



# THE OUTLOOK

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## Urban Coast Institute Honors Former New Jersey Governors

NICHOLAS COSCARELLI  
CO-SENIOR/POLITICS EDITOR

The University's Urban Coast Institute (UCI) honored former New Jersey Governors Thomas Kean and James Florio at the 14th Annual Coastal and Ocean Champion Awards at Wilson Hall on Tuesday, Oct. 9.

Florio and Kean received the UCI's highest honor, the National Ocean Champions Award, for their advocacy in environmental and coastal protection in office, and their current leadership in the New Jersey Climate Adaptation Alliance (NJCAA). The NJCAA is a network of partner organizations dedicated to enhancing New Jersey's capacity to plan for and respond to climate changes.

"Governors Jim Florio and Tom Kean are well deserving of UCI's National Ocean Champions award," said Tony MacDonald, Director of the UCI. He explained that Florio's and Kean's many actions over the years have led to, "the reduction of marine debris, the phase out of ocean dumping, opposition to offshore oil and gas development, and support for protection of the Jersey Shore we all



IMAGE TAKEN from NJ Spotlight

Former New Jersey Governors Thomas Kean and James Florio were honored by the UCI for their work in environmentalism.

love," which led to the UCI's decision to honor the governors with this prestigious award.

MacDonald explained that for 14 years, the UCI has brought national and state leaders to the University in order to acknowledge and honor their work and commitment to coastal and ocean issues. "Hopefully, bringing

leaders of this stature to campus will inspire our students and local leaders, as well as to reflect to the broader community UCI's and Monmouth's aspiration to be a center of expertise to inform ocean and coastal management efforts," he said.

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## University Launches New Suicide Prevention Program

ANTHONY ROSSICS  
STAFF WRITER

A Competent Community Initiative, a new federally-funded suicide prevention initiative officially launched at the University on Sept. 30, after a meeting with the leadership on campus on Sept. 26. The initiative aims to strengthen and broaden infrastructure to prevent suicide on campus.

This initiative is designed to help young adults by strengthening their bonds with general health, mental health, and substance abuse services at the University, according to Scott. This is the second time that the University has been a recipient of the Garret Lee Smith Campus Suicide Prevention Grant. The award is worth \$101,963 and will be renewable in three years, making the total close to eclipsing the \$306,000 mark.

The "Connect to Wellness: A Competent Community Initiative" is being led by Michelle Scott, Ph.D., Director of the SRF Suicide Prevention

Research and Training Project in the School of Social Work. "The focus of that 3-year grant was training campus members, key campus gatekeepers, and on- and off- campus mental health providers as well as to develop public awareness messaging and programming regarding mental health challenges, suicide risk and help seeking," Scott explained of the goals of the three-year grant.

"Identifying and helping students who are at risk for self-harm as a result of this stress could potentially save lives," said Jaimie Goodwin-Uhler, Ph.D.

Goodwin-Uhler, a specialist professor of psychology and counseling psychologist further explained the importance of suicide prevention programming "Programming and resources dedicated to preventing suicide among our students is essential," stated Goodwin-Uhler. "Suicide remains one of the leading causes of death

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## Improvements Made to Athletic Facilities

ZACH COSENZA  
EDITOR-IN-CHIEF

So Sweet A Cat Field and E. Todd Murray Track inside Kessler Stadium received new surfaces for the Field Hockey and Track and Field Programs over the summer of 2018.

According to Marilyn McNeil, Ph.D., Vice President and Director of Athletics, the cost of the new field and track were combined. The funds for the projects came from the University capital project plan, which is used for projects throughout the campus.

So Sweet A Cat Field, home to the University Field Hockey team, received upgrades over the summer that were finished in time for their home-opener against Ohio University on Aug. 26. According to Monmouth Athletics, the field is a "new water-based turf. The Field Turf Hockey Gold Synthetic Turf System, is a tufted polyethylene surface designed for the highest levels of competition. The player-friendly

product is built with a uniquely engineered polyethylene filament to allow it to retain memory and have exceptional durability."

"[So Sweet A Cat Field] is a showcase field and allows us to attract a high level of university competitors to Monmouth," said McNeil. "We have scheduled teams such as Villanova, Bucknell and Vermont to Monmouth. That would not have happened with the quality of the field that we have installed. The field also helped in having an invitation extended to Monmouth to compete in the America East conference, which is one of the best in the nation for field hockey. We will begin our tenure with the America East in 2019."

"I love [the turf] so much and the difference shows," said senior forward Kelly Hanna. "The old turf had so many bumps and just was getting old. My fellow seniors and I are lucky to play on the new turf for our last year here."

"The turf works so well with what we want to do for our

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PHOTO COURTESY of Monmouth Athletics

So Sweet A Cat Field and E. Todd Murray track were upgraded for the start of the 2018-2019 school year.

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# Rennovations Made to Athletic Complex

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program,” said Head Coach Carli Figlio. “With our transition to the American East next year and playing big opponents like Villanova and others, the turf allows us to host these teams and it will be a focal point moving forward.”

The university is also looking to upgrade the field’s scoreboard. The project is currently asking for \$30,000, which is being raised by fundraising. According to McNeil, \$10,000 of the \$30,000 is currently raised since the spring of 2018 when the fundraising started. Work on the new scoreboard will begin once the funds are fully raised.

The new navy blue track encircles the football field at Kessler Stadium. The old track, which was installed in 2001, was replaced due to poor condition in “many areas” with “little” of the track in good condition, according to McNeil. It was replaced with Beynon’s Sports BSS-1000 13mm Embedded, International Association of Athletics Federation (IAAF) Certified Blue Polyurethane Synthetic Track surface. The same type of track has been used at colleges like Bucknell, Texas A&M, and Lehigh, according to Beynon’s website.

Senior track and field sprinter Bryan Sosoo, already likes the new track before the season has started. “I love the track. The color scheme that was chosen fits per-

fectly. I think the new track comes with the whole ‘look good, feel good, do good’ saying and it will show with records that will be broken this year and wins that we will have at various opportunities this year at home. I think my favorite parts are the dual runways as well as the straight-aways that allow us to race either direction depending on wind.”

Men’s and Women’s Track and Field Head Coach Joe Compagni said, “We are very excited about the new outdoor track and runways. The new track gives us a first-class facility that is shock absorbent and provides great energy return with every step. For the track & field team, for all the athletes, and for the Monmouth community overall, this is a great addition to campus.”

“It is a beautiful track that meets the needs of our 150 track and field student-athletes, plus the rest of our 500 student-athletes who use it for much of their conditioning,” McNeil said. “It is also used by the general student body, the community, and our physical education students. It has a myriad of users and uses. The beautiful new navy blue surface really adds to the whole stadium project and is the capstone effort for that part of the athletics facilities upgrades.”

Track and Field will open up their season on the new track on March 29-30 and Monmouth will host the Metro Atlantic Athletic Conference (MAAC) Championships on May 4-5.

# UCI Honors Governors

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“As an ocean research and policy institute within ‘The Coastal University,’ we feel a special obligation to shore communities on timely marine issues. Each year this event brings nationally respected leaders and scientists to Monmouth for a valuable dialogue with students, faculty, and members of the public,” said Karl Vilacoba, the UCI’s Communication Director

Vilacoba said that in the late 1980s, the Jersey Shore’s pollution problems were at their worst. “I’ll never forget the disgust I felt when I’d show up to find that the ocean was off limits again because of red tides, raw sewage or medical waste washing ashore,” he said. “I would pinpoint that as the moment I first became an environmentalist.”

Vilacoba continued, and explained that Kean and Florio put several environmental policies in place when they each were in office. “Those [policies] were responsible for turning things around,” he said. “We just went through a tough summer, with the heavy rains causing some of the state’s older combined sewer systems to wash waste on to our beaches. It brought back memories but was not really comparable to the bad old days, which are hopefully long gone thanks to the work of our 2018 Champions of the Ocean and New Jersey’s Coastal Management Program.”

Vilacoba noted that the annual event is a great for the University to showcase its efforts made on campus, through the UCI and overall. In addition, he explained that the event is a key fundraising event each year. Proceeds from the annual Coastal and Ocean Champion awards reception support UCI and

funding for student research at the University.

Kaitlyn Smith, a senior marine and environmental biology and policy student, and a research assistant at the UCI, explained that the event is aimed at inspiring attendees to contribute their own efforts toward climate change preparedness. “I hope those who attended the event acknowledge the dedication of the six honorary members and see the value of mitigating environmental issues as a collaborative community,” she stated.

Smith explained that the annual event also showcases the opportunities that students at the University have through their education and community involvement. “Monmouth University provides the academic platform of scientific research and environmental policy that will prepare students to follow in the footsteps of Kean and Florio,” she said.

The Coastal and Ocean Champions Awards reception this year also celebrated the 40th Anniversary of New Jersey Coastal Management Program. MacDonald explained that since the establishment of the Program in 1978, “New Jersey’s waters and beaches are significantly cleaner, development is better managed to reduce impacts, and our communities are better prepared for the next coastal storm.”

“There is nothing more important than supporting and inspiring our next generation of ocean champions,” said MacDonald. “Perhaps in what seems like very contentious times, the legacy of Kean and Florio will remind us that our coastal and ocean resources are not a partisan issue but, rather, are a public trust resource that belong to everyone.”

# Suicide Prevention Initiative Continued by Social Work Professor

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among university students, who are not only susceptible to all the mental health concerns of the general population, but who are also dealing with a time of great transition and, potentially, stress.”

The Substance Abuse and Mental Health Services Administration has been the main source of funding for the initiative. “Since SAMHSA began funding these grants in 2005, only 8 percent of campuses have ever received the grant a second time,” said Scott. “Receiving this funding not once, but twice is a true testament to the work of Monmouth University and the commitment Monmouth has to student mental health and safety.”

“The ‘Connect to Wellness’ grant will institute a variety of approaches to help address the mental health needs of students with additional attention to military-affiliated and transfer students. By improving the infrastructure of our campus services through early identification, screening, and online therapy assist programming, Monmouth hopes to increase access to services prior to the need for crisis intervention,” said Scott.

“Being away from their usual support system, coping with academic demands and an uncertain professional future, navigating changes in relationships. All of these things can be experienced by students as at best, stressful, and at worst, completely overwhelming,” added Goodwin-Uhler.

Jess Rodriguez, a senior psychology student said, “Being a psychology major, I have learned about several coping strategies and defense mechanisms to better

understand how people react in certain situations.”

“It has provided me with skills that can aid in suicide prevention, without considering myself a professional,” Rodriguez further explained. “Everyone has the power to reach out and help save a life—suicide prevention can be as simple as letting someone know you care and are there to listen.”

Scott detailed the goals of each year of the initiative. “The first year of the Connect to Wellness initiative will focus on enhancing the communication between services and systems on- and off-campus and training key gatekeepers (such as residential life) and clinical providers in suicide risk assessment and management,” Scott started. “In the second year, in collaboration with the Institute of Health and Wellness, we will be developing the CONNECT-WELLMU web-portal for all thing’s wellness for students, faculty and staff.”

Scott aims to build on the awareness of mental health and substance use each year with the hope that it will increase increasing help-seeking by students.

“Relatively speaking, college students have a lower rate of suicide than their peers who are not enrolled in college because they have a built-in community,” said Scott. “However, campuses across the country are seeing a need to make changes to their mental health programming to help support students with anxiety and depression. Our work with this grant is focused on strengthening the community infrastructure to better support these students.”

Dean Gigliotti, a senior psychology student said, “Suicide is a difficult topic to discuss, and most of us try to understand why it happens.”

“We should focus more on unplanned, unexpected sui-

cides before they happen,” Gigliotti continued. “Suicide prevention is imperative to help those who are contemplating it, or for those who know someone who is.”

“Monmouth has a great support already in place in the form of Counseling & Psychological Services (3rd floor Student Center, x7517), which provides free and confidential mental health services to all enrolled students,” said Goodwin-Uhler. “They are our number one resource when it comes to helping students with all sorts of difficult feelings. However, those considering suicide may not always reach out for help, so the people in the Monmouth community -- staff, faculty, and other students -- are often the first line of defense in identifying people who might be in trouble and getting them to a place where they can be helped.”

“For somebody considering suicide, I would remind them of the fact that our emotions ebb and flow, and don’t last forever -- as badly as you feel right now, it is unlikely you will feel that same way in a few months, or even a few weeks. Please reach out to someone if you feel sad or hopeless. They can serve as your anchor to the reality that your life is worthwhile, until you remember it yourself,” said Goodwin-Uhler.

According to Scott, if you or someone you know is in an emergency, call 911 immediately. If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Prevention Hotline at 1-800-273 TALK (8255). For additional resources and training opportunities, please visit the SRF Suicide Prevention Research and Training Project website at [www.monmouth.edu/school-of-social-work/srf/](http://www.monmouth.edu/school-of-social-work/srf/).



PHOTOS COURTESY of Monmouth University

The SRF Suicide Prevention Project, led by Michelle Scott (bottom left), Ph.D., aims to increase student connectedness with services available at the University.



# DJ Spooky Performs at Pollak Theatre

NATALIE OSTERMANN  
ASSOCIATE NEWS EDITOR

Paul D. Miller, also known as DJ Spooky, performed on Tuesday Oct. 2nd in Pollak Theatre. Miller came to the University to showcase his work on bringing music and climate change together in a contemporary approach to promoting awareness of global warming.

The event is part of ArtNow, a performance and lecture series organized by a committee of faculty members that aims to bring events focusing on performance, technology, and art to campus. DJ Spooky's performance at the University was also co-sponsored by The Urban Coast Institute, Honors School, Department of Chemistry and Physics, and Monmouth Review.

The formatting of Miller's performance included hearing passages of his book along with music remixes. Audience members also heard the method to the madness behind his book. "Tonight's going to be a little bit about some of my written work and then part of it's going to be a conversation between some of the places I visited and the process of writing my book," stated Miller.

Miller was accompanied by Shadow Lawn chamber players, a string quartet that made the melodies Miller mixed possible. One of the University's own music faculty members, Michael Gillette, a specialist professor of music and theatre arts, was one of the instrumentalists.

Tarin McGee, a senior graphic design student appreciated Miller's artistic approach. "A concert event that was visually and sonically exciting," noted McGee.

The Book of Ice chronicles Miller's research on Antarctica and his time spent there. Officially available to the public in late July, the book examines the uncharted landscape of Antarctica in comparison with the social and climate problems faced in government-driven nations. According to Miller's official website, he collaborated



PHOTO COURTESY of Kimberly Callas

DJ Spooky played with Shadow Lawn chamber players on Oct. 2 at Pollak Theatre.

with Columbia University's Brian Greene, from Columbia University, and Ross A. Virginia, Director of Arctic Studies at Dartmouth College and a world-renowned expert on Antarctica on the book.

Along with a backdrop of Antarctica, Miller incorporated music, specifically remixes into his act. "Half the battle right now is getting people to feel the sense that the world is absolutely, as we know it changing," explained Miller as one of the struggles his faces in his line of work. "It's [climate change] an apocalyptic situation going on globally with the environment."

Antarctica is a location that is connected to one of DJ Spooky's heroes Matthew Henson, an African American explorer that led the expedition to the find the North Pole. "What was powerful about this was that he didn't really get any credit, but he did end up talking to the indigenous people to find paths," argued Miller. "The conversation between him and the indigenous people allowed him to find best routes because the indigenous people knew the land."

"Tonight's going to be a little bit about some of my written work and then part of it's going to be a conversation between some of the places I visited and the process of writing my book," stated Miller.

Miller aimed at maintaining a relaxed atmosphere throughout his performance and asked the audience to imagine themselves in his house in New York. "I want tonight to feel like a conversation and you're at my house in New York, and I've got a whole bunch of pillows out" he explained.

Before remixing the pieces, the Shadow Lawn chamber players played the piece, so the audience was able to hear it. After it was played, Miller remixed it using his software apps, DJ Spooky and DJ Mixer. The software used to create the mixes, the DJ Spooky and DJ Mixer Apps, can be found on iTunes and have been downloaded by 15 million people so far.

During the remix sessions, looping was a technique used to make certain sounds or melodies repeat themselves.

The pieces played were inspired by different parts of Miller's travels in Antarctica. For example, his first piece, "Check your Math," was created with the temperature differentials of Antarctica in mind. Other pieces did not have as much of a connection to Antarctica but were more associated with logical principles. Miller's last piece, "Isonification," was written with the mathematician Johan Kepler in mind, specifically his essay on

the structure of the snowflake.

Miller argued that there is a sense of connection when it comes to music. "When you think about sound you really have to think about interconnectivity," said Miller. "As an artist, there's always a connection between devices and techniques." "Music is the most emotionally powerful," commented Miller when discussing the power behind his work.

Corey Dzenko, Ph.D., and an assistant art history professor explained the process of how the committee chooses an event. "Every spring Art Now's committee members meet to suggest various artists as our guests for the following year." "Through brainstorming, we often find a theme that we can use to connect our guests each season," said Dzenko.

Walter Greason, Ph.D., an Associate Professor and Chair of the Department of Educational Counseling and Leadership, as well as a driving force of the Honors School explained the merits of having Miller perform on campus. "Our departments need more examples of interdisciplinary collaboration," said Greason. "The Honors School offers these opportunities every day, but 'The Book of Ice' featured a unique blend of mathematics, climate science, acoustic music, and hip hop."

Kimberly Callas, M.F.A., and an assistant professor for the Department of Art and Design had her Sculpture I and Drawing III students attend Miller's performance. "I want them to take away what's possible, explained Callas. "I think we can have limiting beliefs about ourselves as being only one thing, an artist OR a writer OR a photographer, and today with how we share our work digitally, we are almost required to become comfortable with a variety of mediums."

Miller was originally scheduled to perform in Spring 2018 as part of last year's theme, "Place and Play." However, due to a snow storm that closed campus, Miller was rescheduled to perform this fall.

Even though Miller's performance was delayed, it still falls under the theme for the series' theme for this year: "Performing Social Change." "His [Miller's] The Book of Ice fits in this theme based on the connections he makes between climate justice with social justice," noted Dzenko.

Justin Demattico, a junior fine arts student and one of Callas' students weighed in on the impact of Miller's work. "Miller put on a thought-provoking show about global warming and combining it with music was an overall amazing sensory experience," commented Demattico.

Miller grew up in Washington D.C. during the 1970's and 1980's, a time for politics and activism, in the words of Miller. He came from an educated family, with his father being a law professor and his mother a historian. Miller aspired to be a diplomat in foreign services and attended Bowdoin College.

"I was never in my wildest imagination planning on being a musician, although I collected records," stated Miller. What sparked an interest in a career in the music industry was a lack of good parties and music at Bowdoin.

"I started my own party on campus named the Pub and I played all underground New York music," said Miller. "My party on campus would be wildly popular and I charged \$5 at the door." "For a freshman or sophomore making \$2,000 on a Friday night was like wow," elaborated Miller. When he graduated, Miller moved to New York City and began throwing parties similar to the ones in his college days.

Miller has been a DJ for 20 years, with a career ranging from working at parties and clubs to more contemporary work with traveling the world and promoting awareness through music. Miller has had his work presented at the Sundance Film Festival and worked with National Geographic. Currently, he is planning on traveling to India for his next endeavor and will have an album coming out in 2019.

## New Washing Machines Installed in Campus Dorms

LAUREN SALOIS  
CONTRIBUTING WRITER

New app-based, high tech, and high-efficiency Washlava washers and dryers were placed in all on-campus halls before the Fall 2018 semester.

The new laundry machines are run by an app called Washlava, a student only needs to download the app, create an account, and attach a debit or credit card. The app allows students to pay for their loads of laundry by simply holding their phones near the machine. Students are also able to reserve machines for up to ten minutes.

The new machines cost \$2.00 for one load in both the washer and dryer. Washlava determined the pricing for the machines. Jessica Aguilar, a sophomore and an Oakwood Hall resident, said, "The convenience and upgrade were necessary, but the price increase should not have happened."

The Washlava app allows students to monitor the machine's progress they are currently using and notifies them of the cycle completion. Gina Urbanik, a sophomore and an Oakwood Hall resident, said, "The app makes it more efficient, no longer do I need to set a timer for my laundry. The app notifies me when my load is done."

The new machines provided by Washlava are brand new LG commercial laundry machines. Pillar said, "The new machines are 1.5 times larger than the old ones. Therefore, students get three loads for the price of two."

The machines are also "HE" machines. Pillar said, "The washers are high efficiency and have advanced water technology. Therefore, students are only required to use ¼ cup of detergent or 1 "pod," ½ to ¾ less. The machines also have smart water technology, reducing the water needed."

The new laundry machines are in all on-campus halls. The Garden Apartments, Great Lawn, The Bluffs, and Pier Village housing options provided by Monmouth did not get the new Washlava laundry machines. Megan Jones, the Associate Director of Residential Life and Housing Operations, said, "The Bluffs and Pier Village are serviced by another provider. Garden and Great Lawn have washer and dryer units in their apartments so there is no plan to remove those machines."

The University leased a total of 116 machines from Washlava. James Pillar, Ph.D, Associate Vice President For Student Life, said, "We do not purchase the machines, they are leased. We did reduce the

total number of machines on campus due to lack of usage in the past three years."

Elmwood Hall and Pinewood Hall both had a reduction in machines. Jones said, "In Elmwood and Pinewood, we reduced 1-2 washers."

The previous laundry machines provided by Monmouth were operated by laundry cards that could only be reloaded with cash at the Dining Hall, Student Center, and the Hawks Den gym. The previous machines cost \$1.25 for one washing load and \$1.50 for one drying load.

The Washlava app-based system replaces the use of laundry cards. Aguilar said, "The laundry cards and old machines were very old-fashioned. The new machines are more modern and fit our generation better as college students." Aguilar added, "The new machines make it less of a hassle to get laundry done."

The University's contract with the previous laundry unit provider ended this year prompting the switch to Washlava. Pillar said, "Our contract with our prior provider had ended. The former vendor's proposed agreement included a variety of fees that made the change to Washlava an easy one."

The change to Washlava was also made due to its convenience.

Jones said, "The transparency, customer service, and ease in dealing with Washlava was a huge factor in why we chose this company."

The new contract with Washlava is for five years. Pillar said, "The lease is based on a guarantee that every washer and dryer will have had \$35 dollars a month in revenue. If the revenue is met, there is no out of pocket expense to the University." This is a great deal for the University, as long as each machine meets that minimum revenue a month the University is able to provide laundry services to its students at no cost and able to use funds elsewhere.

The University also has the potential to earn a commission on the Washlava machines. Pillar said, "If all machines meet the monthly minimums, a percentage of sales is paid to Monmouth. Any commission that is paid goes back to our students by supporting a number of student-led programs..."

Pillar also said, "It is important to note - with our prior vendor, we struggled to meet the minimum guarantee; therefore, we believed that the old card system prevented students from doing laundry."

Washlava offers campuses a remote machine monitoring feature that allows for the status of machines to be checked and the

starting or resetting of machines remotely. Jones said, "We do have access to the dashboard to see which machines are in use, which are open, and if any are in trouble mode. While we can reset a machine if there is an issue, Washlava is constantly monitoring our system and we encourage students to contact them directly through the app if there is an issue with a machine."

Washlava offers 24/7 support for all of its customers through the app and its website. Pillar said, "All issues reported have been addressed. In many cases within 24 hours, an improvement from our prior service."

For the students who do not have access to mobile devices, Jones said, "Washlava is providing my office with an iTouch. Therefore, if a student does not have a smartphone, they can come to Res Life to sign out an iTouch."

If students still have money left on their laundry cards, Pillar said, "Students can mail their cards to our prior vendor, address is available in Residential Life, however, funds on the cards are generally good for the academic year in which they were purchased. With the app-based machines, students no longer have to prepay for laundry."



THE OUTLOOK

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Mental Health at Monmouth

EDITORIAL STAFF

Every student can understand the feelings of overwhelming pressure and responsibility in their daily lives. Whether it be from friends, family, an employer, or school, there are many forces that threaten the state of our mental health. However, some people are already predisposed to anxieties, depressed feelings and intrusive thoughts that make life more difficult to manage.

According to the Anxiety and Depression Association of America (ADAA), 41.6 percent of college students cited anxiety as one of the top presenting concerns among college students. While trying to balance the many stressors in life, students may suffer from anxiety as well as co-occurring disorders, such as depression.

One Editor said, "I have many people in my life who have struggled with mental health, including myself. I experienced bad depression for about half of high school, and I currently struggle with anxiety."

Though not everyone experiences mental health issues themselves, it is important to recognize other people's experiences and support them. One Editor said, "I was not aware that my friend was depressed until they reached out to me. They were one of the happiest persons I knew, so I was surprised to hear that they were dealing with depression."

Oftentimes, it is difficult to discuss issues of mental health due to the cultural stigma that exists

around these concerns. "I think it is changing for the worse," one Editor noted. "[those with mental illness] are challenged with stereotypes and prejudice that result from misconceptions about mental illness."

However, with new research emerging and celebrities publicizing their struggles, it may indicate that the cultural attitude is becoming more positive. One Editor recognizes this shift, "A lot of famous athletes and celebrities have come forth with their own struggles so that has made it a bit more 'acceptable' nowadays."

With this, nuances in experience with mental health can be acknowledged, especially in terms of gender. One Editor said, "Society is starting to kind of swing in a way where men are encouraged to speak up about mental health issues that they are going through instead of being strong and silent."

As people have unique experiences with common symptoms, coping styles may vary. Some may feel comfortable engaging in mindful exercises, while others may seek out counseling services. Depending on the severity of the symptoms, there are a multitude of resources to quell their effects.

One Editor mentioned that people they knew utilize creative talents to channel their pain into something positive. "Friends I've known have turned to reading, writing, [and] various forms of creative expression," the Editor stated. "These outlets give the person

who suffers a healthy outlet to channel their emotions."

Another Editor echoed this idea, saying that they "draw in a sketchbook as a release of [their] energy and allow [their] creativity to flow feelings out."

Along with confiding in the people around you, it can also be a valid option to seek counseling services. The University has Counseling and Psychological Services (CPS), which provide great resources for students that are having difficulty coping with mental health issues on their own.

"Some people may not feel comfortable opening up to family or friends at first, which makes these services so valuable," one Editor stated. "Once they get it off their chest, they might feel comfortable discussing it around the people they care about."

In order to change the conversation about mental health, it is important to encourage those that are struggling and let them know that it is okay to be living with their condition. With open-mindedness and understanding, we can make the world an easier place to live in for those that face these challenges everyday.

We at *The Outlook* encourage anyone suffering from mental health issues to seek help in any way that they can, whether through talking to loved ones or going to CPS counselors on campus. "There is a sense of embarrassment for those who suffer with any mental illness," one Editor noted. "We have to remind people this: it's okay not to be okay."

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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# CELEBRITIES IN THE MEDIA

SAMANTHA RIVAS  
STAFF WRITER

Does being in the public eye mean that you have less privacy?

Social media is designed to enable people all over the world to make connections with other individuals. Whether or not we wish to share certain aspects of our lives, good or bad, is a decision that most users are able to make on an everyday basis. However, when you are in the public eye, some people feel that the concept of privacy should be taken away. Is this really how it should be?

I don't think so. This issue has been taking up residence in my thoughts ever since Channing Tatum and Jenna Dewan announced their divorce back in early April of this year. What happens between two individuals should not be the business of anyone else, especially not the downfall of a marriage and what went wrong.

Ever since then, couples who are in the public eye such as YouTube couples David Dobrik and Liza Koshy or Lauren Riihimaki and Alexander Burris have made videos announcing their breakups that they posted to YouTube. These just don't sit well with me.

A relationship, in my personal opinion, should remain between the two individuals

involved and not involve the spectators of said relationship.

Some may say they do this for views and while that may be partially true, I also sense that these online celebrities feel some type of responsibility to do so, as if they owe it to their viewers to explain why they no longer work as a couple. I don't know about anyone else, but I sure didn't want to go broadcasting my breakup last year to the entire Monmouth University campus. Why should they?

The same goes for happier moments like pregnancies. I know a lot of people were bothered by the Kylie Jenner pregnancy and the secrets she kept for those few months, but I also agree with the reasoning behind the radio silence. She made it a point to give a valid reason as to why she kept things private, writing in her Instagram post on Feb. 4 of this year, "I knew for myself I needed to prepare for this role of a lifetime in the most positive, stress free and healthy way I knew how." I couldn't have said it better myself.

So why is it that people expect to have knowledge of every intimate moment of celebrities' lives? I can't stand when people use the reasoning that these celebrities signed up for the lack of privacy. At the end of the day, no one wants to have their entire life on display for the entire world to judge. Let me paint a pic-

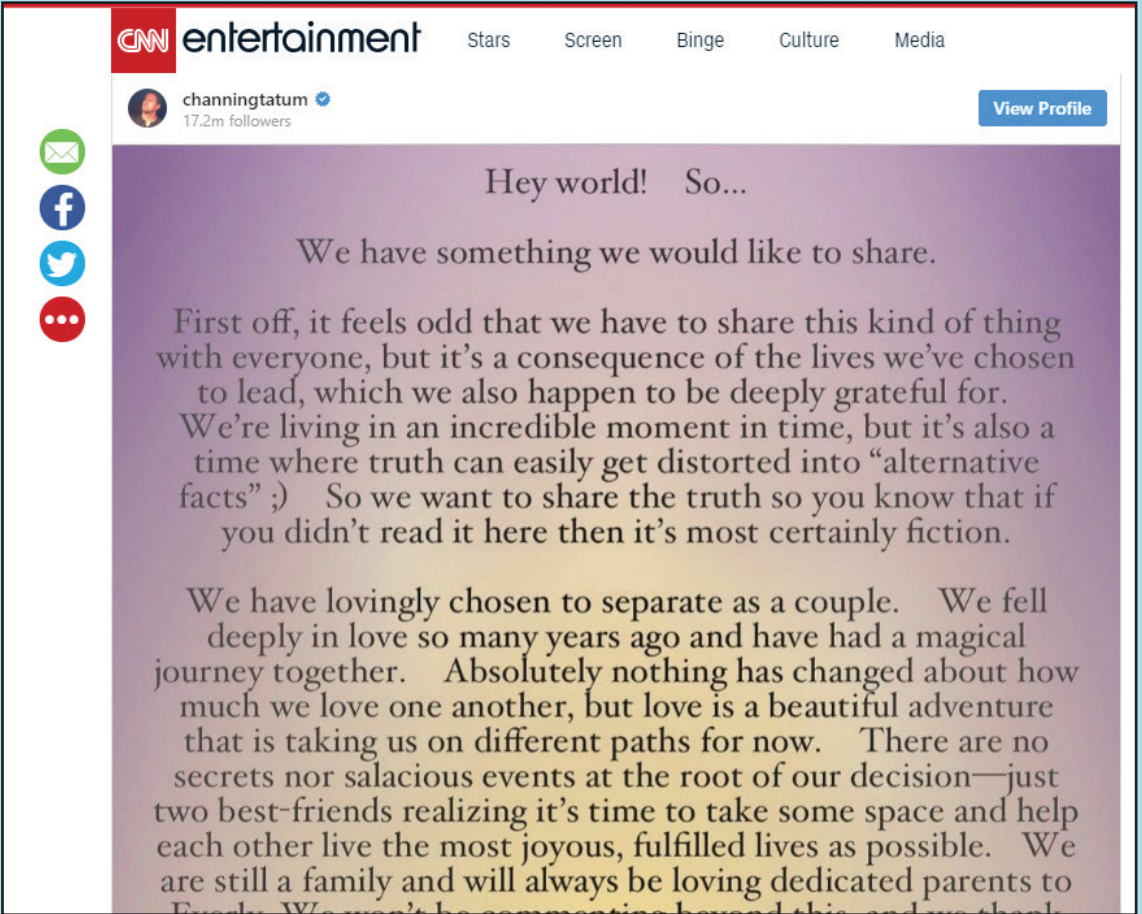
ture for those of you who feel they do.

You chose to attend school here at Monmouth, knowing very well the burden of student debt that would come with it. People don't feel too much sympathy because you knew about the debt and still

took the opportunity for reward despite the risk. In the case of celebrities, they just wanted to pursue a dream that came with a few risks alongside the rewards. Sound familiar?

At the end of the day, all celebrities are human beings,

no matter how perfect you think they are. We all fear judgment and ridicule from those around us and sometimes we just want to keep our happy little victories to ourselves. Keep that in mind next time you question someone's right to privacy.



CELEBRITIES often use social media to announce big life changes such as breakup, divorces, and pregnancies, but is this necessary?

## Better, Best, Bagels

CAROLINE MATTISE  
OPINION EDITOR

Bagels. Those are the rolls with the holes in the middle, right? All jokes aside, I love a good bagel. Poppyseed and sesame are my go to choices.

I am from Pennsylvania, not Pennsylvucky, but Pennsylvania all the same and the only bagels that I had growing up came from Wegmans.

I loved Wegmans's bagels. We had local bakeries, but none of them made bagels. It was not until I came to Monmouth that I had "real" bagels, as my friends would like to say. I have only been to a few bagel shops in the area, so naturally all of them are my favorites.

Hot Bagels is a bagelry (we are just going to pretend that that is a word) in Ocean Township that my coach often takes us to before away matches. If we have to leave early in the morning for a tennis match, we will swing by Hot Bagels to grab a few for the road. The family members who work the bagelry are always busy rolling the dough and placing the steaming hot bagels into baskets. So fresh there is not need for them to be toasted.

Another bagelry that my coach introduced myself and my teammates to is Grandma's Bagels in Little Silver. Here, you can get bacon, egg, and cheese on your favorite flavor bagel. I am not sure if Grandma still works there, but I would bet my scholarship that the recipe has remained the same. If it ain't broke, don't fix it.

This summer I stayed in Middletown. My host asked me if I had any good bagels while I

had been here in Jersey. I told her my positive experiences at Hot Bagel and Grandma's Bagels and she recommended another bagelry to me. Sheepshead Bagels in Middletown. She said it was as though the bagels were straight out of Brooklyn. This meant nothing to me since I did not know that Brooklyn was known for their bagels. Nonetheless, I went to the bagelry and ordered an egg and cheese in a sesame bagel. Wow. If this was what a Brooklyn bagel tasted like then I knew where I would be moving after college.

I now know what real bagels are. I have yet to have a bagel

from Wegmans since coming to school in Jersey, but somehow I know that it will never be the same.

Bagels are an art form, they come in all different flavors and sometimes all different colors. I am still looking to get my hands on one of those "rainbow bagels," if for no other reason than to snap a cool photo.

Next year as graduation approaches, I will welcome the question "what are your plans for after college?" I will shock them all by saying that I plan on opening my own bagelry in my hometown. I will call it Better, Best, Bagels.



PHOTO TAKEN by Caroline Mattise

Bagels are a staple of New Jersey as much as pork roll, or Taylor Ham, but we do not want to start an argument here.

## The College Experience : Commuter Edition

ROSIE MAGLIULO  
CONTRIBUTING WRITER

Wake up, drive to school, go to class, drive home, do homework, possibly eat something, go to sleep and repeat. As an incoming freshman, this is what I believed being a commuter student would be like. While I was most definitely not happy about the fact that I would have to commute to school every day, I had gone about starting school completely wrong.

Each day before Sept. 4 consisted of me begging my mom to let me dorm and each time, the result was always a big fat no. There was one reason for me constantly bugging her, and that was me wanting the full college experience. However, what I did not know was that once school started, I'd be getting the full blown experience just as much as every other resident was.

While yes, you do take all the steps I previously mentioned, there is also so much more that happens in a day than just driving back and forth to school and home. The clubs you decide to be a part of, the sports teams you decide to join, the extra time you have before classes that you spend with new friends are all things that make going to school so much more than going to class and going home.

There is so much going on around campus that commuter students can be a part of that will give us the true experience that residents get. If you don't make the effort to get

involved and be a part of campus life, you won't get the experience you want. College is everything you make of it, it's up to you to make it the best it can be.

I get the opportunity to stay on campus with my friends overnight while also getting to go home, sleep in my own bed, and enjoy home cooked meals. These are the types of perks I never took into consideration when thinking about being a commuter student. I was so adamant on needing to dorm in order to make friends that I persuaded myself that my thought process was correct.

Now that we're a month into school, I can say that I love being a commuter student. I enjoy having the chance to be home with my family but also having time in school to be with my friends, be a part of clubs and to go to events. After talking with some friends who dorm here, I've noticed that we have the same daily routines with the slight difference that I go home at night and they don't. And, I love being in the comfort of my own home with my family around me.

We all got involved and love being at Monmouth which is what's most important in being a student. No matter if you're a commuter or resident, you get the "college experience" that everyone talks about. Get involved, make new friends and make the effort to do things other than go to class and go home and you'll love Monmouth just as much as I do, even as a commuter student.



# Narrow Republican Lead in Pennsylvania Congressional Race

NICHOLAS COSCARELLI  
CO-SENIOR/POLITICS EDITOR

Republican incumbent Brian Fitzpatrick has a four point advantage over Democratic challenger Scott Wallace in the race for Pennsylvania's 1<sup>st</sup> Congressional District (PA-01), according to a recent poll released by the University's Polling Institute on Wednesday, Oct. 3.

Stephen Chapman, Ph.D., an assistant professor of political science, explained that the most important aspect at play in the PA-01 race is that it will be one of the first general elections in which the state will be using its redrawn Congressional District maps, after the former maps were considered unconstitutionally gerrymandered by the Pennsylvania Supreme Court.

"Pennsylvania was seen as one of the most gerrymandered states in the country," he said. "State-wide, this should offer Democrats an advantage in terms of vote share and seat distribution. Specifically for [PA-01], Fitzpatrick is the incumbent in [PA-08, from the previous map]."

Fitzpatrick won his election with nearly 54 percent of the vote in 2016. At the time, his district included Philadelphia suburbs, which leaned more Republican.

But the new PA-01 district now includes parts of Lansdale, which tends to lean much more Democratic, Chapman explained.

The newly drawn districts create the potential for a close race on Election Day.

The Institute reported that there are several underlying indicators in this race that would otherwise point to an advantage for Democrats, particularly the voters' opinions of the president.

72 percent of likely voters polled that it is "very important" for their vote for Congress to reflect their support for/opposition to Trump.

According to the Polling Institute's polling, most of the voters in PA-01 hold a negative view of President Donald Trump and 45 percent of them reported that they would like to see Democrats take control of Congress.

The Republican incumbent nevertheless holds an affirmative reputation amongst his constituency.

Chapman explained that Fitzpatrick's name-recognition, and his credible reputation among the voters, could be the cause of his edge in the race.

"As Election Day gets closer, we could observe a shift even closer to parity. And, as the Monmouth University Polling Institute highlights, an uptick in Democratic turnout could create an even tighter outcome," Chapman added.

"It's also important to note that in general, first-term presidents tend to lose seats in Congress during their first midterm elections, signaling the pendulum of politics is always in flux," he concluded.

Patrick Murray, Director of the University's Polling Institute explained that the Republicans have narrowed the enthusi-

asm gap since the summer.

But because they haven't entirely closed it, it is estimated that there will be tight races for seats in the House of Representatives this election cycle. "It will come down to the quality of candidates," he said.

Murray also pointed to the differing polling results in PA-01 and New Jersey's 7<sup>th</sup> Congressional District (NJ-07), adjacent districts with similar demographics.

"Both districts have well-liked, moderate Republican incumbents. And both races have tried to paint their Democratic challengers as carpetbaggers," he said. "Malinowski in NJ-07 has had a much more solid response to that charge than Wallace in PA-01."

According to voters from the poll's findings, 32 percent of PA-01 residents find Wallace "out of touch," and 56 percent find Fitzpatrick to be "in touch" with voters.

"Even though Trump remains a drag on Fitzpatrick overall, the president's supporters have grown a little more favorable toward the moderate incumbent, boosting potential turnout in the Republican base," Murray says in the Polling Institute's report.

The Institute's poll also found that the sexual assault allegations against now-Associate Justice Brett Kavanaugh did not have much of an impact on the PA-01 race.

According to the polling conducted, 83 percent of likely voters admitted that the hearings have not caused them to change their vote come Election Day.

# Democrat Ahead in Republican District

NICHOLAS COSCARELLI  
CO-SENIOR/POLITICS EDITOR

Democratic candidate Mikie Sherrill holds a lead over Republican candidate Jay Webber in New Jersey's 11<sup>th</sup> Congressional District (NJ-11) race, according to a recent poll released by the University's Polling Institute on Tuesday, Oct. 9.

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

Currently, Sherrill has 50 percent of the vote in the race, and Webber has 43 percent.

President Donald Trump won the district by one point in the 2016 election, but according to the recent poll, only 43 percent of NJ-11 voters approve of his performance in office.

"Even though Republicans have the edge in party affiliation, many are not happy with the president or key GOP initiatives such as the tax reform plan," Patrick Murray, Director of the University's Polling Institute, says in the report.

The poll reported that the Republican tax reform plan passed in December is particularly unpopular in the district.

Despite its largely wealthier demographic, due to the adverse impact of the plan's cap placed on the deduction for state and local income,

property, and sales taxes in New Jersey, many voters in NJ-11 disapprove of the GOP.

34 percent of voters in the district "strongly disapprove" and 25 percent "strongly approve" of the tax reform.

"This is a tough year for Republicans to run in Democratic states or in swing districts, particularly because the president's party does not do well in the first midterm election," said Joseph Patten, Ph.D., an associate professor of political science.

"The democrats need about 23 seats to take over the House of Representatives, and by most estimates, they probably have about a 75 percent chance of taking back the House," he continued.

Patten also explained that another factor that might be reflected by the polls in this district is the predicted "pink wave" in this midterm election cycle.

"A record number of women running for Congress," said Patten. Currently, 57 percent of woman voters support Sherrill.

The Institute also found that 24 percent of voters in the district polled that healthcare policy is the most important issue in making their choice for their representative.

41 percent of participants in NJ-11 report that they trust Sherrill more to work to keep health care costs affordable, compared to 29 percent who said that they trust Webber to do the same.

# Amid National Controversy, Kavanaugh Confirmed to the Supreme Court

MATTHEW ENGEL  
CONTRIBUTING WRITER

The Senate voted 50-48 to send Judge Brett Kavanaugh to the U.S. Supreme Court on Saturday, Oct. 6.

After an extensive confirmation process in the midst of allegations of sexual misconduct and a supplemental FBI investigation of the nominee, Brett Kavanaugh was sworn in as an Associate Justice of the Supreme Court later Saturday evening.

Just 24 hours prior to the confirmation vote, there was confusion as to whether or not Senate Republicans had enough votes to confirm him to the Supreme Court. Kavanaugh's status was sealed when Senator Susan Collins, a moderate Republican from Maine who supports reproductive rights, announced that she would vote to confirm him, expressing her confidence that he would not attempt to overturn *Roe v. Wade*.

In an interview with 60 Minutes, Collins said that, while she felt one of Kavanaugh's accusers Christine Blasey Ford's testimony about the alleged sexual assault "very compelling," she was also concerned about the lack of witnesses to support Ford's accusations.

"I feel very comfortable that I've made the right decision," Collins told 60 Minutes in their interview. "I could not come to another decision, based on the

testimony and the evidence that I reviewed."

Joseph Patten, Ph.D., an associate professor of political science, pointed to the Kavanaugh hearings as proof of the deep social divisions in American society.

In Kavanaugh's particular situation, Patten addresses the divisions around gender, as some female supporters of one of Ford, claiming that women are not being believed about sexual assault, and some male supporters of Kavanaugh believing that those who are accused are not being given due process.

Patten also explained that much of the tensions in the

current political climate stems from voters not necessarily being loyal to the Democratic or Republican Party, but rather from voters strongly disliking the opposing party.

"Our country has become much more polarized and partisan over the last 20 years," he said. "That has even filtered down to the American people; we are getting more partisan."

"It is politically intentional, because I think [Trump] believes that this could help mobilize the Republican base in the midterm election," Patten said. "The impact of winning or losing an election is that you get to select judges that share your

view. It is quite conceivable that there could be some areas of settled law that could become unsettled."

Several Democratic Senators were critical of the process by which the sexual assault claims against Kavanaugh were investigated, claiming that several days was not a sufficient amount of time for the FBI to do a thorough review of the allegations.

"A Senate confirmation hearing is a very poor venue by which to determine what actually happened and who is telling the truth," said Nicholas Sewitch, Chair of the Department of Criminal Justice.

"A sexual assault trial could take weeks to try, here we are in a much-shortened version," he added.

Sewitch believes that it was not the role of the FBI in this instance to do a criminal investigation on whether or not Kavanaugh had committed sexual assault.

"Sexual assault allegations are normally investigated by state, local or county authorities," he said. "The crime of sexual assault is a state violation of a criminal code, and every state has its own sexual assault definition."

Kavanaugh's confirmation was met with thousands of Women's March protestors being arrested for descending on Capitol Hill, and advocating for Kavanaugh to be denied a seat on the Supreme Court.

Among the protestors detained were well-known celebrities Amy Schumer and Emily Ratajkowski, both of whom argued that Kavanaugh was a sexual predator who was not fit for the highest court in the federal government.

A few days after he mocked Ford at a rally in Mississippi, painting her as an unstable woman whose testimony was not reliable or credible, President Donald Trump publicly criticized the protestors, referring to them as "paid professionals" who had been hired by left-wing political philanthropist George Soros.



IMAGE TAKEN from CNN

Kavanaugh was sworn in as an Associate Justice at a private ceremony with his family on Oct. 6.



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# GLOBAL EDUCATION CALENDAR OF EVENTS FALL 2018

## OCTOBER

**Monday 8th**  
WHEN WILL YOU STUDY ABROAD?  
8:00PM-9:00PM MULLANEY HALL

**Tuesday 9th**  
ARGENTINIAN CUISINE NIGHT  
5:00PM-7:00PM MAGILL DINING HALL

**Wednesday 10th**  
STUDY ABROAD 101:  
GENERAL INFO SESSION  
2:45PM IN PZ 207

**Wednesday 17th**  
STUDY ABROAD 101:  
GENERAL INFO SESSION  
2:45PM IN PZ 204

**Monday 22nd**  
ABCs OF GOING OVERSEAS  
8:00PM - 9:00PM OAKWOOD LOUNGE

**Tuesday 23rd**  
AUSTRALIAN CUISINE NIGHT  
5:00PM-7:00PM MAGILL DINING HALL

**Wednesday 24th**  
STUDY ABROAD 101:  
GENERAL INFO SESSION  
2:45PM IN PZ 204

**Wednesday 24th**  
UNITED NATIONS DAY  
UN CLUB TABLES ACROSS CAMPUS  
11:00AM - 3:00PM

UN SOCIAL & INTERNATIONAL  
TASTE TEST  
4:00PM-6:00PM MAGILL DINING HALL

**Wednesday 31st**  
STUDY ABROAD 101:  
GENERAL INFO SESSION  
2:45PM IN PZ 205

## NOVEMBER

**Monday 12th- Friday 16th**  
INTERNATIONAL EDUCATION WEEK

CELEBRATE THE BENEFITS OF  
INTERNATIONAL EDUCATION THROUGH  
INTERACTIVE WORKSHOPS,  
DISCUSSION, ACTIVITIES & TASTE TESTING

MORE INFO: GEO CALENDAR  
(STUDYABROAD.MONMOUTH.EDU)

**Tuesday 27th**  
SPANISH CUISINE NIGHT  
5:00PM-7:00PM MAGILL DINING HALL

## IMPORTANT DATES

<b>FRI. OCT. 26TH</b>	<b>FRI. DEC. 14TH</b>
<b>SPRING PRIORITY DEADLINE</b>	<b>CADIZ SUMMER 2019 CONFIRMATION DEADLINE</b>

## APPLY, SEE MORE EVENTS & INFO

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# You Get What You Give: Practice Gratitude

CHLOE BARONE  
CONTRIBUTING WRITER

Schedules are busy, time is limited, and stress levels are high. Without noticing, college can instantly become something that strips away our daily gratitude and it can make us forget what is important in our lives.

If there is a loss of gratitude in your life, take proactive steps to embrace the little things that make you smile.

To do this, first, understand the meaning of gratitude. Gratitude is essentially the act of being grateful.

Instead of just saying what you are grateful for, put it into practice.

Being proactive with this will ultimately turn your life into an overall positive experience.

If you don't know where to start here are some tips.

**Look at the glass half full.**

Think of five things that you normally begrudge. These can be going to class, waking up early in the morning, or even having to put gas in your car, and write down why you are grateful for them.

For example, you can be grateful for waking up early to go to your 8:30 a.m. classes because it can help you get a jumpstart on your day.

It takes you one step closer to achieving your dream degree.

Writing down uplifting aspects of things you feel

to be negative will help you appreciate what you have in your life.

**Write it down, or say it out loud.**

Before bed write down in a journal five things that happened during your day in which you are grateful for or five people you are grateful for, and why.

If journaling isn't your thing, you can even say it out loud.

You may not want to feel crazy for talking to yourself or put in the extra effort when you are just tired, but this experience will be cathartic.

Taking time to realize how great things are can be a sigh of relief if you are feeling the stresses of life.

Now, let us provide a life hack. If writing is your outlet, look up The Five-Minute Journal. It is a great tool that will help you practice gratitude daily that is pre-formatted.

**Say thank you.**

Part of practicing gratitude is also learning respect.

Throughout your day if you encounter someone who helps you out, serves you food, or even lets you cut in front of them while driving, say "thank you."

Letting others know you appreciate them will not only earn you mutual respect, but it will make you feel good inside.

Sam Melillo, a junior communication student offered some insight into how she practices gratitude daily

by simply being friendly.

Melillo stated, "I always make sure that I'm polite especially when people go out of their way for me."

If someone holds the door for me, even when I am a few steps back, I say thank you and hold the door for the next person."

When walking on campus you may notice the lack of people saying "thank you" when a door is held open for them, don't be that person.

It costs nothing to express your gratitude.

**Show yourself some love.**

A large part of gratitude is being able to recognize and love the good within you.

To tap into your soul, schedule some alone time with just you.

Spending time alone with yourself will help you learn to appreciate just how much of a boss you are.

Rebecca Ley, a junior health studies student, chatted about how she makes time for herself while remaining grateful for others.

Ley stated, "I take a walk every morning and think of five different things I'm grateful for."

Taking time to self-reflect will only help you grow, and when you grow, your gratitude will flourish for the things that helped you within your journey.

Lisa Allocco, an adjunct communication professor dedicates time to herself as well.

Allocco said, "I go to Hatha yoga four times a week, so practicing mindfulness



PHOTO TAKEN by Nicole Riddle

When talking to others, it is important to be respectful and give gratitude. Hopefully your actions will cause others to do the same.

has become a part of my everyday life."

When you are mindful of yourself, you automatically become aware and mindful of those around you.

Realizing your own limits and feelings will help you be grateful for the personalities and different qualities your friends and family

are able to offer to your relationships.

Coming from people who seriously thought the practice of gratitude would have no immediate effects, they can attest for its powers.

Always remember you get back 100 times what you give out, radiate gratitude my friends.

## Let's Taco 'Bout Some Good Eats

AMANDA BALESTRIERI  
CONTRIBUTING WRITER

Let's face it, Monmouth is definitely one of those universities known for their location. Pier Village and being by the beach both mean one thing: great food places.

A go-to lunch spot is essential for everyone's college career. While iced coffees from Dunkin' satisfy almost everyone on campus, there are so many other places to try.

However, if you do want to stick with Dunkin', try their newest fall specialties. A common favorite is the iced apple cider. Affordable, convenient and refreshing. Pumpkin muffins and apple crisp donuts are some extra yummy treats that are featured this season. These are perfect for a snack or even a quick breakfast before an early morning class.

No one should live off of Ramen noodles and microwaveable mac and cheese.

Go through the underpass and head to the Student Center to get a fresh rice bowl or salad for under \$10. With a variety of toppings, it's impossible to get sick of these. These can be made vegan or vegetarian which is a unique option.

Looking for a smoothie? Look no further. Another on-campus option is the cafe in the Plangere Center. This is perfect for freshly made smoothies, baked goods and wraps. This is very convenient and a great place to get a snack.

Tinamarie Lopes, a freshman

biology student states, "I love the smoothies from Plangere. They taste fresh and come in many varieties."

Lopes added, "It's easy to grab something there before class because the lines are never long." The convenience store under Hesse Hall is another great spot to grab a snack. From using declining dollars to cash or card, the location makes it easy for residents that live in the dorms.

Being located near the library is great for grabbing a snack before studying.

After all, we are only a mile away from the beach and Pier Village.

There are many off campus eating options that are within a few minutes away.

A fan favorite is Surf Taco. Being only three minutes from campus, between five and seven dollars for a fresh taco that comes with chips, how can you go wrong?

These tacos are light, refreshing and are perfect for a boardwalk snack. Jenna Mercagliano, a freshman psychology student mentioned, "My favorite spot around campus is definitely Surf Taco. As a commuter, it is so accessible and it has a different atmosphere."

Mercagliano continued "Everything is so yummy, and it is so close

to school." Surf Taco features an extensive menu of tacos, wraps and quesadillas.

If you have not tried it, definitely take a visit. Shall we continue?

Going along with veganism and healthy eating, Mary Harris, M.A., A.P.R., in the communication department loves The Herd Juicery because of their, "very fresh, all organic, vegan and gluten free" food. Located on Brighton Ave, this spot is perfect for when you're in a rush, but still want quality food.

Convenience seems to be a big issue in today's society because we are always on the run. From activities to school to internships, the fast

food industry is growing because they take advantage of this. But, this local spot is perfect for a healthy but quick snack.

David Marshall, Ph.D. of the mathematics department stated, "I love Brennan's Delicatessen on Monmouth Road. Great sandwiches and soups." From breakfast to lunch sandwiches, this place has it all.

But with prices still at a reasonable rate, it checks all the boxes.

They have many choices of omelettes, breads, meats, cheeses and soups. This is a great lunch spot if you want to eat out without the beach traffic that comes with Pier Village.

Calling all night owls. Inkwell Coffeehouse, located around the corner from Cedar Ave, is a classic spot for many things other than coffee.

Iconic mac and cheese bites are one of the many bites that this lively spot has to offer. Opening at 7 p.m., this spot is ideal for a cheap dinner or some milkshakes. The prices cannot be beat. They even have comfort classics, such as grilled cheese, mozzarella sticks and wraps.

All in all, there are many cost-effective but tasty spots to eat both on and off campus. Monmouth's location definitely plays a primary role in the yummy spots that are not even five minutes away.

Hopefully, this has inspired a trip out of the dining hall to adventure some new, local eats.



PHOTO TAKEN by Cassandra Capozzi-Smith

Studying in the Student Center can be a drag, but stop at Dunkin Donuts for a nice little treat or some caffeine. From coffee to meals, the Student Center can be a students best friend.



# WHAT'S POPPIN' With K-Pop?

KAYLA CUBILLOS  
CONTRIBUTING WRITER

If you drove by Citi Field in Queens, New York last Friday, you probably haven't seen so many tents since last year's abysmal Fyre Fest.

About 300 fans camped out ahead of a concert for BTS that was held last Saturday night, so they could get the closest possible spot to their favorite band.

BTS, which stands for Bangtan Sonyeondan, or Bulletproof Boy Scouts, is a Korean pop boy band that consists of seven members.

Their latest album, *Love Yourself: Tear*, released last May, reached Number One on Billboard's 200 Chart.

They're currently on the North American leg of their international Love Yourself Tour, which started in Los Angeles on Sept. 4 and concluded last Saturday night at Citi Field.

Everywhere the band travels, thousands of adoring fans follow.

But how did BTS and K-pop become so popular in a country where Korean isn't the dominant language?

It turns out, K-pop has been permeating the U.S. for a while.

The first K-pop convention, known as KCON, took place in October of 2012 at Atlanta, Georgia's Verizon Wireless Amphitheater.

KCON supports the world of Hallyu, which directly translates to the "Korean Wave."

At KCON, Korean culture is demonstrated through music,

panels for food, TV shows, makeup and other popular workshops.

What started out as a one-day convention in Atlanta has transformed into a three-day event in New York City and Los Angeles.

However, the music has become a large part of KCON and the genre has gained popularity with mostly teens and young adults across the country.

There are a few theories as to how K-pop took the U.S. by storm.

Some say actress Emma Stone sparked the country's interest.

When asked about the genre in an interview on *Conan*, she said, "It's the best thing you'd ever seen."

This drove people to search for who was at the top of Stone's playlist.

But associate professor and WMCX advisor Aaron Furgason, Ph.D., said the popularity of K-pop and its expansion is allotted to, "One simple answer: Worldwide Web."

We now have instant access to pop music produced outside of the traditional places [like the] United States and England."

Many K-pop groups have well over 50 million music video views on their YouTube channels.

The music has also appeared on *Ellen*, *The Bachelor*, and *America's Next Top Model*, along with movies like *Fast and Furious 4* and the trailer of *Fantastic Four*.

Even with a few lines transitioning a scene, the

immediate attention towards the music is groundbreaking.

Furgason said he has heard the music "on both terrestrial/satellite radio and via YouTube videos," which I found interesting because it is not on the pop stations I listen to.

K-pop is finding its way on the airwaves because of the catchiness of their songs.

One of BTS's most streamed songs is "Blood, Sweat & Tears" and even though I don't speak Korean, the beat behind the music left me wanting to dance.

The sound of K-pop is like any pop song sung by artists in the top 100.

Their songs mainly resemble a mixture of EDM and pop, which makes you not only want to listen to more, but also to sing along, even if you don't know the words.

After speaking with freshman Katie Schauer, who listens to the genre, it all became clear as to why it is so popular.

The upbeat music instantly sparked her interest at a party and the fact that she could connect the music to her own Asian heritage added greater weight to the importance of BTS's music.

From there, she began listening to other K-pop artists like Wonder Girls, SNSD, CL, Exo and NCT.

With the Backstreet Boys and One Direction being the two boy bands of our generation that came from the west, BTS has become the new westernized boy band.

BTS's success has led to the exposure of other Korean music in the U.S. and fans are just as enthusiastic.



PHOTO TAKEN from GRAMMY.com

BTS have close to 8 million monthly listeners on Spotify.

Concerts for any K-pop performers are rave-like with glow sticks, fan chants, and extremely high volume, which has reached record highs that are capable of causing hearing damage.

Katie does not see the genre settling down any time soon and claims, "K-pop is still going stronger than ever."

Katie isn't the only one who feels this way.

Furgason added, "As with all pop bands, it will be incredibly popular for a period of time and then it will inevitably be replaced by some other pop sound/band for the next generation of listeners."

While he entertained the thought of K-pop as a fad, Furgason really believes,

"K-pop suggests that because of the Internet, we are truly living in a global world, for good or bad, depending on your musical taste."

Many music videos for K-pop are dystopian in nature or robotic, which leaves us to believe that K-pop may be the future.

What's definitely in the future for BTS is more dates for their Love Yourself Tour.

Their second show in London is today to kick off the European leg of the tour.

BTS will end their European dates on Oct. 20, then head over to Japan, where they will tour the country from Nov. 13 to Feb. 17.

As for the hits to come, I'm sure you'll see BTS and other bands of the genre pop up on the Billboard Charts.



## Dust Off the Cable Box: The Resurrection of Classic TV Shows



ERIN MULLIGAN  
CONTRIBUTING WRITER

Remember those days of staying up late at night in elementary school past 10 to catch an old episode of *Full House* on *Nick at Nite*?

Yes, it was daring to see Danny Tanner on the screen at such a late hour, but it was so worth it; especially when he butted heads with Uncle Jesse.

We see Uncle Jesse in those steamy Greek yogurt commercials, but now when you browse through Netflix, the character appears next to a reboot of the show we all loved: *Fuller House*.

Recently, many shows from decades ago have had reboots on TV and Netflix for the main

reason of intellectual property.

Is there a serious case of writer's block sweeping throughout the country?

Is there a panic spreading throughout Hollywood?

What could be the reasoning behind all of these TV rejuvenations?

Associate professor of communication, Chad Dell, Ph.D., shared his thoughts on the trend with, "I have mixed feelings. As someone who is a boomer and watched those shows, it's interesting to see them but on the other hand, I'd much rather see new stories about new characters."

Dell continued, "What they're doing is taking characters with a track and sales record and trying to sell them to us again which I

find disappointing."

*Variety* reported that multiple shows from the 70's, 80's, and 90's are making their returns.

For example, *Full House* came back as a Netflix series, retitled *Fuller House*. Since its first release, the series has received a 7.2 rating from IMBD with *Forbes* reporting that the show had drawn in 4.6 million viewers throughout the season.

The list also included *Battle of the Network Stars*, *The Gong Show*, *The Jetsons*, *Miami Vice*, *Roseanne*, and *Will and Grace*.

Another notable show that has resurrected after many years off the air is *Murphy Brown*.

The show was a hit sitcom that first aired on November 14, 1988 and aired its final episode on May 18, 1998.

*Murphy Brown* has been revived for a 13-episode season and premiered on Sept. 27, just a couple weeks ago.

The sitcom originally focused on the life of former alcoholic, Murphy Brown, played by Candace Bergen, who was an investigative journalist and news anchor for the news station, *FYI*.

Brown is a tough, hot-headed woman who is considered the most famous hard-hitting news anchor in America.

The show follows Brown and her friends as they humorously live their daily lives working in the competitive and controversial industry.

Nearly 20 years later, it was announced that there would be a

reboot.

In the revival, Brown has been retired from broadcast journalism for a couple years.

She had received multiple offers to return to broadcasting over time, but it wasn't until the country's most recent election that Brown was inspired to return.

Brown was approached by news station, *CNC*, to host her own morning news show called *Murphy in the Morning*.

Now, here we are again: Brown brings her former colleagues, Frank Fontana and Corky Sherwood, to co-host along with the program's old producer, Miles Silverberg.

Murphy is suddenly shocked when she discovers that her son, Avery, has been given his own morning show on rival network, *Wolf News*.

The season will follow what happens while the two shows are scheduled to air against each other through the intriguing political comedy the show provides.

In regard to *Murphy Brown*'s comeback, Dell said, "I'm not excited. I enjoyed *Murphy Brown* when it was on the air, but I haven't watched the new version of the show."

Dell added, "I'd rather spend my time watching *The Good Place* or *Insecure*, not a rehash of *Roseanne* or *Murphy Brown*."

Although Dell is interested in the fresh content TV offers, there are plenty who resort to watching their favorite reboots.

Nearly 20 years later, it was announced that there would be a

reboot.

Neilson rating in the 18-29 age demographic along with having 7.5 million viewers, as per *The Hollywood Reporter*.

The show leans toward a liberal direction.

Bergen's character went back to broadcasting all because of the stir that has taken place in the U.S. since the results of the 2016 election.

The show tackles issues such as politics, sexual misconduct, and feminism.

With the program's return, it's fascinating to see an old show like *Murphy Brown* take on such relevant topics.

According to *ABC*, studios and production companies have found it easier to create new storylines for old shows of which they already have ownership.

This is called intellectual property, which is the basis of the newest pattern of past programs coming back.

Once one reboot took place with success, another came along, and another.

Studios noticed this and wanted nothing more than to keep it going.

There have been new ways of marketing that weren't used with the original version of TV shows that are being used today, which stirs excitement for both new and returning fans.

Considering the high viewer ratings, it doesn't seem like these reboots are slowing down.

But what show will come back next?



PHOTO TAKEN from TVLine.com

Murphy Brown and other shows have recently been rebooted.



# LIL WAYNE'S Triumphant Transformation

RAY ROMANSKI  
CLUB & GREEK EDITOR

There's no greater trademark in rap music than Lil Wayne's lighter flick, and I'm happy to report that he's back.

Wayne's twelfth album, *Tha Carter V*, finally dropped on Sept. 28.

This was Weezy's first album in five years, and it might be his most ambitious project yet in terms of emotional connection, musical experimentation, and featured collaborators, which include Snoop Dogg, Ashanti, Kendrick Lamar, and much more.

The album was supposed to be released in 2014, but tensions between Wayne and his surrogate father-figure and mentor, Birdman, caused the album to be pushed back several times.

What ensued was a lengthy battle of lawsuits and even violence between Birdman's Cash Money Records and Wayne's Young Money Records.

One incident involved a shooting at Wayne's tour bus in 2015.

At one point, Wayne sued Birdman for a \$51 million breach of contract lawsuit and threatened to take his Young Money signees with him, most notably Nicki Minaj and Drake.

Wayne and Birdman settled the lawsuit back in July for "an undisclosed dollar amount."

After all the disputes and lawsuits, we've finally made it to the *Tha Carter V*.

The first song, "I Love You Dwayne," is a recorded phone call from his mother.

The two-minute song has Jacida Carter audibly holding back tears about the love and pride she has for her son.

She calls him her "rock" and praises Wayne's treatment of her.

The third song, "Dedicate," is a statement about his influence in rap music. He claims his face tattoos, diamond-encrusted gold grills, and drug-addled lifestyle "changed the culture" of hip-hop.

Today, numerous rappers have imitated Wayne in resemblance, sound, and choices.

The next noteworthy song is "Let it Fly" featuring Travis Scott. Scott tackles the first verse and Wayne raps on the remainder of the song.

However, Wayne's lines aren't as crafted as other songs on this album.

Weezy rhymes "mind" with "mind," and "line" with "line."

Perhaps, Wayne should've checked out a Dr. Seuss book before heading into the studio with this one.

One of the highlights of *Tha Carter V* is two songs later with "Dark Side of the Moon" featuring Nicki Minaj.

This song is a soothing, R&B romantic piece about an otherworldly love where Minaj sings; and she sounds lovely!

The key line is found in the chorus: "I'll meet you on the Dark side of the Moon/ And if you happen to get there before me/ Leave a message in the dust just for me."

"Mona Lisa" features Kendrick Lamar and discusses deception and infidelity.

Lamar's verse contains a quoted conversation with himself and an unknown woman that escalated to Kendrick aiming a gun at his head.

On the track "Famous" featuring his daughter, Reginae, Weezy has written a bittersweet reflection on being in the lime-light.

Reginae's soulful choruses resemble Gladys Knight.

Weezy mentions both the allure of stadium lights and millions of fans cheering for him, but also missing holidays and not seeing family members for long periods. Wayne sings, "Superstars don't sparkle, we high-beam."

Plenty of emotions are expressed on many different songs like humility and reverence on "Took His Time," insecurity on "Mess," and heartbreak on "What About Me?"

There's a couple songs that we can do without, such as "Hittas," "Open Safe," and "Demons."

Also, Weezy has a few titles that are too explicit to be published.

The artist's vulgarity throughout the album has reached a new high for Wayne's standards.

Despite the profanity and lurid content, *V* was worth the delay.

In a few regards, this was a family affair; literally featuring his mother and daughter, but also showcasing frequent collaborators that are on his label.

From the first lighter flick (four seconds into "Dedicate") until the very last beat, Wayne demands the listener's ear.

# Writer Odie Lindsey Visits Monmouth

DYLAN SURMONTE  
CONTRIBUTING WRITER

Writer and military veteran Odie Lindsey read pieces from his most recent story collection, *We Come to Our Senses*, in front of a crowd of students, faculty, alumni and community members at Pollak Theatre as part of the school's Visiting Writers Series last Wednesday, Oct. 4.

Lindsey is currently a professor of practice at the Center For Medicine, Health, and Society at Vanderbilt University.

The stories and pieces of polemic prose Lindsey shared with those in attendance included a selection from *We Come to Our Senses* titled "Colleen," in which he offers a unique and daring, yet fresh war story on a female war veteran back at home, rather than the typical war story trope of a male serviceman in battle.

Like a modern William Faulkner, who was unafraid of sticking his fingers in particular wounds in American culture, Lindsey's message and presence in Pollak Theatre focused on an in-depth discussion of what qual-

ifies a story as a "war story."

Some of the concepts include intersectionality among individuals, along with a necessary insight into how people audit the truth in order to trick others and, more often than anyone, themselves.

In an informal Q&A in Rechnitz Hall, Lindsey gave advice to inspiring writers.

The author said, "just sit down and try for 3 to 4 hours. And if you only write one word, or not any words at all, you're still involved in that process. Which you have to love."

But besides "Colleen," *We Come to Our Senses* is filled with unique kinds of war stories focusing on the soldiers, military veterans, and heroes of all genders, race, and cultures whose stories don't get the value or attention they deserve for the priceless sacrifice they make.

Other refreshing and insightful works by Lindsey to provide a possible new outlook on life include the stories "Bird (On Back)," "Hers," and "Darla."

Lindsey's next story, a novel to be published by W. W. Norton, is forthcoming.



PHOTO COURTESY of Monmouth University

Writer Odie Lindsey offers a fresh way of telling war stories.



DANIELLE McCLELLAND  
CONTRIBUTING WRITER

We have all experienced that one concert.

It awakens your spirit and makes you want to run away and escape the pressures of societal norms.

It makes the night feel everlasting and the impending morning schedule nonexistent.

Now imagine the lead vocalist of this scenario.

In the case of *A Star is Born*, that soul-awakening entity is none other than Jackson, played by Bradley Cooper.

I know, it surprised me too.

*A Star is Born* follows the exhilarating rollercoaster of fame and love.

# A STAR IS BORN Hits All the Right Notes



Jackson is a hard-headed guitarist wrapped up in the world of sex, drugs, and rock and roll.

On the other hand, Ally, played by Lady Gaga, is a determined waitress that spends her evenings belting out french ballads in a nightclub alongside spunky drag queens.

After a wild show, Jackson stumbles into his limousine and spots a bar.

Jackson's interest is peaked immediately as he enters the eccentric scene, meeting a friend of Ally's.

Shortly after, Ally steps onto the stage, clad in risqué garments, and drawn on eyebrows, performing the French ballad "La Vie en Rose."

Jackson is instantly intrigued, and the moment they lock eyes, both know their lives will change forever.

When their worlds collide, a musical and romantic partnership ensues.

Spurred from several adaptations, including the 1976 classic starring Barbra Streisand and Kris Kristofferson, this latest version had rather spacious shoes to fill.

However, Cooper and Gaga give the modern generation a taste of the classic adaptations that came before it, fill older viewers with nostalgia, and put fresh faces on inspiration.

During the show, I even heard someone say, "He sounds just like Kristofferson!"

The execution of this film in its entirety was captivating and intense.

Jackson and Ally embody the awkwardness and humor that comes with a budding romance.

Cooper directed the film and starred as a lead, infusing his comedic roots into the storyline.

Ironic scenes such as Jackson doing cocaine in his dressing room then proceeding to perform at a pharmaceutical convention, exemplify the dark humor that attracts many viewers.

Other more lighthearted scenes include Jackson taping a bag of frozen peas to Ally's hand to help her bruised hand.

Gaga's acting was stupendous, completely recreating the feelings of terror and anxiety when faced

head on with the things that you fear.

The actress emulated how it would feel to have your dreams come true, all the while slowly falling in love.

Just like the rapid changes Ally endures, the chaotic camerawork by Matthew Libatique was completely intentional; making the audience feel as if they were in the large waves of people singing to the music.

The scenery is breathtaking, from the spot-on depictions of a rock concert to the desolate roads on an obscure highway.

When Jackson arrives back home in Arizona, he embraces Ally near an abandoned gas station, surrounded by beautiful skies and relentless wind brushing against their faces.

It seems as if the world is entirely their own.

While the camerawork makes us feel like we're standing in the pit of Jackson's concert, the music will make you tap your feet and want to surf through the crowds of people lost in the bliss of an epic time.

The start of the film is remarkable, beginning with Jackson's "Black Eyes" and a bass that will electrify your whole body. It is the true essence of rock and roll.

I was waiting for that "Evergreen" moment, but Cooper's direction took a different turn, in the form of "Shallow."

This song was the saving grace for the musical score.

It proved Cooper's ability to stand next to Gaga and have just as strong of a musical presence, all the while creating the most standout musical collaboration of the year.

The irony of the performance is that we all are aware of the powerhouse that is Lady Gaga.

From her raspy voice that can strongly deliver any musical genre, to her memorable wardrobe (that includes meat dresses), Gaga takes a huge step out of her comfort zone in the role of Ally.

The actress bares her insecurities and becomes vulnerable with the world.

Gaga is almost telling us that this is who she is behind the fame; a woman who still gets angry at her boss or gasps for air when laughing with a good friend.

Meanwhile, Jackson is a worldwide superstar who has thousands attend his shows, all the while coasting through it clutching to the alcohol and drugs.

While there appears to be a stark difference between the two, their musical chemistry makes them become one.

If you adore past versions of *A Star is Born* or just want to see a quintessential love story for the ages, you were born to see this flick.

For those who want to relive the feeling of being in an electric concert crowd, here's your chance.

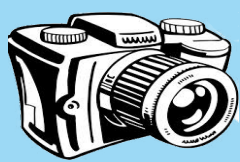
Jackson and Ally's talents will make you feel like you're back in the pit, but at a ticket price eighty percent cheaper.



PHOTO TAKEN from Variety

Lady Gaga stars alongside Bradley Cooper in the latest adaptation of *A Star is Born*. The film made \$42.6 million in its opening weekend.





# MOMENTS AT MONMOUTH



**LEFT:**  
HONORS SCHOOL REPRESENTATIVES NICOLE ONDROF (LEFT) AND ANGELICA PELLONE (RIGHT) APPEALING TO PROSPECTIVE STUDENTS DURING THE ANNUAL OPEN HOUSE.  
PHOTO COURTESY OF: JAMES GOLDBECK



**RIGHT:**  
PRSSA MEMBERS VISITING THE PRSSA NATIONAL CONFERENCE IN AUSTIN (FROM LEFT: ARIANA MURDOCCA, KARALYN HANOVER, SHAKIRAH BRIGHTLY).  
PHOTO COURTESY OF: PRSSA



**LEFT:**  
COMEDIAN SARA SCHAEFER DAZZLES THE CROWD DURING AN SAB-SPONSORED PERFORMANCE IN ANACON HALL THIS PAST WEEKEND.  
PHOTO COURTESY OF: EMILY MARSH



**RIGHT:**  
MEMBERS OF THE YOUTH ACTIVIST CLUB TAKING PART IN A BEACH CLEANUP ON THE BOARDWALK OF ASBURY PARK THIS PAST WEEKEND.  
PHOTO COURTESY OF: MONMOUTH YOUTH ACTIVISTS

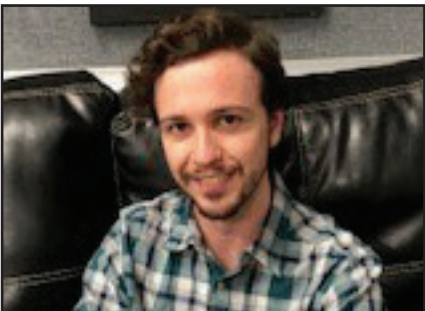


**Don't see your picture this week?**  
Check back in next week's issue for more Monmouth students' photos!



*If you had the chance to time travel, where would you go?*

COMPILED BY: NICOLE RIDDLE



**Anthony DeAnni**  
Graduate Student

"I would love to go back in time and see bands like The Beatles or Led Zeppelin at the height of their career."

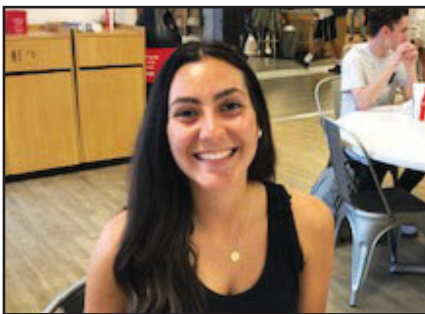


**Sam Infantino**  
Junior  
"The future."



**Zandro Salomone**  
Sophomore

"If I could time travel anywhere, I would have to choose the early 1990s. I want to experience an earlier generation of pop culture and music."



**Yazmin Belhdaj**  
Junior

"I would be at the table for The Last Supper."



**Vanessa Sullivan**  
Plangere Cafe Cashier

"I would love to go to Woodstock."





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# New Club Helps Gain Connections in Professional Sports Industry

MAX SOBRANO  
CONTRIBUTING WRITER

The Sports Studies Club is the newest Club at Monmouth University, and we hope that it will provide a great benefit to the entire student body. The club plans to give Monmouth University students the ability to gain insight in the highly competitive sports industry. Formed in the Spring of last year, the main goal of our club is to help sports interested students gain networking connections in professional sports and allow them to garner internships with professional sports organizations in the Tri-State area. We are proud to announce this upcoming school year we are planning on partnering with organizations and personnel from the National Basketball Association (NBA), Major League Baseball (MLB), National Football League (NFL), National Hockey League (NHL), and the Major League Soccer (MLS). Our specific plans involve having professional sports organizations arrange panels at Monmouth University to speak about their internship pro-

grams and plan trips to these sports team's stadiums for private tours and meetings with front office personnel. Another idea is to set up a speaker series where we will have sports industry professionals speak at our club meetings to members about their current occupations, how they started their career and if they have any tips for college students who are interested in working in similar sports related fields. The Executive Board consists of President Max Sobrano, Vice President Rob Disko, Secretary Alexandra Graff, Treasurer Brendan Tedaldi and finally Social Media Coordinator Jordan Smith. We are also extremely glad to have two incredible advisors, Joseph Mosca, Ph.D. and Matthew Harmon, who are part of the Business School and Communications School respectively. The Sports Studies Club is open to students all majors due to how diverse the sports industry really is. Students of all majors are welcome. The inspiration to start this club after I have endured the harsh, drawn out journey of applying for internships for professional sports teams, I soon

realized how difficult it is to find a job in the industry. Once I met and talked to a few other students who have experienced the same hardships with applying for these internships, we knew that we needed to do something to help out other Monmouth University students with the same or similar career interests. I knew that even if we could help out one single student land an internship in professional sports, this club would be successful. Currently, Monmouth University does not have a specific sports major. For this reason, many students at Monmouth who are interested in a career in sports major and minor in a combination of Business and Communication. This is another reason why the Sports Studies Club will prove to be a valuable asset to any student who has an interest in sports in general. The first official meeting of the club will take place October 10 a.m. at 3 p.m. in Bey Hall 201 (Turrell Boardroom). We will be discussing some of the important goals and plans we have for our members for the upcoming school year. Detailed emails will be sent out

summarizing that week's meeting by our Secretary. If you or anyone you know is interested in joining please email Max Sobrano at s1048458@monmouth.edu. Be sure to follow the Sport Studies Club Instagram page at @musportsstudies for any upcoming events and news!



IMAGE TAKEN From musportstudies

The newest club on campus plans to help students make connections with professional sports organizations.

## INVESTING IN YOUR FUTURE

ZACH JOHNSON  
CONTRIBUTING WRITER

The bell rings and the floor erupts in a frenzy. This is the view of the New York Stock Exchange. And you can witness this spectacle! The Economics and Finance Club is a student-run organization focusing on educating students about everything finance! All majors can join, and there is no cost to participate. The club meets at least twice a month, and meetings often include presentations from speakers who work in finance. Past speakers have come from firms such as JP Morgan, Bank of America, Goldman Sachs, Morgan Stanley, Bloomberg, and many more. The club also has an annual fall trip. In the past, the Economics and Finance Club has toured the New York Stock Exchange, New York Mercantile Exchange (NYMEX), Federal Reserve Bank (including the gold vault), Museum of American Finance,

and more. This year's fall trip will be on Nov. 2 to the Federal Reserve and the New York Stock Exchange. Students will be bussed to New York City and enjoy a day of trading, and might even catch the opening or closing bell. It is free of charge, however, space is limited. To reserve a spot, contact one of the executive board members or Robert Scott, Ph.D. Besides its academic and social aspects, the club's officers offer free tutoring to any student in economics and finance classes. Kemal Kansu, our social media director, had has a great time involved with the Economics and Finance Club. "I joined because I wanted to learn more about different career paths people have gone through in the financial world," he said. "Going to the Stock Exchange and the Federal Reserve last year was an amazing experience. The advice speakers gave about jobs were always worth jotting down. I have no regrets from joining this club."

The Economics and Finance Club is a great way to network and see what opportunities wait for you in the financial world. By coming to these meetings, students can receive first hand knowledge and advice from finance professionals who currently hold powerful positions, or who recently have held position but remain active in the financial world. Meetings are typically twice a month, but can vary. The location for these meetings is either in Bey Hall or Poyzcki Hall Wednesdays at 3:15 p.m. Pizza and refreshments are always served! If you have any questions or comments, please feel free to reach out to any of the E-Board members: Zach Johnson, Mike Venezia, Kyle Kilgallen, Soso Chakiashvili, and Kemal Kansu for more information. Be sure to follow the Economics and Finance Club on Facebook and on Instagram @mu\_econ\_finance to catch the latest news.



PHOTO TAKEN by Ray Romanski

The Economics and Finance Club offers special events and field trips to members of all majors.

## 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 p.m. 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!



# Alena Graedon's Dystopian World

MELISSA BADAMO  
STAFF WRITER

An apartment fire that burned her books inspired the theme of Alena Graedon's first novel, *The Word Exchange*. A dictionary gifted by her parents influenced the first scene. A family of readers and a mother who read aloud stories gave her an appreciation for science fiction and fantasy. These are just some of the life experiences that shaped Graedon into the writer she is today.

Graedon, an assistant professor of English and creative writing, shared her journey as an author. She published *The Word Exchange* in 2014. The science fiction novel centers around a futuristic alternate reality where a virus spread from machines to humans makes communication impossible.

"It's sort of an allegory, but it's also meant to be really represented in the novel in practical terms," Graedon said.

"I got the idea for it because I watched this shift from the way we used to interact with text and language and communicate with each other, and then it changed and became heavily influenced by new digital technologies, and it made me think about what would happen if it was possible to actually manipulate language," she continued.

Graedon's appreciation and expertise in the craft of writing not only has the power to drive an allegorical novel, but it also has the power to inspire students in her creative writing classes. The way she structures her class is especially impactful for students; she engages the class in workshops that allow students to share their



PHOTO COURTESY of Monmouth University

Alena Graedon is the author of *The Word Exchange*, a thriller centering around a dystopian world.

input on others' stories.

"There's so much value to her teaching style. It gets myself thinking about things; I find it eye-opening to see people's different responses to my work," said Melissa Lauria, a sophomore English, creative writing, student.

"I definitely think that we come to class with a certain amount of bias, whether that be our own work or other people's work, and so seeing different lights and different viewpoints help me as writer to create different characters. The class is both basic yet insightful, and it's interesting to study things that I haven't really

examined before," Lauria added.

Personally, I appreciate how her teaching style brings writers together. In Introduction to Creative Writing, we're all being introduced to each other's writing styles and getting inspiration from them, which is the best thing about Graedon's class.

In the past, I've never received the opportunity to have so many fellow writers respond to my work with a variety of input. It really allows me to strengthen my writing skills and reflect upon what works in my stories and what does not.

"As a writer in her class, she assigns a lot of reading, which I

think is equally as important, or even more important than writing because you read a lot of different styles and voices and that's how you learn to write. You're trying to learn about as many different voices as you can so that you can begin to develop one that works for you, said Jane Lai, a senior English, creative writing, student.

"In a good way, we put our own spin while using the voice of another author. It lets us experiment all the time," Lai continued.

The connection between Graedon's experience as an author and as a creative writing professor not only gives insight to her

students, but also to Graedon herself. "I love teaching, and I always have. I went to a small school growing up in the south that was very focused on peer collaboration. Teaching is just something that I think of as very much a part of my identity and as much a part of my aspirations for my career," Graedon said.

"The things I think I like the most is when students in my classes can teach and show each other. That is the most gratifying moment, when people can figure stuff out for themselves," Graedon shared.

While inspiring her students, Graedon is also anticipating her future works. "I'm working on a second novel now, and I just recently put together a research plan for a third novel," she said.

Graedon inspires her students and readers alike to persist in whatever craft they pursue. She heavily advises students to keep focusing on their work, no matter what.

"I had a professor who was really influential on me who advised no matter what's happening in the background of your career, whether it's going wonderfully or horribly, try to shut all of that out and pay attention to the words in front of you," she said.

Graedon proudly passes along the advice of her professor, allowing students to take as many risks in their writing without worrying about criticism and how the world perceives their writing.

Words are very important tools; they even appear as the main theme of her novel. Graedon stresses to writers and artists alike, "We're creators, so we have to create."

## How to Get the Most Out of Your Fall Break

JENNA PUGLISI  
FEATURES EDITOR

As the semester begins to feel hectic, with everything seemingly being due at the same time, we naturally begin to countdown the days until fall break. We will have no classes Oct. 15 and 16, giving us all some time to destress.

This four-day weekend is a great opportunity to have a mini vacation. With cities like Philadelphia and New York close by, a couple days of adventure is in reach. If you're willing to extend

the duration of your road-trip a little bit, Washington D.C. is about four hours away.

Sara Sikora, a senior communication student, said, "I'm spending my fall break in Washington D.C. On Saturday, I am going to the Maryland vs. Rutgers football game, and the rest of the break, I plan on exploring the nightlife in D.C."

If you would rather just stay local, there is plenty to see near campus. Sometimes we become so overwhelmed with school and our extracurriculars, that we

forget to appreciate all the cool sights that we have in our area. "A great local spot for a day trip is Pier Village. They have plenty of great shops and restaurants to try, and you're right by the beach," Sikora said.

If you don't want to make any plans, you can still have a great fall break. Relaxation is key during fall break, and if a trip feels like too much stress, then it may not be the best option for you.

Nicole Notar, a senior communication student, said, "I don't have any big plans for fall break,

but I think everyone should just enjoy some free-time post midterms. A nice way to relax would be to have a spa day at Ocean Resort and Spa in Long Branch."

Many teachers have their midterm exams and papers due before the break. In this case, you can use the break to let your mind recover from cramming for exams.

However, there are still some midterms that will be happening when we return from the break. Unfortunately, this means that some of us may be spending our break studying.

But again, don't stress. The break means that you can put your full focus on studying and assignments. Without the regular hustle of having to get to class, you will have a clearer mind to absorb all of your course material.

Also, the studying shouldn't take up your entire break; allow yourself breaks in between, so that you do not find yourself sliding down the slippery slope of midterm stress.

Courtney Werner, Ph.D., assistant professor of English, provided some studying advice. "Study a little bit every day. Over fall break, review notes on the things you really understand the least, and be prepared to ask about them in class or during office hours after break so you clear up any confusion well before your exams," she said.

If you're nervous about writing a paper away from the comfort of Monmouth's Writing Services, there are also resources available for you to access online. "Our Writing Services website actually

has a lot of amazing handouts and information that students can access off-campus. Their handouts on MLA/APA and grammar usage are particularly helpful and can guide students looking to edit and proofread their papers," Werner continued.

Amanda Connelly, Interim Director of Writing Services, added, "On this site, we keep all of our resources about grammar, the writing process, and different documentation styles. If students need any additional help with grammar skills, we also have Prezi presentations created and narrated by Writing Assistants."

Your use of these resources does not need to be limited to times when you're away from campus. On an average school day, you may find your schedule to be too overwhelming to go to Writing Services in person.

The website is always available for you to become a better writer. "All of these resources allow students to work on strengthening skills in their free time and at their own speed," Connelly said.

This fall break, if you have assignments to get done, do them in a timely manner. That way, you will feel productive and you can still allow yourself to have some fun too. Regroup during these days and catch up on anything that you may have been procrastinating on.

Fall break can be spent many ways: take a trip, treat yo' self to a spa day, do some studying, or just stay home and catch up on some sleep. Do whatever is right for you, but just make sure that you get the most out of it.

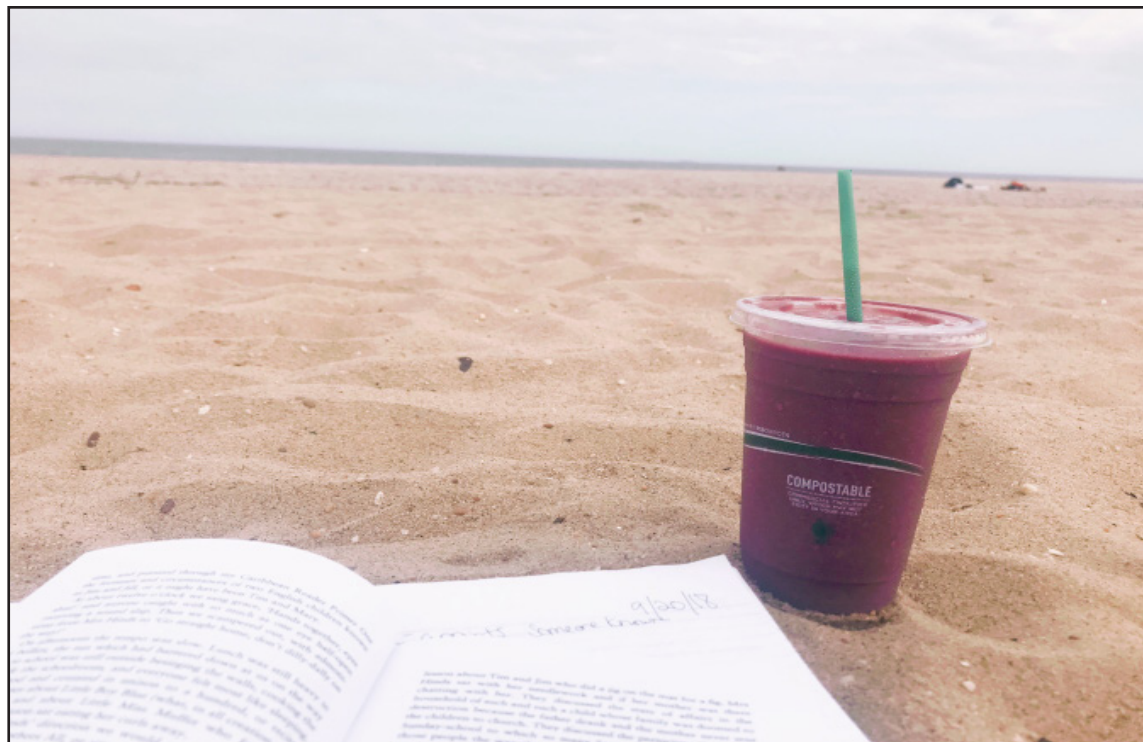


PHOTO TAKEN by Jenna Puglisi

Fall break is a chance to catch your breath; take a trip or spend time studying for upcoming midterms.



# The Best Part-Time Jobs for Full-Time Students

**JENNA PUGLISI**  
FEATURES EDITOR

Being a full-time student is fulfilling, but it can be difficult. It is especially hard when you're balancing a schedule that also includes a job. We all want the degree, but we also need money to get through the degree. While that may feel like a struggle, it's not impossible.

There are many options when choosing where to work, specifically if it's best for you to work on or off campus.

If you choose to work off-campus, you do not need to travel far. A commute to work can be very time-consuming and if you have a full workload with your classes, time is the last thing you can afford to lose.

In addition to Monmouth Mall being close by, there are plenty of other off-campus options. There are several Rook Coffee locations suitable for early birds, and various bartending options in Asbury for of-age night owls.

If you are a commuter student, it may be best for you to select an off-campus job that is close to your home instead of school. Samantha Losurdo, a junior communication student, said, "I work at a gym called Tilton Fitness in my hometown. I commute to campus and live about 20 minutes away, so it would be a little crazy for me to drive back and forth."

Off-campus jobs also allow you to immerse yourself in an atmosphere outside of campus. "I also really like the fact that I



PHOTO TAKEN by Jenna Puglisi

Students should consider if an on-campus or off-campus job is better suited for their school schedule.

have time away from campus and another source of meeting people and establishing relationships elsewhere," Losurdo added.

If you are worried about off-campus jobs not balancing well with your school work, many managers understand that school needs to remain your priority. Upon being hired, ensure that you are honest about the limitations of your schedule.

"My managers know that

school comes first for us, so they help out with scheduling as much as they can," Losurdo said. If a manager is not willing to work with your schedule, it may be time to look for a different job.

On-campus jobs offer the main advantage of convenience for students, especially to those who live on-campus. Nicole Cimaglia, a mathematics and secondary education student, said, "My schedule is so busy and working

on-campus allows me to work a bunch of shorter shifts throughout the week in between class, rather than a full shift all at once. It gives me more time to do my homework and studying."

While some off-campus jobs may present scheduling issues, on-campus jobs are always understanding that you are a student first. "Both of my jobs at school are set schedules for the week that I chose to work. I definitely

think on-campus jobs are more accommodating because they 100 percent understand you are a student first and that you have your own course load," Cimaglia said.

You can search for on-campus jobs online through Hawks Career Link. Monmouth offers jobs in many different departments around campus, so you can choose to apply to jobs within your major or interests. There are also opportunities to give campus tours within the admissions department.

Aimee Parks, Assistant Director of Human Resources for Student Employment, said, "Most on-campus departments offer job opportunities. There are also currently 15 off-campus agencies offering Federal Work Study jobs to students."

It is important to note that while Federal Work Study students will be given priority for employment, all students will have job opportunities. "Even with over 1,150 on campus jobs filled so far this semester, there are plenty of jobs still available online for all students," Parks said.

On-campus jobs will offer you the chance to feel closer to the Monmouth community. "The networking with professors, administrators, peers and outside clients is invaluable," Parks added.

Select your job wisely, and decide if your life is better suited for an on or off campus position. If you are realistic with your availability and you always put your school work first, you will be able to find the perfect school and work balance.

# There are Literary Ghosts in the Library

**SKYLAR DALEY**  
STAFF WRITER

Halloween is getting closer every day and Monmouth University is quickly transitioning from the September back-to-school posters into spooky events and exhibits. Monmouth's Guggenheim Library is featuring its own exhibit, showcasing all of the classic horror and gothic stories.

Located on the second floor across the hall from the university librarian's office, students will find a grotesque poster featuring a disturbing skull taken from Edgar Allen Poe's *The Fall of the House of Usher* to get students in the Halloween mood. The exhibit is going to be running from now until Halloween.

George Germek, the Director of the Special Collections and Rare Book Room, has created a list of classic horror stories and has assigned myself, as well graduate assistant Robert Zadotti, to create the display and respective signs.

Zadotti, a graduate arts and creative writing student, noted, "Though the display is not completely gothic in a literary sense, the display is gothic in that it celebrates horror in literature."

When one thinks of horror, immediately poltergeists and zombies appear in their mind. In the world of literature, those freakish scenarios are expressed in a vivid way. The illustrations depicted help readers to envision the unique nature of the author's descriptions.

To help readers really see these horrors, illustrators are hired to etch, paint, draw, or even make woodcuts of disturbing or aesthetically pleasing im-

ages relative to the text. What is special about these horror stories, in relevance to the exhibit itself, is that the publication works to feature both the text and illustrations in conjunction.

Included among the novels and poems are: Mary Shelley's *Frankenstein*, Dante's *Inferno*, Bram Stoker's *Dracula*, and other famous horror works. These stories are more than just the Penguin classics you read during high school. The Rare Book Room has special editions, sometimes even limitedly published, that feature specialized illustrations.

The skull featured on the poster, for example, was etched by Alice Neel specifically for that publication. Only 1,500 copies are in existence from the Limited Editions Club, a prominent publisher in the collection.

The most notable author in the horror genre is Edgar Allen Poe. The exhibit will feature *The Raven*, *The Fall of the House of Usher*, *The Pit and the Pendulum*, and *Tales of Mystery and Imagination*. All of these works are accompanied by illustrations more disturbing than the last.

"Featuring special collections at the library brings attention to the seasons. With fall coming on, this is an amazing opportunity to display the interesting collection of horror books we have for people to enjoy and look at," said Germek.

The Special Collections room has multiple displays throughout the semesters. Following the Halloween display will be a Christmas themed exhibit. The spring semester usually has miscellaneous spreads that change every year.

Professors may even request to have specialized exhibits for

their classes, in which a smaller exhibit will be displayed inside the room itself. Here, specialized topics such as "Victorian literature," "female authors," or even "history of the book" are among many of the potential displays available.

Felipe Estrada, a sophomore English and secondary education student, said, "Everything is beautiful, especially the aesthetics of the illustrations; being in the room itself while looking at the texts is something unique."

Not only would you have access to limited editions, but the room is an excellent tool for research assignments. The physical copy of the book and its physical attributes are primary sources not only for your English class essay, but for other disciplines such as art, history, and science. The Mumford collection is filled with different genres and topics and can be what sets your next essay apart from your peers.

If you find that you are interested in studying, analyzing, or

just wanting to see the books in the flesh, come down to the Guggenheim Library and request to go into the Rare Book Room.

Germek would be happy to schedule an appointment and open the cases to books you want to look at. This includes the books featured in the horror exhibit.

Germek's office is located on the first floor, in the offices in the microfilm section. You can also reach out to him via email at [ggermek@monmouth.edu](mailto:ggermek@monmouth.edu).

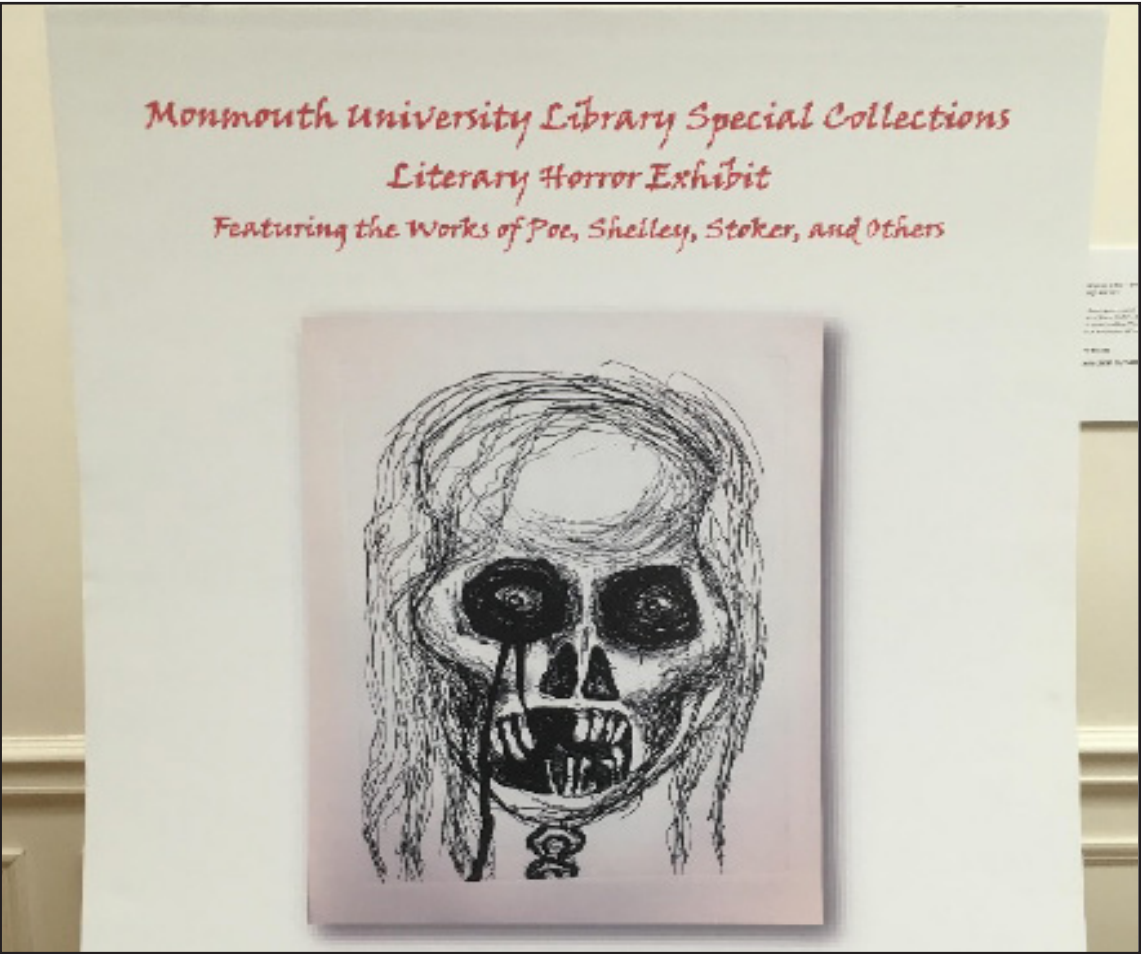


PHOTO TAKEN by Skylar Daley

The Library's Literary Horror Exhibit will be on display until Halloween, featuring works from Poe.



# Women's Soccer Takes Care of Quinnipiac, 4-1

MARK D'AQUILA  
STAFF WRITER

Women's Soccer extended their winning streak to five straight games with Metro Atlantic Athletic Conference (MAAC) victories last Wednesday at Canisius and on Saturday afternoon against Quinnipiac at Hesse Field on the Great Lawn.

The Blue and White's match-up at Canisius last week ended 2-0 in favor of the visitors.

Senior forward Alli DeLuca scored her fifth goal of the year in the second minute off of an assist from junior midfielder Lexie Palladino.

The assist extended Palladino's point streak to four games, the longest of her career, which would come to an end later in the week. Palladino now has 13 points on the season and 26 for her career.

The Hawks took a 1-0 advantage into the half, and junior midfielder Jessica Johnson helped open the second half's scoring with an assist to junior forward Madie Gibson who found the lower third of the net to double their advantage.

The 2-0 score stood the rest of way thanks to junior goalkeeper Amanda Knaub's three saves as she collected her seventh shutout of 2018 and 27th for her career.

"This was a good result for us after we faced a lot of adversity with our travel yesterday," said Head Coach Krissy Turner. "I am very proud of the team for how they handled themselves in earning another shutout and getting three



PHOTO TAKEN by Karlee Sell

**Junior forward Dana Scheriff fired** two goals from distance in Monmouth's 4-1 win over Quinnipiac on Saturday afternoon.

**"We have to be a ninety-minute team every time we play."**

KRISSEY TURNER  
Head Coach

points on the road."

Saturday afternoon's handling of Quinnipiac began early with the first of junior forward Dana Scheriff's two goals in the 11th minute of the game.

The forward brought the ball to the byline out near the corner flag and swung a cross into the area that ended up fly-

ing into the left corner of the net.

Scheriff's big day was the first two-goal effort of her collegiate career and brought her season point total to 11.

Freshman forward A'Liah Moore found the back of the net next after the goalkeeper's diving save landed at her feet.

She tapped the ball into the

open net to give Monmouth a 2-0 lead. The goal was Moore's third of the year but first ever game-winner.

"I thought we had a great first half," Turner said. "The second half we lost our focus and discipline which allowed Quinnipiac to create a lot of chances."

Monmouth outshot the Bob-

cats eight to four in the first half, but were then outshot 11 to seven in the second.

Scheriff bettered her game-opening effort in the 50th minute after receiving a pass from DeLuca just inside the right corner of the penalty area and unleashing a right-footed strike that hit the top left corner of the net.

Gibson put a cap on Monmouth's scoring less than a minute later, lining up the defender, cutting past with her right foot, and then shooting back across goal with her left to give them the 4-0 advantage.

Gibson was awarded MAAC Offensive Player of the Week recognition on Monday for her performances.

Knaub had to make eight saves on the day to preserve the lead for Monmouth, despite allowing one goal to get past her late in the game.

Quinnipiac's 68th minute goal ended Knaub's 473:01 minute shutout streak, but was not nearly enough to get the Bobcats back into the game.

"We have to be a 90-minute team every time we play," Turner said.

The first-placed Hawks will now travel to Tannery Stadium in Poughkeepsie, NY for a rivalry matchup under the lights against second-placed Marist.

Monmouth will enter play leading the MAAC with a 10-3-1 record overall and 5-1-0 in the conference.

Meanwhile, Marist stands in a close second at 6-5-1 overall and 4-1-0 in the conference. Kickoff is slated for Wednesday night at 7:00 p.m.

# Men's Soccer Slides to Four-Game Losing Streak

EVAN MCMURTRIE  
SPORTS EDITOR

Men's Soccer fell to Fairfield after the Stags scored two goals in a little over eight minutes to come from behind and win, 2-1, at Hesse Field on the Great Lawn last Wednesday night.

"It's a little bit frustrating because we went up a goal, but to be fair, Fairfield I thought played quite well," said Head Coach Robert McCourt. "They're a well-coached team, a veteran team, and we're just trying to find our way, so we just gotta stick together and keep fighting."

In the nineteenth minute, Fairfield nearly opened the scoring when junior midfielder Diallo Simon-Ponte skied a header over the crossbar from point-blank range.

Ten minutes later, Monmouth took the lead against the run of play. A corner kick was swung into the box, headed towards the far post, headed back into the middle by freshman defender Michael Neff, and then headed into the back of the net by senior forward Luke Bromley.

Though the Stags pressed for an equalizer, the Hawks took the 1-0 lead into the second half.

Just moments after the break, Fairfield had an opportunity to level the score after a Monmouth handball in the box awarded the visitors a penalty kick.

Senior midfielder Diego Casielles stepped up for the

Stags and fired a shot toward the bottom right corner, but freshman goalkeeper Sean Murray stretched to his left to make the save.

Fairfield kept their foot on the gas as they continued to create attacking opportunities. In the 68th minute, a deflected shot that lofted towards the top right corner was parried onto the crossbar by Murray, who then dropped to the turf to block the rebound at the near post.

Murray made nine saves for Monmouth on Wednesday night, the most saves in one game for the program since 2015.

However, a stellar performance from the Hawks' goalkeeper wasn't enough to keep Fairfield from leveling the score.

In the 82nd minute, the Stags netted the equalizer through sophomore forward Fernando Robayo.

After the visitors sent a handful of crosses into the box, Robayo connected with one and headed it into the back of the net. Minutes later, Robayo saw another header on goal saved by Murray.

Less than 15 seconds before the end of regulation time, Fairfield won the game.

Freshman midfielder Jack Weiss sent a low shot across goal, and freshman forward Jonathan Filipe directed the ball into the back of the net from close range.

The Hawks travelled to Niagara University, NY to take on the Purple Eagles on Saturday



PHOTO TAKEN by Karlee Sell

Freshman goalkeeper Sean Murray made nine saves, including one from a penalty kick, in Monmouth's 2-1 loss to Fairfield on Wednesday, Oct. 3.

night.

Monmouth were the first to score once again, as senior defender Henrique Joaquim netted his first goal for the program after a free kick sailed over the goalkeeper and into his path.

About a minute later, the Hawks gave away a penalty kick, which Niagara converted.

The Purple Eagles went on to take the lead in the 36th minute through senior midfielder Bautista Pedezert.

Bromley was shown a red

card early on in the second half, restricting Monmouth down to ten men for the remainder of the match.

Minutes later, Niagara doubled their advantage after a free kick into the box was sent into the back of the net from close range by sophomore midfielder Luca Pacheco.

The floodgates opened for the Purple Eagles as they added two more goals before the final whistle.

One of them came from another penalty kick and the

other after a one-on-one with the goalkeeper as Niagara ran away with a 5-1 victory.

The pair of losses sees Monmouth drop their fourth decision in a row, slipping to 2-8-1 on the season and 0-4-0 in Metro Atlantic Athletic Conference (MAAC) play.

The Hawks are back home tonight, where they will welcome Marist to Hesse Field on the Great Lawn.

Kickoff is set for 7:00 p.m. and the match will be televised on ESPN3.



# Field Hockey Outscores Opponents 16-2 in Home Stand

CHRIS FITZSIMMONS  
STAFF WRITER

Field Hockey continued to roll with two home wins this past weekend, delivering a 10-0 performance on Friday against LIU Brooklyn and securing a 6-2 victory over Bryant on Sunday afternoon at So Sweet a Cat Field.

An offensive onslaught on Friday saw eight different Hawks score against Bryant. Senior forward Georgia Garden Bachop scored a hat trick in the win, earning her Metro Atlantic Athletic Conference (MAAC) Offensive Player of the Week honors for the second week in a row.

“It does not mean too much to me,” said Garden Bachop. “As long as the team is performing well that is more important than any accolades.”

The Hawks were unstoppable, as both familiar and new names contributed in the win. Garden Bachop was the first to score four minutes into the game as she converted a penalty corner.

Senior midfielder Gab Girardi followed ten minutes later as she registered her first goal of the season. Sophomore forward Aly Perez found the back of the cage for her first career goal by scooping a loose ball and blasting through the five hole.

Freshman forward Annick Van Lange notched the fourth goal when she perfectly timed up a pass from senior forward Elyssa Okken to find twine. Garden Bachop netted her sec-

ond of the day shortly after off of an assist from sophomore defender Hannah Schiavo.

Rounding out the first half was senior forward Kelly Hanna who added the sixth of the half, redirecting a shot from Garden Bachop in front of the net.

Monmouth continued to dominate in the second as Garden Bachop made it a hat trick, burying a nifty reverse shot in

the 39th minute of play.

The Hawks scored three more goals in the end and walked off with a 10-0 shutout win.

On Sunday, van Lange had the hot hand, scoring her first career hat trick as Monmouth cruised to a 6-2 win at home to Bryant.

“It is really nice of course,” said van Lange on her performance. “However, without my teammates I would not be able

to score. We have been practicing hard lately so it is nice to see that play out in our games.”

Van Lange was named MAAC Rookie of the Week on Monday.

Once again, Garden Bachop led the way for the Hawks, scoring the first goal of the game off of an assist from Okken ten minutes into the game.

Defense turned into offense as a turnover in the defensive

end sprang a two-on-one for the Hawks. Okken fed van Lange for her first of three to make it 2-0 Monmouth.

Bryant responded two minutes before the end of the half, scoring off of a corner attempt. However, it was van Lange who closed out scoring in the first half when she buried her second of the game to make it 3-1.

Coming out of the second, Garden Bachop sprung a fast break opportunity which led to a goal by Hanna as Monmouth continued to build their advantage.

The Bulldogs made it interesting in the 47th minute, scoring off of a rebound in front of the net. Van Lange quickly ended all hopes of a comeback with her third and final goal. Freshman defender Lotte Boom capped it off with her first career goal in the 70th minute with time expired.

“I thought our attacking opportunities were finished really well today,” said Head Coach Carli Figlio. “I think on the defensive side we struggled a little off the ball. Overall, I thought we played aggressive and took a big step forward.”

With the win, the Hawks improve their record to (8-5, 3-0 MAAC) as they ride a six-game winning streak.

Next up, Monmouth Field Hockey will travel to Philadelphia on Friday to take on Drexel before welcoming Sacred Heart to West Long Branch on Sunday at 1:00 p.m. for Senior Day.



PHOTO TAKEN by Karlee Sell

Freshman forward Annick van Lange scored her first career hat trick in Sunday’s 6-2 win over Bryant, earning her MAAC Rookie of the Week honors.

## Women’s Tennis Falls to UC Irvine in Home Match

ANDY STUDNA  
STAFF WRITER

Women’s Tennis dropped a set of matches against both the University of California Irvine at the Outdoor Tennis Complex in West Long Branch and Providence College in the University of Rhode Island Invitational this past weekend.

On Friday morning, the Hawks hosted their fourth match of the season.

In their three prior home matches, Monmouth defeated the likes of St. Francis Brooklyn and Delaware State before

dropping their most recent one to Wagner. Looking to rebound and finish up the home stretch strong, the Hawks were unable to prevail over UC Irvine as they fell by a score of 6-1.

In what was a rare matchup with UC Irvine, the Blue and White’s effort was headlined by the play of freshman Nicole Gasser. Gasser picked up the Hawks’ lone singles victory of the day by a score of 6-3, 6-3.

Outside of Gasser, seniors Alexandra Graff and Maria Ivanova, sophomores Chinonye Gabriel, Sydney DeNardo, and Rachel Rosenthal all dropped

their respective singles matches.

Friday marked the first time that the two schools had ever faced each other in women’s tennis.

In doubles play, Monmouth was unable to get on the board with a victory. Gasser and her doubles teammate, Ivanova, dropped a 6-3 result in the first match.

The No. 2 doubles duo of Graff and junior Caroline Mattise lost by the slim margin of 7-5. The third doubles duo made up of Gabriel and DeNardo ended the morning with a 6-2 loss.

Following the defeat on Friday

morning, the Blue and White traveled to Rhode Island on Saturday for the URI Invitational for a matchup with Providence.

The Hawks’ Gasser once again highlighted the day for the program, picking up another singles victory by a score of 1-6, 6-2, and 10-3, as well as a doubles victory with her partner Ivanova by a score of 8-4. Gasser, the Middletown, NJ native has won five out of six singles matches to begin her collegiate career.

Outside of these results, Monmouth did not pick up another victory, losing four of five singles matches and two of three doubles matches.

The Hawks matchup with the Friars on Saturday was the first time that the two schools have met since Oct. of 2008. The two programs have met four times since 2006, with Providence proving to be victorious in all four matchups.

To wrap up the URI Invitational, Monmouth was scheduled to play the host school, the University of Rhode Island on Sunday. However, rain prevented the match from starting and it was eventually cancelled.

The Blue and White’s next scheduled meet will take place over the fall break. Monmouth will hit the road for a matchup with Lafayette in Easton, PA.

The last time Monmouth and Lafayette met was on Oct. 2016 in PA. In that matchup, the Hawks proved to be victorious by a score of 4-3. Ivanova and Mattise each had both singles and doubles victories en route to Monmouth’s win. The singles victory for Mattise that day was the first of her collegiate career.

Saturday’s meet away to Lafayette is set for a 4:00 p.m. start.



PHOTO TAKEN by Karlee Sell

Freshman Nicole Gasser clinched the lone win in Monmouth’s 6-1 loss to UC Irvine on Friday morning.

### UPCOMING GAMES

- Thursday, Oct. 11**  
MGOLF vs 18 Holes  
Hawk Invitational  
Deal Country Club  
Deal, NJ 1:15 p.m.
- Men’s Tennis  
ITA Northeast Regionals  
Princeton, NJ
- Friday, Oct. 12**  
M/W Cross-Country  
Princeton Invitational  
Princeton, NJ
- WTEN at Lafayette  
Easton, PA 4:00 p.m.
- FH at Drexel  
Philadelphia, PA 7:00 p.m.
- Saturday, Oct. 13**  
M/W Cross-Country  
Lafayette Invitational  
Easton, PA 10:00 a.m.
- FB vs Bucknell  
Kessler Stadium  
West Long Branch, NJ 1:00 p.m.
- MSOC vs Canisius\**  
*Hesse Field on the Great Lawn*  
*West Long Branch, NJ 7:00 p.m.*
- WSOC at Fairfield\**  
*Fairfield, CT 7:00 p.m.*
- Sunday, Oct. 14**  
*FH vs Sacred Heart\**  
*So Sweet a Cat Field*  
*West Long Branch, NJ 1:00 p.m.*
- WTEN at Holy Cross  
Worcester, MA 3:00 p.m.
- \*conference games*





# ***HAWKS CLAW BOBCATS***



Women's soccer defeated Quinnipiac, 4-1, on Saturday afternoon, pushing their winning streak to five games. Junior forward Madie Gibson racked up two goals and an assist this past week, earning her MAAC Offensive Player of the Week honors.

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PHOTO TAKEN by Karlee Sell