillows, blankets, essential oils, or even a sound machine.

Something that many people may find helpful is drinking a cup of tea before you go to sleep.

Not only can it help your digestive system but it can also calm your body down.

It's important to wash your face before bed as well. Not only is this a hygienic aspect of life but it allows you to wipe all the dirt from the day off so you go to bed feeling

clean and refreshed. A good nighttime routine is an essential part of becoming a morning person.

Lots of morning people say that the most important part of becoming a morning person is to start your day with a good workout.

This is probably the hardest part of the morning, as you're already so tired but now you have to add physical activity to it.

People say it is essential to start your day with a workout because it makes you feel productive and energized. Although, if you're just a

beginner at this whole "morning person" thing, then starting your morning out with a long hard workout might not be the best option for you.

An alternative to this would be to start your morning with a couple of beginner yoga poses or even a quick walk around the block, this will get your blood pumping and your mind set for a good productive day.

Andrew Soria, junior biology student, is a huge believer in the fact that becoming a morning person will help your entire day.

When giving his input on the topic, Soria stated, "For me personally, I believe the first time you wake up is the best time to wake up, because if you go back to bed your body gets back into that REM cycle so it becomes harder to wake up."

He also added that he likes to eat a high carb breakfast and listen to music because it sets his tone for the day.

When asking in the communication department, Associate Professor Mariana Vujanovic, Ph. D., gave her input. "The most important thing is to get work done when you feel you are the most productive. That way you know you did the most with your day." She also added, "Try and get enough sleep, at least eight hours a night."

As college students we all understand the struggle of getting a long night's rest, but it is worth a shot.

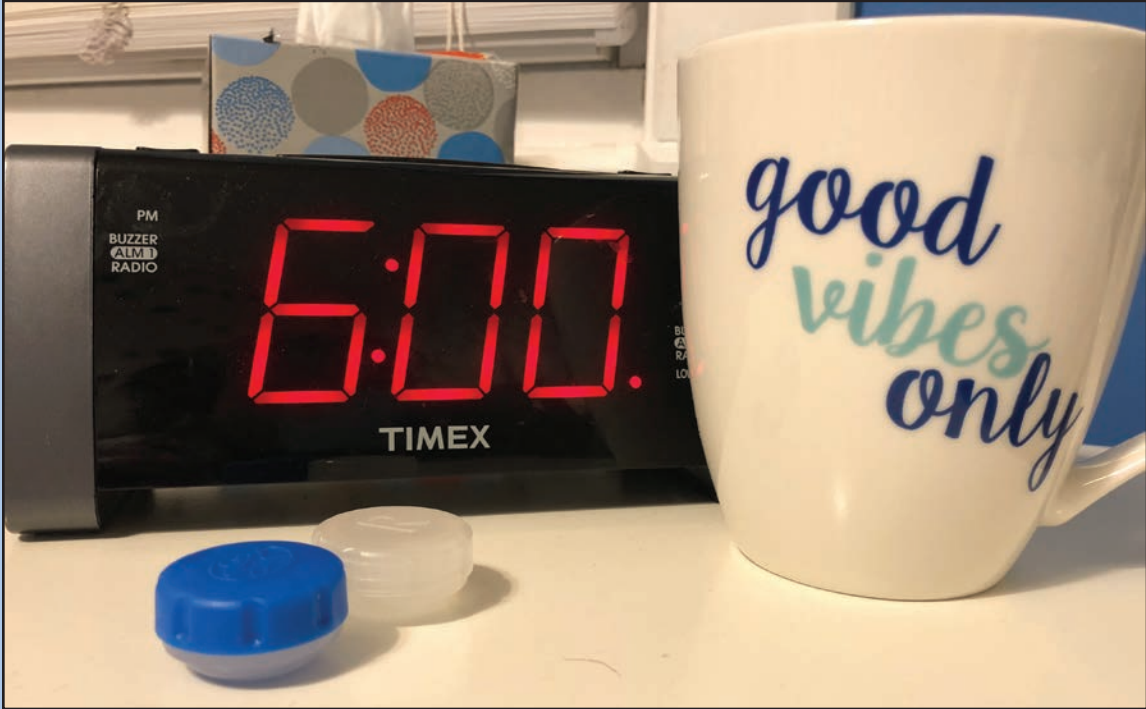


PHOTO TAKEN by Cassandra Capozzi-Smith

Becoming a morning person is not something that will happen overnight. So whether you are a morning person, or an aspiring night owl, hopefully these tips and tricks will come in handy.

LIGHTS! CAMERA! PREVIEWS?

Why do Movie Previews Take so Long?

MARK MARRONE
ENTERTAINMENT EDITOR

It's a blessing and a curse to live five minutes away from an AMC Theater.

I love being so close to my "place of worship," filled with scuffed red seats and a new Dolby Theater that employees don't know how to use.

However, each time I go it costs me a nice \$6.25 at matinee per visit.

When I go to the theater, I always show up 20 minutes late.

For example, if *Mamma Mia: Here We Go Again!* starts at 8 PM, I'll arrive at 8:20.

I know what you're thinking: "Oh god, Mark! You're going to miss the movie! And if you miss it, how will you review it for all of us? I always check out one of your reviews before I go out to the theater!"

I appreciate the concern, but I'm not actually late for the showing.

When my butt's in the chair, the movie is ready to roll because I show up after the previews play.

At major theater chains like AMC, Regal, Cinemark and Bow Tie, the length of trailers prior to the featured presentation seem to be getting longer.

Even when I roll up at the movies as late as I do, the coming attractions are still playing for another five minutes.

Nowadays, trailers are worth avoiding because they give too much away.

At an average length between two to two and a half minutes, it feels like you've watched the movie from beginning to end.

Granted, there are audiences

who enjoy catching sneak peeks.

With tickets costing an average of \$9.16, viewers want to see what's worth going to next.

They're not willing to go to a movie if they're interested in the plot; people want to catch a glimpse of Jason Statham stabbing *The Meg* with a spear or Jamie Lee Curtis running after Mike Myers in another *Halloween*, so they know it's worth their time and money.

But for over 20 minutes? C'mon people, let's just get to the movie!

Why are trailers taking so long before the show?

Well, the first and obvious answer is that theaters want to generate enthusiasm for upcoming flicks.

In the eight previews shown before the main picture, there's bound to be one that will catch someone's interest.

However, the theater isn't the exclusive place to catch sneak peeks anymore.

Millions of viewers check out previews on YouTube daily, so by the time they get to the theater, it may be a regurgitation of what they've already seen.

Another factor is to give audiences enough time to buy concessions.

If viewers know they have 20 minutes before the main event, they may get antsy and head to the food stand to buy a small popcorn for \$10 (it's \$11 with butter).

Twenty minutes also gives viewers plenty of time to get settled in.

Maybe the line's long at the box office or the self-service

ticket machines are down (like they always are at an AMC on a SATURDAY NIGHT), so the trailers give folks comfort if they might be running late.

While these factors play some role in the lengthening of trailers, Assistant Professor of Interactive Digital Media, Dickie Cox, M.F.A., looks at the issue from the studio's perspective of a movie as an investment.

Cox said, "Because of the increasing distribution options for films and TV and the growing quality of serialized video on streaming services, Hollywood films seem to be moving increasingly towards trying to replicate the content and brands of its previous successes."

Cox continued with, "This is leading to more films being created in the mode of the smash-action, visual-explosion of the summer blockbusters. Those films have expensive overhead for the cost of special effects and require lots of advertising and hype-building to cover the costs of the productions and to make profit for the studios."

Cox understood the studio and theater's way to spark excitement with, "The way to build hype is to tease films early and often and to release multiple trailers as an effort to get the audience back in the seats on opening weekends in the future."

"Often, exclusive looks and secret trailers are offered to the attending fans to draw them to panel discussions for upcoming releases" Cox indicated.

Cox's points solidify that this



IMAGE TAKEN from health.howstuffworks.com

Movie previews before the show can average 20 minutes.

benefits studios and shows there are plenty of people who enjoy checking out trailers before a movie.

Among my friends, I'm the only guy who encourages us to get to the theater late.

A majority of my friends love watching scenes from upcoming Marvel flicks, even if it means sitting through 15 minutes of garbage to reach the moment where Thor shows off a shiny hammer to his mouth drooling fanboys for five seconds.

For those who want the movie to start promptly, a solution to this issue could be to play the previews ahead of the main showing time.

If people want to get their fix for trailers, they have the option to see it ahead of time.

For those who show up on time, they'll be pleased to get the show on the road.

An additional measure is for

the editors of movie trailers to cut them shorter.

At two and a half minutes, there could be too much given away and it lengthens the wait time for the reason why everyone's there.

At one minute, we could breeze through eight trailers.

Considering the studios' push to generate buzz around their latest arrivals, concession stand sales and a favorable response from audiences, it doesn't seem like trailers will get any shorter.

However, there's hope.

A couple months ago, I attended a screening of *The Guardians* in a Philadelphia theater called Ritz at the Bourse.

The movie started after a single preview. It was as if after I blinked, it was show time; a moment I've always dreamed of!

Unfortunately, that made up for my hour long drive.

Weezer Releases "California Snow"

MARK MARRONE
ENTERTAINMENT EDITOR

Weezer released new music last Wednesday and, to the disappointment of many fans, it wasn't their highly anticipated *Black Album*, which was promised to come out last May by lead singer Rivers Cuomo.

"California Snow" is the stand-alone single Weezer made for the upcoming film *Spell*.

The movie follows an American illustrator who roams around scenic Iceland after the death of his fiancée.

Weezer's latest song goes in the direction of pop, but it doesn't sound like a gimmick this time.

The band's last album, 2017's *Pacific Daydream*, had singles that strayed away from the band's genuine sound of rock and nerdy lyrics.

Some songs that begged for radio play and had an EDM feel from *Daydream* included "Feels Like Summer," "Happy Hour," and "Beach Boys."

In the case of "California Snow," this is what the band should've aimed for if they wanted to delve into the world of pop.

The song kicks off with tantalizing synthesizers and an electric guitar chord progression that'll suck you right in.

Then, the 48 year-old Cuomo raps clever lyrics before the bass drop with, "Walk soft

with a big stick, woo/ When I play guitar it's sick, woo/ This is the definition of flow, woo."

Although the lyrics aren't written by Shakespeare, the chorus is catchy. Cuomo reaches the high notes and belts, "California snow, never let me go" throughout most of the song.

It gets repetitive, but the chorus will be stuck in your head.

The rest of the lyrics are the opposite of "definition of flow."

There is no clear meaning of the song because the band goes on different tangents in between each chorus.

However, this isn't a song to pick apart.

Weezer's goal was to put together an enjoyable pop song and they did it without being obnoxious in past attempts, like in *Daydream*.

Over the summer, the band toured across the country with The Pixies and released the surprise hit cover of Toto's "Africa," which reached Number 54 on the Hot 100.

Last Monday, the band released a music video for "Africa," which starred Weird Al Yankovic. It has already racked up 350,000 views on Youtube.

"California Snow" may not generate the same amount of heat "Africa" did over the summer with fans, but it provides a bright future for the continuously evolving band.

The New Led Zeppelin: GRETA VAN FLEET

RAY ROMANSKI
CLUB & GREEK EDITOR

A young band from Michigan is quickly ascending to fame for their familiar sound.

Referred to as "the new Led Zeppelin," Greta Van Fleet has been a very hot commodity in rock music.

Now, I know what you're thinking: "A bunch of kids? Compared to Zeppelin? One of the biggest and most influential bands of all time? That's blasphemy!"

I thought the same way when I first caught wind of them last spring.

I found a video on YouTube for their tune "Highway Song," which has succinct Jimmy Page-style guitar riffs and tone, along with an allusion to Robert Plant's howls in "Immigrant Song."

The next thing I knew, I was trying to buy tickets for their Starland Ballroom show in May (it sold out immediately).

The band is comprised of three brothers, Jake, Josh, and Sam Kiszka, and their friend Danny Wagner.

They are only 19 to 22 years old and selling out clubs, performing at festivals, and have already one EP, *From the Fires*, at number 1 on the Billboard Rock Charts.

Jake plays guitar, Sam plays keyboards and bass, Danny sounds like John Bonham on the drums, and Josh belts out Plant-esque high notes with ease.

The band dropped two singles off their upcoming album *Anthem of the Peaceful Army*: "Watching Over" and "Lover, Leaver" on

Sept. 21.

The introduction to "Watching Over" sounds like a mellower version of Zeplin's "Achilles' Last Stand" meets The Animals' "House of the Rising Sun."

But just because the introduction is mellow, doesn't mean this song doesn't rock hard.

The latter has an opening riff similar to Aerosmith's "Train Kept A Rollin'," a drum fill that reminds listeners of Bonzo's solo in "Whole Lotta Love," and a wail of a high note that is similar to Zeppelin's "How Many More Times."

This band gets a lot of negativity among the all-knowing YouTube comment section.

Some commenters say they're "Led Zeppelin knockoffs," while others say they "lack originality," and "are going to fade out."

Here's where the critics are wrong: Greta Van Fleet has only just begun, and they're getting sharper with each new song they release.

Being a "knockoff" is not a bad thing, if you can do it well.

If you attempt to copy a legendary band and fail, you'll be struck down swiftly.

This young group of guys not only imitates Zeppelin's style well, but they're performing their own material.

This isn't a Zeppelin cover band; they're an entirely new band with a retro style of hard rock.

If you found out you could sing like the Golden God Robert Plant, would you continue working a blue-collar job or would you start a rock band?

And here's the wildest part yet: Robert Plant, Jimmy Page, and John Paul Jones all have given Greta Van Fleet their seal of approval.

These guys are already storming the airwaves with songs off last year's *Black Smoke Rising* EP, but you can expect more big hits and news from these young Michigan rockers.



MAGE TAKEN from ChunkyGlasses

Greta Van Fleet has new album to be released on Oct. 19.

Eminem Launches a Surprise Attack in “Kamikaze”

RAY ROMANSKI
CLUB & GREEK EDITOR

Grammy winning rapper Eminem released an unannounced album on Aug. 31, aptly named *Kamikaze*.

This surprise release follows 2017’s *Revival*, which was ridiculed harshly by critics, musicians, and fans.

The common attitude was that Slim Shady should retire from making music; that he is too old, hackneyed, or has nothing left to prove.

Eminem made a point to show his relevancy with *Kamikaze*, and spared no one.

“The Ringer” is the first track on the album and is a dense diatribe analyzing hip-hop today.

Within this song, Shady challenges prominent figures in music, Lil Pump, Lil Xan, Iggy Azalea, Machine Gun Kelly, and more to produce an articulate response to him.

The current state of hip-hop is being dominated by “mumble rap,” music that is performed by the new generation.

Some common themes in mumble rap include explicit drug abuse, sexism, and promiscuity. Mumble rappers such as Lil Pump, Lil Yachty, and Lil Uzi Vert murmur their lyrics at a rapid pace, which doesn’t impress Eminem.

Also in “The Ringer,” Shady addresses the downward spiral of rap, where he sends a wakeup call to the genre.

Eminem fires shots with, “I’m sorry, wait, what’s your talent?/ Oh, critiquin’ my talent... To give a sub-par bar or even have an opinion or view” and “I heard you mumblin’s but it’s jumbled in mumbo-jumbo.”

Through this song the artist attempts to persuade mumble rappers to steer the genre back to where it should be.

The rapper compares his lyrical depth to their inferior lines and calls them “too stupid to get it” from prolonged drug usage.

However, there is hope.

Eminem does give praise to Big Sean, Kendrick Lamar, J. Cole, and Joyner Lucas as saviors of rap music.

Other high points of the album were the songs “Lucky You (Feat Joyner Lucas)” about Eminem being his harshest critic, “Fall” again about his opinion of the decline of hip-hop, and the last track “Venom.”

This song will be featured on the soundtrack for the Marvel movie *Venom* in theaters Oct. 5.

The song serves as another incentive to catch the flick.

Then, on the sixth song, Eminem does something different.

“Stepping Stone” is a deeply contemplative song with hints of redemption through Christianity by washing away his sins.

In this song, the artist reflects on his humble beginnings in the rap group D12, and how he achieved fame while they were left behind.

Shady regrets his celebrity status, which interfered with his friendships.

The loss of Eminem’s friend Proof, or “Doody” as he calls him, drives the rapper to loathe his fame.

The piano that softly plays is haunting and dreadfully efficient.

The other eight songs are valiant swings and misses.

Throughout *Kamikaze*, the choruses are not melodic, the production is overdone, and the

overarching theme is: “I’m Eminem, and I’m the Greatest.”

This reminder is not only monotonous, but arrogant as well.

Of those who Slim Shady called out, only one answered: Machine Gun Kelly.

The two have had issues since 2012 when MGK disrespected Eminem’s daughter, Hailie.

Kelly responded to “The Ringer” with his song “Rap Devil.”

In this ripped off title, MGK calls Shady “bored,” “a baby,” “a bully,” and overrated.

His best line is undoubtedly, “It’s a fast road when your idols become your rivals.”

An unspoken rule in rap music is to leave Eminem alone, because he has a laundry list of people that have been “lyrically murdered.”

Shady responded to MGK with a single called, “Killshot,” which features a cartoon of MGK in the scope of a rifle with red X’s over his eyes.

In the four-minute song, Eminem attacks MGK’s physical attributes with, “But how are you gonna name yourself after a damn gun, and have a man-bun?”

Throughout the single, Shady attacks MGK’s much younger age with terms like “kiddo.”

This beef isn’t a small quarrel, it’s a battle of wits that has had a huge impact on pop culture.

MGK has over 105 million views for the “Rap Devil” music video on YouTube, and “Killshot” has a close 97 million.

Both rappers racked up the staggering amount of views within less than a week.

Machine Gun Kelly might have laid down some good (and fair) punches at Slim Shady, but Eminem remains the uncontested diss-track rapper.

Leonard Cohen’s Last Book to Be Released

MARK MARRONE
ENTERTAINMENT EDITOR

“Hallelujah!” The famed poet and singer Leonard Cohen, who passed away in late 2016, left behind one last piece of his work for fans to enjoy.

Cohen’s final book, *The Flame*, will be released on Oct. 2.

The book will feature a collection of artwork, poems, lyrics, and writings that the artist crafted shortly before his death.

This collection of works is meant to give readers a look inside the mind of Cohen, who even at the age of 82, continued to progress as an artist with potent lyrics on a wide range of topics including love, longing, and politics.

Over the span of six decades, Cohen released 13 poetry books and 15 albums.

Although Cohen’s catalogue wasn’t extensive, each work of his was precious.

Every song and poem Cohen created felt like it had a prophetic meaning because the artist had a special, yet humorous

touch.

“Everybody Knows” Cohen’s classic song “Hallelujah,” which has been covered over 300 times.

However, the poet’s songs aren’t for everyone.

Cohen’s singing style was unique, with a monotone voice that spoke such profound lyrics.

As the artist aged, his voice became even deeper, which made Cohen sound like a chilling ghost.

The poet’s last album, *You Want It Darker*, released shortly before his death, had a sticker on the front of the CD that promoted “Nine haunting songs” by Cohen.

Even close to two years after his death, it’s hard to believe Cohen has left us.

Despite his age and health condition, the artist lived life to the fullest by sharing incredible music in the albums *You Want It Darker* and *Popular Problems* in his final years.

Cohen was dedicated to his craft and *The Flame* hopes to be a testament to the artist’s legacy.



IMAGE TAKEN from Variety

Leonard Cohen’s last book will be released on Oct. 2.

Remembering Arthur Mitchell The Jackie Robinson of Dance

ERIN MULLIGAN
CONTRIBUTING WRITER

Pioneer dancer, choreographer, and director, Arthur Mitchell, passed away at age 84 due to complications leading to heart failure in a Manhattan hospital on Sept. 19.

Arthur Mitchell became the first black ballet dancer to attain international stardom, all thanks to a guidance counselor who saw him dance and encouraged him to audition at the High School for Performing Arts in New York City.

After trying out, Mitchell won a scholarship to attend and studied there.

In high school, Mitchell experienced racism when lesser qualified students were chosen for roles over him because of his race.

At just 18 years old, Mitchell was offered another scholarship to study ballet at the School of American Ballet.

The School served as the training ground for the New York City Ballet.

On his experience going into the ballet, the dancer once said he wanted, “to do in dance what Jackie Robinson did in baseball.”

Mitchell started big by performing in Broadway musicals as well as by performing with the companies of Donald McKayle and John Butler.

In 1955, he joined the NYC Ballet and quickly became a premier *danseur*, eventually spending 15 years with the company.

By the next year, Mitchell became the first African-American principal dancer with the major ballet troupe.

BBC News reported in 1957, his pairing with white prima ballerina Diana Adams caused an uproar throughout the country.

Earlier that year, Mitchell said that despite the severe racism happening in the country, he was able to dance his way into people’s hearts.

From that moment on, the dancer received constant standing ovations. Soon enough, he was promoted to be a principal dancer with the company in 1962.

Famous choreographer and co-founder of the NYC Ballet, George Balanchine, also known as the “father of ballet,” created many roles for Mitchell.

Mitchell felt so incredibly strong about the issue of prejudice towards black dancers in the ballet world that he became extremely determined to open an all-black ballet company.

The dancer was also heavily inspired by Dr. Martin Luther King Jr.’s death to give back to the kids in Harlem.

Mitchell wanted to provide them with the same opportunities that he was given.

In 1969, Mitchell and Karel Shook founded the Dance Theatre of Harlem, which was an integrated dance school in Harlem, where he was born and raised.

The two started the school in a church basement with 30 kids in

attendance.

Mitchell and Shook were then able to upgrade to a garage for space and after two months, had 400 kids attending dance classes.

The two charged 50 cents a week for kids to take classes and it became the first major classical ballet company in the U.S. to prioritize black dancers.

The Kennedy Center shared more information about Mitchell in the 1980’s on his accomplishments and milestones that he experienced with his dance school.

In 1988, their company became the first dance company to invite the U.S. Information Agency to perform in the Soviet Union as part of the U.S.-U.S.S.R. Royal Ballet of England.

This initiative was part of a series of historic collaborations that, specifically for the company’s newly created education project where black and white dancers, were paired together for.

Mitchell and Shook wanted to train talented children of all races in England.

They also became the first major performing arts company to visit South Africa, making a statement of the country’s increasing racial openness.

Mitchell was awarded the Kennedy Center Honors in 1993 and the MacArthur Fellowship in 1994.

The current Director of the Dance Theatre of Harlem, Anna Glass, called Mitchell a “true visionary.”

The theatre paid tribute to

Mitchell on social media in a tweet saying, “His legacy of passion, power, and perfection will live on through each and every person he’s touched in his lifetime. We love you and we honor you.”

Today, many of his former students have careers in the arts, all because of Mitchell.

Ekaterina Bronshteyn, an adjunct professor of dance, said, “I found his attitude about life to be the most important treasure.”

Bronshteyn went on to say, “There are many great dancers, great talents entering and exiting the stage; but certain artists can touch us more deeply than others.”

Bronshteyn continued with, “The reason is that their life attitude, moral principals and humility resemble with us more. It sticks and we use it as a compass to navigate in our own lives. This

is the truth about Mr. Mitchell’s life.”

The self-described “political activist through dance,” grew up in Harlem, where it was surprising for a kid to become a student over becoming a gang member.

Mitchell did just that by performing leading roles under George Balanchine and staying off of the streets.

Bronshteyn also added, “It used to [be] believed that black people physically, socially and intellectually couldn’t do classical ballet due to its European origins.”

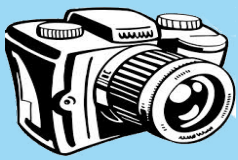
“Mr. Mitchell successfully broke these stereotypes first for himself and later for his students,” she said.

Mitchell was one of the most popular dancers with the NYC Ballet in the 50’s and 60’s, and will always be remembered as an artistic pioneer.



IMAGE TAKEN from Smithsonian Magazine

Arthur Mitchell was a trailblazing African American dancer.



MOMENTS AT MONMOUTH



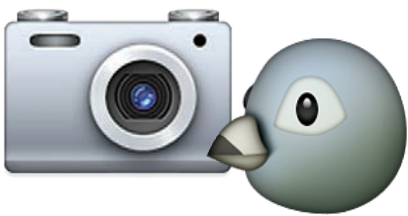
LEFT:
MEMBERS OF THE SURF CLUB ENJOY THE BEAUTIFUL WEATHER AT THE BEACH WHILE THEY'RE NOT IN CLASS.
PHOTO COURTESY OF:
ADDISON LABAR



RIGHT:
JUNIOR DEFENSIVE LINEMAN KAHARI SCARLETT HAVING SOME FUN ON THE FIELD DURING THE AWAY GAME AGAINST THE PRINCETON TIGERS.
PHOTO TAKEN BY:
KARLEE SELL



LEFT:
UNIVERSITY AMBASSADORS POSE IN FRONT OF THE NEW HAWK STATUE, GIVEN TO THE UNIVERSITY BY ALUMNI.
PHOTO COURTESY OF:
MONMOUTH AMBASSADORS



RIGHT:
EXECUTIVE BOARD MEMBERS OF THE MONMOUTH REAL ESTATE CLUB ATTENDING THE INVITATIONAL GOLF OUTING. (FROM LEFT: BOBBY JONES, NICOLE CRUZ, MITCHEL PEREIRA AND CARISSA CLARKE)
PHOTO COURTESY OF:
MONMOUTH REAL ESTATE CLUB



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



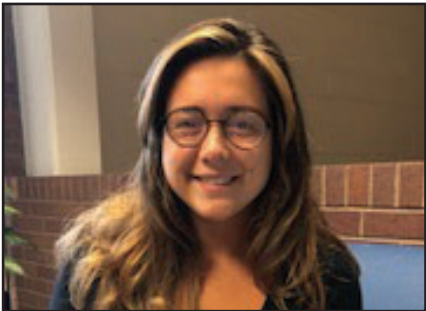
*How do you save money
as a college student?*

COMPILED BY: NICOLE RIDDLE



Eddie White
Senior

"Cut out unnecessary expenses and put away more than you actually spend."



Bianca DiPreta
Senior

"Couponing, not buying textbooks unless absolutely necessary, and applying for scholarships."



Khristian Nascimento
Senior

"Having no friends."



Melnaie Broman
Junior

"Prioritizing and not buying unnecessary things. I've heard if you can't buy something twice, you can't afford it."



Michael Thomas
Associate Dean

School of Humanities and Social Sciences

"Live in the moment. Spend your money on enjoying life. But if you must, put your money away from your sight so it can accumulate without having you think about it."

WANT TO MAKE \$\$\$

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1. APPLY ONLINE

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

For Federal Work Study: Use Job #3637

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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



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HAWCS FLY TOGETHER

MEGAN CONCHAR
CONTRIBUTING WRITER

The Human-Animal Well-ness Collaboratory (HAWC) is a non-profit research organization within the Department of Psychology at Monmouth University. We are a research lab from the Department of Psychology. Although we are not a club per se, we are still invested in helping students discover passions for the welfare of animals.

We conduct both in-house research evaluating training, enrichment, and the humane use of animals in teaching as well as with off-site at collaborating animal shelters and zoological facilities.

We are also involved in community outreach initiatives that aim to improve the well-being of both animals and the people that care for them.

Some of our current research projects that we're currently working on include: working in shelters to study the welfare of shelter dogs and working at Six Flags to study baboon and sea lion behavior and cognition.

We also are studying dog and owner behavior as well as play and aggression in dog parks, and working with animal rescue workers to study compassion fatigue and secondary

traumatic stress. Most of our "events" revolve around our research, meetings, and presentations.

Meetings are held in the Psychology Department (new

HAWC lab coming soon!) in the first floor of Howard Hall every Wednesday at 6:00 p.m. For further information, contact me or our Director, Lindsay Mehrkam, Ph.D.

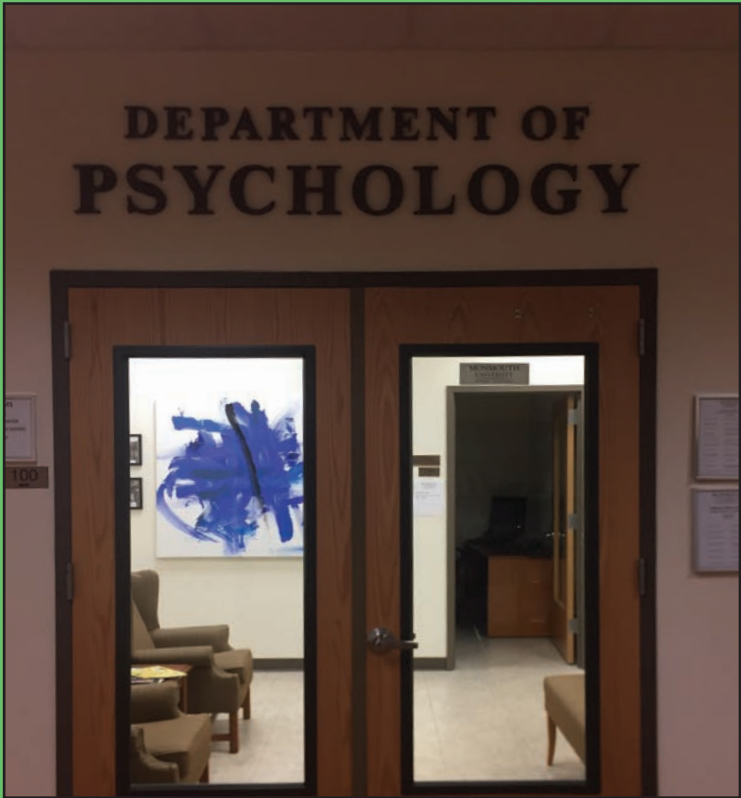


PHOTO TAKEN by Ray Romanski

The Psychology Department is in the lower level of Howard Hall.

Hazing Speaker Visits MU

RAY ROMANSKI
CLUB AND GREEK EDITOR

Travis Apgar, an anti-hazing speaker from Rensselaer Polytechnic Institute, gave a speech last Thursday night, Sept. 20, to an audience of Greek members. His presentation highlighted the various forms and subsequent risks of hazing practices seen in colleges nationwide.

As a consequence of the Greek Life suspension enacted on Sept. 6 by the University, every Greek letter organization was mandated to send 50 percent of its members to this event. Numerous fraternities and sororities did not meet the required percentage, according to the Office of Student Activities.

Many audience members were not engaged; many were focused on their cell phones, others were doing homework, and some were asleep in their seats.

Apgar, a former Dean of Students at Cornell University, has toured the nation for over 15 years giving hundreds of college campuses with the same warning: Hazing is immensely dangerous.

"We get mixed messages from media, sports teams, movies about expecting to be hazed when joining Greek Life," said

Apgar. "Hazing doesn't only happen in Greek systems, but in honor societies, high school and college sports, marching bands, and more. However, the most student deaths are from fraternity hazing incidents."

Apgar himself had joined a fraternity in college, and was a victim of hazing. He told the story of how his father had shot himself following a divorce notice, and on his initiation night, he was forced to hold a gun to his head and say he would die for the fraternity and how that broke him.

"We can measure how hazing affects someone physically," said Apgar. "We can look at bruises, muscle definition, and sleep deprivation as physical signs of hazing. But, you can't measure how something will affect somebody emotionally."

A study by the University of Maine surveyed 11,000 students involved in Greek organizations. 55 percent experienced hazing, either physical or emotional.

Apgar continued, "There is not much I can do. I have limited impact here. You are the only ones who can stop it. When hazing happens, it's not the president's decision, the Vice President's, or the administration's. Reality is, it's in your hands."

WMCX Holds its First "Lecture"

RAY ROMANSKI
CLUB & GREEK EDITOR

WMCX, the radio station on campus, held its first free classroom concert last Friday, Sept. 21. The concert featured local bands Beauty, Fake Blood, and latewaves. After each band's set, they were interviewed.

Local heroes Deal Casino closed out the show. Deal Casino will be performing this weekend at the inaugural Sea Hear.Now. Festival in Asbury Park alongside Incubus, Jack Johnson, The Wailers, and many more.

This concert transformed Plangere Room 235 into an intimate concert venue, complete with a stage and backdrop reminiscent of classic MTV. The audience was a blend of Monmouth students and local listeners of all ages.

Ali Nugent, a senior communication student and general manager of WMCX, was pleased with how the event turned out. "I think it was really successful,"

Nugent said. "The turnout was great and all the bands told me how much fun they had."

Nugent personally coordinated the bands and the catering for the event. Windmill Hotdogs and Nelly's Pizzeria sponsored the event.

Mason Rogers, bassist and guitarist for Fake Blood, liked the classroom concert idea. "This was certainly the most unique show Laura and I ever played," said Rogers. "I've never played anything quite like this. But, I'd like to thank everyone at the X for letting us play here!"

Molly Fichter, a junior communication student and Production Director for WMCX, worked the entire live broadcast at a table across from the stage. Her worksite: a switchboard, a plethora of wires, a broadcast cube, and headphones to assure sound quality.

"This was a lot easier than XFest, and the Executive Board decided this would be better for everyone involved," said Fichter. "Better for the bands, the fans,

listeners, and all the students who worked it."

XFest was a two-thirteen hour day festival held last spring that featured 26 bands and interviews. Molly worked both days at her control center.

Alicia Monus, a sophomore music industry student, asked to interview Deal Casino and was lucky enough to sit down with the guys. "I joined WMCX last fall and it has been a lot of fun," said Monus. "I've learned a lot about radio and myself. There's also some cool perks; the station had extra concert tickets, so I'm going to see Neck Deep, a sold out show!"

Nugent said the next Concert Classroom in the Lecture Series is "in early November," and although no artists have been confirmed yet, the "X" E-board is finalizing contracts for the next show.

WMCX meets every Wednesday at 2:45 p.m. in Plangere Hall Room 234. For further information, contact Ali Nugent or Aaron Furgason, Ph.D.



PHOTO TAKEN by Ray Romanski

Deal Casino closed the first Classroom Concert of the year last Friday.

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.

Hawk TV News

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

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

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 Zach Cosenza at s1052751@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!

Books That Have Changed My Life

SAMANTHA LOSURDO
CONTRIBUTING WRITER

Books are my life, and even that's pretty much an understatement. It's crazy how much a reader can take away from one, even the ones that weren't intended to be teaching anything.

That's the absolutely crazy and astonishing thing about reading books: everyone can read the same words but get a different meaning out of them. Hopefully, whatever that person has taken away from the specific book, sticks with them throughout their life.

Katie Sharkey, a junior communication student, said that a book that left an impression on her life was *The Help* by Kathryn Stockett. The book kept things so new and fresh that Sharkey repeatedly kept saying, "I couldn't put it down."

She loved to watch the developments of the characters throughout the book. Sharkey read *The Help* during her freshman year of college and it got her back into reading.

Shannon Burke, a junior communication student, said that *The Book Thief* by Markus Zusak made the biggest impact on her life. Told from the perspective of death, the novel offers an unusual viewpoint.

Burke read this during middle school and still remembers the tale that takes place during the Holocaust very clearly.

"It made me realize that we point fingers at people, but they do what they have to do to survive," she said.

Donna Dolphin, an associate professor of communica-

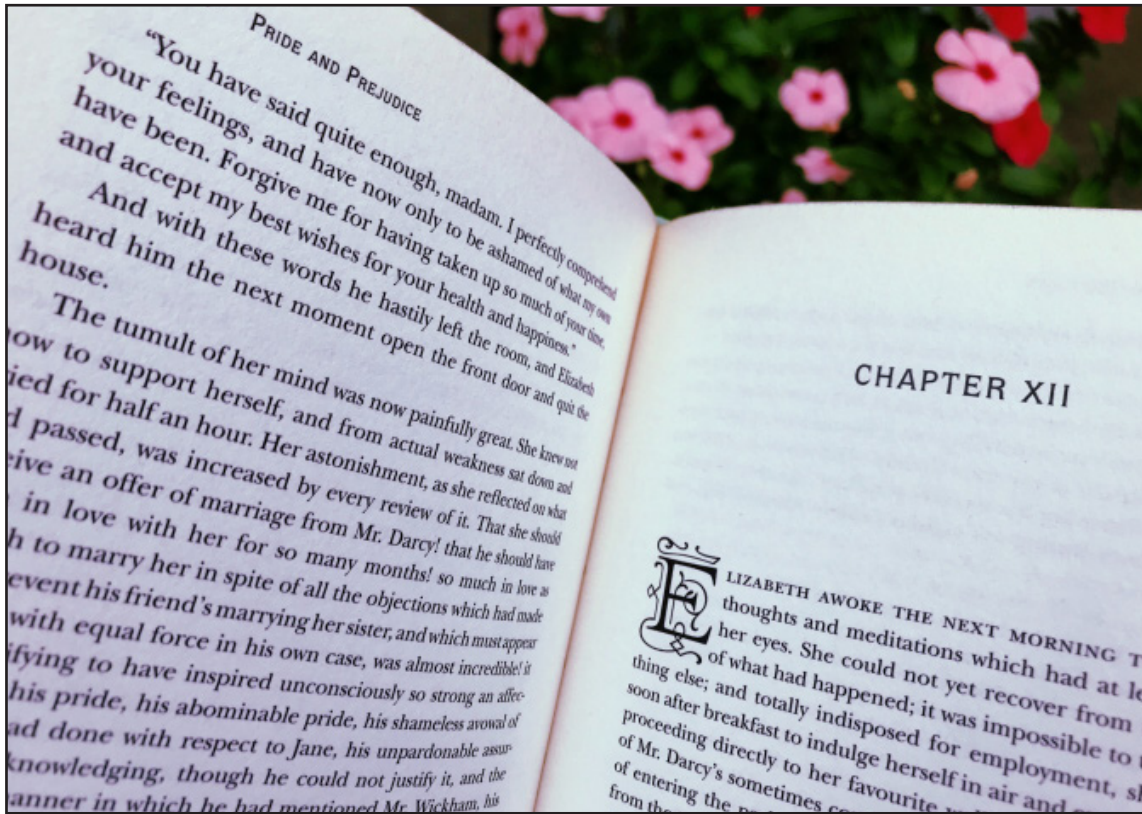


PHOTO TAKEN by Jenna Puglisi

Many readers are inspired by their favorite books, with the words leaving a powerful impact for life.

tion, thought back to her own college experience when she was asked about a book that was influential in her life. *The Awakening* by Kate Chopin was a book that she initially read during a course on American women writers, and it's one that she's reread throughout the years.

Chopin moved her in such surprising ways and she has been able to connect with the book through all phases of her life.

In reference to the ending, she mentioned, "It's just very moving and causes a lot of

reflection for the reader and reinforces the message that women were struggling for control in their lives and they would take it in any form that they could."

I've truly lost count of how many books I've read throughout my life. But a good guess can be made by opening the drawer underneath my bed where stacks upon stacks of books are. Every single book that I've ever read has left an impression on my life in some way. But there are some that have been particularly significant, and that I would recom-

mend to my fellow readers.

It all began in the moment when fourth-grade me picked up *Judy Moody Was In A Mood* by Megan McDonald; my life was changed. While being sick with pneumonia and out of school for two weeks, a kid could easily get bored. But within those two weeks, I had read the entire Judy Moody series and didn't want to ever stop.

That was the series that started my love for reading and the different worlds that books could take you to. After that, it's a rare thing to see me

not have a book nearby.

The phrase, "don't judge a book by its cover" is not only useful in life, but it's also extremely true when it comes to actual books. When a coworker recommended the book, *A Man Called Ove* by Fredrik Backman to me, I took one glance at the cover and was automatically turned off.

The back of an old man, with a cat by his feet tinged with weird colors, was not appealing to me and it wasn't what I'd normally pick up. She promised me that I would not only laugh and cry over this book, but that I would absolutely love it. She was right.

Readers of this novel will be met with many life lessons and incredible life reminders. Now, I would pass along this recommendation to other readers, as well.

Lastly, the biography *Robin* by Dave Itzkoff made me rethink a lot about life. This book reminded me of another life lesson that is very relevant in today's society: we choose what we want everyone to see. We, as humans, are able to choose what mask to wear for the day and just how far we allow others in.

Books are like art: up to your interpretation. Thousands of people have read the same books over and over again, but each placed them down with different thoughts in their heads.

Books, like the impressions left on the reader, are timeless. Maybe next time instead of having a Netflix night, pick up a book and create your own mental movie.

How Animals Help Relieve Anxiety

SAMANTHA RIVAS
CONTRIBUTING WRITER

As it turns out, man's best friend is also man's best chance at some relaxation. While the calming teas and naps may not always reduce your stress and anxiety, sitting down with an animal for a little while just might do the trick.

As a pet owner, I can confidently say that being around my little Maltese-Shi-Tzu instantly makes me feel better. She plops down on my lap and relishes the belly rubs she greedily accepts from me. It's as if every stress-

inducing nuisance that is clouding my thoughts melts away when I'm running my hand back and forth through her fur. But why does this happen?

Andrew Lee, Director of Counseling and Psychological Services, said, "Spending some time petting an animal can reduce some anxiety; it can lower heart rate and lower blood pressure." So if you think you're imagining the effects your furry friend has on your mental well-being, you're not.

There have even been studies that show the benefits of animal assisted therapies. In the case of an older patient, these stud-

ies have been proven to aid in the improvement of cognitive disabilities such as Alzheimer's and dementia, according to *Everyday Health*.

From the eyes of a student who struggles with mental health, animals are more than just a pet to senior psychology student, Andrea Castro. Her dog, Luna, provides her with the emotional support she needs while dealing with depression and anxiety. "Whenever I get anxious or I am going through a depressive stage, I hug her and she licks my face and even if it is just for a few minutes, I am happy and calm," said Castro.

"Small gestures like licking my face or cuddling up next to me in bed mean the world to me. They are gestures that show unconditional love, and those are reminders that I need when I am at my lowest," Castro added.

Even people who don't have a pet of their own understand the mental benefits of animals. GraceAnn McCann, a senior business finance student, lives with anxiety. Though she doesn't have an animal of her own, she explained the feeling that animal encounters have given her in the past.

"There's something about having a living, breathing, cuddly pup on my lap that calms me down and takes my mind off the normal stresses of life," said McCann. For this reason, McCann hopes to adopt a dog of her own in the future.

There is more to an animal's ability to provide emotional relief than just cuddling, though I suppose we can all agree that's by far the coziest part. When in ownership of animals, the care given to them doubles as a distraction from the normal stresses of life.

For instance, when your dog needs to be taken out for a walk, it also contributes to your intake of fresh air, as well as exercise. Using a laser pointer while playing with your cat can induce a bit of laughter, which is, after all, the best medicine.

Some people need constant support from their furry friend, which is why they register them as an official emotional support animal. With the official certification, people are able to bring their animal out in public

to places where normal domesticated pets may not be allowed to go. Documentation needs to be completed by outside providers, such as a psychologist, in order to justify the need for the animal and how they would be beneficial.

Though having an emotional support animal does do wonders for certain individuals, others have developed a stigma against the need for such services. While having a physical disability does not make people think twice about the need for a service animal, such as being blind requiring a seeing eye dog, the stigma behind mental health makes some question the concept of emotional support animals.

"I think particularly for emotional support animals, it's different than service animals because service animals have a very defined and clear purpose. Whereas with an emotional support animal, it's a little bit more difficult," said Lee.

Whether you suffer from diagnosed anxiety or depression, or you're just having a stressful week, the University provides students with the opportunity to interact with animals for emotional support. The Destress Fest is typically held on Reading Day during finals week, and seeing eye dogs in training are brought on campus for socialization and cuddles. There are also many other events year-round that bring animals to campus.

If ever there was the perfect excuse to spend more time with your animals, this is it. Take it and run, Monmouth. I know I am.



PHOTO COURTESY of Samantha Rivas

Our furry friends can be superheroes against the struggle of mental health issues, particularly anxiety.

Dr. Greason Moves to the School of Education

SKYLAR DALEY
CONTRIBUTING WRITER

Walter Greason, Ph.D., the man behind the University Honors School, has changed the program in a short period of time. Prior to his position at the honors school, he had been a lecturer in the department of history and anthropology.

He has made a significant impact as a dean. The students in the honors school have nothing but the upmost respect and gratitude toward his passion for their move through the semesters.

However, news has broken recently that Greason is stepping down from being the Dean of the Honors School. He is moving into a position alongside Dean Henning at the School of Education. But fear not, honors students, his thesis courses will still remain intact, and he certainly will not make himself a stranger.

Susan Schuld, a graduate English student, said, "I am sad to see Greason go, as he was an incredible asset and advocate for the honors school." Susan, who is also the Graduate Assistant in the Honors School office, is one of many who feel this way.

However, they are happy that he was able to kick-start a phenomenal program so that the Honors School can only get better with time. There will cer-



PHOTO COURTESY of Skylar Daley

The sun sets over the Honors School, marking the end of Dr. Greason's time serving as its dean.

tainly not be a vacuum in the system; the new dean will be just as qualified and considerate as Greason was. After all, now there is a high standard to meet.

Greason was passionate about building the importance of scholarship, but that does not mean that he disregarded the lives of students outside the classroom. On nights when Honors School events hap-

pened, students would find Greason happily helping and taking part in the activity.

"Dr. Greason has been a wonderful resource for the honors school residents in Beechwood Hall, co-sponsoring events with the Residential Life Office and RA staff," said Beechwood's Area Coordinator, Carolyn Houck.

Just last week, Greason

worked alongside students during the Hot Chocolate Social and Military Donation Drive. They created care packages for soldiers with items such as lip balm, deodorant, protein bars, and hand-written letters. It is wonderful to see faculty so interested in things outside of their main interest.

Later in the year, students will still find Greason walk-

ing around at the Honors School Fall Barbeque, ready to answer any questions or concerns which students may have. He has not fully made the transition into his role in the School of Education yet, and the Honors School is still in the process of picking a new dean.

Greason "has paved a successful path for all future students to tread along, so that they all may complete the program with success and confidence," said senior psychology student, Harry Termyna.

Greason has done such an amazing job building up the school that now other departments want that same expertise. He has created a system that should be able to work effectively and autonomously.

The honors school alone has gone through many changes in the past few years. However, it seems like there is a light at the end of the tunnel. More funding has finally been approved, which can help aid future students with their research projects or summer classes. This money can also help create more trips and activities for the students to enrich their aesthetics or promote scholarship and service experiences for the Honors students.

We can thank Dr. Greason and the honors school faculty for this large improvement in the program. Now, education majors, you all will have something to look forward to.

Student, Music Lover, Published Author

MELISSA BADAMO
STAFF WRITER

A sprinkle of inspiration, a dash of music, and a boatload of writing; these were the main ingredients that drove the self-publication of my debut novel, *The Uncommon*, at 18 years old.

The Uncommon combines my two lifelong passions—music and writing. The coming-of-age novel follows five high school musicians from New Jersey who form a rock band and realize that they all have one thing in common: they're all uncommon from the rest of society.

Each of the characters have different backstories that make them unique, and they're able to form everlasting friendships with one another through the power of music. The thematic combination of friendship, growth, aspiration, and music holds a very special place in my heart as it reflects upon my own life and virtues.

I wrote *The Uncommon* to inspire readers that being uncommon is an idea that should be embraced. So many young adults struggle with fitting in, but these five characters show that being different from society should be valued because it's what brought them together in the first place.

They show that individuality is a wonderful thing, since it has the power to teach you about your true self, and help you understand exactly who you want to become. Without being true to themselves, their journey would never happen.

A book is more than just words on pages. Books send messages to their readers with the power to change lives, while transporting them into captivating worlds.

"[The story] is very different. It's not predictable. The turn of events make you feel like, 'wow,

I didn't expect that.' My favorite part was the beginning; the way the characters are introduced is very unique and spontaneous," said sophomore English student, Laura Pacelli.

What this huge writing milestone has taught not only myself, but also my readers, is that no dream is too big. As soon as I developed a passion for the craft of creative writing in the second grade, I knew I wanted to become an author. But I never would have thought I would have my first book published before the end of my first year in college.

The Uncommon became available to the public on Amazon, on April 23 of this year. As a self-published author, my responsibility of editing entirely on my own showed myself that I am capable of more than I realized. My brother, Justin Badamo, a senior health studies student, created a cover for the book that perfectly displays the combination of themes and characters.

The overall process of writing, editing, and publishing wasn't an easy project, considering the roadblocks called "lack of time" and "lost inspiration." Writing a novel is not a small task, but John Morano, Professor of Journalism, offered his outlook on the process.

"My rule is: start it, finish it. One completed novel is worth a dozen partially written stories. I try to focus on the project at hand and not allow myself to get distracted by other stories. As an environmental writer, that can be challenging. There are just so many important stories that need to be told," said Morano.

As writing is my undying passion, I will continue to produce novels in the future, regardless of any obstacle that may come my way. As I work on my upcoming projects, which include

a science fiction novel, a fantasy novel, and a collection of short stories, I will constantly be reminded of how magical inspiration can be.

Individual accomplishments never cease to inspire, whether they're big or small. It is inevitable to have doubts every now and then, not only as a writer, but also as a Monmouth student.

As you work toward your biggest aspiration, not only will you inspire yourself along the way, but you will also inspire others. The positive feedback from *The Uncommon* verified that my endless devotion to this project was worth it in every way, since its powerful message will continue to influence readers all around the world.

"You can take [the message]

in many ways. You learn not only about music, but togetherness and how people change through experience. It's really interesting. It's a very promising piece. I very much enjoyed it, and I think other readers will too," Pacelli continued.

Not only have so many readers resonated with the message of *The Uncommon*, but they also formed a connection with the five main characters: Violet Oakes, Troy O'Donnell, Meili Tolman, Ashton Tyler, and Naomi Wing. Although they are entirely fictional, they have come to exemplify everyone's individual ability to achieve their own goals. The characters' true test of friendship appears on their journey to Los Angeles, representing the very real ob-

stacles we have to face in order to grow and succeed.

Although our brain tends to automatically switch to the "giving up" setting when things get too difficult, nothing is more gratifying than reaching your goal and completing your work of perfection. The hours and hours of constant writing paid off in the end, and the moments of inevitable discouragement have only made me stronger, while reminding me exactly why I fell in love with the craft of writing.

If you have nothing but passion toward your goal, it's only a matter of time before your inner-motivation will catapult you straight to success, just as I exemplified with the publication of my novel.



PHOTO TAKEN by Melissa Badamo

As a full-time student and author, Badamo is a successful member of the Monmouth community.

Last-Minute Goal Adds to Field Hockey's Home Streak

CHRIS FITZSIMMONS
STAFF WRITER

Field Hockey continued to roll this weekend at home, handing future America East Conference foe Vermont a 3-1 loss and staging a second half comeback on Sunday to beat Bucknell, 3-2.

"I thought we had some real moments of great hockey," said Head Coach Carli Figlio. "What we are really hoping to do is string those moments together."

Twenty-seven minutes of scoreless field hockey was interrupted on Friday when senior forward Kelly Hanna intercepted a pass over the middle and hit senior forward Georgia Garden Bachop with a perfectly placed pass. Bachop timed the pass up and buried the ball into the net to put the Hawks up one. Monmouth would carry that 1-0 advantage into the half.

Hanna scored the second goal of the game in the 40th minute when freshman defender Lotte Boom turned a defensive play into an offensive chance. Boom came away with the ball after a defensive tackle and made a pinpoint pass to Hanna at the top of the circle. Hanna did not waste the opportunity and put the Hawks up two.

Vermont made it interesting by finding twine in the 49th minute to bring themselves within one. Bachop quickly added an insurance goal a minute later off of an assist from senior forward Elyssa Okken. The Hawks tightened up the defense from there and walked off with a 3-1 win.

"I think I am lucky enough to be the last line on the field," said Bachop, who now has four multi-goal games in her career.



Senior forward Georgia Garden Bachop scored twice in what was her fourth multi-goal game of the season in Monmouth's 3-1 win over Vermont on Friday afternoon.

"It (the goal) felt awesome, it was our last out of conference game, so it was a really great tone to set heading into conference play."

KELLY HANNA
Senior Forward

"Our backs have been doing well feeding the ball up to our mid-fielders. Then they are putting the ball right into the circle and me and the other forwards

have been lucky enough to finish it off."

Two days after the win over Vermont, Monmouth welcomed Bucknell to So Sweet a Cat

Field.

The Bison quickly stormed out to a 2-0 lead within the first 21 minutes. Junior forward Josephine van der Hoop put the

Hawks on the board just moments later with her first goal of the season to make it 2-1 going into the half.

Monmouth turned it around in the second half. The Hawks evened the score in the 40th minute when a corner attempt saw van der Hoop rocket a ball towards the far post where freshman forward Annick van Lange was waiting to score her second career goal.

The time continued to tick off the clock as both teams stopped each other's scoring chances. With less than thirty seconds left in the game, van Lange's shot from inside of the circle was saved by Bucknell's goalkeeper. Hanna was there to knock in the rebound to complete the comeback win.

"It [the goal] felt awesome, it was our last out of conference game, so it was a really great tone to set heading into conference play," said Hanna.

With the win, Monmouth finished the non-conference portion of their schedule level at 5-5. Sunday's comeback at So Sweet a Cat Field extends Field Hockey's unbeaten streak at home to 25 games, a record that dates back to 2015.

Figlio said, "I thought some of our attacking opportunities were fantastic. Hopefully by stringing some of that stuff together we will not have some of those lulls like we had today."

The Hawks will open up Metro Atlantic Athletic Conference (MAAC) play on Friday when they make the trip to Lawrenceville, NJ to take on in-state rival Rider. The match is set for a 7:00 p.m. start and will be televised on ESPN3.

Men's and Women's Cross-Country Win Home Meet

ANDY STUDNA
STAFF WRITER

Both the men's and women's cross-country teams came away with victories at the 2nd Annual Henry Mercer Monmouth Invitational on Saturday morning at Holmdel Park, a meet that both teams have won on numerous occasions in their history.

The men began the morning by dominating a five-mile run. Leading the way were seniors Ryan Mitchell and Kyle Mueller, who finished first and second respectively. A half of a second was all that separated the two as Mitchell finished with a time of 27:02.80 and Mueller with a time of 27:03.10. The victory for Mitchell was the first of his collegiate career.

Sophomore Tim Euler came in third place overall and freshman Louis DiLaurenzio finished behind him to round out not only what was the Hawks' top four racers, but the top four participants in the meet.

Historically, the men have dominated this home invitational. It was their 14th victory all-time at Saturday's meet and fifth in the last six years.

The course features a hilly

terrain designed to challenge participants. Head Coach Joe Compagni was pleased with the way his runners handled the level of precision that the course calls for. "The men did a nice job of running under control and being decisive today," he said.

Following the men's five-mile run was the women's 5K. The Blue and White were led by graduate student Christiana Rutkowski, who won her third 5K of the season on Saturday. She finished with a time of 19:04.87.

Not far behind Rutkowski was junior Dayna Luma who clocked in with a time of 19:54.30, finishing in second place overall.

Sophomores Melanie Pfenig and Alyssa Repsher came in fourth and fifth place respectively for the Hawks, which rounded out the top five overall participants in the meet.

Compagni said, "The women know they need to stick closer together, but [they] had some very good individual efforts." Monmouth participants claimed four of the top five places in the women's meet and finished with eight of the top ten spots as well.

The 2nd Annual Henry Mer-

cer Monmouth Invitational was a memorable one for the Hawks. Henry D. Mercer, III, a graduate of Monmouth's class of 1987, was honored and spoke in front of those in attendance at the meet.

Mercer was elected to the Monmouth University Board of Trustees in 2011 and served as Chairman of the Board from 2014 to 2017. He also serves as the Co-Coach for the Rumson-Fair Haven High School Cross Country teams, a position he has held for 11

years. Mercer has additionally had the honor of being named a Coach of the Year by the *Asbury Park Press* and the *Star Ledger*.

The victories at Holmdel Park come as no surprise to the Hawks. Both the men's and women's cross-country teams have enjoyed successful seasons up to this point.

The men placed second out of six schools and the women placed third out of six to open the season on Sept. 1 in Lincolnton. On Sept. 8, the men

were victorious at the Siena College Invitational in Albany, NY while the women placed fourth out of nine.

"Holmdel Park is a great test and a big strength builder," Compagni said. "We are looking forward to the bigger meets ahead."

This Saturday, the Hawks will hit the road to participate in the Paul Short Run at Lehigh University. The men's race will start at 9:30 a.m. and the women's race will follow at 10:15 a.m.



PHOTO COURTESY of Tom Connelly

Senior distance runner Ryan Mitchell finished in first place at the end of the opening five mile run on Saturday morning, earning his first career collegiate win.

"Holmdel Park is a great test and a big strength builder. We are looking forward to the bigger meets ahead."

JOE COMPAGNI
Head Coach

Women’s Soccer Blows Past Saint Peter’s, 9-0

MARK D’AQUILA
STAFF WRITER

Women’s soccer put their first Metro Atlantic Athletic Conference (MAAC) victory of the season in the books on Saturday night with a dominating 9-0 offensive outpour over Saint Peter’s at Hesse Field on The Great Lawn.

“This was a terrific team performance tonight,” said Head Coach Krissy Turner after her milestone 250th career win. “Unselfish play all over the field created numerous scoring chances for us.”

It was junior forward Madie Gibson who led the charge yet again for the Hawks with two goals, extending her streak against conference foe Saint Peter’s to a perfect three for three with four goals in three games. Gibson finished the night with five points to make it an immense 65 for her career, with 22 goals and 21 assists. Her performance earned her MAAC Offensive Player of the Week honors.

Both of Gibson’s goals came in the first half along with two more from junior midfielder Lexie Palladino in the span of just two minutes. Freshman forward A’Liah Moore scored her first career goal with an overhead kick in the 41st minute as the ball was bouncing in the box to help give the Blue and White an insurmountable 5-0 advantage going into halftime. For Palladino, Saturday’s outburst

brought her season total to four goals and nine points. She now sits at eight goals and 22 points for her career.

Senior forward Alli DeLuca kept the momentum rolling in the second half with her fourth goal of the season from 20 yards

out off of an assist from junior midfielder Esther Wellman. Wellman kept her big night going with her first goal of the season in the 80th minute to extend Monmouth’s lead to eight goals. Moore closed out Monmouth’s biggest victory of the

season with her second goal of the night five minutes later en route to a MAAC Rookie of the Week award. The forward’s tally made it a 9-0 final for the Hawks; their largest margin of victory since 2005 when they blanked Saint Peter’s by the

same score.

The Hawks dominance was all over the field on Saturday as they outshot the Peacocks 30-4 on the night and 18-1 in shots on goal. Monmouth also took 15 corner kicks while holding Saint Peter’s without one for the entire game.

Junior goalkeeper Amanda Knaub only had to make one save on the night to preserve Monmouth’s lead as she was pulled to rest at halftime with a 5-0 advantage. It was graduate goalkeeper Laura Dramis who came in for Knaub, but she didn’t have to make a single save in the appearance.

The triumph improves Monmouth’s record to 6-3-1 on the year and 1-1-0 in MAAC play, while the Peacocks dropped to 1-7 and 1-1 in conference games.

“We had a great response from the group all week and it resulted in a dominating win,” said Turner.

Monmouth will continue their MAAC schedule on the road when they travel to Riverdale, New York to face Manhattan tonight.

Manhattan has struggled so far this season with just one win and a 1-4-2 record overall. The Jaspers drew with Fairfield in their first conference match on Sept. 14 and were defeated by Canisius last weekend.

The rematch of last season’s MAAC Championship between Monmouth and Manhattan will kick off at 7:00 p.m. Wednesday night.



PHOTO COURTESY of Monmouth Athletics
Head Coach Krissy Turner notched her 250th career win with the 9-0 victory against Saint Peter’s on Saturday night.

Football Overpowered by Princeton on the Road

ZACH COSENZA
EDITOR-IN-CHIEF

Football was defeated by the Princeton Tigers, 51-9, in the inaugural matchup between the two teams on Powers Field at Princeton Stadium on Saturday night, dropping their record to 2-2 on the season.

“There obviously weren’t a lot of positives out there tonight for us,” Head Coach Kevin Callahan said. “When you play a good football team you need to do things right. We have a long way to go, we have a lot to work on.”

On the first play from scrimmage, sophomore running back Pete Guerriero took off for a 71-yard rush before being tackled inside the Tigers’ red zone. Princeton’s defense forced Monmouth to kick a 27-yard field goal by junior kicker Matt Mosquera to give the Hawks a 3-0 lead.

Princeton answered with back-to-back touchdown drives and the Tigers took a 14-3 lead late in the first quarter.

In the final drive of the first quarter, Monmouth went down the field and scored six after a junior quarterback Kenji Bahar

to senior wide receiver Vinny Grasso 37-yard touchdown pass. The two-point conversion after was incomplete, leaving the score at 14-9 in favor of the hosts.

Princeton shutout the Hawks for the rest of the game.

After two punts a piece for Monmouth and Princeton, a botched snap for the Hawks that landed in the end zone was kicked out of play by Bahar, giving Princeton the two point safety. After the Monmouth kick to Princeton, the Tigers went 60 yards in four plays that ended with a 29-yard passing

touchdown, giving them the halftime score of 30-9.

The Tigers continued to attack in the second half, scoring on three of their four total drives, the fourth being the final drive of the game. The first touchdown was scored in the opening second half drive which ended with a seven-yard quarterback run to extend Princeton’s lead to 37-9. Midway through the second, the hosts scored on an 81-yard passing touchdown. The last scoring play was another passing touchdown, this time for 13 yards to give the Tigers the final score of 51-9.

Monmouth saw two drives end in the Princeton red zone, both resulting in a turnover on downs after the Tigers defense tightened up.

Senior wide receiver Reggie White Jr. ended the game with 98 yards on eight receptions, achieving the milestone of 200 career catches in the process. White Jr. now sits on 208 total receptions, just four short of all-time leader Neal Sterling’s 212 Monmouth receptions. The wide receiver is also now second in total receiving yards, passing Sterling with 2,646 yards.

Bahar passed for 232 yards on Saturday, going 23-35 with a touchdown pass. Guerriero finished with 110 rushing yards. On the defensive side, sophomore linebacker Da’Quan Grimes racked up a career-high 13 total tackles against Princeton.

Next up, the Hawks (2-2, 0-0 Big South) will return home as they face the Wagner Seahawks at Kessler Stadium on Saturday afternoon. Kickoff is at 1:00 p.m. and can be seen live on ESPN+.



PHOTO TAKEN by Karlee Sell
Senior wide receiver Reggie White Jr. surpassed 200 career receptions with his eight catches in Saturday night’s 51-9 loss to Princeton.

UPCOMING GAMES

- Thursday, Sept. 27**
WTEN vs Delaware State
Outdoor Tennis Complex
West Long Branch, NJ 3:30 p.m.
- Friday, Sept. 28**
MTEN vs TBA
Joe Hunt Invitational
Annapolis, MD TBA
- FH at Rider**
Lawrenceville, NJ 7:00 p.m.
- Saturday, Sept. 29**
WGOLF at First Round
Hartford Invitational
Wintonbury Hills Golf Course
Bloomfield, CT 8:00 a.m.
- M/W Cross-Country
Paul Short Run
Bethlehem, PA 9:30 a.m.
- FB vs Wagner
Kessler Stadium
West Long Branch, NJ 1:00 p.m.
- MSOC at Siena**
Loudonville, NY 1:00 p.m.
- WSOC vs Siena**
Hesse Field on The Great Lawn
West Long Branch, NJ 7:00 p.m.
- Sunday, Sept. 30**
WGOLF at Second Round
Hartford Invitational
Wintonbury Hills Golf Course
Bloomfield, CT 8:00 a.m.
- MGOLF at First Round
Binghamton Invitational Links
Appalachian, NY 9:00 a.m.
- *conference games*



HAWKS DEFEND THE CAT



ALSO IN SPORTS!

**WOMENS SOCCER
CROSS COUNTRY
FOOTBALL**

Field Hockey extended their undefeated streak at So Sweet a Cat Field to 25 games, a record that dates back to 2015. Senior forward Kelly Hanna completed a three-goal comeback when she scored with 24 seconds remaining to beat Bucknell, 3-2 on Sunday.

SEE STORY ON PAGE 18

PHOTO TAKEN by Karlee Sell