



THE OUTLOOK

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University Honored First-Generation College Students

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STAFF WRITER

The University celebrated first-generation students by participating in the country's annual National First-Generation Day. This entailed a discussion panel on Nov. 6 in Anacon Hall and a tabling event on Nov. 8 in the Rebecca Stafford Student Center.

The day was established in 2017 by the Center for First-Generation Student Success, described on their website as a nonprofit organization "dedicated to furthering the expansion of college opportunities for low-income, first-generation students, and students with disabilities." This is the second year of the annual celebration.

The initial panel session consisted of eight first-generation students who spoke about the successes of first-generation students of the campus community. This was a tabling event that was held to raise awareness about and celebrate first-generation students in the Student Center.

The panel was moderated by Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion, who was joined



PHOTO COURTESY of Celine Powell

Eight students took part in a group panel to talk about first-generation college education.

by Jennifer Shendock, Coordinator of Transfer and Undeclared Services; panel members were asked to share academic, social and cultural issues related to being a first-generation student. Students and faculty were present in the audience, as well as University President Grey Dimenna, Esq., and Mary Anne Nagy,

Vice President for Student Life and Leadership Engagement.

"It was informative and powerful to hear students and staff talk about what it means to be first-generation and also the

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Honors Students Present, Win at National Conference

MEHDI HUSAINI
CO-SENIOR/NEWS EDITOR

The University's Honors School sent eight students to the National Collegiate Honors Council's (NCHC) annual conference from Nov. 7 to Nov 11 in Boston, MA, where one student won an award for their poster presentation.

Out of the eight students that attended on behalf of the Honors School, five students presented their Honors research: Nicole Sivetz, a senior biology and chemistry student; Harry Termyna, a senior psychology and political science student; Michal Kalisz, a senior biology student; Kirsten Lawson, a senior chemistry student; and Mehdi Husaini, a junior biology student. The others present to observe and attend the conference were Gianni Mazzone, a junior business administration student; Susan Schuld, a graduate student studying English; and Kelly Schuld, a junior education student.

"The [NCHC] serves thousands of Honors colleges across the United States, pro-

viding advanced research in Honors education, professional development opportunities for Honors faculty, and hosting a national conference for undergraduate research every year," said Walter Greason, Ph.D., Chair of the Department of Educational Counseling and Leadership, as well as the most recent Dean of the Honors School.

Husaini won second prize for his poster presentation in the category of Natural Sciences and Mathematics.

"Mehdi Husaini's prize-winning poster in the natural sciences is a reflection of his keen intellect and years of guidance from the outstanding faculty at Monmouth University," said Greason. "Among a group of the best young scientists in the world, Mehdi showed that the Honors School sustains its role as a paragon of advanced undergraduate research."

"It is a national competition, and Mehdi's poster was chosen from among over 100

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New Interactive Digital Media Lab in Plangere Center

JENNIFER GLICK
CONTRIBUTING WRITER

STEPHANIE KAZDAN
CONTRIBUTING WRITER

Renovations for the Interactive Digital Media (IDM) Lab in room 135 of the Jules L. Plangere Jr. Center for Communication and Instructional Technology began this semester. The idea was proposed to the University by assistant professor Dickie Cox and is expected to welcome its first class, CO-404 Responsive Media, in spring 2019.

Cox said, "The [IDM] Lab will give students the opportunity to explore storytelling and content production for emerging and soon-to-be technological media platforms in socially responsible ways."

Cox explained that the technologies in the research lab would morph with new discoveries and research over time. He said, "At the initial launch of the lab, the lab



PHOTO TAKEN by Nicole Riddle

The new IDM Lab in Plangere will allow students to visualize media in new ways.

will have high-end virtual reality headsets, augmented reality headsets, game design software, interactive media programming software, computer vision hardware, digital fabrication tools, interactive exhibition tools, vid-

eo projection re-mapping tools, creative coding tools, and an area for gaming research."

One of the supporting faculty members for this project is Aaron Furgason, Ph.D., Chair of the Communication Department.

Furgason said, "The new Interactive Digital Media program offers students across the University and the communication program, tools that will allow them to compete for employment in the tech-driven mar-

ketplace."

Furgason explained, "The requirements for the program include classes in business, art, and computer science, which give all students tangible skills to meet marketplace demands within the communication field."

Vice Provost for Graduate Studies, Mike Pallidino, is one of the administrators who sketched the proposal for the IDM. He said, "One priority of the Monmouth Strategic Plan is to focus on growing graduate programs which, in part, will help us create new opportunities for students and enhance our reputation as a university."

Pallidino said that he was inspired to begin this project, which will be a new component of the IDM concentration in the Masters of Arts in the Communication degree, because he prioritizes new programs based on student interest, job

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New Plangere Interactive Media Room to be Ready for Spring 2019

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opportunities and faculty expertise. He continued, “Through discussions with the School of Humanities and Social Sciences and the Department of Communication, we analyzed competing programs in the area. Key to the success of this program, we are fortunate to have an experienced faculty expert, Professor Dickie Cox, who could lead our curriculum development efforts by working with other faculty in communication who bring their expertise to the program.”

Furgason said, “The budget for this project is coming from a combination of the Provost’s office and the Department of Communication.” Furgason said that all numbers were estimated but the request for the equipment was about \$100,000 renovation costs for additional power and new furniture as well, which came to about \$25,000.

According to Cox, “The IDM curriculum is designed to prepare media producers and developers to be agile respondents to the perpetual shift, convergence, and remediation of emergent media platforms. IDM is a program that will always investigate early adoption of technologies and imagine how such technologies will be used to explore the social, cultural, and logistical impacts on our work values, communication, communities, and entertainment activities.”

Cox said that there will be a handful of computer workstations in the lab, but they are high-end and will give students a huge range of engagement with lots of new technology and media. Cox added, “The space could be set up for a room-scale multiplayer

VR experiment, for a group design-thinking exercise in the afternoon, a hackathon in the evening, and end the day with game night.”

The project received support from university administration. Kenneth Womack, Dean of the School of Humanities and Social Sciences, said, “The renovation will be a great boon for our students as we contemplate new programs in the digital arts and communications. I am excited to be a part of the new endeavor as we plot Monmouth’s future.”

John Morano, Professor of Journalism, said that he is excited to see what this renovation does for Monmouth University, especially from a journalistic standpoint. He said, “What we’ll be able to do is take readers to the location of the story and rather than describe the location we can walk them through it and they can actually see it in a virtual reality format. This is cutting-edge technology that journalism students will be exposed to in our program.”

Anne Skimmons, a senior art design student, said that if she moves forward with applying to the graduate program, she would use this room. If she does not find a use for it, she plans to encourage her younger peers that attend Monmouth University to explore it. Skimmons said, “The new IDM Center would absolutely help me obtain my academic and professional goals. I wish it had been built before I completed my undergrad, but in case I decide to return to school, it would certainly take my skills to the next level and encourage me to be better; not only in my classroom education but in my confidence to produce media in the real world professionally.”

Cox said that he is hoping to have the first class, CO-404 Responsive Media, in the IDM Research Lab in spring of 2019. He said, “IDM is a new concentration in our Master of Arts in Communication in the Department of Communication. That concentration is on the books as of this academic year, but we are expecting our inaugural cohort of graduate students in the fall of 2019. We believe that having graduates working with these new tools on campus will likely raise the profile and interest among the undergraduate population too.” He explained that this would be another student laboratory in the Communication Department just like WMCX, *The Outlook*, PRSSA, The Verge, Hawk TV, CommWorks, and MOCC. There will be classes that use the lab for their coursework. During non-class times in the lab, he encourages faculty and student research teams to use the space to develop their creative ideas, research, and scholarship.

Cox said that the Interactive Digital Media technology has been around in big research schools such as NYU for over 20 years, and in the last 3-5 years, comprehensive schools such as Monmouth University are gradually picking it up. Cox was inspired by a quote from Red Burns, Founder of the Interactive Telecommunications Program at NYU, who said, “At moments of change in technology, you need to experiment. Most importantly you need to play. You need to have an environment that encourages people to try new things and to begin to look and see what you could do.”

Cox explained, “I want to humanize technology and hopefully the renovations of this room is the first step.”



PHOTO TAKEN by Nicole Riddle

The new classroom will include 4K televisions, virtual reality headsets, augmented reality headsets, and game design software.

First-Generation Students Celebrated

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successes and challenges they face as a part of their first-generation identity,” said Taylor. “The most moving discussion was about the family challenges students face in terms of meeting expectations and feeling a strong sense of responsibility and obligation to their loved ones that sometimes can be a source of stress.”

Students that shared their backgrounds include: Celine Powell, a sophomore communication student; Camilla Gini, a junior, business marketing and management student; Santiago Almeida, a junior social work student; Claudia Sanchez, a senior social work student; Rebecca Gonzalez, a junior social work student; Esosa Ruffin, a junior political science student; and Jimmy Duong, a senior software engineering student.

“We are trying to break the stigma of first gen students being only minorities or low-income families, first gen can be anyone. We want to welcome everyone let students know that they are not alone because Monmouth Hawks fly together,” Powell said.

The second event was a tabling event held at the Student Center to raise awareness about first-generation students nationally and on campus. First-generation buttons were distributed to students who were also given the opportunity to sign up for the student-mentoring program called First to Fly. Last year, six Monmouth students attended the Annual First-generation College Student Summit hosted by Mount Holyoke College, but this year the University celebrated on campus. Taylor said, “I see these kinds of events as a way to raise awareness on campus about first-generation identity and to explore the need for community-wide supports for first-generation students, faculty, staff and administrators.”

Powell shared, “The impact is to create an open mind to our college community and to build a system of support for each other, to make everyone

feel included and a part of this movement.”

Taylor also mentioned that the office of Enrollment Management has been interested in the experiences of first-generation students for several years along with the Office of Transformative Learning led by Vice Provost for Transformative Learning, Kathryn Kloby, Ph.D. This work is closely connected to the Monmouth University Strategic Plan implemented a few years ago, according to Taylor. Also, first-generation student initiatives grew out of the adoption of campus-wide student success tools such as the College Student Inventory (CSI) which allows the University to learn more about what support students need and how best to build that programming.

“I too identify as first-generation and my advice to students would be to learn as much as they can about what it means to be first-generation and talk about their experiences with trusted others,” said Taylor. “By understanding the challenges and opportunities often facing first-generation students they can be more well prepared to get help and move closer to achieving the most important goal, as I see it, graduation with a bachelor’s degree.”

Duong stated, “My advice to first-generation students is be proactive, no matter what. Don’t just wait there for the future to come to you because before you know it, that opportunity had already left the station.”

Currently, Taylor and Powell are leading the initiatives of the First to Fly: First-Generation at Monmouth club as well as the First to Fly campus mentor program. Powell stated, “Around this time next year, I would like to see this club blossom and turn into an academic and emotional resource for students.”

Duong stated, “First to Fly will have a big impact in the upcoming years because it is not only for first-generation students, but for a community to acknowledge that there are many first-generation students and faculty at the University.”



IMAGE COURTESY of First-Generation College Student

Monmouth follows suit in honoring first-generation college students in the campus community.

Oakwood Hall: The Site of Water Leaks Prior to School Year

LAUREN SALOIS
CONTRIBUTING WRITER

Water has been leaking in the residents' bathrooms, as well as the stairwell in Oakwood Hall, prior to the beginning of the fall semester.

Tony Conrad, Area Coordinator (AC) for Oakwood Hall, said, "Leaks were reported at the end of August; we had about four bathrooms, a stairwell, and a laundry room all with leaks."

The west side stairwell in Oakwood Hall has had multiple cases of water leaking through the roof. There were buckets placed in the stairwell to collect the leaking water and wet floor signs to notify of the water. Handwritten signs were also posted on the doors of the stairwell discouraging the use of this stairwell, instructing residents to use the stairwell on the opposite side of the building.

Jim Pillar, Associate Vice President for Student Services, said, "Facilities responded at the time of the incident being reported, they placed a collection receptacle to collect the water. The Residential Life staff placed signs on the stairwell notifying residents of the leak. Repairs occurred once the rain had concluded."

The stairwell leak tends to happen only when it is raining. Pillar said, "The stairwell issue was a result of rain leaking from the roof... Facilities have been in the building making ongoing repairs and have repaired and resealed areas on the exterior and areas on the roof."

Patti Swannack, Vice President of Administrative Services, confirmed the stairwell was leaking water due to the roof. She added, "Whenever a leak occurs, we immediately respond. We repaired the leaks about a month ago and have not seen a leak since."

Mary Anne Nagy, Vice President of Student Life, said that Oakwood Hall is about 20-22 years old and as



PHOTO COURTESY of Monmouth University

Oakwood Hall was leaking in the bathroom and in a stairwell before the beginning of the 2018 school year.

roofs age, they can develop cracks or missing shingles, especially with the high winds lately. Nagy added, "Ultimately buildings, simply because of their age, just like your home or my home, come to a point where you have to start repairing the roof."

"The university works on a three-year budget cycle and there's a capital plan that goes, not only three years out, but ten years," Nagy said. "New roofs and heating and cooling systems are all a part of this plan so it's the stuff we are constantly, not only repairing, but replacing."

Multiple times the stairwell leaked and had to have buckets and signs placed out. Nagy said, "It is very possible for multiple attempts to fix the roof." She further explained that it could be difficult to spot on the roof the exact shingle that the leak was coming from and that it would take two or three attempts to find the correct shingle.

Robert Agosto is a sophomore

resident in Oakwood Hall who has experienced leaking in his bathroom. Both times he noticed the leaks he notified the Resident Assistant (RA) staff in an Oakwood Hall 2nd Floor GroupMe group chat. Agosto said, "The RA came in and took a look at the leak to see the severity and immediately called maintenance. Maintenance came after about 15-20 minutes and went in the bathroom and fixed the leak."

Agosto's bathroom leaked twice. He said, "I think it's simply because the first time they didn't fix the leak correctly so it leaked again." After the second time maintenance came, he said, "It has not leaked in a while so I believe that the second time they did fix it."

"I believe it was accumulated water from the AC system that would just overflow," Agosto said about the cause of the leaks in his bathroom.

Conrad said, "The bathroom issues were a result of condensation

and humidity. All current issues have been addressed and if students are having new issues I'd ask them to submit a work order and notify the RAs."

The heating, venting, and air conditioning (HVAC) units were the cause of the leaks in the residents' bathrooms. Swannack said, "The condensate lines in the HVAC units were backing up. We believe the blockages occurred where the lines exit the building. We have blown out the lines to help clear them. In areas where we had experienced a blockage before, we have located where the condensate lines exit the building and are determining what could be restricting the flow."

Briana Pinelli and Izzy Montes are residents and roommates in Oakwood Hall. Their bathroom ceiling fell down on Oct. 19. The two had walked into their room and opened their bathroom door and the ceiling came crashing down.

Pinelli said, "An RA came in

first, then AC Tony Conrad, and then maintenance came to fix it. They sent someone from maintenance within 30 minutes after it fell, but a lot of people came in to look at it, so it took a little while to fix."

Carpenters were immediately sent to Oakwood Hall following the ceiling falling. Nagy said, "The work order was put in at 3:56 that day, in the afternoon, and by 5:00 p.m. it was repaired."

Montes said, "The ceiling had been leaking since the first week we moved in. AC Tony Conrad told us it was because we kept the window open and it was causing problems with the air conditioner. People came in to fix the leak multiple times, but it continued to leak."

Montes and Pinelli believe that the ceiling fell due to water damage from the continuous leaking and that the ceiling could not hold up anymore.

Nagy said that to her understanding the damages were caused by the grid piece in the ceiling tiles. The grid piece, for an unknown reason, had come down and caused the ceiling tiles to fall. She said, "It was not due to a leak."

Swannack said that the cause of the bathroom ceiling to fall down in Pinelli and Montes' bathroom was because of the ceiling grid shifting due to rivets that had come loose.

According to Nagy, facilities will be checking the grid piece in bathrooms throughout Oakwood Hall. Swannack has confirmed this and said, "All of the other restrooms in the building have been checked and no issues were found."

"It has been a particularly wet year," Nagy said. "There has been a recent report, that since Jan. 1, this area has had a 9.6, almost ten inch surplus of rain." Nagy explained that it has also been a very hot and humid summer and that all of these factors have created the issues in Oakwood Hall.

Honors School Sends Eight Students to Boston Research Conference

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posters in natural sciences," said Scott Jeffrey, Ph.D., associate professor of management. "It shows a commitment to high quality research and recognizes Mehdi as a promising young scholar."

"Our participation in the national and regional conferences demonstrates the exceptional quality of the undergraduate research we do in the Honors School at Monmouth University," said Greason, who emphasized that the conference pushes students to become reenergized about their research plans and come back with new ideas and techniques.

"It is vital to send Monmouth Honors students to conferences like this because it gives them an opportunity to share their research and learn from their peers," said Susan Schuld. "The workshops (such as resume building, mock interviews, and master classes) allow students to hone their academic and professional skills, preparing them for life after Monmouth."

"These trips are also a great opportunity for MU's

Honors School to spread its reputation and demonstrate to prospective students how our honors students are supported in pursuing their passions," said Sivetz. "It is extremely important to be able to communicate the importance of what you do, regardless of your projected career path. Being able to connect with a wider audience not only validates a strong command of your respective field, but your understanding of a subject becomes all the richer by gaining the perspectives of others."

"I learned how important a thriving honors school is to the overall success of a university," said Jeffrey in reference to the points he took away from the conference. "While some may view this as elitist, the Honors School is a positive aspect as it brings reputation and notoriety to the university. It can serve as an incubator for curricular and administrative ideas" He also stressed that

"I presented my psychology thesis from last semester [called] 'Evaluating how Perceptions of Perfectionists Influences Others to Collaborate with them in the Classroom,'" Termyna. "A major highlight of this trip was being able to have my resume evaluated by

a professor from another institution in the [Washington, D.C.] area. He also gave me a lot of valuable insight in different graduate courses I can take in order to work in academia myself one day." Termyna stressed the important

aspect of career-preparedness, and how that was stressed at the event.

"The highest quality students and research is showcased at these conferences and by undergoing the rigorous application process and com-

petitive presentation judging, our Honors Students rise to the top of their fields and make substantial and meaningful impacts in the academic community beyond Monmouth," Susan Schuld remarked.



PHOTO COURTESY of Gianni Mazzone

Honors students visited Boston to share their research with other programs across the nation

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Editors Talk Holiday Season

EDITORIAL STAFF

As soon as Halloween passes, it seems the holiday season begins. On Nov. 1, commercials go from creatures with fangs, claws, and scales to sleigh bells and holiday sales. Malls become decorated with lights and bows. Here at *The Outlook*, our editors have different perspectives on the holiday season.

Most of the editors celebrate Christmas, but one editor said, “My aunt and her family are Jewish, so we often join them in celebrating Hanukkah as well.”

The question of when exactly the holiday season begins among our editors resulted in Black Friday being the beginning of the holiday season. One editor said, “In my house, the countdown to Christmas starts on Black Friday. My family and I put up the tree and decorate for Christmas. Plus, that’s when the radio has the Christmas music on full blast.”

The editor continued, “I have friends that decorate and start listening to Christmas music as early as Nov. 1 and I know that they’d hate me for saying this, but they should cut back on the Christmas a bit. As much as I love the music and the nostalgia, having Christmas decorations out before we even finish Halloween rushes the holidays.”

Another editor agreed and said, “The holiday season should begin on Black Friday, the day after Thanksgiving. It is crazy that we see holiday stuff in stores in September and October. The same goes with holiday music.”

Another editor felt similarly, “The holiday season, for me, begins in October. I don’t celebrate Halloween anymore, but all of the fall vibes leading up to it are great. Then once

Halloween is over, it’s onto Thanksgiving. I’m a believer in not calling it Christmas season until after Thanksgiving.”

Although, many of the editors feel the holidays symbolize themes of joy, gratitude, and spending time with family and friends. One editor said, “Holidays mean a sense of togetherness and gratitude, coupled with some self-reflection about the past year and celebrating it with family.”

However, many of the editors feel that this jolly season might be becoming too commercialized. Another team member said, “The holidays are certainly consumer-based. Most see the holidays as a time of receiving when it should really be about being thankful and fortunate for all that we have – family and friends.”

Another editor said, “The holidays are definitely too consumer-based. I love buying presents for others, as well as receiving them. But I think it’s so much better to get something small and thoughtful, rather than something expensive. The best present I got last year cost my friend less than \$10. Something that I like to do is write a little letter to everyone I love, to go along with their presents. It’s really mushy, but I think sentimentality is the nicest part of the holidays.”

“It’s strange how on Thanksgiving, we celebrate gratitude for the things in our lives, but the very next day, we are already focusing on getting holiday sales and shopping for more,” quipped one editor. “That’s a real paradigm shift.”

Many of the editors felt other cultural winter holidays were not equally represented on campus. Although there are cultural

events held for Hanukkah and Kwanzaa, the majority is Christmas-centric. “I’m confident that the University does its best to represent everyone,” said one editor. “Because of the demographics at MU, it likely leans towards Christmas, but everyone is represented in some way.”

Another editor felt the representation of cultural holidays could be improved. “I think that other holidays besides Christmas are recognized, but maybe not completely acknowledged to the campus community. I think the University should work on more inclusion in terms of campus events and celebrations with other holidays.”

The editors felt decorating for winter holidays could be beneficial to students. “People walk around like zombies because they are swamped with finals,” said one editor. “It would be nice if the University decorated campus to lift our spirits up. This is particularly critical for freshmen students who are away from home for the first time.”

One thing several editors liked about the holiday season was the music. “I really love Christmas music, especially Michael Bublé,” said one editor. “I would say the appropriate time to get in the spirit is the day after Thanksgiving. It is not too early, it is not too far away from the holidays. Plus, at that point, fewer people judge me.”

However, one editor offered a very Grinch-y opinion of holiday music and said, “Holiday music gets under my skin. I’m just not a big fan of hearing it everywhere, and we do hear it everywhere.”

Regardless of which holiday you celebrate and how you celebrate, *The Outlook* wishes you a happy holiday season!

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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.

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LOVELY LEAVES

SAMANTHA RIVAS
STAFF WRITER

Whenever people talk about what their favorite season is, I get a few weird looks when I say Fall. Not only does my birthday fall around this time (Oct. 15), but it's the start of the holiday season. What I love most about the Fall though is the way the leaves on the trees transform into gorgeous shades of yellow, orange and red.

Nothing beats the scenery of driving down Route 18 in the middle of November and watching all the different vibrant colors popping out at you. I remember when I was little I used to love looking out my window and being able to pick out all of the different colors rushing by. Maybe it's because I love art so much that the colors the leaves have to show off is just about the coolest thing that Mother nature has to offer us.

Being a student at Monmouth University, you're always told that the campus is beautiful. Sure, the flowers in Erlanger Garden can't be rivaled by any other Spring scenery, but have you ever stopped to look at the trees during the Fall? I don't think I've ever seen such brightly colored leaves until I came to Monmouth. It's really tempting to have an entire nature photoshoot on the way to class, but if I end up being late, I don't think my professors would appreciate the excuse that the leaves were too pretty.

Some people may believe that the leaves are more just a nuisance than anything else. After all, once they're done showing off on the tree branches, they do end up falling on the ground. We all know Monmouth; someone is responsible for cleaning up all

the leaves littering the ground. I can see how it can be a bit of a pain to rake up these little pieces of nature, but at the end of the day, aren't you appreciative of the scenery they provided you with while they were still in their prime?

A lot of girls my age have their dream weddings planned to a tee. From the dress to the ring and flowers, Pinterest boards everywhere are full of fairytale wedding plans. I've surprisingly never been one of these girls to plan my wedding that extensively, but I do know I want a Fall wedding.

I don't care if I have to freeze during the entire wedding photoshoot, mark my

words, I will take every single wedding photo in front of the trees. Imagine how dreamy having that as a backdrop would be. Dear future husband, make this happen. Please and thank you.

Fall leaves are just about the prettiest thing I have ever seen in nature. They're simple to come by and if you live in the right climate, you get to see them every single year like clockwork. I think that's one reason why I want to end up somewhere that experiences true seasons like Fall instead of just a year round Summer. I couldn't imagine giving up those yellows, oranges and reds.



PHOTO TAKEN by Samantha Rivas

Autumn leaves are one of the few perks of the seasonal change. With the weather getting colder and the sky turning grey, look to these leaves as a source of light and beauty.

Weekend Escapes

RILEY BRAGER
CONTRIBUTING WRITER

Do you ever feel like you need to get away and just escape all the realities of the world?

Whether it is the piles of work that seem to never get smaller, no matter how much work you are doing, or the drama in your social circle; getting away is a good thing.

For me my escape is home. Home is Baltimore, Maryland, which is about a three-and-a-half-hour drive. It was important to find a school that was within driving distance to my house because for me family is everything.

However, going home does not always have to be the final destination of weekend getaways. When people think of vacations they often think of lavish trips that are almost unaffordable especially to college students. Think of different activities that make you happy. If hiking is something you enjoy look up local trails near campus.

At Monmouth University we are lucky that the beach is within a mile from campus. When you are feeling stressed, try walking along the ocean side just listening to the waves as they crash on the sand.

Stress is a very real feeling. Especially being in college we all feel the pressure to constantly perform. Whether it is in the classroom or socially there are always expectations that we feel need to be met. According to the article Health Benefits of Week-

end Getaways researchers from the University of Illinois found that taking breaks such as a weekend get away can help to improve productivity and focus in the long run. This "always on the go" mentality that has been engrained in our brains since we were little can help to hinder our mental health.

Life is short, its up to all of us to find the meaning in our own lives that can make us happy. We don't always have to go through the motions because that's what we are comfortable with.

Too often we get comfortable in our routine and opt for the safe path. Life is too short to play it safe. Strive for the times where you get those butterflies in your stomach. I'm not asking to make outrageous decisions, but create meaning for everything you do.

In today's society we are so pressured with the constant image on what a getaway is supposed to look like. Out favorite blogger is traveling throughout Europe and we become jealous of their life. Instead of being jealous about someone else's life, go out and live yours. I know it sounds like a cliché.

But, jealousy can inhibit you from living your own life and following your own path. Just because someone else is doing something that seems cool does not mean you are supposed to be doing the same thing. Find your escape whether it is going home for a home cooked meal or just taking a walk.

Present Sense

ELISSA SCANO
STAFF WRITER

Growing up as the youngest of five prevented me from ever being a big sister. With that being said, I never really had the opportunity to watch a child grow or become exposed to things for the first time. Luckily, I have been blessed with three nieces and a nephew, all of them under the age of ten. This has given me a new perspective on life. All four of them experience each moment fully. There is no worrying about the future or contemplating the past because they are so young and innocent.

As we grow up and experience both positive and negative situations, we begin to lose some of our innocence. Things aren't as exciting and gratitude for the little things in life may lessen; completely normal. But, it's important to realize that if we completely lose touch with the present moment, then we can completely lose touch with ourselves and what makes us feel happy.

At our age, the past and the future is what consumes most of our thoughts. Whether it was your freshman year that ruined your GPA or your worries about what homework is due next week, we are constantly looking for the answers to the never ending "what if's" that our mind tortures us with. It doesn't help that our phones have become an extension of ourselves and most of us can't even go through a class period without looking at what is going on somewhere else, myself included.

But what we don't realize is that what we are doing is escaping the present moment. We've allowed ourselves to ruminate in our own minds over things that we cannot control. Unlike children, we have created an intangible world with our thoughts and experiences which can create anxiety and stress. According to *Garden of Life*, the percentage of millennials diagnosed with anxiety has

doubled from the baby boomer generation. I feel a large portion of this is due to our inability to stay grounded and present.

People who understand what it's like to keep replaying the past will most likely be able to understand worrying about the future. This is usually a fear based thought system. Everything originates from, "what if this happens," or "I can't do that because this may happen." It's understandable. We all want the best for ourselves and we are willing to try and control anything in our power to avoid any negative situations. The problem here is that it is irrational to consistently think this way. We cannot control the unknown but we can put uncertainty to rest by trusting that the universe has a plan for us.

Learning how to stay present is the key to a happy and healthy mind. Presence is the balance between the past and the future. It's the grey area that a lot of Americans don't understand. It is the idea that everything we need is right here and now.

One of my favorite quotes comes from a book titled, *The Power of Now* written by Eckhart Tolle. Tolle states, "The present moment holds the key to liberation." Although this is a simple statement, it has a lot of depth to it. If we are constantly thinking about what happened in the past or putting most of our attention on what can happen in the future, we are living in jail. We are not allowing our minds to be free of constant concern and worry.

Do me a favor and try to make a conscious effort to eliminate thoughts of the past that no longer serve you and to prevent yourself from predicting the future when it is uncontrollable. Try and revert back to your childish ways, embrace that sense of innocence and excitement over seeing and experiencing things as if it were the first time. Find joy in the silly things, get off your phone, and start living your best life here and now.

Seasonal Change: A Mood

KIERSTEN BECHT
STAFF WRITER

I was in awe of the beauty around me. The sky was a crystal clear blue, the sun was beaming down upon me, and the trees showing their newly changed leaves.

A slight breeze in the air helped some of the leaves to take flight and flurry across my windshield as I drove along. This is magnificent, I thought to myself.

Suddenly, my moment of bliss was overtaken by the realization that in a matter of time, all of this beauty right before my eyes, would soon be replaced. In its place would be bare trees, gloomy, gray skies, and freezing temperatures with a biting wind to match. My heart was heavy and all I could think of was John Snow saying "Winter is Coming."

It's not that I hate winter, in fact, I love it because winter means snow, and snow means that I get to go skiing! Winter also means bundling up in your coziest sweaters, downing hot chocolate one after the other, and eating your way through the holiday season.

The only problem is that once the holidays are over, everything feels sort of blah, and the only thing to look forward to is the promise of warm weather.

Nothing hits harder than daylight saving time. The shift in time and shorter days can really mess with you. Once the sun starts going down, my mood gets dragged down along with it. This, my friends, is called seasonal affective disorder, or SAD (how fitting?) for short.

Seasonal affective disorder, also referred to as seasonal depression, is a mood disorder and occurs when someone experiences a shift in their mood around the same time each year. Symptoms of SAD include feelings of depression, fatigue and even weight gain. While there is no known cause for SAD, scientists believe it may have something to do with the lack of sunshine and the effect that has on the production of serotonin, a chemical produced by the brain that is vital to regulating one's mood.

If you think that these symptoms may apply to you, or you find yourself feeling a bit more down during the colder months, fret not. There are plenty of natural ways to boost your brain's production of serotonin, thus improving your mood and making even the darkest of days feel a bit brighter.

Exercise: It is no secret that exercise has many benefits to your health, and serotonin production is one of them! This explains why you tend to be in a much better mood after working out. Aerobic exercises, like running or biking, are a surefire way to increase the release of serotonin, but lighter exercise like yoga can help as well.

Get Outside: Nothing improves my mood like the good ol' outdoors and an abundance of fresh air in my lungs. Going outside during the hours when the sun is shining its brightest can be extremely beneficial to combatting SAD. Even better, why not bundle up and take your workout outside? The cooler temperatures actually help you to burn more calories, as your body has to exert more energy than usual to keep you warm, which can help with the possible weight gain associated with SAD.

Vitamin D: If the sun isn't peeking out of the clouds as much as you would like, try to incorporate Vitamin D into your daily routine. This can come in the form of a pill or foods rich in it, like salmon, mushrooms, eggs, and cow's milk as well as soy milk.

Don't worry, the shift in seasons doesn't have to mean a shift in your mood. By following the tips above, you are guaranteed to have a happier and healthier winter!

Lavender Scare Plays in Pollak

NICHOLAS COSCARELLI
CO-SENIOR/POLITICS EDITOR

The University hosted a showing of *The Lavender Scare*, last Monday, Nov. 5.

The documentary was played in Pollak Theatre, and recounts the story about the tens of thousands of gay and lesbian U.S. government workers fired from the State Department in an effort to rid the federal workforce of homosexuals.

The showing was free admission and open to the public. Many students, professors and faculty, and members from the surrounding community attended the event, and were able to ask the producer and director, Josh Howard, and the historian, David Johnson, questions about the documentary.

The documentary was narrated by Glenn Close and featured the voices of T.R. Knight, Cynthia Nixon, Zachary Quinto, and David Hyde Pierce, recounting the stories of some workers who were fired during the epidemic.

“Historian David Johnson’s book, *The Lavender Scare*, first brought attention to the long history of government persecution of people who were believed to be lesbians and gay men,” said Katherine Parkin, Ph.D., a professor of history and gender studies who helped to secure Johnson’s attendance to the event.

She continued, “I started corresponding with the film maker, Josh Howard, in 2008, asking that as soon as the film was available, I wanted to show it at Monmouth. I followed up each

year, encouraging him and reminding him of our interest.”

Parkin explained that similar to the Red Scare over suspicions of communism in the 1950s, “gays and lesbians found themselves attacked for their style of dress, mannerisms and interests, and mere accusations.” The allegations were enough to force people to resign, rather than risk exposure of their homosexual identity.

“It was with the leadership of some brave individuals, such as Dr. Franklin Kameny, and organizations that people began to fight back,” said Parkin. “Being attacked for their sexual orientation was only possible if people could substantiate it as a problem. When the courts, bosses, and the public began to support those women and men under attack, the scare tactics began to lose their luster.”

Parkin said that she wrote to Howard when former Secretary of State John Kerry apologized on behalf of the U.S. Government for its abusive treatment of lesbian and gay government workers during the Lavender Scare. Kerry’s statement was listed on the Department of State’s webpage, but the film notes that it has since been removed by the Trump administration.

“The film far exceeded my expectations, with its animated graphics and powerful voices, it clearly conveys the joy, the anguish, and the hatred that gays and lesbians experienced living and working for the federal government in Washington, D.C.,” Parkin concluded.

Assessing the 2018 Midterm Elections

NICHOLAS COSCARELLI
CO-SENIOR/POLITICS EDITOR

The University’s Polling Institute sponsored What Happened? Assessing the 2018 Midterm Elections, an event analyzing the election results, last Thursday, Nov. 8.

The event was hosted in the Wilson Hall Auditorium, and was open to the public. Several students, professors and faculty, and members from the surrounding community gathered to listen to Patrick Murray, Director of the University’s Polling Institute, and Clare Malone, a senior political writer and panelist at FiveThirtyEight, share their takeaways and analysis of the first national election during President Donald Trump’s presidency.

“We had high youth turnout. Now, again, it trailed turnout among older voters but it was still higher than it had ever been,” said Murray.

An estimated 113 million voters turned out Tuesday. A new record for a non-presidential year and 30 million more than 2014. “The fact that over a 110 million people came out to vote suggests that they might be sick of politics but they know what matters,” he continued.

Murray and Malone also discussed how Republicans failed to win state-wide races for national office in New Jersey, but can win statewide for governor and vice versa in other states such as Tennessee.

“We are seeing people be-

coming entrenched in their political views and that determining, you know, voting straight down the ticket. Ohio being the exception. A Democratic senator winning and a Republican winning the governorship,” Malone said.

She continued and said that Democrats have, what she calls, “an efficiency problem of their votes,” noting that many Democratic voters are clustered in cities. “They’re not in parts of states that will help them flip elections or flip seats,” said Malone.

Malone and Murray say that has emerged among voters with a college education. “Those white, college-educated women are splitting with women who don’t have a college education, who vote for Trump, and white, college-educated women are increasingly going over to the side of Democrats,” Malone noted.

One of the questions from the audience asked about polling, and how several pollsters got the results wrong in 2016, and what’s changed between that election and the 2018 midterms.

“There was a real divide voting Democrat and Republican depending on whether you had a college degree. We never saw that before,” said Murray. “If the polling was off because of a proportion of folks who didn’t have a college degree that contributed to the error in 2016. So, we’ve all made corrections for that one.”

The discussion then turned to the 2020 elections and the

“successful failure” of Beto O’Rourke. He failed to halt Republican incumbent Senator Ted Cruz’s re-election but succeeded in garnering a lot of money, votes, and national attention.

“In some ways, Tuesday night was a best-case scenario for Beto O’Rourke. I think that O’Rourke has certain advantages that Democrats might start to look at and say, ‘Oh! Okay, here’s a progressive white guy who won’t alienate voters, who in 2016 might have voted for Trump because of racially-charged feelings about Obama,’” said Malone, adding that she believes that O’Rourke will likely run for president in 2020.

For now, thoughts on what the Democrat-controlled House should and will do with a president who has warned the new majority about investigating him.

“I think they will at least have a front of saying, ‘We’re here to cooperate but we’re also here to investigate.’ Because I think they’re walking a thin line,” said Malone.

Murray suggested that the best strategy for the Democrats to take in their new majority is to assemble a comprehensive infrastructure package in the House and pass it as their first order of business. He said that sends the message: “This is why you sent us here. This is the most important. Yeah, we’re going to keep a check on the president. We’re going to do some investigation. But, that really isn’t our priority.”

Are “Stand Your Ground” Laws Equal Ground?

NICHOLAS COSCARELLI
CO-SENIOR/POLITICS EDITOR

CATHERINE HARVEY
CONTRIBUTING WRITER

A grand jury in Dallas County, Alabama, listened to testimony from Jacqueline Dixon, who had been held on a \$100,000 bond awaiting the review after shooting her estranged husband in self-defense, on Oct. 11.

Dixon will no longer have to stand trial for the killing.

The shooting took place on July 31, outside of Dixon’s home in Selma, Alabama. “At the time of the shooting, she did feel like her life was in danger.

According to his report, Selma Police Chief Spencer Collier stated that police officers were dispatched around 8:30 a.m. and upon arrival; Carl Omar Dixon unresponsive in the front yard, and he was pronounced dead on the scene.

“In that type of situation, she should have a right to defend herself and defend her family,” Dixon’s attorney Richard Rice says in a statement to The Appeal, a criminal justice news outlet.

In 2016, Jacqueline requested an order of protection against Carl Omar, which was granted by a Dallas County judge. She also received full custody of the couple’s two children. According to court records, Jac-

queline requested the order after Omar punched her in the face multiple times and swore at her repeatedly.

Since 2006, Alabama has had a “stand your ground” law in place.

Under state law, while a person can’t use deadly force if he himself is the aggressor, he no longer has to a “duty to retreat” if the other person is: About to use unlawful deadly physical force; A burglar about to use physical force; Engaged in kidnapping, assault, robbery, or rape; Unlawfully and forcefully entering a home or car, or attempting to remove a person against their will; Breaking into a nuclear power plant.

The Urban Institute found that in “stand your ground” states, when white shooters kill black people, 34 percent of the resulting homicides are deemed justifiable.

Only three percent of deaths are ruled justifiable when the shooter is black and the victim is white.

Even when black shooters kill black people, those shootings are less likely to be deemed justifiable in a court of law than those involving white shooters who kill white people.”

“Unfortunately, it’s no surprise to me that when black and brown people, and particularly black and brown women, use violence to defend themselves against attacks from men,

whether it’s in intimate partner abuse or defending against police brutality or against white vigilantes taking matters into their hands, those same protections for gun ownership are not afforded to them in the same ways. I’m not surprised by the double standard at all,” said Johanna Foster, Ph.D., an associate professor of sociology.

She continued, and said, “One of the things that we do know is that women of color in the United States are often caught in a bind in that, historically and still today, they are unable to go to the state for the same kind of protections that many white women can seek, and then are blamed by the state for having to defend themselves.”

Foster explained that when women of color seek protection or redress, patterns where women of color have either been ignored by law enforcement, where police have minimized their reports, or law enforcement has wrongfully considered them perpetrators when they are actually seeking assistance for victimization.

Many proponents of arming the populace, including conceal and carry, ignore the potential for women to be armed to shoot and potentially kill men who attack them, physically and sexually,” said Katherine Parkin, Ph.D., a professor of history and gender studies.

“Men depend on control-

ling both the courts/laws that would deny women the ability to Stand Their Ground, as well as controlling the narrative that suggests that women are liars and that they should try to “care” for volatile men,” she said.

Parkin pointed that this gendered argument was advanced after the Parkland shooting, blaming the victims by asserting that the female students should have been nicer to the killer, even though he had abused those who had, in fact, been kind to him.

“As someone who studies gender theory and who studies the intersections of race, class, genders and sexualities, and how they play out particularly in the criminal justice system, it doesn’t surprise how the case is shaping out how it is,” said Foster.

She accredited much of her research to Kimberle Crenshaw, who first introduced the idea of intersectionality to feminism in the 1980s in order to address women of color.

She and her colleagues at the African-American policy forum recently released a report called *Say Her Name* which looks at the experiences of women of color who are victims of crime and what happens when they report crime, particularly women who are experiencing gender violence in the home or in their neighborhood.

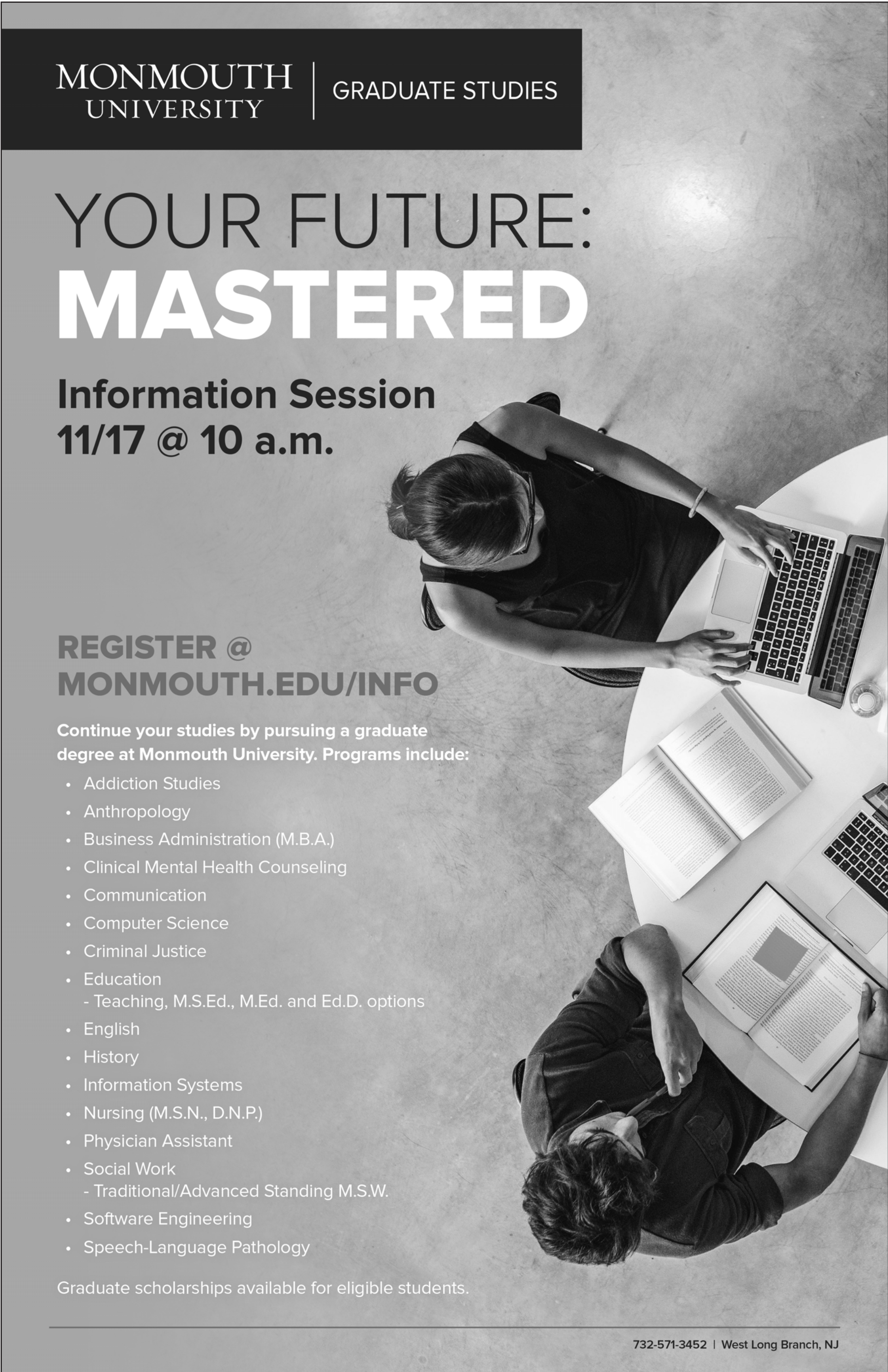
“The research does show this appalling pattern of women of color who, when they call for help, are often blamed for the crime committed against them. Scholars have also documented cases of sexual violence that women of color have experienced while in police custody,” she said.

Dixon’s story is just one of many that confront the issues of class, race, and gender in the criminal justice system.

“The need to look at these cases through the lens of racism, sexism, and classism simultaneously is extremely important, but there is no question that women of color face that intersection of racism and sexism in their experiences throughout the legal system,” said Foster.

There is a pattern of unarmed women of color and girls being killed by police, Foster notes. “We hear a lot, as we should, of unarmed African-American and Latino men and boys being shot by police, but women and girls of color are often left out of the story,” she said.

Foster said that police brutality tends to be thought of as a crisis only affecting men and boys, “when in fact the data in this report show that women of color, particularly African-American and Latina women, are also at enormous risk of harm by law enforcement, either before custody or while in custody,” she concluded.



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GEO PRESENTS:

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MONDAY, NOV. 12

CHINESE FOOD TASTING

11:30 a.m. - 1:30 p.m. • Student Center Cafeteria

DEPARTMENT OF POLITICAL SCIENCE & AAUW: “Making an Impact in Humanitarian Development as a Chemical Engineer”

Kelly Barb shares her journey as an engineer with a commitment to global service
4-6 p.m. • Wilson Hall Aud.

TUESDAY, NOV. 13

PEACE CORPS PREP GAMES AND ACTIVITIES

10 a.m. - 4 p.m. • Shadow Lawn near well

US PASSPORT DAY

Apply for a new passport or renew your old passport
11 a.m. - 2 p.m. • Student Center 202A

NIGERIAN FOOD TASTING

11:30 a.m. - 1:30 p.m. • Student Center Cafeteria

INTERNATIONAL CUISINE NIGHT (INDIAN)

5-7 p.m. • Magill Dining Hall

WEDNESDAY, NOV. 14

WORLD KINDNESS DAY

10 a.m. - 4 p.m. • Student Center 1st floor by Info. Booth

DEPARTMENT OF WORLD LANGUAGES & CULTURES PRESENTS: FESTIVAL OF LANGUAGES

11:30 a.m. - 1 p.m. • Wilson Auditorium

CHINESE PAPER CUTTING

12-2:00 p.m. • Student Center Cafeteria

INTERNATIONAL FASHION SHOW

High Fashion from Around the World and Decadent Treats
6-6:30 p.m. • Student Center Anacon A/B

THURSDAY, NOV. 15

MEXICAN FOOD TASTING

11:30 a.m. - 1:30 p.m. • Student Center Cafeteria

CHINESE CALLIGRAPHY DEMONSTRATION

1:30 - 2:30 p.m. • Student Center Cafeteria

KEY NOTE SPEAKER CYNTHIA PACES, HISTORY PROFESSOR, TCNJ

“Revolution of Youth: Looking Back Three
Decades Since the Fall of Communism”
History Department, TCNJ
4-6 p.m. • Edison 201 Atrium

FRIDAY, NOV. 16

SAUDI ARABIAN FOOD TASTING

11:30 a.m. - 1:30 p.m. • Student Center Cafeteria

GLOBAL EDUCATION OFFICE OPEN HOUSE AND TEA

2-3:30 p.m. • Global Education Office

PEACE CORPS PREP GAMES & ACTIVITIES

3-4:30 p.m. • Shadow Lawn near well

INTERNATIONAL CLUB & SAB: DIWALI

7 p.m. • Wilson Hall

TUESDAY, NOV. 27TH

SPANISH CUISINE NIGHT

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Extracurriculars: An *Extra* Resume Builder

AMANDA BALESTRIERI
CONTRIBUTING WRITER

People think that as long as you have a 4.0 GPA, then you are guaranteed a successful career. But, does a 4.0 GPA enhance your social skills and expand your knowledge in different areas than your major?

Extracurriculars definitely provide a different perspective on interests outside your major, enhancing your college experience. Just by joining one or two clubs can impact your four years at school in numerous ways.

The best way to make friends is by finding something in common with each other.

By going to a club meeting, it is guaranteed that everyone there shares a similar interest.

Kassandra Ketcho, a freshman math education student, said, “I’m a social person and love meeting new people, so joining clubs is perfect because I get to diversify my friends.”

As a freshman, as scary as it may be, joining a club or getting involved may relieve the hardest part of the first semester: making new friends.

There is a club for everyone at Monmouth, from academic clubs to religious clubs to even environmental clubs, there are many ways to do more of what you love or even find a new hobby.

Ketcho continued, “There were so many clubs from high school that I was so sad to leave, but when Monmouth had similar clubs, I was happy that I did not have to forget about them.”

Extracurriculars help you to gain more experience in different areas or even in something that you have previously shown interest in. There is a huge misconception that business majors do business clubs and teachers do the teaching clubs, but that is not necessarily true.

Clubs are so diverse, so even if it is not your primary field of interest, but you still have a knack for it, a club is perfect.

For example, if you do not want to major in English but you still like writing, a club is a great way to not lose your interest! Mary Harris, a specialist professor of communication, stated, “[Clubs] provide opportunities to network and build friendships, enhance resumes, and get more hands-on experience in a variety of areas.”

Clubs and activities also help to enhance your life skills.

Many clubs on campus do fundraising or even try to stay active in nature by cleaning up the beach.

Food or Finance clubs help provide cooking and money management skills, two things that we’ll all need eventually.

Clubs teach you the most vital life skill that not enough of us have: time management.

Being involved can foster independence and it may even encourage you to go out of your comfort zone.

College is all about preparing for the future so there is no better way to do that than to join a club and learn how to balance life.

Motivation is something that we all need in our lives and

clubs can give us that.

By splitting your time between schoolwork and the enjoying aspect of clubs, it is motivating you to do well in classes. Organizations are meant to be fun and the people you meet may even help motivate you to be a better student in the classroom.

As we all know, classes can be extremely overwhelming, and extracurriculars can provide the stress reliever that is much needed.

Meetings and events are a great way to get your mind off of your to-do list.

When feeling like you’re apart of something or trying to make a difference, it may allow the campus to give you that homey feel.

By joining organizations or clubs, it can allow you to connect with the school community.

When branching out and being involved, you can gain opportunities and information that you otherwise might not have had.

By being active on campus, you are exposed to numerous peers or professors, which is a great way to network yourself and get exposed to internships or jobs.

Karalyn Hoover, a sophomore communication student with a concentration in public communication and the Outreach Director for the Public Relations Student Society of America (PRSSA), stated, “Not only do extracurriculars allow you to find peers with similar interests but also provides you with resume builders.”

When hiring someone for a job, the employee would choose a well-rounded candidate over someone who is only immersed in their major.

Clubs help employers show that you have multiple fields of interest. Hoover continued, “Companies like to see that you were actively involved on campus as it shows leadership skills, teamwork ability, as well as a more well-rounded personality.”

There are a ton of benefits for joining a club.

Hopefully, this has inspired you to get out there and join an extracurricular activity that sparks an interest in you.

Monmouth also allows you to create your own club; with some requirements and dedication, you could create something of your interest.

It is never too late to get involved so go find a club that suits you.



PHOTO COURTESY of Hannah Dumas

When joining extracurriculars, it can expose you to teamwork and send you places. The intermural football team went to Maryland this weekend.

Gobble Gobble Good Fun

CHLOE BARONE
CONTRIBUTING WRITER

By the time Thanksgiving rolls around, the fall semester is ending and students and faculty alike are ready to wind down.

Thanksgiving is the best time of the year to relax and have fun without having the anxiety of waiting for mid-term grades to weigh you down.

During Thanksgiving, there are many things to do that will leave you with lasting memories. Believe it or not, there is more to overload on turkey, stuffing, and mash potatoes, although that is the best part of the Thanksgiving season.

If you are looking for activities to do around Thanksgiving, you’re in the right spot.

If you are planning to go home during Thanksgiving break, think about stopping by a high school football game.

Although you may have graduated years ago, it is fun to bundle up on a chilly night and experience the excitement of Friday night lights with old friends.

If you feel like staying in, take a trip to your local bookstore and cozy up to new books.

If you don’t read, Thanksgiving break is a perfect time to start. The feeling of read-

ing a new book while smelling delicious food cooking in the kitchen is what dreams are made off.

Dally Matos, a junior criminal justice student, said, “During Thanksgiving I love to do something that relaxes me.”

Matos continued, “It’s usually that time in the semester where I’m so stressed, I love to read for fun to distract me from all the school work I have to return to. Reading puts me in another world where I don’t need to study for exams. This break, I’m reading *The Real Lolita* by Sarah Weinman.”

Another great fall activity to pursue is taking a walk. Fall

weather is something to relish before the cold winter months’ sweep in, so make sure to get outside and get active. Soon enough, it’ll be too late because we will be snowed in.

If you will be in the Monmouth County area, the Atlantic Highlands has great foliage and hikes to try out (in particular, try out Mount Mitchell Scenic Overlook).

After your day-time activity, Kelly Anderson, a junior communication studies student, suggested, “Baking and cooking is comforting in the fall weather and can warm up a house.”

A good recommendation is

to try new recipes that have fall flavors. Baking a pumpkin pie, or even corn muffins can get you into the Thanksgiving spirit.

Thanksgiving Eve is also a great time to help out your family members in the kitchen by cooking all of the classics.

Thanksgiving is a great time of the year to give back.

Donating food to your local pantries, or volunteering at shelters nearby can bring smiles to those in need and it is so rewarding. It is definitely something to consider.

Anderson continued, “Doing any sort of community service with a few friends is a

great activity to do as well.

Overall, spreading love is important during Thanksgiving. Any activities with the ones you love are very well suited for Thanksgiving time.”

The purpose of Thanksgiving is to be grateful.

The night before Thanksgiving take a few minutes to profess things you are grateful for about your life, family, or friends.

This can set the tune for a great turkey day, and put good vibes in the air.

John Inzero, MBA, an instructor of marketing and international business, said Thanksgiving is his favorite holiday. This is because “it is not focused on buying, spending, or getting.” He added, “It’s focused on being together with loved ones, eating (of course, we’re Italian, after all), talking, laughing, and being thankful for all that we have.”

Inzero continued, “At the same time, being cognizant of all those who don’t have what we do and doing just a little something to make things better.”

Another great activity during Thanksgiving time is to have a game night.

Invite your close friends or family over to create games to play, or as crazy as it may sound, break out your old board games.



PHOTO TAKEN by Cassandra Capozzi-Smith

When baking around Thanksgiving season, pick up these festive and delicious sugar cookies. Nothing can get you in the spirit more than turkeys on a cookie.

SPRINGSTEEN ON BROADWAY

THE FINAL CURTAIN CALL

DYLAN SURMONTE
STAFF WRITER

Bruce Springsteen's one man show "Springsteen on Broadway" at the Walter Kerr Theatre in New York City will conclude on Dec. 15 after a little over a year run.

This concert residency by Springsteen is another testament to the Jersey Shore rock star's high energy and commitment. Springsteen performed five shows a week, Tues. through Sat.

From Oct. 3, 2017 to Dec. 15, 2018, The Boss played a total of 236 performances.

When the curtain closes, Springsteen will have raked in around \$74.3 million for essentially playing a solo gig five days a week.

On Sept. 19, 2017, Springsteen performed an invitation only rehearsal show at the University before beginning his time on Broadway.

At the University, The Boss had an opportunity to see if his show would be well received, and it has been.

On June 18, Springsteen was awarded a special Tony Award for his compelling production.

His Tony Award for "Springsteen on Broadway" is another triumph for The Boss to add to his long list of awards.

Along with his Tony, Springsteen has sold more than 135 million records worldwide, and has been the recipient of 20 Grammy Awards, two Golden Globes, and an Academy Award.

But the true achievement Springsteen captures in "Springsteen on Broadway" is the bridge he so successfully builds between the concert scene and the traditional theatre scene.



PHOTO COURTESY OF NPR

Bruce Springsteen will conclude his run on Broadway after selling out 236 straight solo performances.

It is this double accessibility that seems to make his show successful. The show appeals to his music fans who may have seen him in concert, along with theatre fans who may be drawn to an intimate connection between the act and audience.

Alumni Alyssa Kelly has seen The Boss both in concert and on Broadway.

When asked how she would compare seeing Springsteen express himself in one form on stage versus the other, she said, "The Broadway show was chill and laid back, being that The E

Street Band wasn't there."

"It was a whole different experience," Kelly continued, "It was a lot more intimate. His concerts are just a wild ride for four hours. In the theater you get to see Bruce as a totally different musician, a great story teller."

"It's something you wouldn't get to see in concert. You get to learn a lot about his childhood and life," Kelly concluded.

Dennis Breslin, President of the Players Club, added insight into the advantages of putting a show on Broadway.

"My favorite thing about

Broadway is that you can see any show and love the topic," Breslin said.

"Feeling the live orchestra blasting through the theatre walls and the harmonies of performers with some of the most amazing compositions, mixed with the life like relatable characters make for an excellent show," he concluded.

This sounds exactly like the contents of a Springsteen song: the music blasting through your walls, the harmonies of his voice with his instruments, and of course the poetic lyrics and real life like relatable characters caught within

the composition.

It's clear why Broadway is where The Boss belongs. If you can't make it or afford to spend the \$508 average ticket price to see the show, it will be available on Netflix to stream or CD/vinyl for listening.

Netflix will stream the final show on Dec. 15. On the other hand, you can purchase the CD and vinyl of the show on Dec. 14.

If you don't want to shell out for a Netflix subscription or a CD, The Bruce Springsteen Special Collection at the University's Guggenheim Memorial Library could be another alternative.

The Bruce Springsteen Special Collection is comprised of, "nearly 35,000 items that range from books and concert memorabilia to articles and promotional materials. Eileen Chapman, curator of The Bruce Springsteen Special Collection, had the opportunity to see The Boss both at his invitation only performance here on campus as well as the formal show on Broadway.

"Bruce's Broadway show is extremely compelling, sometimes humorous and very emotional," Chapman said.

"When the show was over so many people were in tears. I stood in the lobby of the theatre and watched as people left the show, and what I saw were looks of amazement and words of reverence for what they had just witnessed."

"Bruce on Broadway is heartfelt, authentic and powerful and I hope you have the opportunity to see it," she concluded.

Although the final curtain call awaits The Boss next month, the musician's next chapter is on the horizon.

Cry Me a River

The Art of an Actor's Tears

DANIELLE McCLELLAND
CONTRIBUTING WRITER

Actors go to great lengths for their roles. From chopping off all of their hair to gaining or losing severe amounts of weight, actors are dedicated to their craft.

While you may watch the entirety of a film and simply continue on with your life, many films can leave an impact that is everlasting.

I know for myself, the ending scenes of *A Walk to Remember*, *A Star is Born*, and *The Bodyguard* provoke such strong emotions that I end up in tears regardless of it being the first or 20th viewing.

One thing they all have in common? A tremendously impactful scene where one of the characters displays raw emotion and true vulnerability. It may seem like something that should be in the actor's blood, but not every actor is capable of such an astounding performance.

While the actor is the vessel that carries the script or depiction of a novel gone cinematic, the director gives cues that can either make or break a scene. For example, Yasujiro Ozu, a famous Japanese director from the 20th century, used camera shots that would center on the actor and have them bury their face in their hands.

Some of Ozu's work was silent films given the era, so the dramatization of the performer's

actions was imperative for an intense emotional scene.

Christopher Tuttle, a senior English major who has performed in musicals on campus such as *Anything Goes* and *Spring Awakening*, described his idea of a good emotional scene.

"You know you have done the scene right when you get some sort of reaction from the audience; it makes you realize that what you did was believable and that it stuck with who you are trying to portray it to," said Tuttle.

He continued with, "This does not have to be through crying, there are many ways to create emotion. While crying can help a scene, it can also hinder it."

You might wonder, how is it possible for actors to cry on command? The answer is simpler than you would think.

The term "memory driven tears" is a method employed by actors to provide the best emotional scene they can physically give. An actor may think of a sad memory in their life that caused them great pain, and by recalling that memory, they are taken back to that place.

Being taken back to a hard time in life will make anyone shed a tear or two, so it comes as no surprise that an actor would use this technique.

If all else fails and past memories just don't do the trick, there are other methods that have been used to make actors appear as if they cried.

Makeup artists will use eye



PHOTO COURTESY OF Thought Criminal YouTube

Director Yasujiro Ozu's actors cried with their faces buried in their hands.

drops or vaseline to give off a glossy eyed effect. This may not always be completely necessary, but it aids the actor in the process of crying.

They might need that extra push to fully commit to the scene, and these products give off a realistic, tear-stained face.

The best crying scenes of all time are given that title for a variety of reasons. I don't believe that the act of crying is the sole reason they are so captivating.

For example, *Precious* touches on heavy content that can hit home for a viewer and take them back to a time in their life where they were experiencing similar traumas.

A film that relates to someone could deserve the title of a great

film. The advancement of the plot and the development of the characters also leads you to be deeply invested in the film, causing you to produce your own emotions when something goes awry.

"When I am performing an emotional scene, I think about two things: how can I relate it to something that I have gone through personally and what is the best way to get this emotion across to the audience," stated Tuttle.

I can crank out a few sad plotlines off the top of my head; deceased parent, low socioeconomic status, toxic relationships, the list goes on. While all of these topics are objectively sad, only few can create an impact given the correct actors and plotline.

"The best directors have taught me to just be real with my emotion and not try to force it. That can cause a scene to become misrepresented," Tuttle concluded.

If an actor and director can successfully bring a story to life and give it meaning beyond the scope of generalities and vagueness, it can really take the viewer to a special place.

Whether or not the perfect emotional scene involves tears is up to you and me. Whitney Houston on a plane flying away from her lover while "I Will Always Love You" plays in the background will always be a tear-jerker for me, even though Houston barely shed a tear.

AMC Snubs the A-List Stubs Price

FILMSTRUCK™ Struck Dead

MARK MARRONE
ENTERTAINMENT EDITOR

Got an extra four bucks?
Last week on Nov. 5, AMC Theaters announced an increase for its movie subscription service, Stubs A-List, in 16 states. The price will be raised from \$19.95 per month to \$21.95 in ten states and \$23.95 in five states, including New Jersey. The price hike is effective as of Jan. 9, 2019. Those who sign up for the service before the deadline (like me) will not be affected by the price boost. A-List lets subscribers see three movies a week per month on any format (standard, 3D, Dolby, or IMAX) at a price of \$19.95 per month. Subscribers are also allowed to order tickets in advance online without an additional fee and can use all three movies in a single day if they please. Considering a ticket for a prime showing at AMC costs \$13.33 around here, it's a great deal. However, finance professor Andreas Christofi, Ph.D., sees the increase as a bad deal for investors. "It's a sign of weakness in a competitive field. Their margins are getting squeezed because revenues can't get up," Christofi stated. "Wall Street doesn't like when companies raise their prices," he continued. "Considering AMC has pricing power with a strong amount of subscribers, they hope to hold onto most of them through this increase." "One thing's for sure: there's volatility ahead for AMC," Christofi concluded.

The increase isn't detrimental for subscribers. At \$23.95, you can earn your cash back by seeing two movies a month. If you were to see three movies a week at prime time, it could cost around \$160 in New Jersey, so the deal is still strong. When A-List rolled out their price jump last week, rival Sinemia announced the lower alternative of their monthly plan from \$29.99 to \$24.99 a month. Sinemia allows subscribers to see any standard movie at a theater, a deal similar to Moviepass. However, Sinemia's \$24.99 plan has too much red tape. At that price, you're only allowed to see movies Mon. through Tues. and weekends aren't included. For \$29.99, you can catch a flick everyday including weekends. Also, for any plan with Sinemia, the membership is cardless. Considering the tickets are purchased online, you'll be hit with a \$1.5 fee each time. At that rate, what's the point? The movie theater subscription service is a new business everyone is trying to figure out. Maybe if all these plans crash and burn, it could make for a really good movie.



ERICA BARBARA
CONTRIBUTING WRITER

Turner Classic Movies announced that their FilmStruck streaming service will be terminated on Nov. 29. Founded in 2016, FilmStruck was not just a place to view classic and Indie films, but a service that provided invaluable knowledge of film culture. Cinephiles, film students, and casual viewers alike could view a vast library of selections including, but not limited to, Warner Classic movies and films in special editions from the renowned Criterion Collection. FilmStruck will be remembered as a celebration of film as a true art form. The end of the service is the loss of an anomaly in the realm of streaming. Popular platforms such as Netflix, Hulu, YouTube Red, and Amazon Prime consistently and aggressively lead the production of new and marketable content. At a price of \$6.99 a month and \$99 a year, FilmStruck focused on the preservation and promotion of more unique works. They also offered a plan, which included access to the complete Criterion Collection at \$10.99 a month. The Criterion Collection is known for distributing "important classic and contemporary films," and their DVDs usually sell upwards of \$20 for a single copy. These films are representative of different iconic eras in film, perspectives on life, and

artistic stylings, regardless of status. Many are unhappy with FilmStruck's impending revocation because they feel it was a resource that challenged widespread dissatisfaction in a world with 'uninspired' mainstream content. Professionals and casual viewers alike appreciated the catalog of films not currently competing to break massive box-office records or garner the most controversy. Nicholas Messina, a specialist professor of communication and FilmStruck member, discussed a large issue with modern film culture, "The monopolization of Hollywood, contemporarily, has resulted in the rehashing and releasing of sequels and prequels at staggering rates. Audiences get tired of this." Messina continued, "FilmStruck's shutting down will deal a serious blow to the future of production and cinema. Film, at the end of the

day, is art and FilmStruck was our L'Accademia, our Louvre, our Met. It was a collection of some of the finest pieces ever created." With a barrage of content accessible to us at any time, it can be difficult to wade through the muck of entertainment only made to appeal to temporary trends or emotions. The importance of meaningful and well-analyzed cinema will always be prevalent, and FilmStruck provided high-quality access to such works. Artists such as Barbra Streisand and Guillermo del Toro have recently petitioned to change the fate of the service, and a public petition to save FilmStruck has reached 50,000 signatures in the past few days. If there is no chance of its saving, many hope there will be another means for access to as extensive a film library as FilmStruck, to fill the need to view great works that may have been forgotten.



PHOTO COURTESY of Entropy

Foreign films like *Lady Snowblood* were featured on FilmStruck's Criterion Collection channel, which was beloved by film buffs.

Does Farewell Really Mean Goodbye?

The Curious Case of the Farewell Tour

MATTHEW SHAFFER
CONTRIBUTING WRITER

Saying goodbye to the things we love is one of the hardest things we do. We so desperately want to hang onto the things or people that made us happy throughout our lives. We never want to leave those precious moments in the past. Musicians make songs that can create moments and memories that transpire through generations, making it even more painful to relinquish those who we've listened to over the years. The farewell tour presents the audience an opportunity to see

their favorite artists perform their final swan song before hanging it up for good—the problem is; it's hardly ever the final performance that was advertised. A frequent trend in the music industry, specifically for older acts that have charmed the world with a bevy of hit tunes, is the idea of having a farewell tour: to give the world one last run of performances before retirement from live shows. It certainly has an appeal, being a member of an audience that gets to watch a legend do their thing one last time sounds pretty enticing. However, by taking a step back

to look at the history of farewell tours, it tends to be nothing more than a clever advertisement. In this year alone, musical titans such as Paul Simon, Joan Baez, Ozzy Osbourne, and Elton John have announced, finished, or just started their so-called farewell tours. While it may seem cynical to question the legitimacy of their retirement claims, it's not unreasonable to assume there will be future tours. Kiss recently announced their tour dates for their three-year farewell sendoff, which is both lovely and fantastic, but nearly two decades ago they had a tour that was unfittingly named "Kiss Farewell Tour." So if you intend to go rock and roll all night with Gene Simmons and the gang, don't be surprised to find out that it won't be the last time you get to bust out your face paint for a live Kiss show. If these artists aren't really retiring, but keep launching these massive tour runs, there clearly needs to be some kind of incentive. Money is obviously at the heart of this dilemma because these shows draw big numbers of fans of all ages. As if being Elton John wasn't already enough, a recent Forbes article projects that his final tour will gross roughly \$400 million. That's a whole lot of cheddar, Elton! If adding the word farewell to

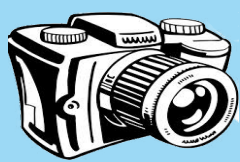
a tour banner will rake in that kind of cash, it's within the best interest of any artist to go on as many farewell tours as they possibly can. Not everyone is so pessimistic about the concept of farewell tours. Raymond Romanski, a senior communications student, WMCX DJ, and Outlook Club & Greek Editor, is an avid attendee at farewell shows—a concert connoisseur of sorts. In 2018 alone, he's been to Slayer, Machine Head and Ozzy Osbourne's farewell sendoffs, with plans to see the aforementioned Kiss tour. "I love farewell tours. I would always shell out money for one. It's usually the last time you'll see this musician," Romanski said. "Even if I'm not a huge fan of whoever it is, if their tour is labeled as a 'farewell tour,' that greatly affects my ticket purchase." Romanski doesn't think it's all about the money; he appreciates the grind and effort put into these tours by the artists. It's hard work to be separated from friends and family for so long. It also presents a chance for one last memorable performance before officially stepping away from performing. Noah Preschel, a junior communications student and WMCX DJ, finds the idea of music transcending time fascinating and how it resonates with an audi-

ence all these years later. Preschel believes the idea of a farewell tour gives the artists a chance to reconnect with their fans and to get back into the public eye. "I don't think the retirement aspect is all that important," Preschel said. "If an artist hasn't toured in a long time, I think that's the overarching reason why people will decide whether to buy tickets or not." On the surface, it may seem a bit disingenuous of artists to falsely claim that they will never go on tour again, but does it really matter? Who's to tell Paul Simon that he has to promise to retire from playing live concerts? He's been performing for almost his whole life; it's not up to the public to decide when he should call it quits. These types of things have a mass appeal anyway; getting the old band back together is a story that resonates. To some people farewell tours are a nostalgia act, to others they get to see their favorite musician back on stage playing music that makes them feel good; whether or not they are performing for the last time is beside the point. For a brief moment in time, an audience gets the chance to listen to an artist that they've made an emotional connection with. Besides, when we say goodbye to someone we feel close to, we always hope to see them again soon.



IMAGE TAKEN from up! 99.3

Elton John and other artists are embarking on their last tours.



MOMENTS AT MONMOUTH



LEFT:
STUDENTS AND FACULTY
FROM THE HISTORY
AND ANTHROPOLOGY
DEPARTMENT VISITING THE
MUSEUM OF THE AMERICAN
REVOLUTION.
PHOTO COURTESY OF:
HISTORY AND ANTHROPOLOGY
CLUB



RIGHT:
UNIVERSITY NURSING
AND HEALTH STUDENTS
REPRESENTING
MONMOUTH AT THE
NJASPERD FUTURE
PROFESSIONAL
WORKSHOP.
PHOTO COURTESY OF:
MU NURSING AND HEALTH



LEFT:
THE CAST OF THE MU
PLAYERS' PRODUCTION OF
THE DROWSY CHAPERONE
AT THE LAUREN K. WOODS
THEATRE.
PHOTO COURTESY OF:
MU PLAYERS



RIGHT:
THE WOMEN'S SOCCER
TEAM POSES AT THEIR
NCAA GAME LAST WEEK.
PHOTO COURTESY OF:
WOMEN'S SOCCER



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



*Where do you see
yourself ten years from now?*

COMPILED BY: NICOLE RIDDLE



Kelli Misenheimer
Senior

"I see myself married and with my first child on the way. I also see myself being a boss lady in the music industry field and winning a Grammy."



Vincent Signorile
Junior

"In ten years, I see myself teaching in a classroom."



Tara Ferejohn
Junior

"In ten years, I see myself as a happily married dog mom. Hopefully I'll be working locally at a job I love, working with therapy animals!"



Jared Garcia
Sophomore

"Still living at home and hopefully having a job related to my field of interest, which is video production and maybe even freelancing."



Andreas Christofi
Professor of Finance, Economics, and Real Estate
"In my model home traveling Southwest."



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Greek Life Holds Town Hall Meeting to Discuss Proposal

RAY ROMANSKI
CLUB AND GREEK EDITOR

The Greek community held a town hall meeting last Wednesday afternoon in Pollak Theatre that discussed possible changes to the current Greek system. Greek life was suspended by the University's administrators on Sept. 6 following a rocky spring semester that saw two fraternities shut down for severe hazing allegations and the alcohol-related death of a student after a fraternity party, poor academic performance, and poor community involvement. This event featured a panel led by Greek Senate President Henry Tran, Inter-Fraternity Council President Andrew Ziminski, Panhellenic Treasurer Marisa Creta, and Multicultural Greek Council President Faridat Busari. Twelve of the sixteen recognized organizations' Presidents were in attendance with the other four

organizations sending delegates, as well as President Grey Dimenna, Esq., Vice President For Student Life and Leadership Engagement Mary Anne Nagy, and community members. 27 possible changes to the Greek system were discussed including raising the required GPA for new members from 2.5 to 2.75, clarifications on recruitment events, and taking of underclassmen's contact information at events such as Meet The Greeks. Additionally, the fate of Greek life for the spring 2019 semester is still uncertain. "We've been in contact with office of student activities and we spoke with Amy [Bellina, Director of Student Activities and Student Center Operations] and we wanted to be very clear: Recruitment is not guaranteed for the spring," said Creta. "It will not be the same weekend, it will most likely be pushed back when and if that happens. So, let's not spread

rumors about that, but we're working with the office to work that all out." The new deadline for the submission of a reformative proposal to administrators is Friday Nov. 16. "The IFC new member average was the lowest average in the spring of 2018, as well as the Panhellenic average which was below the all campus average and all women's average," said Ziminski. Bid night, where Greek members discover if their selected Greek organization will accept them, was also on the chopping block. "75% of members must be present until midnight," said Creta on behalf of the Panhellenic Council. "The main point of this is just to ensure that mixers and stuff don't go on after bid night. If something happens still happen after that, we will take measures based on Greek Senate or the school." Another possible reform mentioned was a report card for an individual organiza-

tion that would cover all members in an organization. The idea of a newsletter to University alumni also may come into fruition. "Something we want to start doing, is interacting more with parents, alumni, and alumni advisors, and our initiative to communicate more with parents is through a newsletter," said Tran. "It's worth mentioning the publicity was a little too negative, so this would capture all the positives, such as community service, philanthropy, and so on." Tran also asked the Greek community for patience. "When this proposal takes place, it won't be easy," he said. "It takes time to implement this at a chapter level and as a council. The platform of the greek community won't be the same, as to what it was. The things are not going back to what they were." The Greek leadership councils met with a consultant on Oct. 21 named David Westol, owner of Limber-

lost Consulting, Inc. to help formulate major elements that need redress. David Westol could not be reached for comment. Tran thanked him for his help during the town hall meeting. After the discussion, Nagy commended the Greeks for their presentation. "I think this presentation was a great show of responsible leadership on behalf of the Greek councils," she said. "I would like to see the full proposal, but there was a number of interesting things they mentioned." Nagy continued, "Their outreach to the community is important. I think that demonstrates it's beyond them and beyond nearby communities." Dimenna was also pleased with the nature of the discussion. "I was very pleased with how they communicated with the Greek community," said Dimenna. "they're taking responsibility."

Vegan Activist James Aspey Visits Campus

CAROLINE MATTISE
OPINION EDITOR

Plants for Peace, an on-campus organization, hosted inspirational speaker James Aspey in Wilson Auditorium Monday Nov. 12 in an event titled "Choosing Compassion over Violence". Aspey is an Australian animal rights activist; known for going vegan and taking a twelve month vow of silence to bring awareness to animal cruelty. He has a strong social media presence and following of loyal fans. At the age of 17, Aspey was diagnosed with Leukemia. Told that he only had six weeks to live, Aspey was fighting for his life and he made it out alive. After working as a physical trainer, he met a man who changed his whole perspective on life. The man told Aspey, an avid meat eater, that, "Eating animals is bad karma." Not wanting to have bad karma, and believing in all else that the man said, Aspey began his vegan journey and his new way of life. After taking his vow of silence, Aspey biked 5,000 km across Australia to show that someone can be vegan and be

healthy. He encourages people to have compassion for animals and acknowledge that we are all animals of this earth. Going vegan is not only good for a person's individual health, but it is good for the health of the world. "We feed these animals six to twelve times more food than what we take from them in food," said Aspey. "Meanwhile, 20,000 children every single day die of starvation. We could end world hunger if we redistribute this food to those hungry mouths." Mary Harris, Professor of Communication, is the director of Plants for Peace and has planned 50 events for the organization. Plants for Peace is a non-profit, non-sectarian educational organization. The organization meets three times a semester, and the programs are always free. The events and programs hosted by Plants for Peace feature nutrition experts, health-care professionals, creative plant-based cooks, discussion forums on ethical issues, book reviews, and films. Although the group is based on campus, the events are open to all individuals. "It is not just a student organization and you do not even have

to be from Monmouth County," said Harris. "We get people from all over the Tri-state area who come to our events." Professor Harris and Plants for Peace reached out to Aspey a few years ago, and he was already booked. Luckily, Aspey was set to speak in New York and was able to stop by Monmouth to share his experiences. Harris has been vegan for ten years and has even raised her three year old son completely vegan. Harris has quite a lot of respect for Aspey and the work that he does. "I think that it takes a lot of courage to talk about some of this stuff that is not so common in our society but is becoming more common," said Harris. "He engages with people so compassionately...I think that's what the world needs more of." James Aspey is full of inspiration and simply wants people to know that anyone and everyone can go vegan. It is as simple as choosing almond milk over cow's milk, and making other smart choices in the supermarket. Be sure to follow Plants for Peace on Instagram @plants. forpeace for upcoming events!



Vegan activist James Aspey spoke in Wilson Auditorium on Monday.

PHOTO TAKEN by Caroline Mattise

Club and Greek Announcements

WMCX

WMCX is a student-run radio station, and we've been Rockin' the Shore since '74. Learn how to operate the studio's machinery, make connections, and host your own show! Meetings are held every other Wednesday in Plangere 236 at 3:15. If you're interested in joining, contact Ali Nugent at s1096530@monmouth.edu

Hawk TV News

Hawk TV News is looking for vibrant and interested students who want to be reporters, writers, anchors, and much more. You do not need to be a communication major to be a part of this organization. If you are interested e-mail us at s0933548@monmouth.edu or meet us on Wednesdays in JP 138 at 3:15 p.m.

College Democrats Interest Group

There will be a College Democrats Interest Group meeting held in Bey Hall 226, the Center for Active Citizenship. All who are interested in attending should come to hear about how to become involved in left-of-center political activities. Events will be held throughout the year, some in unison with the College Republicans. For more information, or any questions or concerns, contact Landon Myers at s1132749@monmouth.edu.

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum. If you are interested, please e-mail Zach Cosenza at s1052751@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!

Professor Spotlight on Courtney Werner

JENNA PUGLISI
FEATURES EDITOR

Courtney Werner, Ph.D., is an associate professor of English. Those who have had her as a professor know that she is consistently helpful and affable, but many of her students may not be aware of the research she does outside of the classroom.

Werner's research specialty is digital writing. Regarding the works that she has had published, Werner explained, "My most important pieces are about how my field defines new media and the practical applications of those terms. Other pieces I have published focus on pedagogy: what does it mean to use this ideology in the writing classroom?"

Another one of her research interests is delving into the importance of writing centers. "My favorite topic to research is actually the ideology of writing centers like our own writing services, and I have a history of publication that looks at digital writing and writing centers," Werner shared.

While teaching at Monmouth has lessened the amount of time that Werner has available for research, she does not view that as a bad thing. She loves to teach and is happy that since being hired at Monmouth in 2015, teaching now takes up most of her time.

Werner said, "My emphasis on teaching here also informs my research and allows me to think about new projects. It's also helped me better manage my time and find like-minded, teacher-researchers, with

whom I currently have a great writing group."

It is likely that you may have had Werner for a first-year composition course. "I love the variety of classes I get to teach, but every semester, I insist on teaching either EN 101 or EN 102," she shared.

If you missed out on her class as a freshman, you still have a chance to have her for upper-level courses. She often teaches Language and Linguistics, as well as Writing New Media. Werner can also be found teaching graduate courses.

Freddi Lake, a junior education and English student, is currently enrolled in Werner's Language and Linguistics course. "My favorite part of Dr. Werner's class is the openness of the class discussions. I like that I feel like I can ask any question and she is always willing to answer," Lake said.

Brooke Walker, a junior English student, is enrolled in the same class as Lake this semester. "Creative in-group exercises and open class discussions where we all get to express different ideas and opinions has made challenging areas of English, such as Language and Linguistics, a discipline I now highly take interest in," Walker said.

When she was a student herself, Werner was significantly influenced by some of her classes. Werner reflected, "There were two particular classes that impacted my life. Twentieth Century Feminist Political Theory was a class that helped me understand myself and my place in the

world. It helped me give voice to ideas and troubles that had been stirring in me for a few years."

She continued, "Introduction to Rhetoric and Composition was the other class. It made me realize that there was a career out there for me, and after studying Rhetoric and Composition in that class, I went on to earn both an MA and a Ph.D. in Rhetoric and Composition."

As students, the classes that we take now can push us in the direction of the careers that we want to pursue. If we're lucky, our professors will inspire us to learn more about a particular subject within our major. For instance, within the field of English alone, there are so many different avenues that one can pursue. There are various concentrations that allow for everyone to be interested in different topics.

Walker has had an extremely positive experience in Werner's class. "Dr. Werner has only helped me excel. She gives honest and exceedingly helpful feedback when it comes to critiquing my essays, which has undoubtedly improved the way I write," she shared.

Werner is always available to help students in class, as well as through office hours and email. Walker added, "She is always willing to go the extra mile to help someone out, and truthfully, helps students grow even in the smallest of ways."

Outside of class, Werner is always busy with projects. "I am currently co-authoring

a piece with a colleague at Youngstown State University in Ohio. The piece is about online chat writing center consultations and how tutors and writers negotiate their language in a digital medium," Werner said.

She continued, "I'm also working on two pieces about digital infrastructure and students' software choices. In the summer, I hope to begin

a substantial new project on web design."

In professional research and as a professor, Werner is creating a lasting impact. She may even be guiding her students into futures with a similar career.

Dr. Werner, thank you for being so passionate about your field. On behalf of all your students, we all appreciate how much you do for us!



PHOTO COURTESY of Monmouth University

Courtney Werner, Ph.D., is a professor of English, as well as a researcher of topics that include digital writing and writing centers.

The Great Note-Taking Debate: Laptop vs. Paper

SKYLAR DALEY
STAFF WRITER

A laptop is a must-have for all college students; University websites will even give guidelines to what kind of laptops should be purchased. In other words, colleges rely on our ability to have access to technology.

But, this is not a bad thing at all. After all, the internet is chock full of information and as students, we have access to virtually anything at the touch of our hands and the connection to Wi-Fi. Note-taking is quicker and we can make it all neat with just some format adjustments. However, laptops might not be the best way to take notes.

The University as a whole has split opinions on whether it is more beneficial to take notes on a laptop or with pen and paper.

Laptops: many professors will advise against it, some are performing research on it, and others think it is valuable to have information at students' finger tips. Frank Fury, Ph.D., professor of English, often lets students have laptops in his classes.

"I think that they can be a distraction sometimes, but it is less about note-taking and more about being a supplement to discussions," Fury stated.

The old school way to take notes is via pen (or pencil) and paper. Laptops may make note-

taking faster, but there is not as much knowledge retention in taking notes with a keyboard.

Physically writing down your notes will spark a mental process that helps you to remember what you have written down. That is why a lot of professors, especially in note-dependent classes, will often advise that laptops are to remain shut.

It is not unlikely that some students will keep the old way of taking notes just because

they think it works better. Josie Gargiulo, a sophomore English and education student, said, "I prefer to write down my notes. I even draw little pictures to help me remember it all better." The pictures provide visual cues for her mind to remember the information.

Aside from retention, students who use laptops tend to over-write information that might not be relevant. The speed of typing may also cause you to write down the lecture

word for word, rather than in your own words.

If you return to your notes later on, try and rewrite your notes in your own words, either on that page or in a fresh document. When you look back on your notes, you will be under less pressure and in a more comfortable setting. This will allow you to absorb the information that you wrote down.

Some professors outright ban laptops because they are a distraction to students. Many

think that the laptops give the student a wall between them and the lecture. The content available on your screen may distract you from class, and cause you to miss some important information. Professors think that students would be tempted to exit out of their document and shop online or message friends on social media.

Brittany Leventoff, a sophomore finance student, said, "Laptops in class are very beneficial because many students type faster than they can write. It also gives quick access to look up anything they do not know to further their understanding of the topic being discussed."

Either option is a double-edged sword, but it really comes down to the person who wields the weapon. If you decide to use the laptop correctly, it is really beneficial to you, especially if you like easy organization. If you are able to write everything down quickly without missing important lecture notes, pen and paper might be better.

The best way to take notes might just be to use the best of both techniques. That is, writing the notes on the laptop and then recopying them on a hard copy or vice versa. That way, the information is retained twice by using both types of techniques. Try out both techniques to figure out which one works the best for you.

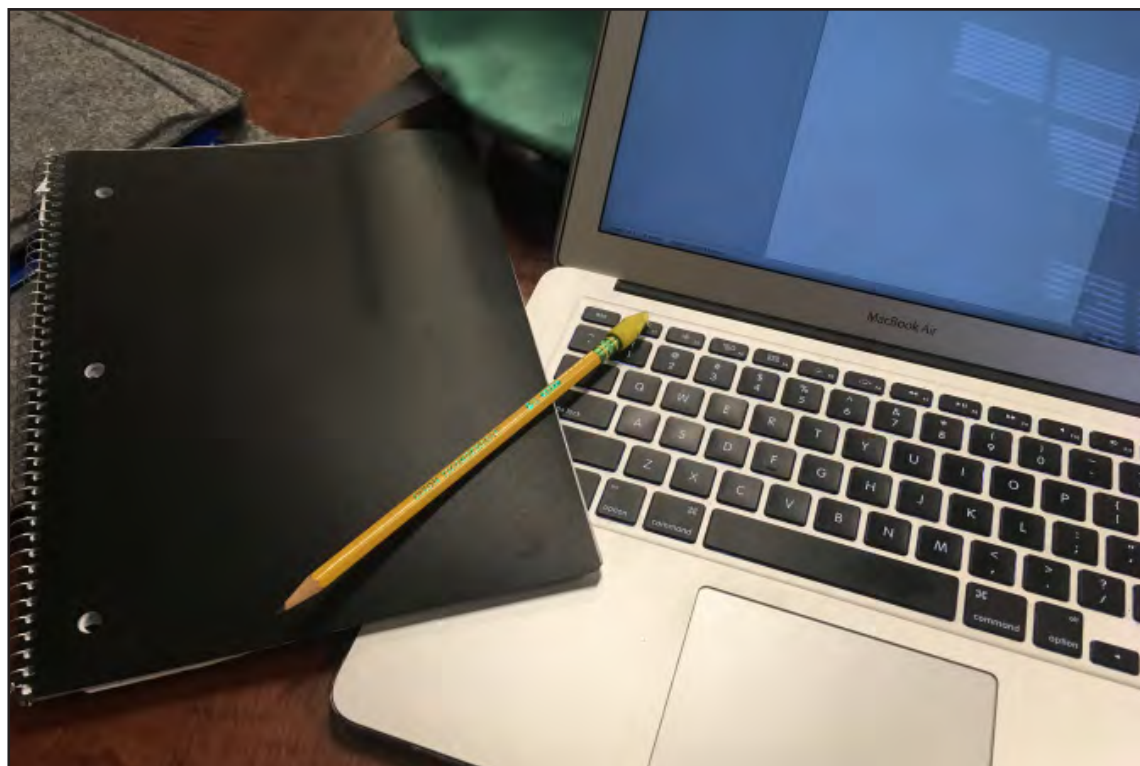


PHOTO TAKEN by Skylar Daley

The best note-taking strategy differs for each person. Do you prefer typed or handwritten notes?

How to Plan the Perfect Friendsgiving

DALLY MATOS
STAFF WRITER

Thanksgiving is the time of year where we give thanks to everything and everyone in our lives. For almost everyone, the people we are most grateful for besides our families are our friends.

Friendsgivings are events similar to Thanksgiving dinners, but the guests are our friends. These dinners are always a lot of fun, but for those who have not planned one before, it could be a very stressful event. Here are some tips for those of you who have never planned a Friendsgiving before.

The Host Makes the Roast-- Everyone Else Brings the Sides

When I had my first Friendsgiving with my friends, all our cooking abilities were very different. Some of us could cook but didn't have the space, and others had the space but could somehow burn boiling water.

We quickly came up with this simple rule: whoever offered up their place as the site for the dinner would have to make the turkey. It doesn't always have to be turkey; some friends prefer to bake chicken (because it's cheaper) or a ham (because it's easier to make).

The guests would then volunteer to bring sides, whether that be mashed potatoes, broccoli or mac and cheese. As-



PHOTO TAKEN by Dally Matos

Friendsgivings are a great way to reconnect with friends; follow these steps for stress-free planning.

signing tasks like these will not only make the host's job easier, but will also help make everyone feel like they are involved.

Have a Theme

Sometimes, especially when you are hosting one of these events for the first time, it can be difficult to get everyone comfortable and to get the ball rolling.

Chloe Barone, a junior public relations student, said, "Friendsgiving is the perfect opportunity to reconnect with friends who may go to different

colleges. I like to have themes to help ease the transition of conversation. A Game Night theme for your Friendsgiving could be as simple as playing board games to liven up the night."

A simple theme like "Game Night" or "Around the World Potluck" could easily flow conversation between people who may not have seen each other in quite some time. If you need some more inspiration for a cute theme, taking a quick glance at Pinterest is always a good place to start.

Invite Friends You Love

Friendsgiving is a time to spend time with friends whom love and don't normally see, not for inviting your third cousin because he helped you bake a pie. Sometimes, it feels like events like these should be huge, and that you should invite a bunch of friends. However, in reality, a small group of people you love can make the night even more amazing.

Madison Leppert, a senior criminal justice student, said that the guest list is what is most important for a perfect

Friendsgiving. "It's not necessarily about the food, it's about the people you're with. Food is only extra. It's the people and the memories you make that matter the most."

Have Fun!

The most important part of Friendsgiving is to remember to have fun. Sometimes, you could get caught up in all the minor details that it could begin to feel like a chore instead of a fun night with friends.

Jennifer Shamrock, Ph.D., professor of communication, said it is important for college students to have this kind of event when they return home from college. "I think that getting together and celebrating friendships and community isn't something that is confined to one's family. Keeping those connections alive with your friends and people who might not live close to you is really important, especially during the holidays," Shamrock said.

Friendsgivings are a perfect way to reconnect with friends and make new memories together. It just takes a little bit of planning to make the perfect dinner for you and your closest friends.

Whether you are the host for the first time or just an attendee, I hope these tips will make this event a little less stressful for you. Be cheerful, be thankful, and have a wonderful Friendsgiving!

The Best Student Deals and Discounts

SAMANTHA LOSURDO
STAFF WRITER

We all know the cliché "broke college student." If you can relate to that description, local businesses offer incredible student discounts all over the Long Branch area to help out Monmouth students.

There's no reason to sugar coat it – we live in a pretty pricey area on the Jersey Shore. These student discounts really do wonders to make up for that.

If you are looking to get your nails done, you can get a manicure without feeling any guilt. Shannon McBride, a senior communication student,

said, "The Affinity Nail Salon gives Monmouth students a discount and they do nails really well."

When checking out the school's site, you can easily find a list of some of the discounts that are offered to us. Believe it or not, we have some pretty awesome connections.

Apple, Dell and AT&T are just a few of the big names that really come in handy when you're a student looking to buy some new electronics. Laptops, tablets and/or desktops are some necessary machines for all college students. Prices run pretty high for our beloved MacBooks, so

we could all use a discount for that purchase.

With having a mall so close to campus, things can slightly get out of hand. If you hear the Monmouth Mall calling out your name to spend all of your latest paycheck, it's okay to cave. If you want to get some new clothes or a sweet treat, there are plenty of discounts available to you.

Stores like Charlotte Russe and Forever 21 are among those who will give you a discount. When in doubt, don't be afraid to ask your favorite store if they offer any deals for local students.

Reanna Morio, a senior business student, said, "The frozen

yogurt place, Frozen Peaks, in the mall, gives Monmouth students discounts. And the fro-yo is really good, too." When your sweet treat is discounted, the gym session the next day is totally worth it.

If you are one of the many Monmouth students who are addicted to Playa Bowls, you can get a 10 percent off discount when you show your ID at the Pier Village location. All those discounts will add up and if you use their loyalty card too, you will get a free bowl after purchasing 12. That deal will make you feel better about splurging on your Nutella snacks.

If you're a commuter student, it can sometimes be difficult to keep up with what's going on around the University neighborhood. But student discounts will follow you wherever you go, regardless of what town you call home. Many places will offer a student discount to anyone with a valid University ID, no matter what location you find yourself in.

There are a handful of chain restaurants that offer student discounts. Chick-fil-A and Chipotle offer free drinks with a meal if you show your student ID; how amazing is that? Other places like Dunkin' Donuts, Dairy Queen and McDonald's will give 10 percent off to students.

Many stores outside of Monmouth Mall also offer student discounts; in most cases, you can even apply this discount online. Some typically expensive stores, such as Urban Outfitters, give a 15 percent discount for students.

Other websites and apps can also verify your student status

to give you a discount. Something that every college student needs is music. Whether you pledge your loyalty to Spotify or Apple Music, you can get a student rate for their monthly streaming services. Say good-bye to annoying advertisements!

Eleanor Novek, Ph.D., professor of communication, noted that you don't even need to leave campus to experience the benefit of some discounts. "The performances that we put on here are really good, and the tickets are always discounted for the students," she said.

In fact, Monmouth is currently putting on a production of *The Drowsy Chaperone*. You can still catch performances from Nov. 14-18, and tickets are free for students. Why waste money on gas or an Uber if you can just stay on campus for fun and free entertainment? You can call the Lauren K. Woods box office for more information.

The University also offers trips through the Student Activities office that give students the opportunity to get away for a low price. For instance, last spring, the history club funded a trip to Washington D.C. that cost students less than \$50 for transportation and a two-night stay in a hotel. Always keep an eye on your email, because another trip could come up soon.

We all pay for that title of "Monmouth University Student," so take advantage of everything that comes with it. It's common for college students to claim that they're broke, so there's no excuse to not use all the discounts that are available to you.



PHOTO TAKEN by Jenna Puglisi

Playa Bowls is one of the many local businesses that will give a discount to students who have a valid Monmouth ID.

Field Hockey Falls to William & Mary in Overtime

CHRIS FITZSIMMONS
STAFF WRITER

Fresh off of their Metro Atlantic Athletic Conference (MAAC) Championship win, Field Hockey fell just short of a victory in their National Collegiate Athletic Association (NCAA) Tournament game against William & Mary by a score of 3-2 in Williamsburg, VA last Wednesday.

"I couldn't be more proud of a team with the amount of dedication and belief they had in one another," said Head Coach Carli Figlio. "I am proud of everyone on this team and what they accomplished this year and extremely honored to be their coach."

For the third time in program history, Monmouth made the trip to the NCAA Tournament and for the third time failed to advance, losing each game by one goal.

The Hawks were first to score when senior forward Kelly Hanna drove right up the middle of the defense with senior forward Georgia Garden Bachop right by her side. The New Zealand native worked her way down to the post and Hanna sent in a well-timed pass that Garden Bachop tucked in for the 1-0 lead.

The Tribe came storming right back as they blasted four shots off in a row, but were unable to connect on any.

William & Mary finally broke through and answered in the 22nd minute by tipping in a corner shot to tie it up at one.

The Hawks this time were

the ones to apply pressure with Garden Bachop, senior forward Elyssa Okken, and freshman forward Annick van Lange all taking shots, but they were unable to recapture the lead.

The Tribe got the next best chance to take the lead with a penalty corner right before the half, but it was unsuccessful.

The second half saw both teams struggle to put points on the board. This was in large part due to the performance of Monmouth freshman goalkeeper Kate O'Hogan, who made a total of ten saves in the match.

Monmouth came right out and took some quality shots that culminated in a corner attempt by

Hanna that was neutralized by the hosts.

In the 42nd minute, a penalty stroke was awarded to the Tribe after their goalkeeper was tripped, but O'Hogan was kept from having to make a save as the shot rang off the post.

As if it had been scripted, Garden Bachop broke through for

the Hawks in the 63rd minute to put Monmouth up 2-1 with just seven minutes left to go.

But William & Mary wasted little time getting themselves in position to tie it up. The Tribe intercepted a pass from outside of the circle, worked it up the field, and took a shot that earned the team a penalty corner.

With five minutes left in the game, both teams held their breath as the resulting shot rang off of the stick of Tribe forward Annie Snead, who fed senior midfielder Estelle Hughes for the tying goal.

The game would remain tied and enter overtime, where William & Mary was simply the better team. The Tribe took four shots to Monmouth's zero, and on the fourth shot found twine. With that, the Hawks' 2018 season concluded.

Monmouth's elimination from the NCAA Tournament marked the end of collegiate careers for seniors Garden Bachop, Hanna, Okken, and Gab Girardi.

This year's senior class won four consecutive MAAC Regular Season Championships, made two NCAA Tournament appearances, and won 53 games, which is tied for first all-time.

"This senior class is beyond special; they showed what it meant to be a family, what it means to work and we will miss them tremendously," said Figlio. "We will work hard off the foundation they laid this year to continue to take steps in the right direction."



PHOTO COURTESY of Monmouth Athletics

Freshman goalkeeper Kate O'Hogan saved a career-high ten shots in Monmouth's 3-2 overtime loss at William & Mary in the NCAA Tournament.

Women's Soccer Seasons Ends in NCAA Tournament

MARK D'AQUILA
STAFF WRITER

Women's Soccer was eliminated from their third straight season of National Collegiate Athletic Association (NCAA) Tournament play by a 2-0 loss to No. 11 Virginia in the first round on Friday night in Charlottesville, VA.

The defeat put an end to Monmouth's 11-game winning streak which was their longest since the program put 17 straight in the win column between the seasons of 1994 and 1995.

The defense was lockdown on both sides for the majority of the game and especially in the first 25 minutes for the Hawks before allowing a 27th minute goal from six yards out to open the game's scoring.

Despite conceding a first half goal, junior goalkeeper Amanda Knaub tied her single half saves record with eight saves in the first 45 minutes to keep the Blue and White in the game.

Knaub did not have to make a single save in the second half however as she only saw one shot on goal, which got by her in the 51st minute to extend the Cavaliers' lead to 2-0 on an unassisted score.

The Hawks' defense was the highlight of the game, especially the second half. They allowed just one shot on goal thanks to senior defender LeAnne Davis, who had two blocks in the match, as well as freshman midfielder Jill Conklin who had several crucial clears.

This has been the story of the season for the Hawks, whose

defense allowed multiple goals in a game for the first time this season on Friday, with every other match resulting in either a shutout or a lone goal.

Offense was the issue for the Blue and White, who were only able to record one shot in 90 minutes of play as they were outshot 23-1 for the game and 10-0 in shots on goal. The Cavaliers also held the advantage over Monmouth on corner kicks, taking six for the game to MU's two.

"We are very disappointed in the result tonight," said Head Coach Krissy Turner. "We knew our chances to score would be limited but we did create some good ones."

Among the few quality scoring opportunities for the Hawks was junior forward Dana Scheriff who recorded the lone shot of the match for the visiting side.

Virginia will now advance to the second round of NCAA Tournament play where they will look to make a deep run after improving their all-time series record against Monmouth to 2-0 with their only other matchup also coming in the tournament. The Cavaliers' next opponent will be unranked Texas Tech who they will face on Friday in Waco, TX.

As for the Hawks it was a milestone season for their group who recorded the program's largest win total since 2013 with their 16 victories. They finished the season with a 16-4-1 overall record.

Monmouth continued to struggle however when facing nationally-ranked opponents as they are now 1-9 all-time

and 3-9 against Atlantic Coast Conference (ACC) opponents.

Amongst this year's graduating senior class are forwards Alli DeLuca and Jazlyn Moya, defenders LeAnne Davis and Christina Balacco, and goalkeeper Laura Dramis

who have combined to lead Monmouth to a 58-16-7 record during their time in West Long Branch.

"Our program is closing the gap and we will continue to work to get better so that next year the outcome will be

different," said Turner. "The coaching staff is super proud of our season as it was terrific. A big thank you to our senior class as they were instrumental in the success we have achieved the past four seasons."

"Our program is closing the gap and we will continue to work to get better so that next year the outcome will be different."

KRISSY TURNER
Head Coach

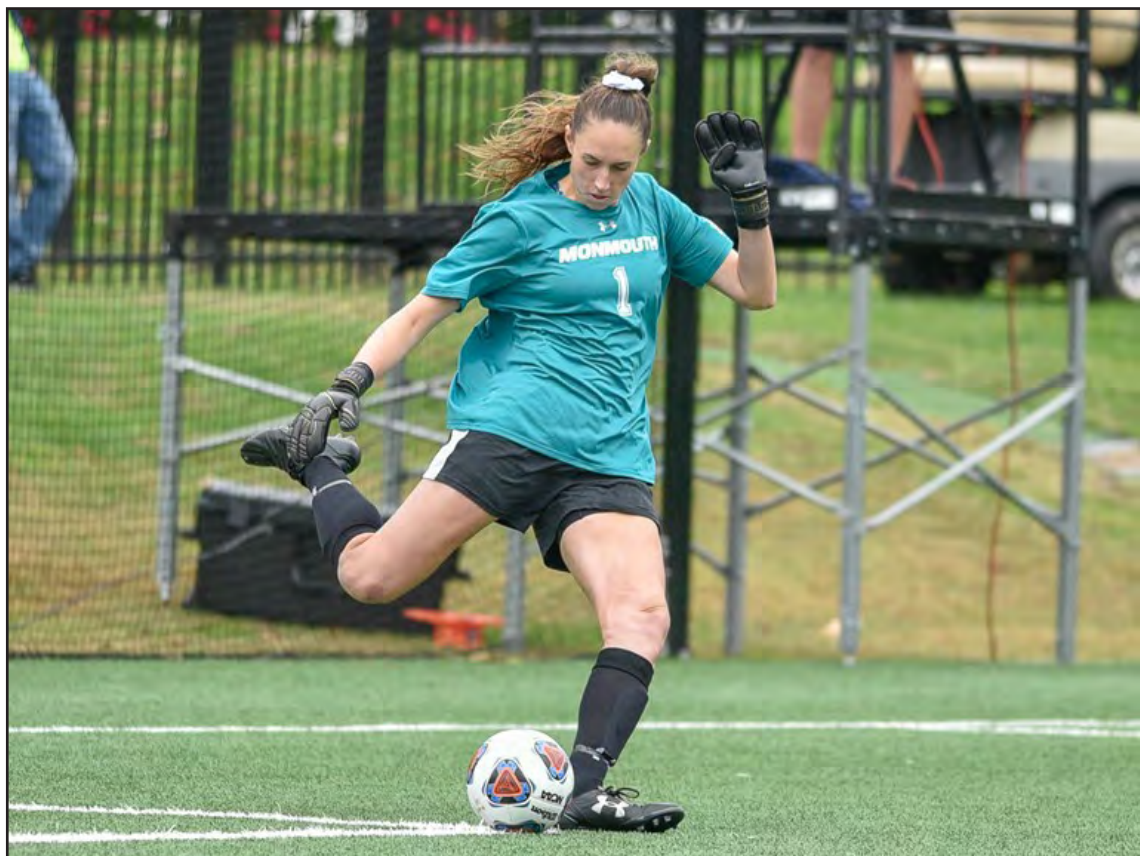


PHOTO TAKEN by Karlee Sell

Junior goalkeeper Amanda Knaub made eight saves within the first 45 minutes of Monmouth's 2-0 loss at No. 11 Virginia in the NCAA Tournament on Friday.

Bowling Finishes 7-3 at First MEAC Meet in Delaware

EVAN MCMURTRIE
SPORTS EDITOR

Monmouth Bowling defeated two nationally-ranked programs in its first meet as a member of the Mid-Eastern Athletic Conference (MEAC), finishing in fourth place with a record of 7-3 at Pleasant Hill Lanes in Wilmington, DE last weekend.

“We started out the weekend strong, but fatigued the last two matches,” said Director of Bowling Karen Grygiel. “We need to continue to work on our spare shooting and endurance. Overall, it was a good weekend.”

The Hawks, who are nationally-ranked themselves at 23rd, opened the meet with six straight wins.

The first five matches of the meet were played on Saturday in traditional format.

After starting off with an 842-755 win over Florida A&M, Monmouth dominated Bethune-Cookman. The 821-669 decision was their largest victory of the weekend at 152 pins.

Senior Haley Solberg averaged 175.40 pins in her five games en route to a 21st overall finish.

The Hawks went on to defeat two nationally-ranked opponents back to back. First, they edged No. 8 Delaware State 856-849 and then downed No. 11 North Carolina A&T by a score of 885-856.



Junior Kyla Day made her second appearance of the season as Monmouth finished 7-3 in their first-ever MEAC meet last weekend.

“We started out the weekend strong, but fatigued the last two matches.”

KAREN GRYGIEL
Director of Bowling

Monmouth finished out the traditional format portion of the meet with an 868-852 win over Morgan State.

Freshman Saige Yamada’s 205-pin game was the highest of any Monmouth bowler during traditional play. Yamada also bowled her first two 200-plus pin games of her collegiate career last weekend.

On Sunday, the second half

of what was the first MEAC meet of the season took place. Monmouth bowled in five more matches, this time in Baker format.

The Hawks started strong, defeating Howard 921-812 and racking up their highest pin total of the meet in Baker format play.

Monmouth suffered their first loss of the tournament next at the hands of the 16th-ranked University of Alabama at Birmingham before bouncing right back with an 838-745 victory against Norfolk State.

In the 50 games played throughout the weekend, the Hawks finished fifth overall in pins per game with an average of 168.2.

Monmouth slipped in their final two matches to land at the eventual record of 7-3. After losing to Coppin State, they dropped a 782-864 decision to No. 7 Maryland Eastern Shore.

To begin their season, Bowling participated in the Track Kat Klash in Houston, TX where they placed ninth with a record of 10-3 over the course of three days.

The University of Maryland Eastern Shore will be the location of this weekend’s meet as Monmouth will travel to Millsboro, DE to participate in the UMES Hawk Classic.

The tournament will take place at the Millsboro Lanes and the action will span from Friday to Sunday.

Men’s and Women’s Basketball Seasons Tip Off

ZACH COSENZA
EDITOR-IN-CHIEF

Men’s Basketball started their regular season by losing three games to Lehigh, Colgate, and St. Joseph’s, respectively.

Their latest loss came at the hands of the St. Joseph’s Hawks, with a 78-63 loss on Monday night.

Monmouth was within six at halftime, but in the second half St. Joseph’s scored 49 points to have the 15 point victory.

“This was our best game so far this year, we competed the whole time,” said Head Coach King Rice. “You have to take your hat off to those kids because they really stepped up for them. But I told our kids, this was our best game, we fought hard and Saint Joe’s is tough.”

For Monmouth, they shot 65 percent in the second half, compared to only 32 percent in the first.

Monmouth’s overall field goal percentage was better than St. Joseph’s (48 percent to 41 percent). The key difference was 13 second-chance points for St. Joseph’s to only two for Monmouth.

Sophomore guard Ray Salnave led the team with 14 points, with junior forward Mustapha Traore and sophomore guard Deion Hammond close behind with 12 points each.

On Friday, the Hawks lost to Colgate 87-74 despite going into halftime with a one point lead.

Colgate scored 53 points in the second half compared to 39 from Monmouth.

“Obviously we’re very disappointed,” Rice said. “I thought we played a lot better today than we did the other day. I thought we competed much harder. This one’s going to take a little time for us to get together and really, really stay together and figure out what combinations work the best.”

Salnave led the team with 16 points, Hammond was second with 14. Junior guard Louie Pillari was the third player in double-digits with ten points.

On Tuesday, Nov. 6, the Hawks opened up the season with a home match against Lehigh.

Monmouth lost 85-61 in a game where they were outscored in both halves.

“Very tough night for us tonight, we just couldn’t guard them at all and I didn’t think we played with enough intensity on the defensive end,” Rice said. “I thought we’d be more settled after the half but coming out in the 2nd we just didn’t have it.”

Hammond scored a team-high 21 points in the season-opener, his second-career 20 point game. No other Hawks scored more than six points in the contest.

Next up, Monmouth heads down south as they are set to play three games in the Myrtle Beach Invitational.

The first game will be against West Virginia on Thursday at 7:00 p.m. After that, they will play either Valparaiso or Western Kentucky on Friday.

The third match-up will be one of UCF, St. Joseph’s, Wake Forest, or Cal State Fullerton on Sunday.

MATT DELUCA
STAFF WRITER

Trailing by as many as 12 in the second half, Women’s Basketball’s comeback attempt fell short, falling 73-67 at East Carolina on Friday night.

“We showed a lot of fight to battle back into this game after going down by so much,” said Head Coach Jody Craig. “Our defense came up big and we gave ourselves a chance to come back and win this game.”

Junior guard Sierra Green led Monmouth with 19 points, including five three-point shots.

Freshman forward Lucy Thomas had a double-double, scoring 13 points and grabbing 11 rebounds in what was her second career game.

The Pirates opened the game with five straight points, forcing Monmouth to call a timeout after just a minute and 28 seconds of play.

East Carolina continued their first quarter push, extending their lead to 18-2 with 3:20 remaining in the first quarter.

The Hawks closed the quarter strong, going on an 8-1 run to make it 19-10 after ten minutes of play.

Monmouth was able to cut the deficit to as little as six in the second quarter, but went into halftime down 44-36. Green had four three-point shots in the quarter.

Halfway through the third quarter, Monmouth embarked on a 10-0 scoring run to get within three points with 4:23 remaining in the frame.

Thomas hit three three-point shots in the third, her last bringing her team within two with just under four minutes

left in the quarter. East Carolina went into the fourth quarter with a 60-53 lead.

In the fourth, Monmouth once again came back, as Green hit a three and senior center Erica Balman sank a free throw to bring the Hawks to within one, 60-59, with 7:57 remaining.

The game became a defensive battle after that, as it remained that score through to the media timeout in the quarter.

Monmouth cut it to one once again with 2:23 left, but the Pirates pulled away on five free throws in the final 34 seconds.

Monmouth shot 35 percent from the field, and 50 percent from three. They went 10-18 (55 percent) from the free throw line.

Eleven of the 12 players that saw the court for the Hawks scored. Monmouth turned the ball over 34 times in the contest.

“Decision-making and turnovers cost us an opportunity to get a great road win. We have to learn how to finish a game,” Craig said.

The Hawks next headed to Lehigh where they were defeated yesterday morning, 63-48.

Monmouth came as close to being within three points of Lehigh with 8:45 left in the third quarter, but a 31-19 run from then on gave the Mountain Hawks a comfortable win.

Monmouth dropped to 0-3 on the young season with the loss.

Next, the Hawks will fly south to take on Virginia Tech. Friday’s game is set for a 7:00 p.m. tip off and can be streamed live on ESPN3.

UPCOMING GAMES

- Thursday, Nov. 15**
Men’s Basketball vs West Virginia
Myrtle Beach Invitational
Conway, SC 7:00 p.m.
- Friday, Nov. 16**
Men’s Basketball vs. TBD
Myrtle Beach Invitational
Conway, SC TBA
- Women’s Bowling
UMES Hawk Classic
Millsboro Lanes
Millsboro, DE TBA
- Women’s Basketball at Virginia Tech
Blacksburg, VA 7:00 p.m.
- Saturday, Nov. 17**
Women’s Bowling
UMES Hawk Classic
Millsboro Lanes
Millsboro, DE TBA
- Men’s Cross-Country
IC4A Championships
Bronx, NY TBA
- Women’s Cross Country
ECAC Championships
Bronx, NY 12:00 p.m.
- M/W Swimming at Manhattan
Riverdale, NY 1:00 p.m.
- Football at Gardner-Webb*
Boiling Springs, NC 1:30 p.m.*
- Sunday, Nov. 18**
Men’s Basketball vs. TBD
Myrtle Beach Invitational
Conway, SC TBA

**conference games*



HAWKS BOWL A STRIKE



Monmouth Bowling went 7-3 in their first-ever Mid-Eastern Athletic Conference meet this past weekend in Wilmington, DE. Senior Haley Solberg finished 21st overall with a 175.40 average over five games.

SEE STORY ON PAGE 19

PHOTO COURTESY of Monmouth Athletics