OUTLOOK.MONMOUTH.EDU

October 24, 2018

VOL. 91 No. 6

Founders' Day Celebrated with Social Justice Guest Speaker and Ceremony

NICHOLAS COSCARELLI CO-SENIOR/POLITICS EDITOR

Members of the community gathered to celebrate the University's 85th anniversary of Founders' Day. The Convocation Ceremony took place in Pollak Theatre on Wednesday, Oct. 10.

Founders' Day is a campuswide event that celebrates Monmouth University's founding in 1933. The first Founders' Day was held in 1983 as a part of the University's 50th anniversary celebration and has since become a University tradition.

The Convocation Address is delivered by a guest selected by the University each year. This year the speaker selected was New Jersey's Secretary of Higher Education, Zakiya Smith Ellis, wherein she is responsible for policy development and coordination of higher education activities for the state. She was awarded an honorary doctorate of public

"The history of Monmouth University is rich and deep, and steeped in public service," said Ellis in her address. "It is won-



PHOTO COURTESY of Monmouth University

The University commemorated Founders' Day this year to mark its 85th anniversary as an institute of higher learning.

mains with the institution to this cymakers. Ellis served as a senior pletion. day."

Ellis said that the purpose of education is to prepare individuals for life as a public citizen, and Education, where she proposed there's a place to bridge your that she has been able to harness her own passion for teaching oth- access to higher education, and

derful that that spirit of service re- ers and utilize it in advising poli- college affordability and comadvisor for education at the White House Domestic Policy Council and in the U.S. Department of make the world a better place. solutions to respond to issues like

'Whatever your idea is; whatever it is that you think would

FOUNDERS cont. on pg. 4

University Transitions to Under Armour Apparel

SOPHIA GALVEZ STAFF WRITER

LOGAN SMET CONTRIBUTING WRITER

The University has made a transition in its athletic apparel from its former sponsor, Nike, to Under Armour (UA) over the past year. The multi-year contract was announced on Nov. 30, 2016, and the transition in athletic apparel and team uniforms began on July 1, 2017.

Senior Associate Athletics Director Jonathan Roos said that when the Nike contract was coming to an end, Monmouth Athletics decided to initiate a bidding process. Nike had priority bidding, and the company wanted to renew their partnership. However, Roos said that UA's package was much more enticing.

This year-long bidding process was not only between Nike and UA. Roos explained that Adidas and lesser-known brands, such as Russel Athletic, were also among the potential bidders. Roos negotiated all the



Under Armour is now the official clothing provider for Monmouth University after the contract with Nike expired in 2017.

terms of the partnership and is now Department. Their commitment to deal done, actively recruiting The University's representative for

Marilyn McNeil, Ph.D., Vice President and Director of Athletics commented and said, "I believe that the drive, passion and goals of Under Armour closely match what we are trying to achieve as an Athletics constant product research and development coupled with their relentless marketing efforts will help to continue to push Monmouth Athletics to the forefront of Divi-

McNeil explained that UA were aggressive in getting this

Monmouth Athletics to become part of their brand. "This partnership will provide numerous benefits to our student-athletes, coaches and staff for years to come," McNeil added.

APPAREL cont. on pg. 3

INSIDE:

NEWS

Creator of Puerto Rican Superhero Visits Monmouth

Pg. 3

ENTERTAINMENT

It Ain't Easy Being a Fan of Yeezy

Pg. 10

FEATURES

Cameron Oakley's Blessing Bag Brigade

Pg. 16

@theoutlook





Football to Play Rutgers in 2020

ZACH COSENZA EDITOR-IN-CHIEF

Monmouth Athletics announced the football team will travel to Football Bowl Subdivision (FBS) and instate opponent Rutgers for the first matchup in program history on Sept. 5, 2020 at High-Point.com Stadium in Piscat-

This game marks the first time Rutgers has played an in-state school since its last matchup with Princeton in 1980 and the first for the two schools.

"It is an indication on how we have grown as a football program since 1993," said Football Head Coach Kevin Callahan. "It shows the growth of the program and where it is heading. We are going to have quite a challenge in front of ourselves in 2020 as the Rutgers program continues to grow and develop under Head Coach Chris Ash. It is a challenge we welcome and it is a challenge we are excited for."

Rutgers will pay Monmouth \$375,000 for the game, according to the game contract obtained through a public records request. Morgan State, Rutgers' most-recent FCS opponent, was paid \$350,000 for its visit to Piscataway last fall. FBS opponents pay opponents for home games, like Monmouth and other Football Championships Subdivision (FCS) school. The money will go into the general revenue for athletics, according to Marilyn McNeil, Ph.D., Vice President and Director of Athletics.

Monmouth will also be allotted 400 complimentary tickets, 1,000 tickets to sell to its fans, 70 programs, 60 sideline passes and up to 15 allaccess passes for VIPs. The Monmouth band, cheerleaders and mascot will also be admitted for free, according to public records.

According to McNeil, the matchup became possible after football joined the Big

FOOTBALL cont. on pg. 2

UEX.	TYCWS	2
	Editorial	5
	Opinion	6
	Lifestyles	9
	Entertainment	10
	Viewpoints	12
	Club & Greek	15
	Features	16
	Sports	18

University Mourns Passing of Professor Eugene Simko

the Leon Hess Business School,

we would like to say that we are

deeply saddened for the passing

of Dr. Gene Simko," stated Joe

Firetto, a first year MBA student

and president of Beta Gamma

Sigma. "The cultural and aca-

NATALIE OSTERMANN ASSOCIATE NEWS EDITOR

The University celebrated the life of Eugene "Gene" Simko, Ph.D., in the Great Hall of Wilson Hall on Oct. 11 from 10 a.m. to 12 p.m. Simko passed away on June

Simko was a professor of the Leon Hess Business School and had a career that spanned for 40 years. He received tenure in 1984 and won the Distinguished Teacher Award shortly after in 1989. Simko was a multifaceted professional, serving on various committees including chair of the Faculty Council, Associate Provost, and the Roberts' Teaching Award Committee. In 2018, Simko took on the role of faculty marshall for the Graduate Commencement ceremony.

"He (Simko) loved Monmouth, and a few times I'd jokingly call him Mr. Monmouth," reminisced

Scott Jeffrey, Ph.D., an associate professor of management and decision sciences. Jeffrey met Simko about eight years ago when he started at the University as a professor. They bonded over working in the same department and often had lunch together, quickly going from colleagues to life-long friends.

Jeffrey commented the first thing that came to mind when he thought of his friend and colleague was his voice. "You always heard his booming voice when he was talking to somebody," remembered Jeffrey. Being an extremely well connected and an extrovert, it wasn't uncommon to see Simko talking to faculty and students on campus.

Simko played a crucial role in the business school that is not being taken lightly by the business community. "On behalf of Beta Gamma Sigma (business honor society) and the students within

demic impact he has made at our university is unparalleled with his 30+ years of experience teaching the business leaders of today and tomorrow." Celebrating the life of Gene Simko was an idea brought to the Provost Office by Simko's family. "The Celebration of Life in Wilson Hall was the outcome of meeting with Gene's children and his partner," explained Laura Moriarty, Ph.D., Provost and Vice President for Academic Affairs.

"Lu-Ann Russell (Senior Director, Conference Services and Special Events at Monmouth University) was instrumental in working with the family and in planning and executing the Celebration of Life event."

Moriarty knew Simko for his unprecedented three-semester term as chair of the Faculty Council as well as his role as a professor in the business school.

For the memorial, students and faculty spoke about their memories of Simko, along with sending quotes prior to the ceremony to be included in a photo montage that was played during the ceremony. It was an opportunity for the campus community to share their memories and say goodbye to a beloved professor, father, and friend.

Jeffrey commented on the turnout for the memorial. "So many people got up and spoke about their feelings for Gene," he noted.
"He (Simko) would have been so happy because he filled the place," Jeffrey continued. "There were tons of people there which I think is a testament to his life.'

Simko was a professor that stood out in the eyes of his students. Allie Skibiak, a first year MBA student with a concentration in management, formed a close bond with Simko during her academic career. "I think the most important lesson to take away would be to be who I am and don't let anyone or anything stand in my way of success," noted Skibiak on what she took away from her relationship with Simko.

Skibiak said that she met Simko two years ago when she was speaking with Stuart Rosenberg, Ph.D., an associate professor of business management, and ended up chatting for a while. When he found out she was taking a strategic management class with another professor, he put her on his class list. Skiabiak almost had him for a strategic management class, however was unable to due to a professor changing her class. However, Skibiak maintained a close relationship with Simko regardless of her status as his stu-

When asked about how Simko maintained the longevity of his career, Jeffrey mentioned that it is common for faculty members to have long-lasting careers. Jeffrey noted that Simko never went to administration because being a professor put him in a better postion to assist people. Simko's passion was forevermore in the betterment of his students, which is evident in the lasting impression he made on them.

According to Marina Vujnovic, Ph.D., an associate professor of journalism and Chair of the Faculty Council, Simko left an impression on anyone that he met. 'Gene would leave a mark on anything and anywhere, he was just such a strong personality," explained Vujnovic.

Vujnovic met Simko while he

was serving as chair of the Faculty Council. At the time, she was Vice Chair and she noted that they worked well together and became friends, sharing stories about their family history. "[We] bonded around our Eastern European heritage and we talked a lot about the things our grandmothers cooked, compared recipes and he always talked about how he would take me to a Polish kielbasa place in Trenton, NJ where he is from," Vujnovic commented.

Skibiak argued that it was his presence outside of the classroom is what set him apart from other professors. "I think his personality outside of the classroom set him apart from many of the other professors here," explained Skibiak. "Dr. Simko would sit with you for a while and talk about anything and everything; it felt like you were just hanging out with a friend who just happened to have really good advice.'

Vujnovic's best memory of Simko is also her last. Simko spent his last day of his life at a lunch with the Faculty Council. The way she left him is the way she wants to remember him. "It was a beautiful summer day and as we were leaving the restaurant he walked to his car with this big smile on his face and said, "This is kind of a day when you have your top down." He owned BMW convertible. That smile is what I remember most fondly," Vujnovic stated.

Simko was a man that left his mark on the University, leaving behind memories and wise words for his students and colleagues. A tree memorializes his everlasting presence with a plaque located outside of Bey Hall, a simple testament to man who watched over the University and Business Program for his entire career.



PHOTO COURTESY of Monmouth University The University honored Professor Eugene Simko in a ceremony on Oct. 11 at Wilson Hall.

Football Scheduled to Play In-State Rival Rutgers

FOOTBALL cont. from pg. 1

South Conference in 2014 after being the Northeast Conference (NEC). "It became a serious possibility when we joined the Big South when we increased scholarships. We have been always interested in playplay them?"

Since joining the Big South, Monmouth has improved in conference play. In 2014, Monmouth had a 1-4 record but in 2017, they were 4-1 which included an at-large bid to the FCS playoffs.

Monmouth-Rutgers game is huge for the Big South Conference. Playing FBS programs always provides opportunities to showcase the fine football played in the Big South, and our outstanding student-athletes," said Big South Commissioner Kyle B. Kallander. "However, the interest and exposure of this game will rise to another level, and that makes it special for everyone involved. Monmouth has done an outstanding job developing a nationally prominent Callahan's leadership. We are all excited about this challenge."

"I think it is a tremen-

Monmouth community, including the student body and alumni," said Grey Dimenna, Esq., University President. "It is a chance for those groups to band together, rub elbows and compete with the perceived 'elite' college football program in the state. Bragging rights ing Rutgers, but once we got the are on the line and it is a good opscholarships and were able to portunity to show off to the rest of play Rutgers it was, 'Why not the state and the college football world what Monmouth has to of-

This will not be the first matchup in athletics for Monmouth and Rutgers. They routinely matchup in other sports like baseball, women's soccer, and previously in basketball. In 2018, women's "The historic nature of the soccer traveled to Rutgers and defeated the Scarlett Knights 2-1. The Rutgers' athletic department did not respond for comment for the story.

"It is a huge step from the university. It is not only the first time football is playing a Big Ten Conference team, but Rutgers," said Eddy Occhipinti, Associate Athletics Director of Marketing and Sponsorships. "It means a lot for current students, [and] alums. Monmouth fans will be able to see football play on the highest stage."

Since the game is two years football program under Kevin away, current junior and senior players will not be able to play due to graduating and losing their eligibility. "While I will not be able

dous opportunity for the entire to play, it will be fun to watch the young guys who are sophomores and freshmen," said junior quarterback Kenji Bahar. "It will be awesome still to watch the game and to see where the program has

> Current sophomore running back Pete Guerriero is looking forward to the matchup. "It is an awesome opportunity for us. We have a few years away until 2020, but when it is coming up, I know we will be ready.

> "A game like this could have a positive impact on a number of areas, including enrollment. Competing against a Big Ten opponent in a sport like football helps get the Monmouth name and brand out on a national scale," Dimenna said. "Such visibility is always good for drawing attention to Monmouth and maybe causing prospective students to take a closer look at us."

The game also means a lot for current students, even if they won't be current students come 2020. "It's a huge step for the program to be able to go head-to-head with a team of that caliber. We've seen so much growth in this program recently, from a brand-new stadium to its first-ever playoff appearance," said *WMCX* Sports Director Matt DeLuca. "People are recognizing that growth, and the players' and coaches' success



Football will matchup against Rutgers for the first-time ever in

portunities. It'll be a great atmosphere and another huge milestone for the program, as well as a great showcase of New Jersey college football. I'm very excited for Coach Callahan, his staff, and the players."

Monmouth has played FBS opponents in the past. The first was in 2015 when they traveled to Central Michigan. They also played Kent State in 2016 and student-athletes get to test most recently Eastern Michi- themselves verses Big Ten stuis being rewarded with these op- gan in 2018. In 2019, they will dent-athletes.'

travel to Western Michigan before playing Rutgers in 2020. Monmouth has been beat each time by FBS opponents. The closest matchup was a 27-7 loss to Kent State.

"The local power five school is willing to pay a mid-major school in Monmouth," Occhipinti said. "These are good, fun, competitive games. Monmouth

Creator of Puerto Rican Superhero visits Monmouth

MEHDI HUSAINI CO-SENIOR/NEWS EDITOR

The University community Hall Auditorium to talk about the cultural significance of the Afro-Borinqueña.

Miranda-Rodriguez created the fictional character to bring the often-overlooked problems facing Puerto Rico to the forefront of popular media. According to him, interest in the character's stories grew after the recent hurricane that affected residents of the commonwealth, and his stories have now become an avenue to raise awareness and funds after the event. for the affected Puerto Ricans using local community outreach programs, through his work to create a grant program that sup-

"[La Borinqueña] is a strong, and raised in Brooklyn, who returns to the island to conduct research for her senior thesis," explained Paul Humphrey, Ph.D., Assistant Professor of World Languages and Cultures, who also serves as a member of the plied on the island." Hispanic Heritage Month Planning Committee. "While there, da-Rodriguez's works featuring she becomes a superhero, La Borinqueña, whose name is a reference to the indigenous Taino tion are used to teach some of his name for the island, Borinquen or classes, which generated interest Boriken."

project represents a personal way of giving back to the region of his ancestry. "Although Puerto Rico does not have its own auof Puerto Rican origin), I had the autonomy...to decide how I (helping with reconstruction), and it started out with one little

and the effect the project had on on an anthology project called the University."

Ricansruction that raised awareness of the situation in Puerto

"[Miranda-Rodriguez's] crewelcomed comic artist and writer ation of the first Afro-Latina fe-Miranda-Rodriguez male superhero has really resoon Thursday, Oct. 11 in Wilson nated with lots of young people who are seeing in La Borinqueña a reflection of themselves for the Latina superhero he created, La first time," said Alison Maginn, Ph.D., Associate Professor of Spanish, "He's obviously been very successful as he has a huge following both here in the US and in Puerto Rico." Maginn also pointed to his use of popular culture to gain the attention of young people and expressed appreciation to Miranda-Rodriguez's efforts to meet with so many Monmouth students one-on-one

"In recent years, [Latinx] communities have been grossly misrepresented and scapegoated by politicians and the media alike," plies funding for reconstruction said Humphrey. "For me, it was important to invite a speaker who was seeking to raise awareness of independent college student born the specific issues of Puerto Rican identity on the island and in the diaspora, the circumstances of migration from Puerto Rico due to the economic and humanitarian crises exacerbated by the colonial politics the US has ap-

Humphrey detailed how Miran-La Borinqueña, such as La Borinqueña #1 and #2 and Ricanstrucin the character on campus. Hum-For Miranda-Rodriguez, this phrey met the author a few times, and eventually invited Miranda-Rodriguez to campus.

"Representation is important because everyone brings sometonomy politically, I strongly felt thing new and different to the tathat, as a puertorriqueño (person ble," said Alexandria Afanador, a graduate criminal justice student. To me, it means being able to wanted to help my people...That become part of the bigger picture is how I continue to do this work and an active member of the conversation regardless of the topic."

"Student, faculty, and staff comic book character I created responses to Edgardo's presentabecause I wanted to create a contion and his work have been incredible. Latinx and African Ca-Miranda-Rodriguez discussed ribbean students on campus have his experience visiting comic told me how excited they were to conventions showcasing his work read a comic that had a superhero that looked like them, spoke like readers. According to him, his them and even ate similar foods comic book allowed the intro- to them," said Humphrey. "Repduction of problems facing Puer- resentation and recognition of the to Rico to be discussed among diversity of our campus commumainstream comic book publish- nity is of utmost importance, and ers, such as DC Comics, who this event brought together stueventually collaborated with him dents and colleagues from across



PHOTO COURTESY of Paul Humphrey, Ph.D.

Edgardo Miranda-Rodriguez met with several of his fans on campus after his speaking engagement.

Under Armour New Clothing Apparel at University

APPAREL cont. from pg. 1

The five-year contract with UA will end June 30, 2022. The official press release on the Monmouth Athletics website states, "The partnership includes all footwear, uniforms and training footwear and apparel for Monmouth student-athletes, coaches and administrators."

Greg Viscomi, the Associate Athletics Director for New Media and Communications, pointed to UA's increasing popularity among schools the same size as, and larger than, the University. According to the Asbury Park Press, other schools with athletic agreements with Under Armour include: UCLA, Seton Hall University, Boston College, and Elon University.

"I think that transitioning to Under Armour was a great opportunity for the University to get more out of our partnership with an exclusive retailer," said Viscomi.

Roos explained that Athletics looks for certain qualities in companies that help them in deciding who they partner with. These qualities include the safe-ty, comfort, and durability of athletic gear, as well as customer service.

Roos said that five years ago, no brands were reaching out to the University, but once the Son Buzza, a specialist proschool's basketball team began fessor of marketing manageto get nationally televised recognition, more prominent brands began to contact Athletics for contracts.

According to Eddy Occhipinti, Associate Athletics Director of Marketing and Sponsorships, the previous ten-year relationship with Nike was just a stepping stone for the University, a first attempt at branding the school. "Having that affiliation [with Nike] helped us in this next evolution of Monmouth," said Oc-

Roos said this partnership is Athletics exclusive, meaning it solely deals with the University's athletic program; however, affiliating UA with the University has gone beyond just Athletics. The bookstore also switched all previous Nike products to UA. According to Roos, the bookstore has no legal obligation to sell the same brand that Athletics is partnered with, but Athletics asks them to in order to stay letics have praised UA's customer consistent.

hibit Monmouth University from selling other brands in its bookstore," Roos read directly off the partnership contract. "They (the Bookstore) can do anything they want, order what they want, they run their own ship," said Roos.

Roos said that he noticed an opportunity to get UA more present on campus and asked the bookstore if they would be interested, to which they agreed. "The store always tries to back up the school," said non-student bookstore employee Barbara Coleman.

Bookstore Manager Marguerite Stocker said, "They (Athletics) said they were looking into switching, and then they told us when they made the decision." The bookstore still carries brands other than UA, such as Champion, Russel Athletic and



PHOTO COURTESY of Monmouth Athletics

Student-athletes wear Under Armour apparel during athletic events as per the new agreement.

said that sales on clothing have sales, as well as increase their adincreased since the switch to UA, and Stocker said she believes that it was a good move.

Roos said, "We want the bookstore to sell UA because since it's Athletics exclusive, people will associate Athletics with UA and say, 'Hey, I want to wear what the team wears."

Occhipinti agreed with Roos, saying that selling UA at the bookstore gives students, families, and fans the chance to wear the same brand they see Monmouth athletes wearing on the field and court.

ment, said that the fact that the bookstore is selling the same brand that the athletes wear "absolutely" helps their sales. "You want to have what the consumer wants," said Buzza. "Consumers are probably going to want more UA products than Nike because Nike is not our sponsor anymore. If someone wants a UA basketball shirt, and all the bookstore has is Nike, they lose that sale."

Roos said that what they are trying to do is create brand affiliation. "It helps create value for our institution," said Roos. "They (prospective students) get on campus and look at everything, programs, dorms, stadiums, but they're also seeing that UA sponsors athletics. When prospective students have that brand recognition and see that this is a legit place, I think it helps them feel like they're getting the full college experience."

Both the Bookstore and Athservice, "If something breaks or "The exclusivity may only aptears, they either repair it or send er level of risk, but because it is

> Coleman also commented on UA's customer service saying that it is much better than the customer service they received during their partnership with Nike. "We get stuff (products and apparel) in two weeks, whereas we once waited almost a year for a shipment of Nike footballs," Coleman said.

> Stocker said that the bookstore looks through UA's extensive catalogue of products and chooses which items they want to sell in the bookstore, and that buyers have hardly noticed the brand switch.

"I think Monmouth branding itself with UA benefits both parties," said David Letcher, a junior finance and economics student. "Monmouth can get quantity discounts from buying in bulk and UA gained a whole new demo-Gear. They have a section of the graphic of Monmouth students, including water bottles. Coleman This will boost the company's thing."

vertising and brand recognition."

Public Relations Student Society of America (PRSSA) graduate student Ariana Murdocca said, "With the controversy happening right now, it looks better for our school to not be involved in it (Nike-Kaepernick controversy), because there are people that are so one-sided that [they] would not come to this school if we were still affiliated with Nike."

She continued, "Every school has a brand, and even though the Kaepernick situation is not why we switched partnerships, it still benefits Monmouth since Nike is in hot water right now."

"It is important to note that there are probably just as many people who would look favorably upon a Nike partnership because of the Kaepernick relationship as there are people who would look negatively on it," John Morano, a professor of journalism, pointed

Morano also voiced his concern about the reputational risk that could come with partner-ships with well-known brands such as UA. "When we partner with a company whose logo is on everything that has our logo, our reputation could in theory be affected by their behavior. So, in essence, there is a bit of a gamble here," he said.

"I think that it is common practice for universities to have partnerships with a single franchise or organization," said Mary Harris, a specialist professor of public relations. "When there is only one organization [the school is] working with, there is a highply to Athletics and shall not pro- a new one right away," said Roos. common practice... it's just kind of how it is.

She also agreed that it is a good idea for Monmouth to attempt to create brand affiliation, specifically with Athletics. "Having a [professional] brand to sign with can create the perception that our athletics division is [more] professional."

Buzza said that endorsements today are risky because there can be things unknown about the partnership. He explained that bigger schools have had issues throughout the years with the brands they are partnered with involving occurrences of paying university players to wear their products along with doing other things under the table.

However, Buzza concluded that the University affiliating with a brand like UA is beneficial for the school, "at the end of the day if it's all done for the right store dedicated to UA apparel, athletes, families, and alumni. reasons, then, yes, it is a good

University Hopes for New 'Hawk Walk' Tradition

LOGAN SMET CONTRIBUTING WRITER

The Football team and other student-athletes particiated in the Hawk Walk where the University community walks around campus before the football game on Homecom-

The walk consisted of sports teams, the Spirit Squad, alums, parents and fans joining the football onto the field before the Homecoming game.

The gathering started at the circle between Rechnitz and Wilson Hall, where there were light refreshments.

'The idea for the Hawk Walk started with the football program, who have done the actual walk for a few years. They (Athletics Marketing) approached us about adding in the Spirit Squads, Shadow the Hawk and fans/parents of players. From there it expanded to include alums and various on-campus groups," said Eddy Occhipinti, Associate Athletics Director/Marketing and Sponsorships. "It really has been an organic, Monmouth-made idea that grew from the football team and now includes all areas of the University."

The connection is making its way around campus. This past week, the Hawk Walk included various teams, among them Women's Lacrosse, Women's Soccer, Men's Soccer, Field Hockey and Track & Field. "I think it's a good idea and a step in the right direction and hopefully in years to come all athletes can support each other," said Madie Gibson, a senior Women's Soccer player.

Jon Roos, Senior Associ-



Along with the Football team, other student-athletes joined in the Hawk Walk on Homecoming on Saturday, Oct. 20.

ate Athletics Director/External Affairs, explained that the Hawk Walk "combined effort from football and athletics marketing." He then added, "Then we collaborated with Student Life, Residence Life, Admissions, and Alumni Engagement." The hope for the Hawk Walk is for it to become a tradition throughout the campus. The University hopes to, "continue to build pride on this campus and utilize the new Hawk sculpture as the 'heart' of the campus," said Roos.
"While the idea for the

Hawk Walk was born with the football team, the hope is that it becomes a point of pride for every student, alum and fan and the actual path taken by the football team for the Hawk Walk becomes something special for everyone that does it," said Occhipinti.

different Monmouth athletic to can see the fans are coming teams have with one another, the support that we give each other feeds off around campus friends, family and fans in and just brings our university person during the six-minute together," said Drew Ashley, senior Defensive Back.

"Football is a weird game, like hockey and men's lacrosse. Unfortunately, it is impersonal because everyone is wearing a helmet and it is hard to see that there are actual people under those helmets. Therefore, when you see the players face-to-face and eye-to-eye, it is like 'oh wow, that is a fellow student of mine' or 'I have class with this person," said Jennifer McGovern, Ph.D., an assistant professor of sociol-

"it (The Hawk Walk) can connect people because it brings out the humanity of the game cally and psychologically is thing he and his players are "It shows the connection from the fans, and the players that ritual helps people. Ritual happy to be a part of.

to watch and support them,"

The players get to see their Hawk Walk. "[There's] a sense of community and being a part of something bigger here at [Monmouth.] It's nice going to your game and seeing all the other sports teams here supporting you; like one big family supporting each other," said Offensive Lineman John Gallina. "You see all the students, parents and faculty out there it really gets your pumped to play a great game.'

Another side of this is the mental effect of the Hawk Walk, and specifically how rituals like it, affect the play-McGovern continued with, ers and their performance. "What we do know from studying sport both sociologi-

gets people pumped and ready. Athletes seem to do the same things before every game so the idea of having a ritual is something that can get people very mentally ready, and what is interesting about the Hawk Walk, is that it would depend on the individual players and whether this ritual pumps them up," said McGovern.
"If you feel like you're con-

nected to your institution, you feel like you're a part of it and what we know as sociologists is that whenever someone feels a part of something, they feel like what they are doing has meaning and purpose," said McGovern. The players, she feels, perform better and become more invested when a tradition exists that can boost their sense of affiliation and belonging.

"Many colleges have their own version of the Hawk Walk," said Head Coach Kevin Callahan. We see many different college campuses have something similar to this; Auburn has the Tiger Walk, a tradition that stems back to the 1960's. Virginia Tech plays Enter Sandman by Metallica to ignite the Hokies, several teams do a Tunnel Walk and at Notre Dame, painting helmets gold is a game-day tradition they hold dear.

The Walk ended at the new Hawk Statue at Brockriede Common, in front of the OceanFirst Bank Center. The Pep Band played a cover of the

University's "Fight Song."
The Hawks head football coach agreed that the idea of the Hawk Walk is a way to show school spirit in a new and profound way and it's some-

Founders' Day Celebrated at Pollak Theatre

FOUNDERS cont. from pg. 1

passion and that idea in public service," she said. "Figure a way to make your own place in public service.'

Barry H. Ostrowsky, Presi-Health, received the Maurice Pollak Award for Distinguished Community Service, for enriching the quality and scope he said. "The best part of my of health care throughout New Jersey during his career.

"It's an honor for me to ac- Wilson Hall." cept this incredible award named after someone (Maurice this school in quality, every Pollak) who is a humanitarian and understood the importance college with classes in 'chicken of investing in the community and people who live in the community," he told the audience.
"We believe that our responsibility is not simply clinical marked the start of a new tracare, but to invest in our community in a way to ensure that each and every member of our community can have a healthier and happier life."

Ostrowsky has formed New Jersey's largest and most comprehensive academic health longstanding commitment to system through RWJBarnabas Health and Rutgers University. Their partnership is dedicated to providing high-quality patient care, leading-edge re-search, and world-class health and medical education aimed students of the event. at transforming and advancing health care in New Jersey.

(Class of 1960) with an honorary doctorate of humane letters, to recognize his dedication to out your passion and figure out the University. Mullaney is a member of the Society of Trustees and a former member of the Board of Trustees. He and his visioning social change," and dent and CEO of RWJBarnabas wife, Sandy, are the namesake of Mullaney Hall.
"Thank you for this great

honor, the highest of my life," life started here at Monmouth. My first date with Sandy was at

'[Sandy and I] have watched kind of quality. From a small coups' to a world-class university known throughout the world," he said.

This year's Founders' Day dition at the University: the Dr. Martin Luther King Jr., Distinguished Speaker in Social Justice Series. "This initiative grew out of prolonged discussions on how we can further strengthen the University's promoting social justice, and at the same time celebrates this institution's historical connection to Dr. King," said University President Grey Dimenna, Esq., in an email addressing

As a special event that was a part of the day's educational The ceremony also recog- programming, Ruha Benjamin, social implications are crucial

nized H. William Mullaney Ph.D., an associate professor of African American Studies at Princeton University, provided the inaugural lecture in Pollak Theatre prior to the Convocation Ceremony.

Benjamin spoke about "enaddressed the ways in which racism continues to affect society, permeating through history, laws, and institutions, preventing such change from happening. She encouraged the audience to use their innate human ability to begin to weave a more equitable society through the creation of new patterns, politics, and practices.

She continued and said that this process starts by individuals expanding their imaginations of what is socially possible and questioning the world around them, while also warning that this would not be an easy feat. "We act as if standing up for justice is going to make us feel good or make us popular," said Benjamin. "In fact, it's going to make us uncomfortable and we will experience hardship."

"We cannot return to a past when human rights were a radical idea." said Walter Greason. Ph.D., Chair of the Department of Educational Counseling and Leadership, and most recent Dean of the Honors School. "[Benjamin's] work on the future of science and its



PHOTO COURTESY of Monmouth University

The Founders' Day Ceremony honored Zakiya Smith Ellis, Barry H. Ostrowsky, and H. William Mullaney on Oct. 10.

because there is an increasing public policy today." danger of misusing science to reinforce inequities around the world."

Greason continued, "One of her most powerful points was the ongoing power of redlining. It is a specific example of the ways that social science data denied human rights to millions of people. Sadly, the consequences of these tools that reinforce segregation continue to dish in a lab then "...we can influence business leaders and

From her specialization in the interdisciplinary study of science, medicine, and technology; race-ethnicity and gender; and knowledge and power, Benjamin drew on her expertise to identify what she refers to as "selective imagination" and being "strategically realistic." She explains that if cardiac cells can be grown in a petri grow empathy for each other."

THE OUTLOOK

Zach Cosenza EDITOR-IN-CHIEF

Nicole Riddle Managing/Viewpoint/

PHOTOGRAPHY EDITOR

Mehdi Husaini Co-Senior/News Editor

Nicholas Coscarelli Co-Senior/Politics Editor

Professor John Morano FACULTY ADVISOR

> **Tarra Emery** OFFICE COORDINATOR

Brianna McCabe GRADUATE ASSISTANT

Danielle Schipani GRADUATE ASSISTANT

Evan McMurtrie SPORTS EDITOR

Caroline Mattise OPINION EDITOR

Natalie Osterman ASSOCIATE NEWS EDITOR

Jerry Trotta ASSISTANT NEWS EDITOR

Mark Marrone ENTERTAINMENT EDITOR

Ray Romanski CLUB & GREEK EDITOR

Cassandra Capozzi-Smith LIFESTYLES EDITOR

> Jenna Puglisi FEATURES EDITOR

TECHNOLOGY MANAGERS

Davina Matadin

Emerson Hidalgo

Anthony Vives

Evan Mydlowski

PHOTOGRAPHERS

Amanda Smith

Karlee Sell

DELIVERY ASSISTANTS

Kathryn Cahill

Jason Aquino

STAFF WRITERS

Bridget Nocera Namra Shueib Alexa Olah Melissa Badamo Andy Studna Albert Shalom Mark D'Aquila

Emily Condron Skylar Daley **Chris Fitzsimmons Matt DeLuca** Sophia Galvez **Dally Matos Anthony Rossics**

Monmouth University's **Student-Run Newspaper** Since 1933

Plangere Center 2nd Floor, Room 260

Phone: (732) 571-3481 **Fax:** (732) 263-5151

Mailing Address: The Outlook Monmouth University 400 Cedar Ave West Long Branch, NJ 07764

Website: E-Mail:

Advertising Inquiries:

outlook.monmouth.edu outlook@monmouth.edu outlookads@monmouth.edu

SUBSCRIPTION FORM

ADDRESS:

Daytime Phone:

\$ 25 NON-ALUMNI

Mail this subscription to and payment to: The Outlook Monmouth University

400 Cedar Ave. West Long Branch 07764 Or Call 732-571-3481 for Credit Card **Payment**

Staying Spooky at Monmouth

EDITORIAL STAFF

Halloween is only a week away. Our social media feeds are already filled with friends in costumes at early celebrations, and campus is decofall film, "Halloween is cool." At The Outlook, we Brown is a classic." honored the spooky season

think of an outfit that is are thirteen years of age "Some ideas are Fright unique. Looking back on or older. In some places, Fest, hayrides, and the his favorite costume se- teens could be fined or Student Activities Board

It's perfect for Halloween and the remake is coming out this month."

It's perfect for Halloween spending time."

In college, it may be harder to find Halloween

rated with pumpkins and favorite for everyone. If far past the average trickhay. To quote the character of Marnie from *Hallow*eentown, which one editor claims as their favorite to recommended, "It's the favorite Hallowfavorite To evolve in the past the average treat or the correction age. However, that will not put you on the there are still plenty of edge of your seat, one edifavorite To evolve in the past the average treat or the favorite Hallower is the favorite Hallower in the past the average treat or the favorite Hallower in the past the average treat or the past treat or Great Pumpkin, Charlie

by discussing all the best rooted in the tradition of ton Asylum and it is territate. According to an Oct. 10 report There are many other hat Halloween has to of-er. trick-or-treating. Accord-ing to an Oct. 10 report There are many other from USA Today, some cit-activities close by. In fact,

Breathe, The Conjuring 2, instead of trick-or-treating and this year's *Unsane*. To and it seems like the towns celebrate its 40th anniverwould then be incentivizsary, check out Suspiria. ing more negative ways of

Horror movies are not a activities, since we are ity is a haunted house. In Passaic, about forty min-Halloween's fun is also utes north, there's Brigh-

een costumes is fun, but ies are outlawing trick-or- you do not even need to it can also be difficult to treating for children who leave campus to have fun.

"Even if Halloween is not the same as it was in elementary school, it can still be fun in college. There is plenty to do to celebrate the holiday, and you are never too old to come up with a creative costume. Embrace the season whatever way suits your best..."

lection, one editor said, even jailed. "My favorite costume was Heisenberg from Breaking causing any trouble, many recommended.

I was Lizzie McGuire. I Lizzie get-up down to the one editor said. face mask," another editor Another edito said.

in the genre include Don't ers could be doing at night Stay spooky, Monmouth.

Bad. I shaved my beard and had a goatee, wore a bald cap, and found a prohibiting people from fall season. One editor hazmat suit. I had a blast with that one."

There are also options that celebrate the entire fall season. One editor said, "I love to go to the candy. "It seems trick-or- Delicious Orchards farm-Some of the best costume treating is a forgotten trammoments happen when we are young. "My all-time costumed kids out each favorite costume was when the favorite costume when the costumed had been store in Colts Neck or the Welmroch Farms store in Colts Neck or the dition. With less and less welmroch Farms store in Colts Neck or the costumed kids out each freehold for apple cider and pumpkin treats." uphold the tradition of goand had the whole cartoon hunt for delicious treats,"

(SAB) haunted house on-As long as teens are not campus," another editor

Even if Halloween is not was in the second grade ing door-to-door on the the same as it was in elementary school, it can still be fun in college. There is Another editor noted, "I plenty to do to celebrate think it's a little silly, there the holiday, and you are Movies are also a crucial are a ton of other issues never too old to come up part of the Halloween ex- that need to be focused with a creative costume. perience. A couple creepy on, and policing some- Embrace the season whatflicks can help put you thing like trick-or-treatever way suits your best, in the holiday spirit. One editor said, "I love hor-time. There are a lot more night of horror films or a ror films. Recent strides destructive things teenaged ay of pumpkin picking.

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.

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

Serving the Monmouth community since 193<u>3</u>





DISCLAIMER: All articles appearing in the Op/Ed section of *The Outlook* are solely the opinions of the authors and do not reflect the views of The Outlook's editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. The Outlook reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, *The Outlook* will no longer print anonymous articles.

Becoming Strong Beyond Physical Limits

ELISSA SCANO

definition of "strength," our minds automatically resort to superheroes.

muscles and everyone who is strong is indestructible. Rarely of the word strength that don't have to do with physical boundaries.

Growing up my family thought my father superman, as most of us do. My definition and understanding of the word strength was shallow. I figured that strength only consisted of tangible qualities, until I grew up and became informed by experience.

Physical strength is the most obvious element of the word. Being physically strong is we need to stay fit and healthy so that the we can carry on with our daily tasks. Having an active lifestyle and always trying to improve our bodies is crucial for a long and happy life, that's a given.

to have this kind of strength in the physical world, but it helps our bodies endure the mental battles that we face. There is a connection between the mind and body that is undeniable. When we are stressed, when and we are sad, when we are feeling lost, our bodies pick up on those signals.

body releases endorphins that can boost our mood. It can allow When we think about the us to use our stress or anger and put it towards something positive: bettering out bodies.

Diving a little deeper into Everyone who is strong has the meaning of strength, I have found much more than just physical features. There is a do we give enough credit to mental component which is those who contain elements thought based. The evolution of mental strength is unique to each individual, which is a similarity of physical strength.

The capability to be mentally tough comes with practice and the training of one's mind. It involves resilience, it involves the ability to say no, it involves being rational and realistic. None of these things come easily and all of them need to be worked for. While some may be better at it than others, it is something that can always be improved.

It is crucial to work on important. We all know that mental strength. Without it, vulnerabilities would always be used against us. Two examples of people who have demonstrated mental toughness are Dr. Martin Luther King and Stephen Hawking. These individuals turned weakness Not only is it important for us into strength and reactions into responses. They learned how to take calculated risks and battled whatever was in their way rather than letting it defeat them.

All of their success came from working on their mental strength not allowing negative thoughts or experiences to define

The last measure of strength By staying physically strong, that I am going to address is we can prevent ourselves from emotional strength. What is getting sick from daily mental emotional strength and is it as

stressors. When we exercise, our important as physical and mental? Yes.

> Everything in me is going to tell you yes, it is just as important as those, if not more important. It is the hardest element to obtain. Emotional strength is a feeling based privilege. Everyone reading this has been through things that make their world feel dark and their hearts feel heavy.

> Having emotional strength is the ability to tell yourself that feelings aren't facts. In my experience, this has been tough to achieve.

> For others, it may not be. Becoming emotionally strong is to allow yourself to find the balance between being consumed in passion, anger, love, happiness, and sadness but not being owned by it.

> Finding coping menchanisms can be a challenge but it can be worth it in the end. Some people like to color, excercise, journaling, listening to music, watching motivational videos. Pet a dog! You have to find what works best for you.

> As with anything, it's important to become well rounded and balanced. I feel the word strength is a commonly used word and taken for granted in some ways. This simple word contains so much depth and importance that you would be doing yourself an injustice if you didn't seek an understanding of it.

Just know that everyone is on the rollerocaster ride that is life. Everyone tries to remain strong; physically, mentally, and emotionally, but it is a constant challenge. Stay strong.

Consequences of Counting Calories

RILEY BRAGER

Do you stare at the food labels thinking about how many calories you have consumed already today? In today's society, we have become so obsessed with this idea of "the perfect body."

We tend to constantly compare ourselves to people we see on social media or in advertisements. The tall, thin, perfect body is constantly being shoved down our throats because we tend to only be shown one type of body.

This problem does not only affect one gender, as there are social standards that are created between both males and females. Counting calories is unhealthy because it creates a person to become obsessed over the numbers they are putting into their bodies rather than just focusing on the nutritional value of food.

The intent of calorie counting can be simply because someone wants to lose weight. However, when counting every calorie you enter into your body, it is easy to become obsessed with the action. This can do way more harm than good because the amount of calories that are in foods do not solely signify the nutrition value of that specific food.

For example, there are foods with healthy fats and higher calorie intake than other foods that may be processed but have less calories.

balanced lifestyle is important. should come from the correct thing you put into your body.

food you put into your body. Food acts as fuel to keep your body running and it is important to be conscious of the foods you are putting into it. Counting calories become an exhausting can process, always being hyper aware of the calorie content of

College is an exciting time in your life where you are meeting new people and trying to find your self-identity. However, college can cause a lot of self-pressure of always looking a certain way. Especially with social media being a major factor in most college students lives, it makes it easy to compare ourselves with others.

It is easy to feel like you aren't good enough because of these air brushed and edited images we see on a daily basis.

Being thin and beautiful seems to be the message that is a constant theme in our advertisements. Counting calories may seem like it is the answer to helping you obtain this look. But, losing weight and feeling good should be something that you want to do for yourself not others.

While it is hard especially in college to not compare yourself to others, it will allow you to feel much happier. Counting calories can add so much stress to your everyday lives because it makes you constantly think about how much food you are eating.

There are so many ways to live a healthy lifestyle like being Eating healthy and living a active and eating healthier. These actions do not cause so much Wanting to live a healthier added stress because it allows lifestyle is a good goal to strive you to do things you enjoy doing for. However, healthy eating instead of counting every little

ecorations Halloween:

SAMANTHA RIVAS

Much to my hometown friend's shock (I'm from Long Branch), I choose to live on campus here at Monmouth. Though I wouldn't change anything about the life I've white walls can be a bit daunting at first.

of fairy lights, hand painted door. canvas signs from over the (appropriately named Rocky Bamboo-a), and a neon sign which includes interchangeable letters that can be used to form any phrase of your choosing.

I also have a dry erase calendar that I have displayed on my desk. While I love how cozy I've managed to make my once empty dorm room, the interior design addict in me always finds any excuse to switch out decorations in accordance to holidays. Lucky for me, October presents the prefect oppor-

I could easily decide to

easy and ultimately saves me tle pumpkins. money when I can easily reuse the same theme for the Hallow- strong believer in the imporeen and Thanksgiving months. tance of decorating your dorm. Realistically, as much as I adore the opportunity to decorate, my wallet won't allow it.

As a fan of do it yourself (DIY) built in the dorms, the plain projects, I typically make a lot of my decorations. Pinterest is my best friend, though I'm sure It's for this exact reason that anyone who walks into my dorm I take every opportunity to on a daily basis could guess that decorate my dorm room, holi- based off of the gallery wall of canvases that I've made myself My basic decorations that and the meticulously crafted have up year round consist glitter key holder I have by my

For the purpose of Fall, I've years, my lucky bamboo plant made a candy corn themed flower vase out of a mason jar, a little scarecrow out of mini flower pots and letters that spell out FALL with wooden blocks and fake leaves. If I'm truly being honest with myself, I just use the DIY decorations as an excuse for me to browse aimlessly around Michael's for an hour. No shame.

What I can't make out of craft supplies, I buy. I switch out my rose fairy lights for leaf fairy lights along with a layered leaf garland with vibrant oranges and reds. I recently changed my neon sign so it displays a Halloween inspired saving (I chose "Spooky Time" this year.) I even decorate for Halloween with take the time to make my calenhanging bats and fake blood. dar theme reflective of Fall by However, truth be told, I'm a using my different colored dry complete chicken and not the erase markers. I really took the

overall season of Fall. It's cute, month accompanied by two lit- decorations or ones for holi- the delicious Halloween candy

I guess you could say I'm a

Whether it's for every day

days, I make sure I go all out. You think my Fall decorations are intense? Just wait until whole bag of Snickers and Rehristmas.

Whole bag of Snickers and Reese's Cups. That should hold me off until Thanksgiving.

that will be on sale beginning Nov. 1. I can't wait to devour a



PHOTO TAKEN by Samantha Rivas

biggest Halloween fanatic. So time to scribble out an elegant Decorating your dorm room can make the space feel a little more like home. The decorations do I end up just decorating for the looking October font for this not have to be big and can even fill the spaces on your desk

MONMOUTH UNIVERSITY

Career Services presents

FALL CAREER DAY

2018



WEDNESDAY, October 31, 2018 12:30 p.m. - 4:00 p.m. * OceanFirst Bank Center *



Advancing Opportunities

Air Force ROTC

Alternatives Inc.

Andiamo

Asbury Park Press/LOCALiQ

AvalonBay Communities, Inc.

Aveanna Healthcare

Borough of Belmar

C&A Financial Group

CDW

Cenlar FSB

CentraState Healthcare System

CFG Health Network

Collabera

Contractor Dynamics

Creative Financial Strategies

Devereux Advanced Behavioral

Dextro Software Systems Inc.

Discovery Data

Diversant

Extensis Group

Family First Urgent Care

Farmers Insurance

Fastenal Company

Federated Insurance

Ferguson Enterprises

First Atlantic Federal Credit

First Equity Funding

ForeFront, Inc.

Fortis Consulting Group

Freedom Mortgage Corporation

Gaming Laboratories Intl.

Genesis Biotechnology Group

Goodwall Inc.

Graybar

Hackensack Meridian Health

HCS

HMP Global

Holman Frenia Allison, P.C.

Horizon Blue Cross Blue Shield of NJ

iCIMS

Insight Global

Jackson Hewitt Tax Service

MassMutual New Jersey-NYC

Medix

MJH Associates, Inc.

Monmouth Cnty. Sheriff's Office

Monmouth University HR Dept.

NAVAIR

New Horizons In Autism

New Jersey Courts

New Jersey Mentor

New Jersey Primary Care

New Jersey State Police

New York Life Insurance

New York State Police

NJ Army National Guard

NJ Dept. of Children & Families

Northwestern Mutual

Pennsylvania State Police

Philadelphia Police Dept.

Pinnacle Treatment Centers

Plainsboro Police

Plymouth Rock

Press Communications-PMCM-TV

PRIMERICA

Prudential

Red8, LLC

RemX Staffing

RWJBarnabas Health

SHI International Corp.

Smolin Lupin

Stratus Technology Services

Supreme Security Systems

Tekmark Global Solutions

Tenna LLC.

The Community YMCA

Trinity Solar

TTI

U.S. Army ROTC

U.S. Secret Service

U.S. Customs Border Protection

United States Marine Corps

Urner Barry

U.S. Army Medical Recruiting

Wakefern Food Corp

Wall Township Police Dept.

Whole Foods Market

William Hagan Group

WRAT (Beasley Media Group)



Check this link often for updates and additions:

https://www.monmouth.edu/career-services/career-days/fall-career-day/

FREE LINKEDIN PHOTO SERVICE AVAILABLE

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

FRI. OCT. 26TH

FRI. DEC. 14TH

SPRING PRIORITY **DEADLINE**

CADIZ SUMMER 2019

CONFIRMATION DEADLINE

APPLY, SEE MORE EVENTS & INFO

Portal Site: Studyabroad.monmouth.edu Wesite: monmouth.edu/studyabroad **Email:** geo@monmouth.edu (732)-923-4768

















Outside of the Classroom Battles: Studying with an Audience

ERIN CROSBY CONTRIBUTING WRITER

Technology has made it incredibly difficult to focus on anything for an extended period of time.

With websites and apps that never end, it's pretty easy to get distracted by your phone or

Minutes pass by unnoticed, specifically during the moments in which a social media platform is on the screen or you're browsing through Spotify or YouTube.

Evan Orsini, a freshman biology student, admitted that You-Tube often pulls him away from his assignments.

Orsini mentioned that once something has your attention, "It's difficult to peel your eyes away from it."

There are so many distractions unrelated to technology as

For instance, your surroundings are a huge impact on whether or not you can zone out the movement and noise around you and this plays a significant role in the amount of work you're able to get done.

Many of us are guilty of being nosy and interested in what others are doing which is why we often find ourselves looking away from tasks.

Instead, we observe a mother across the room who's digging through her run-down diaper bag and speculate what she could be looking for.

The events keep happening and now you are looking at everything besides the work you were trying to do.

out before you and suddenly it dinary.

all seems foreign; like a faraway concept that you have no recent memory of partaking in.

Eventually, your subconscious minimizes the task for a later time despite the failed attempts to focus back on it.

This is where the social media browsing takes place since we feel our brain needs to rejuvenate with posts relating to celebrity updates and a fluctuation of mundane versus life-altering posts made by hometown friends and family.

You hope once the routine of checking Snapchat, Instagram and Twitter are complete that you're ready to get back to the

Guess what? You're not. And the cycle continues.

Mala Jayatilleke, adjunct professor of chemistry and physics gave input on the topic.

Jayatilleke talked about the importance of setting goals and rewarding yourself. "Every ten or twenty minutes, take a break." Brain breaks are important for students.

Jayatilleke contnued in saying that everyone is different so disturbances affect us all in different ways

Preferences vary from student to student on what circumstances are better to study in.

A quiet room is typically better to concentrate overall, though some find a noisy room easier to organize their thoughts. Perhaps silence adds unnecessary pressure to be perfect.

Some people could have an opinion in saying that rooms filled with people chatting allow the student to, ironically You look back at the task laid enough, find comfort in the or-

Instances of casual conversation, drinking coffee, and pulling hair behind your ear are three examples that each one of us can relate to and surrounding yourself with mundane, worldwide tendencies like these provides clear priorities.

It's easy to get caught up in the task, though environments such as Starbucks or Barnes and Noble maintain a sense of the world outside of the assignment before you.

In some way, it's better and healthier to sit in a public place to get assignments done. Noise, whether it's muffled discussion or the unapologetic preparation of an almond milk latte from the barista behind the counter, is good.

There are many difficulties with studying in a noisy place, though all of them can be maintained.

First, find a more isolated area within the walls of the public place where you choose to study.

A corner table or a seat against the wall at a point where not a whole lot of people walk by.

The idea is to find the balance between noise and segregation.

You want to be aware of the echoes of disturbance but not directly involved inside or between them. Consider yourself a bystander of noise.

Another useful tip could be to find a good playlist. The songs should range from your likings to having songs that you won't find yourself singing.

Playing music you know may have you get too distracted by the music and it will take the focus away from the task.

but don't find an instrumental

song that will put you to sleep.

Keep the volume low enough thoughts.

This varies just like anything though; some people can only focus with their favorite tunes on full blast.

Erica Balman said that her headphones are an extension of her body.

She continued with, "I always wear Beats because they are

noise canceling and you can be anywhere and be super focused that you can hear it but not high on what you're doing because enough that it consumes your the outside world is so blocked

> There are many ways to go about figuring out what works for you.

Your personality likely mir-Senior psychology student, rors the environment that suits

Listen to that and you may find yourself focusing more than getting mixed up with distractions.



Music without lyrics is ideal, When studying, the library at Monmouth University is a great place to focus. You can definitely depend on the low volume level.

Buy Good, Eat Good, *Feel* Good

COLLEEN MORETTI

Eating snacks is a part of human nature; choosing a healthy snack, however, is not. It is very hard to choose a healthy snack when a bag of chips is just sitting there waiting to be opened and enjoyed.

Choosing to eat a healthy snack is an important component of leading a healthy lifestyle.

Snacking can provide tein and some sweetness fuel and boost energy for when you're feeling fatigue in the middle of the day, but only if it's the right kind of snacks.

To practice this, it is important to shop smart, make mindful decisions, and stay aware of the ingredients you're putting in your body.

One of the best healthy snacks to have is apples with peanut butter. This snack is super easy and doesn't break the bank either.

All you have to do is slice up an apple and dip it in some peanut butter, any kind you want. Possibilities include crunchy, smooth, and for those extra healthconscious, almond butter is a great option without all of the extra fats.

Shannon Oswald, junior communication student, says "apples provide im-

portant health characteristics that you want a snack to have, while peanut butter provides the sweet taste you are always craving.

Everyone has their favorite snacks so why not make them healthy?

When asking professor of anthropolgy, Heidi Bludau, Ph. D., she says the go to is "A Granny Smith apple with peanut butter.

It's a great flavor pairing and provides fiber and pro-

Another great healthy snack is Greek yogurt with some granola. This snack is protein and nutrition. particularly filling but very low in calories.

There are also so many different add-ins you can use. If you get a plain flavor of Greek vogurt you have the opportunity to add in all different types of fun nutritious toppings, granola, or berries, or even half a banana.

This snack can keep you full for hours, and easily covers all of your basic food

The ultimate easy healthy snack is quick oatmeal.

It is also an extremely filling snack and like yogurt, you can add in as much as you want, adding in blueberries or strawberries is a great way to make sure you are getting your fruit in.

Oatmeal is also a great snack for this upcoming season.

It heats up your body and gets you in a warm and cozy

Sydney Berg, a junior business management student, says that her go-to healthy snack is rice cakes eater, they come in many

Berg stated, "It tastes great and is a good source of carbs, protein, and healthy fats.

If you are someone who is always in a hurry and is just looking for something as easy as a bag of potato chips, a great alternative is a granola bar.

Granola bars are a great source of nutrition and even subsite as a breakfast for some people.

Granola bars are also great if you are a picky different flavors and addins, some even sneak in chocolate chips if you really need to satisfy that sweet tooth.

Choosing a healthy snack isn't always the easiest choice, but you can't make the excuse that the snack itself isn't easy.

The easiest snack ever is just a piece of fruit.

Apples, bananas, grapes, etc. are great healthy alternatives to chips or cookies.

They are also extremely easy; all you have to do is buy them and wash them.

Snacking should not be a hassle, it should be quick and easy.

Hopefully with some of these snack ideas, you can be more mindful and healthy when choosing your snack of choice.

Keep on healthy snack-



Eating healthy is not a priority to some people but once you start treating your body correctly, it will reward you by allowing you to feel so much better about yourself.

DANIELLE McCLELLAND

Opinions, we all have them. However, imagine your thoughts plastered on the next headline.

Better yet, imagine millions of people idolizing you for your artistic form only to stop listening because of that opinion.

Kanye West finds himself in

this situation more often than not.

West is no stranger to fuming critics and paparazzi with a lack of understanding for personal space. A recent appearance on *SNL*, on

Sept. 29, has shaken up fans and viewers, even actor and comedian Pete Davidson went as far to say that he left the scene, "in order to Kanye West's meeting with President Donald Trump stirred controversy with his fans. keep his career."

on the late-night comedy show and performed a series of chart-received acclaim from critics. toppers from his new album West was the main producer Historical or monumental on this album, and has many collaboration with Kid Cudi and collaborations with respected which tends to be the case with his hit single "I Love It" featuring artists in the hip-hop genre such many musicians. Lil Pump.

At the end of the episode, West speech about his political views, which evoked a variety of reactions from the cast, most not misaligned political views? being too agreeable.

West has made many daring statements lacking factuality, such as when he said slavery was a choice on May 4.

patriotism for a president that some of his musical peers may not appreciate throws him into high

In spite of it all, West recently made an appearance at the White of a U.S. president making inroads House to speak with President there," he said. Donald Trump and his son-in-law Tripold ac Jared Kushner.

Despite these disputes, the inspired him to write great music."



PHOTO TAKEN from Vox.com

The rapper made an appearance album Ye debuted at number one

as Kid Cudi.

dare to listen to his collaboration and the concept of social justice. with West in the midst of

The answer appears to be more gray than imagined.

David Tripold, Ph.D., Director of Choral Activities and professor in the Department of Music and The artist's political stance and Theatre Arts, proposes another example of an artist that's musical work parallels to West's scenario.

"The composer John Adams wrote the opera 'Nixon in China' because he marveled at the story

Tripold added, "[Adams] was given a great libretto and it

"But he had no particular affinity on the U.S. Billboard 200 and for Richard Nixon personally or politically," stated Tripold.

Historical or monumental

In such a contentious partisan This begs the question: will a climate, today's college students decided to make a spontaneous Kid Cudi fan such as Davidson are active in their political beliefs

This is the age of activism and the situation with West does challenge many of his fans principles.

Noah Preschel, Music Director of WMCX and a junior communication student, mentions that West's music plays at the station frequently.

"In terms of Kanye's music, I believe he is a true pioneer in the evolution of Rap/Hip-Hop," he

Preschel further stated, "His 2010 album My Beautiful Dark Twisted Fantasy is personally one of my favorite albums to this day and I often play his music on my

radio show."

There have been instances in the past where an artist's music was boycotted by former fans because of unfavorable statements or actions.

Artists such as Chris Brown and Ariana Grande are prime examples.

Brown violently abused Rhianna on the way to the Grammys in 2009.

The artist was charged with a felony and fans condemned Brown's actions.

On the other hand, Grande was videotaped jokingly declaring her disapproval of Americans' dietary choices when she licked

several donuts at a bakery.

When she licked the donuts, Grande said, "What the f--- is this? I hate Americans. I hate America. That is disgusting.

Although two completely different situations, these are incidents where artists have been in trouble, yet forgiven by their

regard controversies, it doesn't factor into Preschel's music choice.

"Honestly, politics usually shouldn't play a part in what they listen to. If you like the music, you like the music simple as that,' Preschel said.

WMCX's Music Director continued with, "However, in the current day and age, politics have been taking over all aspects of pop culture whether it would be music, sports, Hollywood you name it. So I see why people do the contrary."

Davidson states that he wants to Make 2006 Kanye Great Again," a quirky play on words in reference to Trump's "Make America Great Again" slogan.

But was there ever a Kanye West that was not making ruckus in the tabloids or unapologetically stating his opinions?

Nevertheless, music is not circular; it can afford to be interpreted in a myriad of ways.

The tether to artists' personal beliefs and their music can very well be lost to a certain audience hearing a different message.

Tripold stated, "I would assert that an artist can be inspired by anything; by a sunset, by loving someone, or even by a social issue or political point of view."

But his/her artistry doesn't typically cling to these things in a material way, because the creative spark once ignited needs new fuel for new discoveries," said Tripold.

This is par for the fame bus; all of your laundry dirty or clean, lays out to dry.

The public must choose their cards and decide if you are worth their time.

In the case of West, he appears to be continuing his journey in the music world successfully.



Blast Off! First Man Shoots for the Moon



MARK MARRONE ENTERTAINMENT EDITOR

I remember the day when someone called to inform me that I got a summer internship.

There I was, in the beauty of Magill Commons Dining Hall triumph. with a roast beef sandwich and saying, "thank you so much!"

Gosling, got a phone call from family or work. NASA to be a part of the Gemini for the moon, he simply said, "yes," hung up the phone, and carried on eating the mashed potatoes on his plate.

Well I guess my emotions are a little out of this world.

Armstrong was the First Man to land on the moon, through space flight Apollo 11 with pilot Buzz Aldrin in 1969.

It was an impossible task as the weight of the country, family, friends, and world laid on the back of Armstrong.

In the trailers, audiences

expect to see a Hollywood space spectacle similar to recent films in the sci-fi genre such as The Martian, Interstellar, or Gravity, but director Damien Chazelle takes a realistic and stripped down approach to Armstrong's

Instead of dramatizing the life almost crying tears of joy after of Armstrong, Chazelle chooses to show him as a somber family Contrarily, when astronaut man who quietly put in astronomic Neil Armstrong, played by Ryan efforts into anything he did for his

who Gosling, portrays Eight space mission in an effort Armstrong in the film, is practically emotionless.

In the beginning, we see the man he could be: a smile on his face, reading stories with his daughter, Karen, and playing in the vard.

After Karen's death from a brain tumor, Armstrong bottles up and keeps his feelings to himself.

Considering the pain that he has been through, Armstrong holds himself steady through any situation.

No matter how daunting the



PHOTO TAKEN from Digital Spy

The film has grossed close to \$30 million over two weeks, which is short of its \$59 million budget.

task may seem, it's as if adversity bounces off the protective shell of Armstrong's space helmet.

When Chief of the Astronaut Office asks Armstrong to take on Apollo 11 in the bathroom, he nods his head and continues to wash his hands.

If it were me, I'd tell the guy, "I gotta blast!"

The calmness of Armstrong is incredible because of the lives lost and failures he faced ahead of Apollo 11.

Today, we take space for granted.

When we read about Apollo 11 in a high school history class, we saw a photo of Aldrin with the American flag on the moon, then flipped to the next page.

Furthermore, space exploration is a task that has been eclipsed by the incredible technology which

can help us do anything, along with efforts made to land on Mars and President Donald Trump's announcement of a space force.

When the moon landing is mentioned, we seem to shrug our shoulders and say, "Yeah, that as ever. was cool.

runs, overcoming systematic malfunctions, political pressure, and lives lost.

First Man puts into perspective the hardships of what it took to get to that distant beam in the night sky.

While it's more story driven, there are plenty of technical accomplishments to make it worth the IMAX price of admission.

When Armstrong hops into the spacecraft, it feels like you're and take it all in.

strapped in for a rollercoaster ride. As the vessel rapidly rocks, you can't help but look away to avoid

Amidst all the chaos though is Armstrong, who remains as cool

Armstrong's life flashes before However, getting to the his eyes, yet he continues to moon took years of trial remain steady for his family and remain steady for his family and country.

Presumably, there will be upset audiences because of the film's lack in action or heated dialogue, but it's nothing worth getting heated like a burning comet over.

First Man is an opportunity to take a step back and appreciate the sacrifice astronauts like Armstrong made to accomplish one of the greatest achievements in human history.

Just play it cool like Armstrong

First Man Lands



of four

Roseanne is Barred From *The Commers*

FRIN MULLIGAN CONTRIBUTING WRITER

After the cancellation of its second reboot, prompted by a don't defend it please." racist Tweet sent by the show's star, Roseanne Barr, the brand new and third reboot of Rosemiered on ABC Tuesday, Oct.

be heard again all because of tion.' one tweet.

"Muslim brotherhood & planet of the apes had a baby= vj.'

The tweet was directed at then-President Barack advisor, Valerie Jarrett ("vj").

Barr's tweet was condemned by many because she compared Jarrett to an ape.

Later that day, Barr tweeted out an apology with, "I apologize to Valerie Jarrett and to all Americans. I am truly sorry for making a bad joke about just wasn't meant to be? her politics and her looks."

Forgive me- my joke was in bad taste."

Shortly after her apology, Barr went on a bizarre Twitter spree where she threw coworkers, *ABC* executives, and for most, it was easier to see drugs under the bus.

spree on the sedative that she Full House.' was taking.

2 in the morning and I was and to think, 'how boring, no ambien tweeting.

Barr further explained in the not necessarily the case."

tweet, "I went 2 far & do not want it defended-it was egregious Indefensible. I made a said Fleming. mistake I wish I hadn't but...

After Barr sent out this tweet, the drug company of Channing Dungey, stated that Sanofi, who creates and sells it would stay "away from poli- was a choice the network did anne called The Conners pre- Ambien, fired back, tweeting, "While all pharmaceutical treatments have side effects, The infamous laugh of racism is not a known side Dungey's statement. Roseanne Conner will never effect of any Sanofi medica-

Yes, Barr went out in a glori-Barr tweeted on May 29, ous Twitter blaze, where even episode, Roseanne supposedly cal direction. to be the more reasonable par-

After the Twitter storm, En-Obama's former White House tertainment Tonight reported that the entire cast and crew show was supposed to return for a second season.

Over a single tweet, 200 people lost their jobs and the hope of future employment.

Could it be that the reboot

Kim Fleming, a professor of Barr's tweet continued with, communication, spoke on the "I should have known better. situation saying, "I watched the show growing up. Roseanne was something different in the traditional, sitcom family paradigm"

their family dynamic in the Barr's activity went so far Conners than another sitcom that she blamed her Twitter family like the Tanners on

Fleming also said, "People The actress tweeted, "It was hear the word "reboot" now original content' when that's

when it comes to the reboot,"

ners without Barr on June 21.

The network's chairwoman, tics and more towards family."

Since the premiere of the

In *The Conners*, the writers characters. have killed off Roseanne.

a big drug company came out died of a heart attack until the was a drug overdose.

This leaves her husband,

being unexpectedly killed off, of the day it's about making

"TV is thriving off nostalgia Barr released a statement on money." Twitter saying, "That it was done through an opioid over-ABC announced The Con- dose lent an unnecessary grim and morbid dimension to an otherwise happy family show."

not have to make."

The Conner's are going to show, it has stayed true to continue living their lives with their dry humor and original

This time around, the show In the beginning of the first isn't taking any specific politi-

A big part of the episode was coroner's office calls her sis- the introduction of Roseanne ter to inform the family that and Dan's grandson being gay the actual cause of her death and the support Dan shows him.

Fleming also said, "I'm not were disappointed because the Dan, played by John Good- surprised the network wanted man, in absolute heartbreak. to continue the show without In response to her character its titular character. At the end

She continued with, "Her actions and the networks reactions might not sit well with viewers."

"Only time and ratings will Barr went on to say, "This tell. As far as the tweet itself is concerned, I think we are in a moment of accountability," stated Fleming.

Fleming concluded with, "We're past the age of the apology."

The Conners had 10.56 million viewers in its debut, which is 55 percent less than the *Roseanne* reboot that aired last March.

In Barr's return to TV back in March, Roseanne had 18.2 million viewers. The numbers leave fans and spectators weary of a successful run.

The Conners will air in its original time slot of Tuesday at 8:00 p.m.



Roseanne Barr is out of the picture in ABCs new show The Conners, which debuted on Oct. 16.

DYLAN SURMONTE CONTRIBUTING WRITER

have been sweeping the Jersey Shore and tristate area.

However, you don't have to go out of your way to New playing to the audience. Brunswick or Philadelphia to

Branch, Township, and Asbury Park disadvantages. are known for their basement

The reason why these venues played

and the return of something The rise of basement shows that is sometimes forgotten in much traction. the music world: an intimacy between band and audience.

In larger venues, the band is

Contrarily, in a basement, enjoy a show at one of these they are playing with the places, because there are audience. But if you ask any basement concerts with great local or aspiring musician live bands in our own back about playing or hosting yard basement gigs, they will tell Ocean you how it has advantages and

> Wojciehowski, Sara enough

matter of money, promotion, pros and cons of this informal environment that is gaining so

The Rise of

Basement Concerts

Wojciehowski said, "One advantage would definitely be experiencing that intimacy you can't get at a formal venue, on a stage above the audience."

"I like letting people get more involved and feeling like they're included in that bubble with all our friends, fans, and family. The band [is] family" Sara said.

a too. I've played a show music industry major, has someone's basement and for shows this year. basement a few house parties, but I am

are gaining recognition is a performances to identify the not a fan of doing it too often" Wojciehowski pointed out.

"It can be a fun and intimate experience for a local show, but if the show is too crowded, then of course the basement or house gets really hot, and people start to get out of control" she concluded.

Another popular local band with Monmouth roots are Eric maybe \$5 a guest, it is also as Schwartz, Scott Bucksbaum, Ray Laux, and James Spavelko of Malibu.

At Hawk TV's Homecoming "But it has its disadvantages Special, the band discussed how they started playing house

Schwartz said, "We've only done a few so far in Long Branch; at our house and a friend's house."

"With the one at our house, we decided it would be a cool way to engage our fans and get some more attention with the local music scene," Schwartz shared.

"Regarding the other show," Buckbaum added, "our friend had a band from Rutgers playing and we were invited to open for them.'

Buckbaum continued, "Both shows helped garner some more support and get our name out there, specifically in the basement and house show scene."

Malibu's experience is a testament to the intimacy basement shows bring for the band and crowd.

The gigs are also popular

because of how easy it is to organize one.

Taylor Jones, a 2016 alumni, has played and organized shows in basements through his time at the University and still to to this day.

Jones said, "Besides it being so accessible and plausible to just setup and start playing, for simple as making a cool and creative name to capture a small sense of space, time, and place to share with our fans."

"Like The Drunken Boat, here I used to live and play a lot of weekends during the semester with our band; or The Dog House, my best friend's parents' place in Ocean Township where we play in the basement and backyard when they go away," Jones reflected. After learning about the

music scene sweeping the east coast and talking to some of the new musicians, the reason why basement and house shows continue to gain more traction is clear.

Wojciehowski captured this new music scene the best when she said, "There's also something youthful, rebellious, and inspiring about basement and house shows.

She continued, "No matter how big or small the bands, the venue serves as a look into the past, correlating a lot of the time with the place most bands start out from in the first place: the basement."



PHOTO TAKEN from Variety

Basement concerts are popular for small and traveling bands because it helps them gain exposure.





LEFT:

SECOND YEAR STUDENTS OF THE MONMOUTH PHYSICIAN STUDENT SOCIETY (MU PASS) CELEBRATE RECEIVING THEIR WHITE COATS BEFORE THEY BEGIN THEIR CLINICAL ROTATION.

PHOTO COURTESY OF: **MU PASS**



RIGHT:

MEMBERS OF THE MONMOUTH COMMUNITY WATCH AS THE FOOTBALL PLAYERS ENTER KESSLER STADIUM FOR THE HOMECOMING GAME THIS WEEKEND.

PHOTO TAKEN BY: AMANDA

SMITH





LEFT:

SPORTS RADIO SHOW HOSTS FROM WMCX AT LOCAL RESTARAUNT JACK'S GOAL LINE STAND FOR THEIR PRE-HOMECOMING BROADCAST EVENT. PHOTO COURTESY OF:

WMCX



RIGHT:

ANDROGYNOUS MODEL AND PUBLIC SPEAKER RAIN DOVE POSES WITH MEMBERS OF SPECTRUM AND STUDENT ACTIVITIES BOARD (SAB). PHOTO COURTESY OF: **SPECTRUM**





Don't see your picture this week?

Check back in next week's issue for more Monmouth students' photos!



What is your most prized possession?

COMPILED BY: NICOLE RIDDLE



Veronica Lane **Senior**

"My most prized possession is my aunt's necklace that was passed down to me the Christmas that she passed away from cancer."



James Tomasello Junior "My guitar."



Taylor Giunta Senior

"I don't really have a prized material possession, I place more value on the people I care about like my family and friends."



Abraz M. Khan Senior "A necklace that someone gave to me."



Ryan Tetro Lecturer of Political Science and Sociology "My family."



OPEN AND DELIVERING 11AM - 4AM

NOW HIRING

Close to Campus Apply in person or online JRSDELIVERS.COM

732-229-9600

75 D Brighton Avenue Long Branch, NJ 07740 732-345-0100

17 West Front Street Red Bank, NJ 07701



Ronald McDonald House® of Central & Northern New Jersey

PART TIME OPPORTUNITY Great For Students

RONALD MCDONALD HOUSE WEEKEND MANAGER.

Become a member of our management team for select weekends (9pm Friday – 9pm Sunday). Ronald McDonald House is an 8-bedroom home for the families of seriously ill children located at 131 Bath Ave. Long Branch. This is a paid position offering 31-32 paid hours per weekend.

You will provide on-site support to guests and trouble shoot any issues that arise during the shift. Sleeping accommodations are provided. Perfect for education, psych, sociology, health studies, and hotel management majors looking for experience and extra cash.

Contact Kelly Spencer at kspencer@rmh-cnj.org for information

INTRODUCING

FINANCIAL AID SELF SERVICE

- → Access through myMU Portal
- → Check out your To Do List
- Make changes to your financial aid package
- → Sign & print your award letter
- Complete required document requests
- → Find helpful resources



MONMOUTH UNIVERSITY Access the portal at my.monmouth.edu

Click on the link to Financial Aid

LOOKING TO LEAD A BUSINESS AS THEY SEARCH FOR A

FRESH(ER) PERSPECTIVE?

Join First Atlantic Federal Credit Union's Student Advisors as they create the next generation of leaders in the financial industry.

WHAT YOU GAIN

- Help develop new and existing products and services
- Gain job experience
- Hone and refine your entrepreneur skills
- Market yourself using social media

IF INTERESTED

Contact S1158480@MONMOUTH.EDU or visit FAFCU.COM

First Atlantic

National Transfer Student Week Celebrated on Campus

MELISSA BADAMO

The University's transfer student experience was celebrated on campus with giveaways and informational events for National Transfer Student Week from Oct. 17-Oct. 19.

Anthony Urmey, Director of Transfer Services, was happy with the success of National Transfer Student Week.

"This awareness campaign aims to recognize the contributions transfers bring to schools across the nation," said Urmey.

an annual event that also promotes the success of transfer students through a myriad of academic information opportunities.

Along with the many resources available in the Center for Student Success located in the lower level of the student center, the nearly 1,000 transfer students here at Monmouth information and advisement opportunities.

On Thursday Oct. 18, Wil-

Success of Your Transfer Stu- who achieve good grades," said dents," a panel discussion that shared the best practices on academic advisement for transfer students.

The panel featured Depart-Advising Coordinator of Biology Kathryn Lionetti, Ph.D., Department Advising Coordinator of Health & Physical Education Julie Schaaff, Department Advising Coordinator of Communications Lorna Schmidt, and Coordinator of Transfer and Undeclared Services Jennifer Shendock.

Not only did National Trans-This week of celebration is fer Student Week aim to recognize the contributions of transfer students, but also the educators who help and support them. Along with serving as a panelist, Lionetti received the first annual Jean Judge Transfer Champion award.

The celebration for transfer student experience didn't stop there. An interest table for Tau Sigma, the honor society that were introduced to academic recognizes the academic excellence of transfer students, was held on Thursday, Oct. 18.

"We're here to recognize the son Hall hosted "Ensuring the excellence of honor students most through a change in at-

Tyler Sciara, Vice President of Tau Sigma and senior criminal justice student. "Transfer students tend to be more active on campus than non-transfer students. I find that transfer students really have experience of different schools and different communities. There's a lot of potential within transfer students."

Transfer students are also encouraged to join Aimee Fasano, a Talent Acquisition Manager at Enterprise, for a talk on life after graduation held in Pozycki Hall room 206 on Wednesday, Nov. 7 at 1:30 p.m.

The event, sponsored by Tau Sigma, is an informative discussion about interview techniques and resume writing. "This is important for transfer students because they tend to come in as juniors and don't have much time before they graduate," Sciara remarked. "They really do need to think about that."

Shannon Sitzler, a sophomore communication student said, "As a transfer student, I love change. You grow the Everywhere you go is always different, which is why it's pretty cool to be a transfer student."

The best part about being a transfer student is the ability to take past experience from past schools and share them with other transfer students as a part of a larger community.

Transfer students coming together as a community creates opportunities for growth and success.

to recognize the achievements of transfer students as they become involved in everything MU has to offer. Monmouth is a transfer-friendly environment that celebrates every transfer Success will be holding a sesstudents' past accomplishments and encourages their future success.

Chanell Singletary-Eskridge, a psychology student, said, "As a transfer student, I really appreciate that Monmouth provides resources for students coming from different colleges Services on Instagram and or universities, especially community college.

Transferring requires a big events.

mosphere, people, and culture. adjustment for most students. and I have learned that the best thing to do is play an active role in one's experiences and education."

> She continued, "I believe the transfer orientation was a major key to my transition because I was able to receive resources specific to my major, as well as, have lunch with a faculty member within the department.

I chose Monmouth primarily because of its tight-knit The University will continue community, emphasis on preparing students for graduate school, the Honors School and the simple fact that it resides within Monmouth County."

> The Center for Student sion entitled, "You and Your Major...A Good Fit?" on Thursday Oct. 25 to discuss choosing a major and similar topics in the Rebecca Stafford student Center starting at 1

> Be sure to follow Transfer Twitter (@mutransferhawks) for news and upcoming

COME GET DIRTY IN THE WOODS WITH THE OUTDOORS CLUB

GABRIELLE IENTILE CONTRIBUTING WRITER

You wake in the throws of friends' blankets, pillows, sleeping bags and snores, all packed inside your cozy tent. Tucked under a pine, you can hear the tree's boughs brush against the wind, threading itself through the swell of leaves.

Someone is making pancakes, attentively tapping each of the six dollops of batter with a spatula, and stacking them on a plate. People slowly pour from the tents and venture toward the smell of food.

After breakfast, you walk a ways down a dirt road, where the swimming hole boasts the shimmering reflection of a mid-September sky. Some kids wade in the water, while others spring from rope tied to leaning trees at the bank. A few perch at the bank, pressing their bare toes into the sediment.

Later, you'll all sit around the fire and eat homemade chili, watch the sun melt between the cracks in the forest, listen to the natural hush

on guitar. Some venture into the woods with flashlights that dot the path, hollering and laughing; others squeeze around the fire to sip hot chocolate, toast marshmallows, and play "mafia."

Finally, in the black hours of the morning, with faces lightly toasted by the fire, everyone crawls into their tent with leaves, dreams, and expectation for tomorrow's adventures swirling above their heads.

This is what the Outdoors Club does best; encouraging excitement for what's to come. In the face of writing paper after paper, and taking exams upon exams, it can seem arduous to see the forest through the trees. Sometimes, it can feel as if you're only trying to survive each week. Of course it's important to take care of your homework, your grade, your GPA. But it's even more important to take care of yourself.

The members of the Outdoors Club know that "getting dirty in the woods" is so much more than just a cheeky quote we put on our t-shirts.

and the skilled strum of Emerson It's how we aim to live; adventuring, striving for the unknown, and pushing ourselves out of the comfort

> If you're wondering if you're the Outdoors Club type, don't picture the person with the most expensive hiking boots, the latest camping technology, and miles of impressive hiking experience under their belt. It's the person with a spirit that thrives on those simple pleasures – good people, good food, and memorable adventures, that you'll always find here.

> John Muir famously stated, "Of all the paths you take in life, make sure a few of them are dirt.'

> If you're thinking of joining, feel free to contact Gab Ientile at s1014761@monmouth.edu to receive emails about upcoming meetings and events.

> Also follow our Instagram (@ monmouthoutdoorsclub), and our Facebook page, Monmouth University Outdoors Club, where you'll be featured if you join us on trips and other events.



PHOTO COURTESY of Gabrielle lentile

Club and Greek Announcements

Political Science Club

New Jersey Senators Corey Booker and Bob Menendez will be on campus on Monday, Oct. 29. The Senators will be in the Wilson Hall Auditorium from 1 p.m - 2 p.m. to talk about politics in the state, the upcoming midterm elections, and the importance of getting involved and voting. The event is open to all students on campus who are interested in attending! For more information, please contact the President of the Political Science Club, Landon Meyers, at s1132749@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!

Cameron Oakley's Blessing Bag Brigade

MELISSA BADAMO STAFF WRITER

A passion stems from our skills. For health studies sophomore Cameron Oakley, her passion for Bag," she said. helping the homeless has led her to the path of directing Blessing I want to go into medicine to Bag Brigade NJ, a nonprofit continue helping people, but I'd organization that distributes also love to get my master's in blessing bags to the homeless.

humanitarianism, Blessing Bag someone who is homeless to get Brigade makes a difference in the off the streets. I like to tie in what lives of the homeless who can't I'm studying with continuing to obtain basic necessities.

contains essential items for the homeless such as socks, lasting impression on Monmouth soap, shampoo, snacks, lotion, toothbrushes, toothpaste, and miscellaneous items people will donate such as combs, hair ties, tissues, and wipes," explained.

Oakley, along with the organization's staff and volunteers, distributes blessing bags around a guest speaker in her Community bags, Monmouth, Ocean, and Middlesex Nursing Class. counties, as well as New York City a few Wednesday nights a month.

center. We drop off anywhere; if to them, we'll help them," she said.

As the director of Blessing Bag increases," Gough said. Brigade, Oakley has watched the organization grow as a result classmates, of the power of the community. Beginning in December 2016 as Blessing Bag Brigade. Whether a holiday project, donations kept you're a nursing or health studies materializing, resulting in an student looking for insight on expansion from 150 bags distributed community health, or someone a week to 1500 bags a week almost who has a passion for helping the two years later. The exponential community, you can get involved growth of the organization leaves by volunteering at monthly added. lasting impressions on Oakley, meetings to pack supplies into Dian

the volunteers who help out, and especially those who receive the

"I have always had a passion to experiences, our wishes, and our help people, but I never really had a way until I heard about Blessing

"As a health studies student, public health to change healthcare A project of compassion and policy and help make it easier for help people no matter what field "A blessing bag is a bag that it's in," Oakley continued.

The organization has made a University when the MU Professional Nursing Association collected donations and made blessing bags to distribute, Oakley according to Beth Gough, a specialist professor of nursing. Kevin Garrison, founder of Blessing Bag Brigade NJ, has been

"He speaks about his volunteer work and specifically about "We drop off to places like soup his interactions helping out the kitchens, churches, and The Center homeless in NYC and in our in Asbury Park, which is an AIDS community. Learning about this vulnerable population is really they need our help and we can get important for nursing students as the focus on Community Nursing

> Oakley encourages professors. and fellow students to get involved in



PHOTO TAKEN by Melissa Badamo

Blessing Bag Bridgade NJ distributes necessity items to local homeless communities.

attending fundraisers, or dropping off supplies at set locations.

Blessing Bag Brigade has about fifteen drop-off locations around Monmouth, Ocean, and Middlesex County. The closest one to the university being Shore Cake Supply in Ocean Township. Shore Cake Supply is also

hosting a fundraiser for Blessing Bag Brigade on Oct. 28 from 9 a.m. to 3 p.m. A fundraiser will also be held at Panera Bread on Route 35 in Middletown on Nov. 14 from 4 p.m. to 8 p.m.

"We try to keep it fun and casual and have an open dialogue about homelessness and what that means and why we want to help," Oakley

Diana Sambevski, a sophomore

student, biology volunteered her time to assemble blessing bags prior to distribution. "As soon as I walked in I could tell it was all about love and helping others," she remarked. "It was refreshing to see a whole community at one place with such positive intentions.

"When you bring the bags to a shelter or a soup kitchen and you see firsthand the way they help people, it just changes your outlook on everything," Oakley concluded. "The options we have are different than the options these less fortunate people have, and [the experience] just changes your outlook on everything. It makes you think more about your everyday life."

recently heartwarming for Oakley as distributing the bags and watching the homeless community tear up from receiving something as simple as socks or lotion. The blessing bags have the power to give the homeless hope for the future while allowing them to come together as a community to help one another as well. It's a wholesome experience that will stay imprinted on her heart forever.

The quickest way to get involved is with a subscription to the mailing list on their website www.blessingbagbrigadenj.org and a follow of their Twitter (@ blessingbagnj), Instagram (@blessing_bag_nj) and Facebook for further information about drop-off locations, fundraisers, Nothing is as fulfilling and and volunteer opportunities.

The Health Benefits of Drinking Coffee

DALLY MATOS

You wake up a little later than you wanted for your 8:30 a.m. class. You rush to get ready, but there is one thing in your routine you cannot miss -- a warm (or iced) cup of coffee to get you through the day.

Whether it is a stop at Dunkin Donuts, Rook Coffee or you brew your own at home, coffee is an essential part of much coffee. And while cafels, reaction time feine is addictive, there are mental function. many positives to coffee that worried when reaching for that coffee cup.

Harvard Medical Thewhich claimed that people who reduced risks of cardiovascular diseases, type 2 diabetes, and liver cancer, among other diseases.

Maria Ruiz, a senior biology student with a concentration in molecular cell physiology, said that she loves her morning cup of coffee and the health benefits it provides. "Being Colombian, coffee is just a part of the culture. But the antioxidants in coffee are great for your skin," she said.

ing first-hand accounts of the combat depression. In a 2011

your skin, which is why a lot of four or more cups of coffee per not have it. people use it in face masks. In Colombia, the people who pick the coffee have sun damage in their faces, but their hands are incredibly smooth. It's an amazing sight." Adding a bit of coffee to your daily routine could not only keep you awake in class, but possible improve your complexion too.

According to Heathline, "Many controlled studies in humans show that coffee immany people's day. However, proves various aspects of brain will not freak out if she does ence negative consequences to enjoy your fourth cup of Joe. for years, we have heard about function — including memory, the dangers of drinking too mood, vigilance, energy levels, reaction times and general

Essentially, coffee can help will make you feel a little less improve memory, which is why it really is a great friend during study sessions.

Polina Amburg, a special-School published an article ist professor of nursing, said, "Coffee is known to stimulate were avid coffee drinkers have alertness in many people, to act as a stimulant, and to increase blood pressure."

However, just be aware that while there are proven health benefits to coffee, everyone's body reacts to it differently. "Not everyone responds positively to drinking coffee, and people with certain health conditions may have negative health outcomes, including, but not limited to hypertension," Amburg added.

Another miraculous benefit In Colombia, she recalls see- of coffee is that it can help workers that worked with their Harvard study, it was discov-

day had a 20 percent lower risk of becoming depressed. There some people who turn into are so many benefits to indulging in a coffee treat.

Although there are some downsides to too much coffee, if taken in moderation, it could provide some health benefits along with the extra needed

"I love coffee, but you see different people without it. I think if you drink too much, something you enjoy, you like everything, the negatives will outweigh the benefits that coffee can give," Mitchell said.

It is always important to remember that because cofboost in the mornings. Taylor fee can be addictive, and we

of drinking coffee, they may enjoy a cup or two here and there."

If the taste of coffee is not could still enjoy the benefits of it by using it in your beauty routine. For instance, Shea Moisture offers a ground coffee scrub to exfoliate skin.

If nothing else, you could Mitchell, a criminal justice should moderate our intake. use this article when someone graduate student, said that she Amburg noted, "In general, claims you drink too much needs her morning coffee, but if a person does not experi- coffee and you need an excuse



PHOTO TAKEN by Jenna Puglisi

coffee. "Coffee is great for ered that women who drank Coffee can increase your energy, fight against diabetes and cancer, and give you a clearer complexion.

The Perks of Creating Your Own Blog

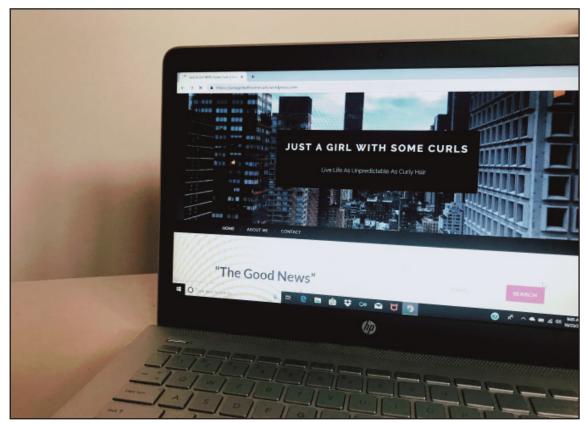
SAMANTHA LOSURDO

When people hear the word "blog," they think of a place to put someone's opinion. However, the dictionary defines it as, "a regularly updated website or web page, typically one run by an individual or small group, that is written in an informal or conversational style." One thing that I think both are missing is the fact that blogs are basically an online portfolio for the writer/creator, and it can serve as a platform where they can find their writing voice and style.

Nicole Notar, a senior communication student, started her blog (itsnikkiscorner.com) as a simple one that she didn't keep up with routinely. Once she got into her Social Media in Public Relations course with Mary Harris, a specialist professor of communication, she was forced to keep on it to help it grow. "Then, I started my freelance business little by little and added my own work to it," Notar said.

Sometimes, that's all it takes; a push from someone to create something that they know we're capable of. There are people in our lives that know we can do more than Her blog is an extensive online work into our interests beyond the to get the reader to see a different we let on or credit ourselves with. portfolio of work that she has done If you listen to them, something pretty amazing can come from it.

"Now, it's bigger than I thought, but I love it and I'm so proud of it," companies, press releases she's worked on, along with beauty and fashion related posts, she's been one giant hands-on experience for



Blogs are a fun and simple way for students to share their writing with people all around the world.

over her college career, and it's very impressive.

She credits Harris with how her freelance business and blog has Notar said. Through her blog that turned out. "Without her I don't displays her freelance work with think I would even have my freelance business," Notar added.

This whole experience has been able to receive products to review. her. It is important that we all put

classroom.

With my personal blog (justagirlwithsomecurls.wordpress.com) that I've had for about two years, it's been all about finding my voice. It's helped me reach people that I'm unable to do on other platforms or publications that I write for. While a lot of the blog posts are personal posts, they always form a bigger

perspective.

Krysta Donnelly, a junior communication student, shared similar feelings toward her blog (blogsbykrys1.wordpress.com), which was created as a class assignment. She explained that having her own writing platform made her eager to continue the blog past the class.

By writing about things that picture on life with a lesson tied in people do not usually want to

talk about, she has found that it has helped her become more outspoken. Donnelly said, "I'm not so afraid to have my opinion be known and to stand up for myself or what I believe in."

17

To find not only find a passion through something but also find your own voice through the very same thing is really astounding. Not only does having a blog help a writer find their voice or specific area of expertise of writing, it can also get you to interact with an audience. This is one of the benefits that was noted by Eleanor Novek, Ph.D., professor of communica-

Novek warned that you have to be very careful with what you post. "If you're putting a lot of things out there, you have to remember that it stays there. You're going to be getting a professional job soon," she said. Let this serve as a reminder to all bloggers; your words are on the internet forever so choose carefully.

Having a blog is a great way to get a hands-on experience with the writing world. Personally, one of my favorite things about having a blog is that I can interact with my readers. They can comment directly on the post and I'm able to respond; it starts a unique conversation that would not occur without the blog. Whether it is used to build your portfolio or to just have fun, there are endless perks to creating a blog.

Websites like Wordpress allow you to set-up free and easy to use domains. If you have some words to share with the world, blogs are a great way to get your voice heard.

Professor Spotlight on Raffi Manjikian

EMILY CONDRON STAFF WRITER

professor of chemistry and physics, is one of Monmouth's hands-on experience. most adored professors by students. Many, whether they are majoring in the sciences clearly expressed to or not, struggle to completely classes. But after taking positive one.

Manjikian has been wellknown by students as funny, captivating, and fully enveloped in helping students full-time position to be able in any way that he can. He alters the misconception that amazing possibilities that the part-time professors are not as School of Science has to offer. good as full-time professors.

Attending Seton "[I did not know I wanted to Food and Cooking is not. taught my first college class."

From this opportunity, Manjikian found such joy education teaching. "I found immense fulfillment in helping and guiding students," he said. life – through food. Before

teaching at knowledge. "I needed a greater challenge and an additional opportunity to improve my teaching skills and methods,"

After this Manjikian has had opportunity to teach at many schools with students of

various backgrounds and with different ranges of specialties. This has allowed him to absorb Raffi Manjikian, an adjunct new ways of teaching and helping his students through

In terms of working at Monmouth, Manjikian has Monmouth students that enjoy or even just understand University is his favorite place the material in their science to teach. Manijikan credits "the remarkable students' Manjikian, almost all students and "the notable leadership change that outlook into a present," Manjikian has fallen in love with working here.

Even though he is only part-time as of right now, he is willing to wait for his to completely embrace the

Manjikian currently teaches Hall Chemistry and the Science University, Manjikian was of Food and Cooking. While never one to picture his future Chemistry is offered at almost as a college professor. He said, every college, the Science of

be a professor] until I turned Working with William 25 years old, the age at which I Schreiber, Ph.D., the Chair of the School of Science, Manjikian was able to take this class and transform it into from educating others that an amazing option for students he decided to pursue higher who are not science majors. Student can easily learn how science is found in everyday

Students outside of the Monmouth University, science department know Manjikian taught at another of Manjikian's efforts in the university, but realized that classroom. Shannon McGorty, he wanted to expand his a sophomore English student, commented, "I heard of Professor Manjikian when I was a health studies major and was looking forward to having him in the future, but I did realization, not get the chance because I the changed majors."

Siobhan McLoughin, a senior

and loved him, which made me work," he shared. upset that I couldn't take him."

Outside of the classroom, Manjikian loves playing both is respectful, caring, and football and basketball, as well transparent." These aspects as watching them. His love for of Manjikian are very evident sports is obvious by how he in his classes through how he tends to his student athletes. He treats his students. is extremely flexible and open their busy away schedules.

Manjikian also enjoys spending time with his girlfriend, family, and friends. His family has given him

"I have friends who had him anything is possible with hard into science lovers. On top of

"They continued, shaped me into someone who

Beyond his teaching he to working with them through also does research on topics he finds of interest. This is another way that the he has been able to keep his love for science alive.

Manjikian has been able to advice that led him to this job. transform students who had "Once you set your mind to it, a negative outlook on science

this, he is able to show those who are science majors that science is not all hardcore memorization and equations, but it has its fun moments, too.

Manjikian has been one of the professors that influences students to want to learn and go to class every day. Without him, many would not have been able to be as successful as they are today.

Thank you for all that you do and all of your students, and we cannot wait for you to watch them grow through science and through life.

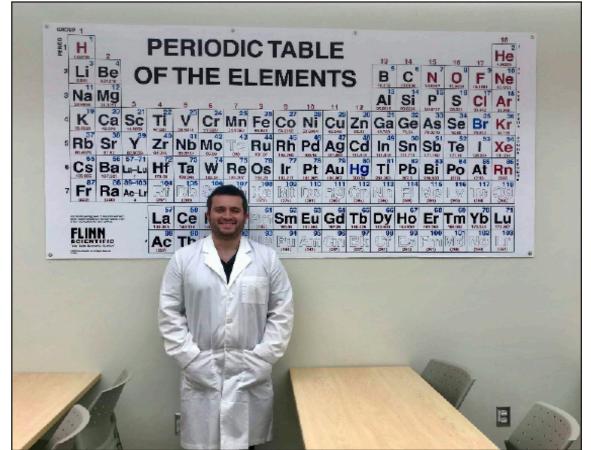


PHOTO TAKEN by Emily Condron

psychology major, mentioned, Raffi Manjikian is an enthusiastic professor who gets many of his students excited about science.

Women's Soccer Wins Regular Season Championship

MARK D'AQUILA STAFF WRITER

Women's soccer secured first place in the Metro Atlantic Athletic Conference (MAAC), earning home field advantage for the semifinal of the MAAC Tournament with a 2-0 victory against Niagara at Hesse Field on The Great Lawn on Wednesday, Oct. 17.

The shutout extended Monmouth's winning streak to eight consecutive games with just one left to be played in the regular season.

During that span, the Blue and White have dominated their opponents, outscoring them 24-2.

Wednesday's matchup was off to a slow start in the first half as Monmouth outshout Niagara seven to one but was held off the scoreboard until the 30th minute

Luckily for the Hawks, who have won 34 straight games when scoring first, junior forward Dana Scheriff was able to find the back of the net for the fifth time this season on an assist from junior midfielder Jesthe 1-0 advantage.

Junior goalkeeper Amanda Knaub did not have to make make Knaub's job a little easier Conklin. one save during the first half, by giving Monmouth the 2-0 as she went on to earn her ninth cushion with her third goal of off the Purple Eagles the rest of shutout of the year and 29th for her career.

Jill Conklin who was able to second in as many games for the shutout.



PHOTO TAKEN by Karlee Sell

sica Johnson to give Monmouth Freshman midfielder Jill Conklin added the insurance goal in the 60th minute with a volley off of a corner kick in Monmouth's 2-0 win against Niagara last Wednesday.

the season in the 60th minute off of a corner kick. Mon-It was freshman midfielder mouth's insurance goal was the to five for the game to secure

The Hawks were able to hold the way, outshooting them 11 to four in the second half, and 18

"To get another shutout against a dangerous attacking team in Niagara is a great accomplishment," said Head Coach Krissy Turner.

Wednesday also added to a long will be televised live on ESPN+.

list of personal accolades as she moved into fourth in program history in shutouts.

The conference-sealing victory extended Monmouth's winning streak against Niagara to 13 consecutive games while improving their all-time headto-head record to 13-1-0.

With the win, Monmouth's record improved to 13-3-1 overall in 2018 and 8-1 in MAAC play, while Niagara fell to 8-6-2 overall and 4-5-2 in the confer-

Over the University's fall break, women's soccer went 2-0 with victories at conference rivals Marist and Fairfield.

Marist was taken down first on Oct. 10th by a score of 1-0 with the only goal coming on a Johnson free kick from the left

Next came Fairfield as the Hawks closed out fall break on Saturday, Oct. 13th with a 4-1 road victory.

Goals in that one came from junior midfielder Lexie Palladino, freshman defender Jesi Rossman, junior forward Madie Gibson, and Conklin.

"We are very excited to secure the number one seed for the upcoming tournament with one game remaining," said Turner.

The Hawks will conclude their regular season tonight against Iona for Senior Night at Hesse Field on the Great Lawn. Knaub's clean sheet last Kickoff is set for 7:00 p.m. and

Football Earns Homecoming Win over Campbell, 38-21

ZACH COSENZA EDITOR-IN-CHIEF

Football defeated the Campbell Fighting Camels 38-21 behind freshman running back Juwon Farri's 239 rushing yards and two touchdowns to begin Big South conference play 1-0 on Homecoming Saturday after-

"We are certainly happy with the win. When you get into conference play in the Big South there is not a lot of margin of error when there are only five conference games," said Head Coach Kevin Callahan. "The goal is to be 1-0 each week. You can never look down the road because every team is tough, and we are just happy to come off 1-0 in conference and we will get ready for the next week."

On the opening Monmouth marched down the Callahan. field but the possession stalled at Campbell's 30 yard line. Junior kicker Matt Mosquera kicked a 47-yard field goal to give the Hawks the early 3-0 lead.

After a Campbell three and out, Monmouth went 70 yards in only three plays thanks to a 60-yard rush by Farri. A junior quarterback Kenji Bahar to senior wide receiver Reggie White Jr. touchdown from six yards out gave Monmouth the 10-0 lead midway through the first quarter.

On the next drive, Campbell answered with a 58-yard touchdown pass to get on the board. After two punts a piece by Monmouth and Campbell, the Fighting Camel's looked to tie it on a field goal try but the attempt missed wide right.

Monmouth ran down the field on the following possession and Farri finished the drive with a

the Hawks the 17-7 lead.

On the last drive for Campbell in the half, the Fighting Camels were stopped at their own 34 on fourth down, but an unsportsmanlike penalty by Monmouth ning back Devell Jones scored to gave them the automatic first down. They ended up scoring on a 12-yard touchdown pass to make it the halftime score of 17-14 Hawks.

In the second half, the first drive for the Hawks ended with another 24-yard rushing touchdown by Farri to give the Hawks the 24-14 lead.

Farri was named STATS FCS National Freshman Player of the Week for his efforts in Satur-

day's win.
"Juwon [Farri] had an exceptional game and seems to get the field with the victory and be better each week out there and I am extremely happy with what he is doing and the production we are getting out of him," said

> Campbell's ensuing drive ended with a field goal attempt that was blocked by senior defensive lineman Ryan Schoer.

> "I ran through the tackle and dove for it and I was lucky enough to have a hand on it," Shoer said.

"That was a key play for us at the time," Callahan added to Shoer's comment. "It came off a turnover where Campbell took over down inside the 20-yard line and to come off the field without yielding any points I thought was huge for the defense and huge for the way the game played out and it gave the defense a lot of confidence."

After a Monmouth three and out which resulted in a punt, Campbell was also forced to a three and out.

On the punt, senior wide receiver Vinny Grasso's 62-yard one-yard touchdown run to give return landed the Hawks at the

Camels' one yard line. Grasso ended up grabbing the Big South Special Teams Player of the Week award on Monday.

One play later, junior runmake it 31-14 Hawks.

After Campbell scored on 21-yard touchdown pass, Monmouth answered with a scoring drive of their own. Bahar first went 58 yards himself to the Campbell 14. Farri would run 12 yards on the next play to the Campbell goal line.

Jones finished with his second rushing touchdown of the game to make it the eventual final score of 38-21. Jones now ranks seventh all-time in program history in rushing touchdowns with

Both defenses battled the rest award. of the way. Junior defensive back defensive back Justin Terry lead with the Hawks.

We knew how good this quarterback and this offense was and we knew the numbers they put up prior to our game," Berry said. 'We just wanted to come out and be physical and be dialed in and Justin [Terry] did a great job of that today. He had a great game, he had some big pass break ups on some big plays and I am just seven break ups. proud of our defense and especially the back end.'

Defensive Player of the Week can be seen on ESPN+.

For the game, Farri and Jones Tymere Berry and sophomore added two scores a piece. Farri's 239 rushing yards came on only forced key stops that kept the 22 carries, averaging 10.9 yards per carry. The running back was "We knew how much it meant. also named Big South Offensive Player of the Week.

White Jr. had five receptions on 45 yards. In the game, White Jr. broke another record, this time being the Big South record for career receptions with 225.

On defense, Berry had 12 total tackles and two pass breakups. Terry had four tackles with

Monmouth (5-2, 1-0 Big South) will next travel to Pres-Terry's performance earned byterian on Saturday, Oct. 27th. him his first ever Big South Kickoff will be at 2:30 p.m. and



Freshman running back Juwon Farri was named STATS FCS National Freshman Player of the Week for his 239 yard, two touchdown rushing performance in Monmouth's win over Campbell on Saturday.

Field Hockey Gains Fifth-Straight Regular Season Title

CHRIS FITZSIMMONS STAFF WRITER

Metro Atlantic Athletic Conference (MAAC) Regular Season Championship for the fifth year in a row with a 2-0 win at Fairfield on Friday, securing home field advantage for the MAAC Championship in the process.

Senior forward Georgia Garden Bachop scored in the 24th minute to bring her season goal count to 14.

Freshman forward Annick van Lange buried an empty net insurance goal in the final minutes for her 8th goal of the

"I am extremely proud of our team and staff for completing one of our goals we set forth in preseason," said Head Coach Carli Figlio. "We are excited to be back home on 'The Cat' and have a chance to host the conference championship in front of our fans.'

In what was a clash of two evenly-matched teams, Monmouth managed to hold an advantage of 13-5 on shots over Fairfield. Additionally, they generated eight penalty corners while holding Fairfield to a total of three.

The opening goal was a result of one of those penalty corners. A foul on Fairfield set the stage for an attempt by senior forward Kelly Hanna. Hanna passed to it junior de-

Garden Bachop for the score. Additionally, Garden Bachop was selected to par-Field Hockey clinched the ticipate in the Victory Sports Tours/National Field Hockey Coaches Association (NFH-

CA) Division I Senior game. The New Zealand native becomes the third Hawk to be selected, joining Casey Hanna and Alyssa Ercolino who competed in the game in 2016.

left in the game saw both teams create chances, yet they were unable to capitalize.

Monmouth successfully shut down multiple penalty corner attempts by the Stags. Right took advantage of the open net before the first half expired, Hanna was given another opportunity on a corner but was unable to convert.

The remaining 11 minutes in similar fashion. Shots by two saves. both teams were either saved or wide of net.

> With time running out, Fairfield made the move to pull their goalkeeper. The Hawks as van Lange found twine to put the game on ice.

Freshman goalkeeper Kate O'Hogan recorded her second The second half played out shutout of the season, making

Sophomore defender Hannah Schiavo was awarded her first personal collegiate accolade, MAAC Defensive Player of the Week, on Monday for her contributions to the shutout.

Monmouth is now 28-6 in MAAC play since joining the league in 2013.

The playoff picture will see Monmouth host the MAAC Championship tournament in West Long Branch thanks to finishing the regular season as the number one seed. The tournament is set to take place from November 2nd – 4th.

Over fall break, Monmouth Field Hockey found themselves splitting their matchups.

A 5-1 loss to Drexel on Oct. 12 ended the program's sixgame winning streak.

Monmouth regained their rhythm two days later on Senior Day at So Sweet a Cat Field, beating Sacred Heart 4-1 to cap off an emotional day for the team.

"They have meant really a lot to me," said junior midfielder Josephine van der Hoop on the senior class. "I came in as a freshman and they have taught me everything I need to know about being a tough person on the field. During the games they keep pushing and tell me to be better and to never give up.

Monmouth will end their regular season with a match away to Lock Haven in PA on Friday at 3:00 p.m.



PHOTO TAKEN by Karlee Sell

Sophomore defender Hannah Schiavo earned MAAC Defensive Player of the Week honors for fender Annie Deusch who fed her contributions to Monmouth's 2-0 shutout of Fairfield on Friday.

Men's Soccer Sends off Seniors in Final Home Match

EVAN MCMURTRIE

Men's soccer fell to Rider, 2-1, in their final home match of the season at Hesse Field on the Great Lawn on a Senior Night where they honored four graduating players.

"Our seniors have been fantastic leaders and great role models for our younger players," said Head Coach Robert McCourt. "They've had amazing careers here at Monmouth University."

Rider opened the scoring in the 18th minute when junior forward Clement Bourret scored inside the near post

from a teammate's cross.

Just before halftime, penalty kick for a foul in the throughout as he tried to keep box, presenting them with a the Hawks in the game. chance to equalize.

the back of the net to level the national scale. score. The goal was the Ghana

native's second of his career.

Freshman goalkeeper Sean Monmouth was awarded a Murray made five saves

His efforts on Saturday Junior midfielder George night put him at a total of 79 Akampeke stepped up to the saves on the season, which is spot and buried the ball into ranked within the top five on a

In the 59th minute, Rider

the rest of the match. Bourret was on the other end of the Broncs' second goal, as this time it was his cross from a corner kick that was con-

restored their lead which they

would eventually hold onto for

verted into the back of the net. Junior defender Sylvain Coco rose high above his marker and headed home to make it 2-1 for the visitors.

Monmouth recognized four seniors before kickoff; defenders Zach Pereira, Luke Bromley, Henrique Joaquim, and midfielder Tim McCahery were invited onto the field along with their parents to celebrate the conclusion of their collegiate soccer careers.

Pereira, the squad's captain, started the match with the opening kick at midfield despite being injured.

The defender received a standing ovation from the crowd as he was substituted off in the first minute.

"I think that when they're older, they'll look back on their many positive experiences here. All four seniors will certainly be missed," Mc-Court said.

Monmouth, who dropped to 2-12-1 overall with the loss, will finish their season with two Metro Atlantic Athletic Conference (MAAC) matches away from home at Iona and Quinnipiac, respectively.

In last year's encounter with Iona, the Hawks ran out 3-2 winners in West Long Branch thanks to two goals in the first half.

Kickoff for today's match in New Rochelle, NY against the Gaels is slated for 3:00 p.m. and will be televised on ESPN+.

Wednesday, Oct. 24

UPCOMING

GAMES

Men's Soccer at Iona* Mazzella Field New Rochelle, NY 3:00 p.m.

Women's Soccer vs Iona* Senior Night Hesse Field on the Great Lawn West Long Branch, NJ 7:00 p.m.

Friday, Oct. 26 Men's Tennis at Army Army Invite West Point, NY TBA

Field Hockey at Lock Haven Lock Haven, PA 3:00 p.m.

Saturday, Oct. 27 M/W Cross-Country* MAAC Championships Albany, NY 11:00 a.m.

M/W Swimming vs Fairfield* Richard E. Steadman Natatorium West Long Branch, NJ 12:00 p.m.

Football at Presbyterian* Bailey Memorial Stadium Clinton, SC 2:30 p.m.

Men's Basketball vs Caldwell OceanFirst Bank Center West Long Branch, NJ 3:00 p.m.

Sunday, Oct. 28 Men's Golf at First Round Wagner Metropolitan Invitational Montclair, NJ TBA

*conference games

'Our seniors have been fantastic leaders and great role models for our younger players."

ROBERT MCCOURT Head Coach



PHOTO TAKEN by Karlee Sell

Four seniors were honored before kickoff in Monmouth's 2-1 Senior Night loss to Rider on Saturday evening.



Women's Soccer and Field Hockey became MAAC Regular Season Champions this past week. It is the sixth straight Regular Season Championship for Women's Soccer and fifth straight for Field Hockey.

TOP: PHOTO TAKEN by Karlee Sell **BOTTOM:** PHOTO COURTESY of Monmouth Athletics