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Debate Team Goes Undefeated, Wins NYU Tournament

NICHOLAS COSCARELLI SENIOR/POLITICS/CO-NEWS EDITOR

The University's Debate Team went undefeated and won the championship round in the novice division at the New York University (NYU) tournament the weekend of Friday, Nov. 9 through Sunday, Nov. 11.

Junior political science students Matthew Gruhler and JP Suttile were the two competing in the novice division that brought the University's team to win the tournament's championship round.

'Going into the NYU tournament Matt and I were much more comfortable and prepared as compared to the first tournament at West Point. In every round we worked well together and had a great team dynamic," said Suttile.

Gruhler explained that he also believes that he and his partner Suttile did so well because of their compatibility as partners, as well as their ability to create various arguments and rebuttals within the debate round together. "A



PHOTO COURTESY of JP Suttile

Members of the Debate Team hold their awards after winning the NYU Tournament over the weekend of Nov. 9 through Nov. 11.

essential factor for success in de- 5-1 record; Julia Bialy, a junior bate, and some of the best debating teams typically have the best harmony," he said.

During the two-day debate tournament, three other of the University's teams made it into the playoff round in this division, including: Anastasia Francisquini, a sophomore English student, and Chyna Walker, a sophomore compatible partnership is an criminal justice student, with

political science student, and Maddy Doe, a junior political science student, with a 4-2 record; and Mia Ardovini-Brooker, a sophomore political science student, and Tayna Tabis, a sophomore political science student, with a 3-3 record. In the experienced division,

DEBATE cont. on pg. 3

Heart Rate Monitors Provided to Student-Athletes

LOGAN SMET CONTRIBUTING WRITER

The University will be entering its second year of a five-year grant allowing athletic teams to use the Polar Team Pro performance tracking system.

According to their official website, Polar Team Pro combines GPS and motion tracking technology with heart rate monitoring to create the ultimate solution for player performance tracking in team sports. The Polar Team Pro system allows you to wear a strap and a heart rate monitor around your chest. After a hard workout, you plug the monitor and clip it back on the board, so that the data can be synced to the iPad provided. "A person's heart rate can tell us how much stress the athlete is experiencing at a given time throughout the



Legalized Betting Comes to New Jersey

MARK D'AQUILA STAFF WRITER

The legalization of sports betting in New Jersey this past summer has brought a new audience to the once exclusively horse racing location of the Monmouth Park Racetrack, which opened the William Hill sportsbook on June 14.

The United States Suby Congress a quarter century ago that forced states to keep sports gambling bans on the books this May. The justices ruled in 6-3 decision, clearing the way for other states to join Nevada in allowing bets to be placed on individual games.

"Now that the live racing season is over, sports betting has transformed Monmouth Park into a 12-month facility - taking bets seven days a week on pro football, basketball, hockey and much Marketing Ma Monmouth Park. Manager at

Governor of New Jersey Phil Murphy kicked off the opening of Monmouth Park sportsbook in Oceanport by placing the first legal sports bet in the state on June 14.

Murphy placed two \$20 wagers respectively on Germany to win the World Cup as well as the New Jersey Devils to win the Stanley

Cup. "We had been fighting the sports betting battle for many years and were pre- sports betting to boom, and pared to a certain extent early official estimates from leading up to the first day the governor's office sugof wagering," said Skirka. gest that this first year could "There were certain wir- generate about \$12 ings and equipment that by state tax revenue. law we couldn't receive unthings took a few weeks af- jobs for people who want to ter the ruling."

terms of creating a one-stopshop entertainment destination at the Jersey Shore," said Skirka.

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Since the opening of their William Hill sportsbook and correlating sports bar, Monmouth Park has noticed nearly five times as many customers who are now showing up earlier and staying later to place wagers.

Now, Monmouth Park is preme Court declared un- not just a venue for horse constitutional a law passed racing fans, it is bringing in a whole different clientele to their location," said Eddy Occhipinti, Associate Athletics Director of Marketing and Sponsorships. "They built a sports bar that is open every day of the year for that purpose, so even if you're not betting you can go watch sports at the racetrack. It's becoming more of an overall sports entertainment venue rather than just a regular thoroughbred horse track."

Along with the turnover from just an average horse more," said Brian Skirka, racing track to an all-around sports entertainment capital, the newly passed legislation has also been promising for the economy in New Jersey bringing in new jobs and income for the state, according to Matthew Harmon, a specialist professor of sports communication.

In a bill signed on June 11, Murphy and the state of New Jersey laid the groundwork for towns like Oceanport to tap into sports wagering revenues. Advocates for the new industry are predicting generate about \$13 million in

Harmon noted that the til the actual Supreme Court new sports betting market ruling, so set-up for those could also potentially reopen go work in a casino, at the According to Skirka, track, or even just for those Monmouth Park has been who want to be involved waiting for this legislation with an avenue of the sports "People bet on sports anythan ready to go once the ways, so if you are a state like Supreme Court ruled in fa- New Jersey or Delaware and vor of legalizing sports bet- you have the opportunity to ting. "Sports betting is just create your own system with

PHOTO COURTESY of Monmouth Athletics University coaches are able to track heart rates of student-athletes on an iPad during practices and games.

year: off-season, pre-season, and in-season. The heart rate isn't the only thing that the Polar Team Pro system can do; however, it measures accelerations, decelerations, running distance (volume), and speed (intensity),"

said Strength and Conditioning Assistant Bri Rubino. The additional factors give the strength and conditioning professionals the complete story in terms of

HEART cont. on pg. 3

to be passed for a very long world. time and they were more another piece of the puzzle jobs and an audience who is that we're trying to put together at Monmouth Park in

BETTING cont. on pg. 2

INSIDE:	NEWS Model UN Competes at National Conference in Washington D.C. Pg. 2	ENTERTAINMENT Order Up! The Success of Dine-In Theaters Pg. 10	FEATURES Gourmet Dining: Saving Lives and the Planet, One Meal at a Time Pg. 16	INDEX News Editorial Opinion Politics Lifestyles Entertainment Viewpoints	2 4 5 6 9 10 12
@theoutloo	ok 🙆 @mu	outlook	@muoutlook	Club & Greek Features Sports	

Model UN Competes at National Competition in Washington, D.C.

NICHOLAS COSCARELLI SENIOR/POLITICS/CO-NEWS EDITOR

The University's Model United Nations (UN) Team competed at the National Model United Nations (NMUN) contest in Washington D.C., through the weekend of Friday, Nov. 9 through Sunday, Nov. 11.

NMUN is hosted by the United Nations, and over 100 universities participated, including domestic universities from all over the United States, and universities from Italy, China, Philippines, France, India, Fiji, and Canada.

The University's team was led by the following Head Delegates: Daniel Gerdon, a sophomore political science student; Nick Gibson, a sophomore political science student.

Sophomore finance student Teniya Manu and Mckenna Mallory, a junior political science and finance student, accompanied first time competers Katelyn Quino, a sophomore chemistry student; ; Kayvon Paul, a senior political science student, Nick Boice, a sophomore political science student; and Nicholas Coscarelli, a junior political science student.

Mackenzie Ricca, a co-President of the University's Model UN team and sophomore political science student, said that Model UN is "an informative, eye-opening experience," and that being involved in these vigorous competitions surrounded by other talented students helps team members work harder.

To prepare for the conference, Ricca suggested to team members that they prepare bind-



Members of the Model UN team holding their placard from the National Model United Nations Contest.

speeches, and competitive policymaking strategies.

"I had a great time competing in the conference and meeting people from all around the world," said Manu, whose second time it was participating in a Model UN Conference.

She explained that she first joined the team because she was interested in learning more about global events and issues, such as addressing the use of chemical weapons as she did in her committee.

Manu also noted that by joining the Model UN team, she has strengthened her public speaking from debating and has imdrafting working papers and resolutions at conferences.

Chair of the Department of Political Science and Sociology and an associate professor of faculty advisers.

seven of eight students passing their policy resolutions by the "Students must research spe-final day of the contest," he said. cific policy issues and under-

the University's team repre- challenge of limiting chemical

ers full of research, elaborate proved her writing skills from sented the Republic of Moldova in D.C. Over the three-day contests, these committees worked Kenneth Mitchell, Ph.D., to negotiate and write policy resolutions on pressing international challenges and crises.

Some topics at the MUNDC political science, travelled with conference included preventing the team to D.C as one of their gender-based violence, creating global sustainable and reliable "Monmouth University's team renewable energy, and counterhad a strong performance, with ing the use of chemical weapons, among others.

Students at the Model UN con- stand how their assigned countest competed on separate com- try might act at the real United mittees of around 80 students, Nations. For example, how representing different countries; Moldova would approach the

weapons worldwide," Mitchell explained.

During committee sessions, students gave unstructured speeches, negotiate with other country delegations, and practice social networking skills - all of which are critical to careers after graduation, Mitchell noted.

"I think the trip to D.C., was great for our team. With the conference being the first for half the group going it served as a great learning experience," said Gibson.

"Although beginners, we really hit the ground running with all of us having contributed to working papers,"he noted.

Gibson said that he is pleased to see students take an interest in competitions like the MUNDC and not let the additional work and effort that accompanies such competitions prevent them from joining the team as they compete.

"It was a lot of fun having spent the weekend with our team and I hope to see the group in more conferences going forward," he added.

Mitchell and the Model UN Team wish to thank Laura Moriarty, University Provost, Don Moliver, Dean of the Leon Hess Business School, and the Department of Political Science and Sociology.

"Their generous financial support made this transformative educational opportunity possible," said Mitchell.

The University's Model UN team will be competing in more conferences next semester, including those in North Carolina and Montreal, Québec, Canada.

Oceanport Welcomes New Monmouth Park Sports Book

BETTING cont. from pg. 1

already interested then what really is the downside. That was the idea behind the new legislation besides also raising money for the state on people losing," said Harmon.

All wagering sums realized by a horse racing permit holder, like Monmouth Park, are subject to a 1.25 percent tax. The towns are paid a 0.75 percent cut and the counties can access the

stance use disorders. According to Caviola, in the case of gambling addiction, experts consider it to be a three-phase cycle beginning with the Winning Phase, then the Losing Phase, and lastly the Desperation Phase.

There's the Winning Phase in which gamblers focus on their winnings and will downplay any losses. In the Losing Phase, losses begin to mount and at this point, the gambler will begin to chase their losses by becoming obsessed with how to earn money back that they've lost. In the Desperation Phase the gambler is trying to pay gambling debts or obtain money to continue gambling which often results in begging family or friends for loans or stealing from them," elaborated Cavaiola. Caviola weighed in on both the pros and cons of the sports betting addition, arguing that the key disadvantage of gambling is that those in the lower econmoic class are the most likely to partake in it. One student who has been betting underground for years now and even took to becoming an agent himself, has seen firsthand both sides of the sports betting addiction. "I've had people underneath me go down thousands of dollars to the point where they have to make payment plans because they don't have enough money to cover what they have lost," said the anonymous gambler. "Even I personally have gone down enough money in a week where I had to lie to my parents to send me money just to make the payments on time. It is a helpless feeling.'

Despite the downsides, Cavaiola does support the legal aspect of gambling knowing that it is going to occur whether it be underground or not. By legalizing sports betting, it allows more money to

be allocated by state governments for the treatment of gambling disorders.

Caviola reasons that the recent phenomenon in the world of fantasy sports has also become its own betting income system in itself. This development has offered a promising outlook for the future of sports betting from an economic standpoint.

'People have been betting for a long time, especially with the internet presence and

sites such as FanDuel and DraftKings already existing and prospering. All this legislation does is make it easier and more accessible for people," said Harmon. "It will be huge for New Jersey to inject some life back into casinos, Atlantic City, Monmouth Park, the Meadowlands, and Freehold. Hopefully it will be an allaround positive for the state of New Jersey moving forward."

remaining 0.50 percent. Alan Cavaiola, Ph.D., a psychological counseling specialist, believes that gambling addiction is just as dangerous as drug or alcohol addiction.

"Gambling disorders are equally pervasive in American society as well as many other industrialized countries," said Cavaiola. "Although Gambling Disorders do not result in deaths as with the opioid crisis, there are reports of suicide deaths related to gambling. This usually occurs when gamblers reach a point of desperation and are unable to pay debts or may be facing prison due to embezzlement or fraud."

Researchers have noticed that the progression of gambling disorders is nearly identical to those of sub-



The Monmouth Park Sports Book opened in Oceanport, New Jersey this summer on June 14.

New Technology for Athletics

HEART cont. from pg. 1

athlete endures in lift, practice, and games.

"Many of us have developed training plans over time based on trial and error as well as scientifically-backed research that has worked for others in the field, but the Polar Team Pro system makes this much easier," said Rubino. She explained that she feels that it is no longer necessary to guess which energy system is being taxed during a given conditioning session or drill.

"The heart rate monitors tell us what heart zone each athlete is currently in and what percentage of time they are in each zone. There is no longer a need to guess how long it will take an athlete to recover from a difficult practice or game," she said.

"The grant was used to buy them (Polar Team Pro) in the beginning, and we have just a little bit of money for replacements. By the end of five years they are all going to have to be replaced and I assume the replacement costs will increase every year," said Marilyn Mc-Neil, Ph.D., Vice President and Director of Athletics. The cost of the devices, including individual heart rate monitors, straps, and iPads, was \$90,000. "I knew it was something that we couldn't put in our operating budget so the only chance we had was with a grant.'

The attraction for me was number one, the athlete can see what's going on," said McNeil. The ability to show that an athlete worked for a certain amount of time, at this pace, for this long, "that to me is great feedback," said McNeil. McNeil, a former coach, believes the ability to see that kind of data that the Polar Team Pro system has, would have offered some great insight. "I would have loved to have that kind of feedback. That's what kind of got me going," she said.

"The games, especially in the beginning with the heat and everything that the [Polar Team Pro system] really, really helped, where Bri Rubino would be on the side for home games and say, 'Josephine's in the red and she's been there,' and you can physically see them breaking down on the field," said Head Field Hockey Coach Carli Figlio. The 'red zone' represents the current heart rate that a player has. Speed zones allow you to define the intensity of a training session with speed or pace.

These zones are customizable the physiological stress that an for different sports. The colors range from green, to red, with red being a high work volume. The University, she feels, have rotated players more this year than we ever have in the past. With the rotation, [Monmouth's] Field Hockey has proved to be more consistent. "What I've found this year is our practices have been shorter, our drills are shorter, but the girls are in as good a shape as they were with longer practices and longer runs so, we've had less injury and less mental fatigue too," said Figlio.

Rubino feels this tool can also help shift the performance of athletes. "Our teams on campus that have used the Polar Team Pro system have seen results, an increase in fitness level, and a reduction in 'burnout' that can pop-up towards the end of a season if athletes are over-trained," said Rubino. What has become possible with the Polar Team Pro system is the realistic ability to text a coach after going through the data and suggest that an athlete takes off certain drills at the next day's practice or during the week. Rubino feels that this allows them to recover enough to continue performing at a high level.

Having someone who is capable of analyzing all the data is very helpful for the University and can give them suggestions, as well as explain readings. "Bri [Rubino]'s expertise is going to help us be able to analyze the data and sort of express it to the kids, essentially, be able to translate it to you guys (women's lacrosse players)," said Head Women's Lacrosse Coach Jordan Trautman. With the information from the Polar Team Pro system, Monmouth can tailor the conditioning and drills to the needs of the individuals based on their sensor readings.

In terms of looking at the iPad that holds data that athletes can view in real time, "It's funny to see who's competitive in that way and it was surprising. Especially right now, they (field hockey players) have forgotten about the iPad because they are so involved in practice," said Figlio.

Figlio explained that he feels this was not the case at the beginning, though, as the field hockey players were very interested about seeing who was in the red and who was not. "There is always talk to the younger kids, 'What is your motivation?' I think that the Garmin watch (heart rate tracking device) and this (Polar Team Pro system) have helped us almost take individual athleticism to the next level. When you compete with yourself and can see the actual results, I think that's the biggest thing. There is an ability to see the results from when we started in August, until now," said Figlio.

"I feel that this can help them (the coaches) recognize who might need to do more work so that the team's condition can elevate as a whole," said Mackenzie Rendich, a senior health studies student and Women's Lacrosse player.

"However, these results don't really dictate and evaluate individual 'skills' wise," said Rendich. "For example, it may seem like someone is not in the best shape they could be for their sport, but that person might also be very strong lacrosse wise.

"This is a tool to be one percent better, day by day, so it gives us an opportunity to elevate that training in a unique and very specific way," said Trautman. "Having Rubino, she feels, is a crucial aspect to knowing what the data these sensors are picking up means. It is nice having her to dissect the readings and workload as well as sprints and all that kind of stuff. "She knows that my question is going to be 'do they work hard' and she can translate that.'

While there has been praise for these devices, some felt they were not the most comfortable to wear at first. "When we first got them, they felt weird to wear. I felt that it was harder to breathe having something around my chest, but now that I have gotten used to it, I barely notice that it is there," said Rendich.

Women's soccer team member Alli Deluca, whose team also uses the Polar Team Pro system, has not even noticed that she is wearing it and appreciates the feedback she has gotten.

"The heart rate monitors have not affected my play whatsoever," said Deluca. "I am never aware I am wearing it. I have recognized positive information about myself through the heart rate monitors.'

He continued and said, "I have been told that I am a hard worker on the field and give my full effort all game long. These heart rate monitors confirmed this for me. An example is when I was running all game long against Siena and found out after a game that I ran 11 miles," said Deluca.

Debate Teams Claim Victory in NYC

DEBATE cont. from pg. 1

the team of Gregory Harpe, a senior political science student, and Kaitlin Allsopp, a senior political science student, made it into the championship round after going 5-1 at the tournament. Gruhler noted that this team's compatibility as partners is what brought them to nearly winning the JV trophy at the tournament.

The team also won six individual speaking awards: Bialy took a first place speaking award, Doe took second place, Walker took fourth place, and Gruhler took a fifth place speaking award in the novice division. In the experienced division, Harpe took a first place speaker award and Allsopp won a second place individual speaking award.

Joseph Patten, Ph.D., the Debate Team's adviser and an associate professor of political science, said that junior political science students Erin Denzler and Axel Martinez, Jr., also competed "valiantly" at the tournament.

"Monmouth Debaters also competed at SUNY- Binghamton tournament in September and at the West Point Military Academy four weeks ago," he explained. "I'm really proud to be affiliated with such a group of hard working and talented MU debaters. They're also people of high character and tons of fun to be around."

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

Suttile said that although he and his partner Gruhler wanted to win every round which they went into at the tournament, they also wanted to have fun.

"For me, the fun part of debate is that you have to think quickly on your feet and develop counter arguments in mid round, he said. "I'm very lucky to be a part of

such a great debate team. "They always go above and beyond to help us however they can."

Gruhler and Suttile attribute their success at the tournament to several factors. The most important, they explained, was the coaching of the team's adviser. "Dr. Patten is one of the hardest working professors at Monmouth and genuinely wants to see his students succeed," said Gruhler.

Suttile agreed, and stated that he is thankful to Patten for encouraging him to join the team this year.

The team agrees that the most influential aspects of the University's successes at the tournaments stem from their adviser and coach Patten and the camaraderie of the entire team.

"Without Dr. Patten's passion for political science, debate, and for his students or the camaraderie of the whole program, the Monmouth Debate team would not nearly be as successful and filled with great experiences as it is now," said Gruhler.

Team leaders also serve as the head coaches of the Asbury Park High School Debate team, whom they took to their second tournament and won several awards the weekend of Saturday, Nov. 17.

The Asbury Park High School Debate Team was launched nine years ago as part of a continuing debate mentoring program with the University, made possible by a grant from the TD Bank Foundation and actively supported by the Asbury Park school district.

The team is co-coached by Patten and Asbury Park English teacher Christine DeMarsico.

The partnership between the University and Asbury Park High School has successfully maintained a rigorous debate platform where the debaters learn civics, political science, history, and philosophy while teaching them the important skills of critical thinking, listening, research, reading, and writing.

Both students, the Monmouth Debaters and the Asbury Park Debaters, sharpen their debate skills but more importantly learn the value of teamwork, ethics, and education, Patten explained.

The University's Debate Team will be competing in three more tournaments this year, including a tournament in San Diego in January, the New School in New York City in February, and another tournament in March, which is yet still undetermined.

POLAR

PHOTO COURTESY of Monmouth Athletics University coaches are able to track heart rates of student-athletes on an iPad during practices and games.

Student Kaitlin Allsopp poses with students from the Asbury Park High School Debate Team after their win in New York City.





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Giving Back During the Holidays

EDITORIAL STAFF

of year when we count our blessings as we gather with family and friends to enjoy the biggest cheat day of the year, shortly followed by the holidays. With Black we often focus on the mahumanistic aspect: giving back. In honor of Thanksthe time to discuss the importance of giving back.

When talking to the curdoing so. One editor de- residents and making them nity.'

The editor continued, "When you volunteer, it else in need.'

Another editor agreed with this sentiment. "Giving back, to me, means reciprocating we show others can make a holidays it is imperative to week to drop something world of difference. Some- give back and count our off!" times, just the smallest blessings. One editor advised that acts are the sincerest."

what you have with others munities, help those in out of gratitude and kind- need." ness.'

town and reflected on his days, giving back has a memories on the job. "I get bigger meaning. It is when Thanksgiving is the time to help people when they people might be lonelier, need it most and it goes a so giving back during this long way to helping some-one feel better," he said. "I day and can go a long way, also get to do it with some even if it is something of my best friends."

Another editor remem-Friday on the mind, aka the bers volunteering after during the holidays is a hunger games of shopping, Hurricane Sandy. "My fa- step in the right direction. vorite volunteer moment A great step in the directerialistic side of the holi- was cleaning up Union tion of becoming a better days and forget about the Beach after Hurricane person is turning the no-Sandy, a town that was ab- tion of "paying it forward" solutely devastated by the into an everyday habit, giving, The Outlook took storm. It was beautiful to rather than the grand ges-

rent editors, they all had ing memory would be had some tips on how to their own definition for working at a senior center make giving back more dowhat it means to "give last fall semester because able. Some editors felt that back." Yet, every editor it was really gratifying to donating was a good place stressed the importance of build relationships with the fined it as, "Being a better happy, especially since the easy donating food to a lomember of your commu- residents were people from cal food bank or donating my community," noted one gently used coats," said editor.

When we close our eyes feels rewarding to know and think of the holidays rated further, "Something you are helping someone and we see twinkly lights. that I think is achievable Unfortunately, the holi- and meaningful is regudays are not always a mer- larly donating to your lory time filled with love and cal food bank. People need childhood nostalgia. While those donations all the kindness the holidays can be joyous, time, not just during the back into the world," he they can also be a struggle holidays. It'll only take a explained. "The kindness to get through. During the couple minutes out of your

"It is important to give simply Another editor believed back during the holiday giving back to be a means season, we should encourof paying it forward. "By age people to give back much you have, you can acknowledging how much to radiate positivity," one better acknowledge what you have to be thankful editor encouraged. "Some others do not; and hopefulfor, while some others can't people are less fortunate even meet their necessi- and because of this it is ties, giving back is sharing important that we, as com- back.

tors have volunteer experi- son isn't easy for everyone it forward in some way. We

small."

Giving back to others

see everyone come togeth-er," he said. "My favorite volunteer-said than done, our editors to start.

"Giving back could be as one editor.

Another editor elabo-

counting your blessings is a good start, "When you realize how others do not; and hopefully, that will prompt others to want to share and give

Regardless of how you decide to give back, don't ess." The editor continued, let this holiday season pass Most of our current edi- asking, "The holiday sea- you by without having paid ence and have one moment so why not make some-in particular that pulls at one's day a little brighter?" forward going into the New their heart strings. One ed-itor is an EMT in his home-dding, "During the holi-

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Finding a Furry Friend

RILEY BRAGER CONTRIBUTING WRITER

I walk through the door and am immediately greeted by a lick and a welcome home bark.

The love I feel radiating from my dog Dylan's eyes is a love in which I hope everyone finds themselves one day. Dylan is a pure-bred Labrador retriever with golden fur, which you can definitely spot on all of my clothes because she sheds like crazy. I always heard the phrase "adopt don't shop" but I never friend than Dylan. Yes that is fully understood what that meant correct, I said friend. She is aluntil Dylan came into my life.

Dylan came into our lives almost like a miracle. My family had just lost the dog I grew up with, which was also a Lab. Distraught over the loss of our dog, whom was a part of our family, my mom got a call from one of her friends.

A year-old yellow lab was being sent to a shelter whom was known for euthanizing dogs.

knew we were dog lovers and she called right away. Dylan showed up and my family immediately fell in love.

One of the many misconceptions is that adopted dogs are all mutts. I have first hand experience that all types of dogs need to be adopted including pure bred. There are millions of dogs waiting in shelters to be adopted. The cost of adopting a dog is near to nothing, and the relationship with your pet lasts a life time.

I have never met a more loyal ways there for me when I need a paw to cry on or someone to snuggle with on cold days. Dylan never says no to a long walk when I need to clear my mind. I have never met a more loyal pet than Dylan.

When thinking about buying a dog I urge you to first look into adopting before making any decisions. You never know when you're going to find your next Fortunately, my mom's friend furry family member, and friend.

ELISSA SCANO STAFF WRITER

Twenty-six-year-old MMA fighter, Leandro Souza, passed out in a sauna and died the day before his weigh-in for his fight in Rio de Janeiro. Souza had been asked to fight on short notice and needed to drop 33 pounds in just one week. The young fighter almost accomplished this and he did so by taking extreme diuretics and dehydrating himself to the max. Souza was in the sauna trying to shed his final two pounds before being found dead.

This isn't atypical for fighters, both men and women. The world of fighting is so competitive that the athletes will do anything within the rule set to gain even the slightest advantage. But, why? What drives these humans to go to such extreme measures all for one fight? The answer to that question is simple: money. According to MMA Fighting's website, each fighter is threatened with giving up twenty percent of their winnings to their competitor if they do not make weight. Fighters will attempt to drop extreme amounts of weight in order to avoid this, as seen in Souza's cause of death.

This issue is rising to the surface and a lot of people involved in the MMA are calling for the addition of more weight classes. By adding more weight classes, it gives fighters more opportunity to fight at their optimal weight and eliminate weight cutting altogether.

The process of weight cutting exposes these athletes to many health risks, as you can imagine. kidney failure, heat stroke, and seizures due to extreme dehydration. Even if the fighter makes weight and is able to enter the cage, the fight may not be what puts them in danger, it may be their own health.

MA: A Weigh

Nicholas Rizzo, a past president and board member of the Association of Ringside physician states, "Long-term kidney impairment eventually leads to damage, and that damage can kill first." The repetitive cycle of dehydrating and rehydrating really messes with the fighter's internal extremely dangerous in and of itself but throw a dehydrated and extremely fatigued fighter into are not dehydrated. the cage, and that may be even more of the problem.

I recently watched a fight between Sijara Eubanks and Roxanne Modaferi. Modaferi missed weight by two pounds. In the yet to ban weight-cutting, which cage she was fatigued, being beaten into a panic, and unlikely a solution and we must pursue it to win due the lack of strength in order to protect competitors, from dehydration. It was, honestly, painful to watch and it did not feel like a fair fight. How is it right to put financial threats on these fighters? These threats are continuing occurrences of death driving athletes to take extreme measures regarding weight cutting and are causing their bodies to deteriorate.

Souza was only one of many who passed away due to the lifestyle that comes with weight-cutting. Rondel Clark, 26-years-old, died three days following one of his fights in Massachusetts. His a matter of time until the bigger kidneys gave out on him and his promotions are also forced to do body was unable to recover and so.

Some of the main concerns are ultimately this situation led to his death.

What can we do as fans to ensure safety for the fighters we are routing for? Well, ONE Fighting Championship is the first successful company in the fight business to abolish weight cutting. They require the fighters to fight at their "walk around weight," which means they have to fight at their natural weight. The promotion uses hydration testing to make sure the fighters you-if the heat doesn't get you are not dehydrated at the time of the fight. Fighters are required to be tested when they are not in fight camp and see what their levorgans. Making it to the fight is els are and these are used to test the fighter periodically throughout their camp to make sure they

If there are ways out there that are proven to work, why don't we adopt them in other fights? The UFC is the largest and most competitive promotion and it has is killing their fighters. There is rather than encouraging them to engage in these extreme lifestyles.

The negative health risks and and serious injury are clear evidence that weight cutting should be eliminated in mixed martial arts. One of the premiere promotions in the sport, ONE Fighting Championship, has already evaluated this evidence and made the decision to do so. The fighters are seeing the benefits and it is only

PHOTO COURTESY of Riley Brager Pets are more than just animals, they are our friends.

\$teep Mountains, \$teeper Prices

KIERSTEN BECHT STAFF WRITER

The other day as I was browsing the website for Magic Mountain, in Londonderry, Vermont, I came across a deal they were offering.

This deal involved buying a membership card for \$149 and every time you came to the mountain, your lift ticket would cost what it did in the eighties:' \$29. My mind was blown. Lift tickets used to only cost \$29? How on earth in a matter of 30 or so years have prices shot up from \$29 to 100 + per day?

I've got a bone to pick with the snow sport industry. Why does it cost an arm and a leg just to shred down a mountain that is covered in free snow? That's right, these resorts don't have to pay for real powder, nope, good ole' Mother Nature doles it out for free, and yet I still have to fork over \$100+ dollars to get from point A to point B. With this outrageous price comes a certain clientele. Each time I pull into the mountain parking lot, I am met with a sea of Mercedes, Range Rovers, Audis, and a sprinkling of Subaru's to bring everyone back down to earth. I used to think it was a silly stereotype, that skiing was for the rich. However, over the years, this stereotype has becomea reality. According to a 2014 report by the National Ski Areas Association, NSAA, the percentage of visitors with a household income of \$100,000 or more

2015 season. Not only that, but the percentage of visitors earning less than \$50,000 per year dropped from 30 percent to 18 percent over the same period.

found that one of the most notable trends for the season was "an increasingly affluent visitor profile." With lift ticket prices rising each year, this comes as no surprise. According to the 2018 Protect Our Winters, POW, economic report, last year the snow sports industry in the United States brought in tainly has its perks, with dis-\$11.3 billion. Yes, you heard that counted lift tickets being one of correctly, billion. For an industry to be raking in so much dough, can't they give the people a break?

many resorts cut us some slack by offering student discounts on lift

2007 to 58 percent in the 2014- tickets and lodging. Even better, Monmouth U Snowriders, our very own ski and snowboard club, offers discounted trips to mountains throughout winter so that we can still partake in Within the report, the NSAA the wintery sport without having to live up to the broke college student stereotype. Last year the club traveled to Lake Placid, Killington and Mont Tremblant, offering students the chance escape campus and hit the slopes for a weekend.

Being a college student certhem. Whether you want to join the Snowriders on their next trip, or want to gather up a few Luckily for college students, friends and drive to the nearest mountain, don't let the steep prices or slopes turn you away!

Vegan: You Probably Know One

JULIA BURKE STAFF WRITER

What do you think of when you hear the word "vegan?" Do you think of gross food? Do you think of hipsters? Do you think of animal rights? Do you think of people giving you a hard time for your lifestyle choices? Do you think of people who can't go five minutes without telling everyone in the room that they are vegan?

You most likely have heard all of these stereotypes, but how many people do you know who are actually vegan? What are their lifestyles mean to be "vegan?" Although I what exactly veganism is all about. big lifestyle change.

The idea of veganism has been the way of life. According to Heath Line, a vegan lifestyle includes, "attempts to exclude all forms of animal exploitation and cruelty, be it for food, clothing or any other purpose." While vegetarianism is just a diet, veganism differs because it are animal-based. People oftentimes go vegan for a variety of different reasons, such as health and values. Personally, I have considered going vegan. I wanted to try out the lifestyle because I thought it would allow me to have a healthier, plantbased diet. Realistically, though, I did not get the chance to go vegan because it would not work for me. Since I am already gluten free due to a gluten intolerance, meat coming animal products from my diet vegan life!

would restrict it a lot more and it would be hard to adjust to. In addition, it would be difficult for me to practice veganism in between classes and work and just always being on the run. I would have to dedicate time to transition to the lifestyle that I just don't have right now.

Making the switch to being a vegan is doable, though. The University provides options for vegan students. At the student center, you can try substituting beans or chickpeas for meat at the salad bar, or when getting a rice bowl. At the dining hall, tofu is often on like? And what does it even really the menu, and there are a variety of fruits and vegetables available there am not a vegan, I will be the one as well. Making little changes like talking your ear off today about including those foods can lead to a

Grace Guippone, a senior music around since 1944, but recently education student at Monmouth, has become popular with grocery has been vegan since Jan. of 2018, stores carrying more vegan items and explains that when making and celebrities even taking part in meals, being vegan "is honestly easier because I mainly make vegetable dishes, so there's no need to prepare meat." However, she described that, "The hardest part in the beginning for me was going out to eat because dairy is basically in everything... but now I don't even involves excluding all products that think about it...and many restaurants are starting to expand their menus." Being vegan can be a difficult ethical concerns, or their religion's transition to make at first, but like with anything you can get used to it, and it can definitely be possible! Whether it's for health, ethical, or religious reasons being a vegan takes hard work, and I commend anyone who can do it and stick to it for their cause. So next time you meet a vegan, don't be so quick to judge. Maybe this time you'll be more inclined to prises a big part of my diet. Exclud- listen to their spiel about living a



PHOTO TAKEN by Caroline Mattise rose from 45 percent in 2006- **Skiing is** a great winter sport, but it can get expensive.

The commissioner, in consul-

of Environmental Protection,

was to decide the review pro-

cess and criteria to receive wa-

measures intended to increase

school funding, as I feel they

create pathways for greater ac-

cess to diverse resources with-

in the school," said Catherine

Harvey, a sophomore education

large portion of the \$500 mil-

lion going to both vocational

schools and school security, the

scope of impact that the bond's

funding will have across com-

munites should not be under-

In weighing the benefits that

"While I understand the con-

To Harvey, greater measures

stated, she explained.

Harvey believes that with a

"I am always supportive of

ter infrastructure grants.

systems.

student.

New Jersey Approves Bond for Schools and Infrastructure in Public Question

NICHOLAS COSCARELLI SENIOR/POLITICS/CO-NEWS EDITOR

A majority of New Jersey voters supported the School Projects Bond public ballot question, voting to approve the bond by more than 52 percent on Tuesday, Nov. 6.

The bond was the only question on the ballot this Election Day. The approved 500 million dollars in bonds will be used for a range of school-related initiatives such as: school security, vocational schools, county colleges and school water infrastructure.

Because the New Jersey state constitution requires that new debts obtain voter approval, the bond was placed on the public ballot.

Now that it passed, \$350 million will be used to provide grants to county vocational school districts and school security projects, \$50 million will go to county college projects and \$100 million will go to support water infrastructure projects across the state's more than 600 school districts.

Over the summer, the Democrat-led New Jersey State Legislature and its Democratic Governor Phil Murphy approved the bipartisan measure to get the question on the ballot.

However, there still existed disagreement over how much should be appropriated from the bonds.

Murphy halved the legislative proposal from its initial \$1 billion to the current \$500 million, explaining that the state already has a heavy debt load as his reason.

Debt service in the current address schools' needs. fiscal year tops \$4 billion, and New Jersey ranks in the top five states for tax-supported debt, state's public worker pension according to the National Conference of State Legislatures.

Murphy estimated that the total debt payments on the initial proposal would range from \$1.7 billion to \$2.2 billion over the next 30 years, depending on interest rates and other factors.

Republicans have consistently called for steeper spending cuts to help the state's strained budget, but expressed frustration that Murphy halved the bond proposal, which nearly all supported.

month that the smaller bond issuance won't go far enough to

To rein in the state's finances, he suggested overhauling the and health benefits.

Murphy has shown little interest in pursuing such reforms, which would likely entail cuts. Instead he's called for working with organized labor to lower costs.

Question 1 required a review and approval process for each type of grant, either involving the state Commissioner of Education or Secretary of Higher Education, in consultation with various government agencies.

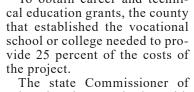
Both county vocational Republican state Senator school districts and county col-Steve Oroho said in a statement leges were eligible to receive to the Associated Press last career and technical education grants. Priority was to be given to schools with (a) stackable

credentials programs; (b) part- as alarms and silent security nerships between vocational school districts and colleges; and (c) partnerships between tation with the Commissioner schools or colleges and employers to provide technical training

To obtain career and technical education grants, the county that established the vocational school or college needed to provide 25 percent of the costs of the project.

thority, was to decide the re-

Question 1 defined security projects as the construction, improvement, or modernization of a school or school district for school security purposes, such



Education, in consultation with the Schools Development Auview process and criteria to receive school security grants.



With the approval of Public Question 1, New Jersey will invest in the state's schools.

Jeff Sessions Resigned as Attorney General

NICHOLAS COSCARELLI SENIOR/POLITICS/CO-NEWS EDITOR

Attorney General Jeff Sessions delivered his resignation letter to the White House at the request of the president, on Wednesday, Nov. 7.

President Donald Trump replaced Sessions with Matthew Whitaker, Sessions's chief of staff, as acting attorney general, who has agreed with the president's complaints about the special counsel investigation into Russia's election interference.

The sudden change in cabiet has been raising questions about the future of the probe led by the special counsel Robert Mueller. Sessions' resignation immediately moves oversight of the ongoing investigation to interim successor Whitaker, who once called for the inquiry to be dramatically scaled back. Christopher DeRosa, Ph.D., an associate professor of history, explained that Trump's firing of Sessions is comparable to a similar motion made by former President Richard Nixon, who had requested his own Attorney General Elliot Richardson to resign when he did not obey the president's order to fire special prosecutor Archibald Cox during the Watergate Scandal. "Trump's removal of Sessions is reminiscent of Richard Nixon's attempts to evade justice during the Watergate Scandal in 1973," said DeRosa.

"Republican operatives had broken into DNC headquarters during the 1972 election. Archibald Cox, the Special Prosecutor appointed to investigate the scandal by the Justice Department, subpoenaed Nixon's Oval Office tapes," he explained.

DeRosa continued to explain that Nixon tried to Cox to back off, and when he wouldn't, Nixon ordered the Attorney General to fire him.

and his deputy both refused, but up against the investigation in tration officials described as a imperative that the important the third-ranking man in the any case." Justice Department complied and fired Cox. "The move backfired: Congress strongly disapproved of election-year meetings with to be made of Mueller's future Nixon's brazen attempt to hide Russian Ambassador Sergey and the continuation of his in-

the tapes, and Nixon ultimately Kislyak. resigned to avoid his certain impeachment," he said.

"Whether events will continue to unfold on analogous lines is of course uncertain. If Trump orders the Justice Department to fire Robert Mueller, he now has someone in place (Whitaker) who will do so, but whether the move would backfire to the same extent it did on Nixon is perhaps unlikely," said DeRosa. 'Unlike 45 years ago, the presi-

recused himse Sessions

Sessions recusal, in addition to Trump's sudden dismissal of FBI Director James Comey in May, prompted the appointment of former FBI Director Robert Mueller as the Justice Department's special counsel to direct the inquiry against the president.

Deputy Attorney General Rod Rosenstein, who had been overseeing the probe, was at the White House during Sessions' Attorney General Richardson dent's party has already lined resignation for what adminispreviously scheduled meeting.

With Whitaker assuming th

vestigation.

Though some are concerned that Senate Republicans will unanimously support Trump's potential ousting of the Mueller investigation, Senator-elect, Mitt Romney (R-Utah) has voiced his support of the probe.

After Sessions' resignation, Romney tweeted: "I want to thank Jeff Sessions for his service to our country as Attorney General.

Under Acting Attorney General Matthew Whitaker, it is work of the Justice Department continues, and that the Muelfrom the Russia probe in March new role of Attorney General, it ler investigation proceeds to its conclusion unimpeded." Romney has also said in an interview with CNN that although he does not predict the president will fire Mueller, he warned that Congress would need to take action if Trump ever did move toward removing Mueller. "I do not believe for a moment that President Trump will remove Mueller," Romney said in the interview. "If he does remove Mueller, I believe that Congress will re-appoint him, and the most effective way to keep the investigation intact is for congressional leaders to make it clear to the President that if (Mueller) were removed by the executive branch, he would be rehired by the legislative branch. I presume that communication has happened already."

savs the outcomes are worth the PHOTO TAKEN from Patch.com investments from the bond.

2017, for failing to disclose is not immediately clear what is

PHOTO TAKEN from CNN Politics

President Donald Trump requested that Jeff Sessions resign as his Attorney General

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THE LONG BRANCH MIDDLE SCHOOL

How to Stay Warm and Fashionable in the Winter

COLLEEN MORETTI CONTRIBUTING WRITER

fall sweaters and shoes must turn into bulky jackets and boots making us look like we are ready to climb Mount Everest.

In winter you have to wear the same coat every day just for the convenience of being warm.

What many people don't know is that there is a way to look good and be warm all in one outfit: Layers, layers, and more layers.

Layering up an outfit is a great way to stay warm but look cool.

long sleeve or button down shirt, then you can really mix it up.

You can layer it with either a big chunky cardigan or an oversized poncho.

Something else that is trending this season is layering jackets, so you can take a simple cozy zip how much better could it get?

up and put a cool leather jacket over it.

The other great thing about It happens every year: our cute layering is that if you get too warm inside school or work, you can just take one off.

Turtlenecks are always what your mom made you wear when you were younger, but are fortunately coming back in style.

Turtlenecks are an awesome way to stay warm in the winter, you could even layer a thin tight one underneath the bigger one for that really cold day walking around the city.

Turtlenecks are great also because they can be casual and You can just start with a plain style them with jeans and some Steve Madden's or you can dress it up, getting an oversized one to wear as a dress with some kneehigh boots.

> Turtlenecks are perfect for these cold winter days coming up, they're cozy and practical;

Scarves will be your absolute best friend this season. Ami Burgos, a junior social work student, stated "I am a big scarf girl, they're a great accessory that keeps me super warm."

Scarves are a great piece for the wintertime, specifically an oversized blanket scarf.

Blanket scarves are super chunky and soft keeping you very warm.

They also are a great way to style up an outfit, they come in so many different colors and patterns which is great for someone who only wears black during the winter, as many of us do.

Alexis Nulle, Specialist Professor, and PRSSA Advisor agreed, "My advice for the most cost-effective and fashionable winter wardrobe essential is to invest in a warm scarf and winter hat."

Something that is also huge this winter are bear coats.

Madison Urraro, social work student, said "Bear coats from Molly and Zoey are always my go to! They're so warm and you look cute wearing them."

Bear coats are an absolute staple piece this winter, especially if you go to Monmouth University, they are seen everywhere.

Bear coats are so comfortable and always look nice no matter how you style them, it's almost as if you are wearing a blanket in class.

Something that we will also be seeing this winter season is cozy socks.

Your fuzzy socks aren't just for a cold night in, people are now actually starting to wear them outside.

Getting a nice pair of warm When picking winter outfits, it is a good tip to layer up. Whether you pair socks will be essential to a scarf with a jean jacket or a bear coat, you'll be warm and fashionable.

keeping your feet warm, they warm. In doing this, it can close can also play up your outfit making it look fun.

A great way to style these socks would just be under your favorite pair of booties so that people just see the top of the sock peep through.

Another great accessory that is always appearing in fall and winter seasons are beanies.

Beanies are great because they are fashionable and they can keep your head and ears

warmth into your body which can prevent you from getting the chills during the snowy weather.

Beanie hats and sweater headbands are great to keep you warm and cover that frizzy hair.

Winter happens every year so it's important to stay warm while looking fashionable. With these style tips, you'll have the best wardrobe out of all your friends.



PHOTO COURTSEY of Colleen Moretti

When dressing for the winter, boots are a great option. They are perfect for the snow and can allow you to wear cozy socks for extra comfort.

Long Distance: The Survival Guide

CHLOE BARONE CONTRIBUTING WRITER

eyes light up with excitelong-distance love.

Understandably, not evphone calls, but for you, it is a time to connect and close the distance.

relationship (or have longnavigate at times. someone means so much. Kim Fleming, an Adjunct professor in the communication department said, "Distance does not change what makes relationships thrive, and that is self-disclosure.

nected."

Do not make the mistake of falling into a funk of wishing The phone rings and your and hoping your significant other will magically appear, ment because it is your instead make the most of your time.

Stay positive, stay busy, eryone gets this excited for and always stay communicating.

There are some tips to deal with the feelings you may As those of you know have during long-distance,

distance friendships), it is cliché piece of advice, but it long or short, it always helps because you get to see them down five things you are rewarding but difficult to is the most important you to hear their voice. Finding a in their element, and mingle grateful for in your current balance of calling too much with their own friends as relationship. will practice. As the saying goes, dis-tance means so little when other is hard, but it gets easi-but do what feels right for the Beir Being away from the per-

er if you just talk.

Fleming continued, "Relationships can begin to fall apart with lack of communication, and as a result, it can dwindle down to nothing. No thing that can happen to any relationship. It is perfectly acceptable (and encouraged) to talk about talk. We cannot read our partner's minds."

Setup and maintain a ria said, "Planning visits to who are in a long-distance and how to get through them. schedule to make calls to see your significant other, ity." Communicating is the most one another. Whether they be or friends can be beneficial

two of vou.

Planning weekends, and days you will see your significant other or friends, can give you that silver lining you need.

If you are feeling extra excommunication is the worst cited, you can even download a countdown app to your phone, and customize it with pictures for the next time you see them.

Senior communication student, Salvatore Lagrotte-

son you love, whether it is your partner or best friend, can take a toll on your mental state.

Always remember to stay positive.

Junior health studies student, Rebecca Ley said, "Long distance relationships can be emotionally burdensome if you don't have good communication and lack overall positiv-

Before bed at night, write

PHOTO COURTSEY of Colleen Moretti

Even partners that are living with a distance between them can share a piece of themselves." She continued, "Talk

about things ranging from what you ate for breakfast to the hardships you ex-perience. Especially with distance between partners, even the mundane details might create a sense of closeness.

When we share with our partners we create a level of intimacy. That is what makes partners feel con-



PHOTO TAKEN by Cassandra Capozzi-Smith

When being in a long distance relationship, it is important that both parties make an effort to keep the relationship alive. Communicating is key to any relationship but it is crucial in long distance ones.

Writing it down will give you a sigh of relief, and help you realize things aren't so bad after all.

If you embrace yourself, love yourself, and grow every day it will be easy for your significant other to grow with you.

Flourishing together will be the most rewarding feeling! It is hard to be dedicated to loving someone else if you cannot love yourself first.

There is no denying, that love is a beautiful feeling. It will sneak up on you when you least expect it.

It will lie with you on the nights you feel alone, and most importantly, it will be reciprocated back to you in a way that speaks volumes. You will always get back 100 times more than what you give out.

ENTERTAINMENT

November 28, 2018



DANIELLE McCLELLAND STAFF WRITER

Dinner and a movie: that usual pair comes to mind when planning a date or night out with friends.

Everyone has had a time when you and another person argued over which restaurant to go to or film to see, which caused you to reluctantly cave into a decision that was not preferred.

However, dine-in theaters kill two birds with one stone, and dissolves that potential conflict.

Dine-in movie theaters are gaining popularity across the United States. Cities such as Atlanta, Boston, and Chicago are upping the ante and creating a unique movie experience.

Many of these dine-in theaters are under the AMC movie theater corporation, and require reserved seating prior to arriving.

The set-up of the theater is like any other movie theater, filled with reclining chairs up and down the aisles.

Shelby Kopman, a criminal justice student and server at an explained the set-up in regard to the restaurant aspect.

"How sections worked was there was a server who would get six rows on either the right or left side of the theater. Within 10 minutes of the theater seating, bosses would recommend that you have food and drink orders in, because every 30 minutes you would have another theater seating (this was great because I would make a ton of money)," said Kopman.

Not only is this a great experience for the customer, but



Moviegoers enjoy the fresh concept of dine-in theaters, where patrons can eat and drink during a show.

it's also consistent for a server.

The system is organized and efficient, making the server aware of whether they will make a decent amount of money during their shift.

"The company itself was AMC dine-in theater further organized, which made my job easier. The other staff were so nice and always willing to help. I love working there because of the free movies obviously, but it was never the same. Every shift was different and consistent, which is every server's dream," Kopman stated.

Introduced to the dining experience with a server and miniature table, the menu is similar to chain restaurants such as Applebee's or Chili's.

ÂMC's menu includes burgers, salads, sandwiches, appetizers, flatbreads, and desserts. As

without fear.

Heidi Bludau, Ph.D., an anthropology professor who teaches a course called "Food and Culture," believes that the menu reflects the ambiance and presentation of a theater.

"It also depends on the physical set up - are there tables? If so, the menu could be anything. If not, then I would expect finger foods but a higher elevation than what you'd normally get at the snack bar. Either way, it would need to be something not normally found at the concession stand in order to make it special," said Bludau.

With the hustle and bustle of a restaurant atmosphere, does it interfere with the ability to enjoy a film?

Similar to any theater, there

you are fully welcome to indulge disturbance, but contrary to those theaters, people go in aware of this set up.

"There are the people that complain about the constant servers running up and down the aisle, or the lights that are on the seats so people can see their food, but for the most part people love it. It's not just your typical popcorn and candy kind of movie theater," indicated Kopman.

While there may be a lot going on in a dine-in theater, that's what makes the experience more incomparable.

It takes the chaotic atmosphere of a restaurant and combines it with a movie theater experience.

The set up can reflect on American cultural values, such as efficiency and speediness.

There's also a social element opposed to a conventional theater, will be the occasional noise as well, given people often go smoothly.

to restaurants to socialize and catch up with family or friends.

Bludau noted, "One might say that we choose to multi-task by eating and viewing a movie at the same time. Others might say that we are combining pleasures of eating and the leisure of watching a film."

"Of course, we can also just consider it to be another form of entrepreneurship from the side of the theater - what can we offer that the other theaters don't?" concluded Bludau.

If you are a regular at a restaurant, you may find yourself requesting a familiar server simply because they are a friendly face, and you know they will get the job done.

You may also want to know how they are doing in their personal life.

These social bonds are prevalent in the restaurant industry because they promote continuous business.

AMC may be trying to provide an element of hospitality by adding dine-in theaters to their repertoire.

Would you want to go to a dine-in theater?

Psychology student Laura Swinyer seems sold by the concept.

"You get two in one, both a restaurant and a movie. I think it makes for a more enjoyable movie experience too," said Swinver.

If you are interested in dine-in theaters, the closest one in New Jersey is in Edison at Menlo Park Mall.

It may make the next date or Friday night out go more



of vintage comedy, big band old. tunes, and twenties glamour: Greg Morrison.

9 to 11 and 14 to 18, and left ev- trusty record player and his ties of every actor involved ery witness to the spectacle car- original Drowsy cast recording, rying a happy little tune with The Man in Chair sets the tone them. With direction from Sheri telling. Anderson, choreography by Bob Boross, and musical direc-



A whirling kaleidoscope delighted patrons young and

A show-within-a-show, The Monmouth University's De- Drowsy Chaperone follows a partments of Music and Theatre snarky, agoraphobic theater fatransformed Woods Theater natic by the name of The Man into the world of The Drowsy in Chair, played by Nicholas ters complicating the wedding Chaperone; a campy 1998 mu- Sewell, who whisks the audisical written by Bob Martin ence's imagination into the and Don McKellar, with music world of his favorite 1928 muand lyrics by Lisa Lambert and sical, Gable and Stein's The Drowsy Chaperone.

The production ran from Nov. Accompanied solely by his with vivid, quip-laden story-

tion from Michael Gilch, the dience is tossed into hasty immensely gifted cast and crew preparations for the wedding of renowned starlet Janet Van de Graaf, played by Samantha Ventola, and famed heir-toan-oil-tycoon Robert Martin, played by Joseph Marano.

> With a cast of bold characplans, including Janet's confidant, The Drowsy Chaperone, played by Erin Clemente, hilarity, confusion, and plenty of songs ensue.

The physical and vocal abiliwere up-to-par with the exuberance of the show's bouncy plot. A notable number was Marano's Robert presenting the jazzy "Cold Feets" with his best man, George, played by Thomas Lynskey, a precise tap showcase with a crooner melody to relieve his nervous jitters before the Martin-Van de Graaf wedding. With numbers like these throughout the production, smiles were seen throughout the theater. Having seen the show twice before, I appreciated this classic and spirited approach that was taken in conveying what can be a delightfully chaotic storyline. The set was clean and clear, with the interior of The Man in Chair's quirky, yet well-organized, home being the static backdrop of the show.



A romp in the 1920's materializes on-stage, as the au-



PHOTO TAKEN by Haley R. Gasparine The Drowsy Chaperone was set in the roaring twenties.

The Drowsy Chaperone's





players would interact with The Man's furniture items to move the plot, even if the musical existed in another universe entirely from The Man in Chair. Many props were carried on and off, with limited small set pieces.

This proved to be very entertaining and conveyed the true extent of immersion that The Man in Chair experienced while listening to his favorite record; the performers were in his home and using his furniture for their production.

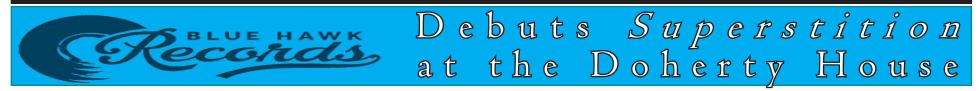
The costumes were nicely constructed and true to the characters' intended era: conveying the intricacy of the life's funny journey.

Roaring Twenties as well the appropriate setting (fun twenties bathing attire by the pool, feathery robes in the bedroom, and shimmering white antique wedding dresses for the weddings).

The show was light-hearted and meant to emulate those simple and bustling twenties 'mix-up' musicals, but left a more meaningful message in its wake.

Drowsy Chaperone The stressed the importance of the arts to many lives, as well as the ever-present need for that which is light-hearted in order to break the dreariness that many feel on

ENTERTAINMENT



DYLAN SURMONTE STAFF WRITER

University President Grey Dimenna, Esq., welcomed students and alumni into the Doherty House Monday, Nov. 26, to celebrate the launch of Blue Hawk Records' 13th album Superstition.

The reception was a wonderful way to welcome the six acts before their compilation album Superstition is officially released on all streaming services Dec. 5.

Joe Rapolla, Chair of the Music & Theater Arts Department and founder of Blue Hawk Records, established the student-run was born in Maryland but mostly record label in 2013 after some time with his own successful music industry career.

Ever since, the label has industry. released a student and alumni compilation album every

showcasing semester. the impressive talent our students have to offer in the competitive industry.

Rapolla began the evening by telling Dimenna, "We can't say thank you enough in regards to all the support you give all the students at the university, in all their endeavors. Not just here with Blue Hawk Records."

"Thanks for having us here for this great event, and let's listen to some music," Rapolla finished before introducing the first musical artist featured on Superstition, Max Adolf.

Max, a freshman student who grew up in Hawaii, recently returned home to the east coast to study music and the music Briana Lyn, a music industry

Inspired chiefly by finger style guitarists like Sungha Jung and Tommy Emmanuel, Max's intimate form and style on his original composition "Miles" shows the way he turned the dining room of the Doherty House into his own stage; a reaction he will draw out from every person lucky enough to listen to his song.

"I absolutely love it," Max told those in attendance about what draws him to the music recording process.

"Just being able to record and meet all you guys and having so much support behind something I wanted to learn more than four years ago is really rewarding,' the artist concluded.

After Max's live performance of "Miles," he was followed by student who has been singing for almost as long as she could breathe.

"Never Get Too Comfortable," which is the second song featured on Superstition. She truly stunned those listening with the power and discipline of her voice. Megan Chase's original song "Wallpaper" is the third song featured on the Blue Hawk Records thirteenth compilation album. Her musical inspirations

include Daniel Caesar, Rex Orange County, Billie Eilish, and Shawn Mendes. It was clear music is something she feels passionate about.

It showed in the way Megan sang, and in her way to help others find beauty not just in music, but also life.

Tina Siciliano's original song "I'm Gone" is a heartfelt and emotional track, capturing themes of youth, loss, and the progress we all make every day as people.

Tina has been composing songs since she was nine, and finds a big inspiration from Lady Gaga. Both of these aspects showed in her performance at the launch party, as well as in the Blue Hawk Records recording.

The way she remembered all of the content of the song along with all the right notes and other musical mechanics that make up a professional recording lifted Tina's strong performance.

The penultimate track of *Superstition* is Shane Tieger with his band Crown Vic performing "Fist Fight;" an Alice in Chainslike track capturing hints of great party came to a close. genres like classic rock, metal, grunge, and funk.

Finally, the sixth, titular, album, will be available and last track of the album is streaming services Dec. 5.

Briana performed her song a perfect cover rendition of Stevie Wonder's timeless classic "Superstition" performed by Mani Kissling, Shadiyah Jai, & Dan Amato.

This trio nails the vocals of the song, and what they capture on the recording is not something that just anyone can do.

In celebration of the album release, there will be a release show held in the University's Lauren K. Woods Theatre on Dec. 5, starting at 2:45 P.M.

In addition to this performance, the class is also hosting a prerelease show at The Saint in Asbury Park on Sunday, Dec. 2, at 1 P.M.

The event will feature from performances all compilation artists, along with Dan Amato and the Sentimental Gentleman, and Sarah Keany of MOTO Records.

Dimmena captured the essence and magic of the music artists best as he gave his final thoughts of the evening: "One of the reasons I love Blue Hawk Records, besides the music, is the talent that is in this room and even beyond. And the comraderv and companionship is amazing."

Dimmena continued with, 'But what is truly amazing is that the university gives you that opportunity to express yourselves by having your own record label. And hopefully it serves as a springboard for you all to do your own albums or music or bands, and it's just fantastic," Dimenna said as the

"Superstition," Blue Hawk Records' thirteenth compilation album, will be available on all



Blue Hawk Records will release their latest compilation album, Supersition on Dec. 5.



ANTHONY PITERA ENTERTAINMENT EDITOR

series began back in 1996 with great adjustment. Pokémon Red and Pokémon Blue on the Gameboy.

on the Gameboy Advance. Now, in 2018, Nintendo has

Let's GO Pikachu and Poké- before. mon Let's GO Eevee finally brings the series to the Nin- based off of the mega popular tendo Switch and is a soft re- mobile game Pokémon GO. I make. It has all the spots experi- this mechanic being incorenced players remember like Pallet Town, Pewter City, Cerulean City, Saffron City, and others. Nintendo even brought back the original 150 Pokémon along with their Gym Leaders. On the Switch, the Kanto area of the map looks gorgeous because you can see every strand of grass in the ground and ray beaming from the sun in the sky. In this latest version of Pokémon, you notice every little detail because this is the first one to be released on a home console in high definition. Another great feature is the battle sequences. There Pokémon GO sold 3 million copies within it's first week of release.

can take against each other, and being able to see wild Let's GO back to where it all Pokémon coming instead of started. The Kanto region is the game getting interrupted makes the game feel similar the place where the Pokémon when you don't expect it is a

Getting Pokémon you can use to fight like Bulbasaur, However, I first caught onto Charmander, and Squirtle, was the phenomena back in 2004 the original difficult choice to when I played Pokémon Fir- make in the older versions, but ered and Pokémon Leafgreen it's one of the most exciting parts of this title.

When you catch a Pokémon, brought the original journey they can follow you around or we all loved back to the Nin- you could ride the bigger ones. tendo Switch and it's definite- This demonstrates the relaly something worth catching. tionship between trainer and The release of Pokémon Pokémon greater than ever

are new actions the Pokémon porated, but after playing for a while it's actually very fun with the Joy-Con controller.

This different gameplay enough to the original titles, yet completely new.

While these features are great, it's level of difficulty is very much lower than the original versions.

Puzzles are simplified, trainers are easier to avoid, and some of the gyms have prerequisites to meet before you're able to challenge them.

On the other side of the Poké Ball, you could say this lower level of difficulty makes the game more appealing to peo-

Swiftly Moving On

ERIN MULLIGAN STAFF WRITER

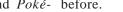
Taylor Swift announced on social media the shocking news that she has not renewed her contract with Big Machine Records on Nov. 19 and is now with Republic Records under Universal Music Group.

2006 was the start of Swift's contract with Scott Borchetta's music label, Big Machine Label Group. Borchetta found Swift performing in The Blue Bird Café in Nashville, Tennessee and was the first artist to be signed to Big Machine.

to the company and the brand she has created, Swift had major leverage in this negotiation.

Swift made the game changing decision and announced her statement on social media along with pictures of herself with UMG Chairman/CEO Sir Lucian Grainge and Republic CEO/Co-Founder Records Monte Lipman. With her new contract, Swift now owns all of her master recordings, which lacked in her previous contract and future negotiations with Big Machine.

Swift has been very vocal on how she is driven to change the After six chart topping albums music industry for the better. In her post she stated, "As part of my new contract with Universal Music Group, I asked that any sale of their Spotify shares result in a distribution of money to their artists, non-recoupable." This was most likely a deal breaker for Swift.



The catching system is

ple who are new to the experience.

For the experienced, it's a fun trip down memory lane was unsure how to feel about that feels different enough to warrant its existence.



PHOTO COURTESY of Kotaku

and countless awards, 2018 marked Swift's 12th and last year with Big Machine. After her major transition from country to pop, Swift became the first pop artist on the country label.

Taylor's most recent album, Reputation, was her last under contract with the label. By Nov., Swift had the option to stay with Borchetta and Big Machine along with renewing her deal or to seek out a new contract with a different label.

Big Machine, a label that has artists such as Reba McEntire, Rascal Flatts, and Thomas Rhett, heavily negotiated earlier this year with Swift in an attempt to have her stay.

Swift's leave will definitely take a toll on Big Machine as a company. So far in 2018, Swift's year-to-date sales and streaming come out to be 34.6 percent of Big Machine's market share. Swift struck a new record Due to her major contributions deal with UMG last week.

The artist also hinted at a seventh album that should be coming in the near future leading to fans to absolute excitement.

With this new deal, there's excitement for all the Swifties.



IMAGE TAKEN from es.kisspng.cor

November 28, 2018





What's the best class you've ever taken at Monmouth?

COMPILED BY: NICOLE RIDDLE



Erica Barbara Junior

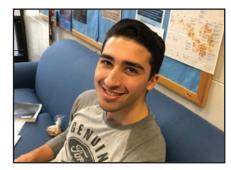
"The best class thus far would have to be Media Literacy with Professor Messina. His teaching style and supplementary content were always so engaging."



Nick Boice Sophomore "International Relations."



Joey Signorile Sophomore "My favorite class was English 101 with Professor Belinski. She was really wonderful and I really enjoyed her class!"





LEFT:

MUSICIAN JAY ALLEN SERENADES THE CROWD AT WILSON HALL AUDITORIUM AT A STUDENT ACTIVITIES **BOARD-SPONSORED (SAB)** CONCERT. PHOTO COURTESY OF: SAB



RIGHT:

PARTICIPANTS OF THE RUN OR WALK FOR WOMEN AND GIRLS' EDUCATION, SPONSORED BY THE UNIVERSITY'S SAGE CLUB. PHOTO COURTESY OF: MONMOUTH SAGE







LEFT: **RECENT ALUM AND** UNIVERSITY CONTINGENT VOLUNTEERS AT PARKER HOMESTEAD-1665. PHOTO COURTESY OF: MU HISTORY AND ANTHROPOLOGY CLUB





THE WOMEN'S CLUB FIELD HOCKEY TEAM POSING ON THE FIELD BEFORE THANKSGIVING BREAK. PHOTO COURTESY OF: CLUB FIELD HOCKEY





Don't see your picture this week?

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

Mike Daniele Senior "Counter Cultures of American History."



William Kamenel **Adjunct Professor of Chemistry and Physics** Physics 101 tied with SC100. In Physics 101, I get to introduce students to the world of physics. In SC100, I get to introduce them to the worlds of chemistry, physics, and biology."

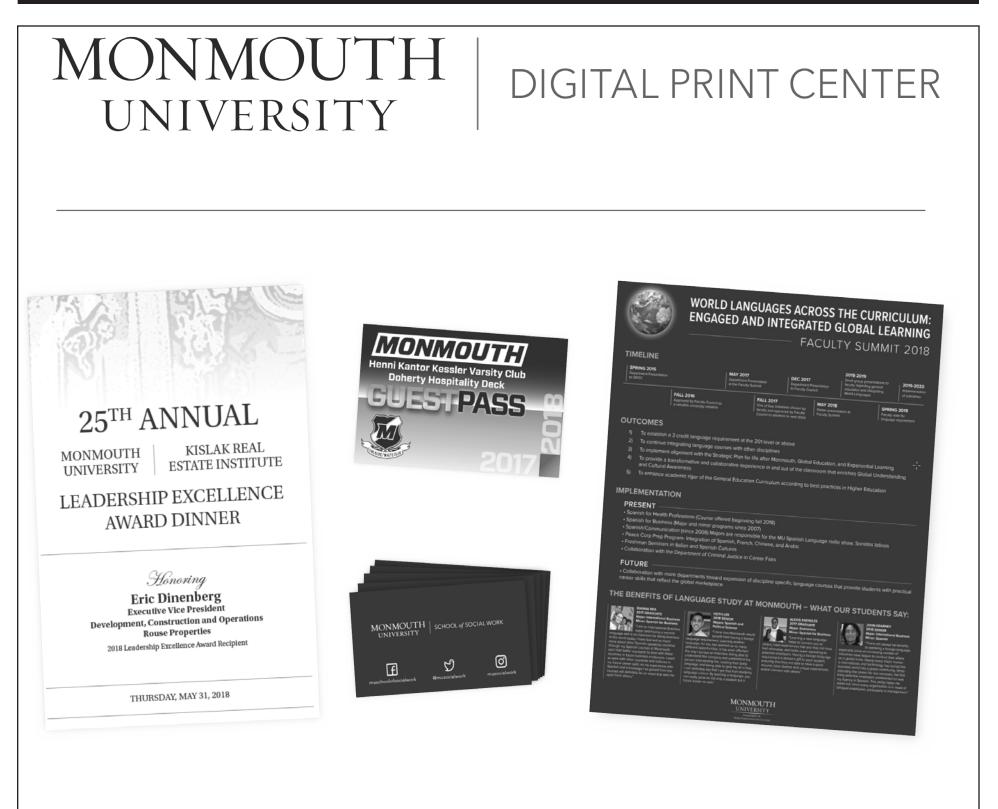


ATTENTION: FINANCIAL AID STUDENTS

If you have had a Federal Direct Subsidized/Unsubsidized Loan and will be graduating in **January 2019** and have not yet completed your Exit Loan Counseling please go to: <u>https://studentloans.gov</u>.

If your graduation date is incorrect, please contact the Financial Aid Office at (732) 571-3463 or via e-mail at <u>dorsey@monmouth.edu</u>, or you may visit us in person in Wilson Hall, Room 108.

November 28, 2018



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RAY ROMANSKI CLUB AND GREEK EDITOR

The Zeta Tau Alpha Kapversity has been shut down by their national headquarters on Nov. 16.

The decision was officially supported by an email from Amy Bellina, Director of Student Activities and Student Center Operations. "The University supports the decision made by our partner Headquarters and will no longer recognize the Kappa Nu Chap-ter of Zeta Tau Alpha," read Bellina's email. "This means that the group may no longer function as an University."

Members of Zeta Tau Alpha declined to comment.

is a student-run organization that oversees all the President of the Panhel-lenic Council, Vanessa Ferand sororities, also declined to comment.

pa Nu chapter of the Uni- dent Life and Leadership Engagement Mary Anne of Zeta Tau Alpha. "It was a violation of national policies and directions as well as the terms of the probation that they were under as well as the suspension that was imposed by President Di-menna," she said. "The Na-tional has closed them for a period of several years. We will certainly be in conversation with them to bring them back at some point, but at this point, it would not be in the foreseeable future. organization of Monmouth In fact, it will probably be a couple of years before we bring them back.'

Zeta Tau Alpha was un-The Panhellenic Council der a cease and desist by the University during the Spring 2018 semester. The National sororities on campus. The Headquarters of ZTA did a full investigation of the new lenic Council, Vanessa Fer- member class during that rara, declined to comment. time and found there was The Greek Senate, who a violation against the Na-

supervises both fraternities tional's standards. The University and the National's decided to keep the sorority Vice President for Stu- open so they could undergo a reconstitution phase.

Zeta Tau Alpha was al-Nagy explained the closure lowed by the University to take a new member class for the Fall 2018 semester, which was agreed on by the Nationals and the University as far back as May. The University would uphold its agreement, considering this was long before the Greek Life suspension came into effect.

> Greek life All at Monmouth was put under an official suspension on Sept.

Many of the members were reviewed, and a number was no longer recognized. It was determined those who underwent the new member process in the spring would go through it a second time for this past semester. This would include initiated members. The only difference: the process would be monitored.

The Nationals of Zeta Tau

ership consultant to act as a chapter advisor and be involved with the day-to-day operations of the sorority. The consultant lived in the University Bluffs and was lowed to hold a new mem-assigned from the begin- ber process, despite every ning of the fall semester until the spring semester, but the closure of the Kappa Nu were able to do a number chapter caused her to return of things all supervised by early.

time in my tenure where a ers were not able to do be-National organization has cause they were on a full provided a leadership con- suspension," said Nagy.

Alpha sent a full-time lead- sultant to a chapter," said Nagy. "It is rare to see. It was a huge investment and commitment on part of the national to do so.

Zeta Tau Alpha was alother Greek organization's prohibition. "Yes, they nationals and preapproved "I cannot recall another by the University that oth-



Zeta Tau Alpha's rock is one of the many on the residential side.

MINDS LOOK INSIDE OUR А

RAY ROMANSKI CLUB AND GREEK EDITOR

CommWorks: Students Committed to Performance and the Monmouth Oral Communication Center (MOCC) will be hosting a performance next Wednesday, entitled A Look Inside Our Minds.

The event will be held in Jules Plangere Center Room 235 Wednesday Dec. 5 at 3 p.m. This event will feature members of both CommWorks and MOCC performing poems, excerpts, and more focusing on the topic of mental health.

Najah Pryor, a senior communications student, is also the Vice President of MOCC. A member since spring 2017, she has seen an increase in membership and a new commitment from its current members.

"The purpose of this event is to de-stigmatize mental health," said Pryor. "We often hear about the neagtives of mental illness, anxiety or de-

pression. We never hear any of the good things. The bad comes with the good, so we're trying to see both sides.

Deanna Shoemaker, Ph.D, professor of communication and advisor for CommWorks, is excited about the upcoming event.

'Students will offer funny and moving original performances exploring a wide range of mental health issues that impact us in deeply personal ways," said Shoemaker.

At least 12 students will be performing solo, small group, and full cast performances. This event is free and open to the public. Snacks will also be provided.

CommWorks and MOCC are two clubs committed to helping students gain a command of oral communication. MOCC is built for more professional and business communication, while CommWorks is more casual performances. You do not have to be a communication major to join. If you have an upcoming presentation or project, you can workshop it with the members who will be happy to help.

"There's two sides to MOCC," said Pryor. "We tutor students and faculty on becoming better public speakers, and we also host fun performances."

In the spring 2019 semester, CommWorks and MOCC will host a poetry slam and other performances, as well as something to honor Women's History Month.

'This dynamic club collaboration is open to ALL students on campus who are interested in building their public speaking, public performance, creative writing, and collabora-tion skills," said Shoemaker. "We also welcome students who are interested in promotions, event planning, and community-building across campus."

Weekly meetings are held in Plangere Hall Room 235 every Wednesday at 2:45 p.m. Feel free to stop by and get involved! Follow Commworks and MOCC on Instagram @ mucommworks and @mocc_ mu!

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 p.m.

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

COMMWORKS STUDENTS COMMITTED TO PERFORMANCE A PERFORMANCE & MOCC PRESENT OF ORIGINAL WORK ON MENTAL HEALTH AND MENTAL ILLNESS AWARENESS A LOOK INSIDE OUR MINDS WED. DECEMBER 5, 2018 TIME: 3PM PLANGERE ROOM 235 IMAGE TAKEN from mucommworks

MOCC and CommWorks will be hosting a performance in Plangere Hall on Dec. 5.

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!

Gourmet Dining: Saving Lives and the Planet, One Meal at a Time

ALEXA LAVERE CONTRIBUTING WRITER

the influence that their diet has on their bodies, the environment, and animals, it is no of studies support the effecsurprise that vegan diets were tiveness of a plant-based diet predicted as the largest food to prevent and reverse heart trend of 2018.

Vegans consume an abundance of healthful foods such psychology student states, as vegetables, fruits, rice, and legumes. However, they eat the diet affects heart health. Thus, same foods that non-vegans those who are informed about eat: burgers, burritos, pastas, the causal relationship besoups, and sandwiches, just vegan versions.

vegan ice cream brands sold in fortunately, many people are local grocery stores. Ben and not aware of the data on this Jerry's created seven flavors, topic, and thus do not find including classics Chunky reason to change the way they Monkey and Cherry Garcia.

crease in the number of vegans Describes Strong Risk of in the United States over the Crisis as Early as 2040," has last three years. Monmouth's shaken readers. According to Gourmet Dining, aware of the the article, a report issued by rising demand for vegan dish- the Intergovernmental Panel es, has implemented a plethora on Climate Change describes a levels, and lower stress. of new options.

diet discover many benefits ing poverty rates, wildfires, that plant-based foods have on and mortality of coral reefs. their health.

are healthy additions for any- energy, land and greenhouse one's diet. Eating more plants gases-intensive consumption should be a health focus on goods, and agricultural emiscollege campuses," said Mary Harris, a specialist professor further climate change. of communication and Direcorganization.

Control and Prevention reports more carbon emissions than heart disease as the leading all cars, planes, and trucks in cause of death in the United States.

Clinic Foundation writes in Earth's natural resources. the article, "Resolving the demic through Plant-Based disease.

Megan Conchar, a senior 'It is clear from the data that tween food and health are more likely to choose heart-There are even a multitude of healthy, plant-based diets. Uneat.'

Research firm, GlobalData, New York Times' recent ar-reported a 600 percent in- ticle, "Major Climate Report not too distant future of wors-Those who follow a vegan ening food shortages, increas-

The report notes that glob-"Vegan plant-based options ally, reductions in demand for sions are needed to prevent

Raising animals for food retor of Plants for Peace, a vegan quires extraordinary amounts of water, land, and energy-The Centers for Disease the livestock industry creates the world combined. Therefore, adopting a plant-based

M.D., from the Cleveland terioration and exhaustion of

Next time you're about to As college students realize Coronary Artery Disease Epi- eat a hamburger, remember that it takes almost 2,000 gal-Nutrition," that various types lons of water to produce one pound of meat, (approximately six months of showering!) according to the Huffington Post article, "This Is How Much Water It Takes To Make Your Favorite Food." Maybe it's time to consider a veggie burger instead.

> More was learned about what campuses want in regards to food offerings, thanks to a grant from the United States Department of Agriculture that the University of Tennessee's Health and Physical Education department secured.

> As part of the grant, they distributed a survey to students and employees that aimed to assess behaviors, perceptions, and programs regarding environment and health. They developed an initiative to increase fruit and vegetable intakes, raise physical activity

Out of a maximum 60 points, the food environment of the dining hall was ranked 43 points in terms of health-fulness of foods available. Furthermore, the first priority of employees and fifth priority of students was to increase the number of healthy food options within campus dining halls.

These results indicate a strong desire of the campus community for healthier food options. This can be answered by implementing an expansion of nutritious, plant-based foods on campus.

Aimee Orndorff, RD, cam-Caldwell B. Esselstyn Jr., diet can drastically reduce de- pus dietician, made it her goal

"There tends to be a lot of misconceptions about veganism, especially about it being bland, boring and all about tofu. These misconceptions couldn't be further from the truth."

> AIMEE ORNDORFF **Campus** Dietician





PHOTO TAKEN by Jenna Puglisi

Some delicious vegan options include salads, quinoa sliders, burritos, pizza, and even dairy-free ice cream.

to focus on integrating plenti- rine and environmental biolwas vegan pizza and therefore, created 'Vegan Pizza Friday's," Orndorff said.

While the dining hall is home to vegan choices including a salad bar, global and vegan section, veggie burgers, and plant-based milks, Orndorff explained, "Each year, I speak with more and more prospective students who follow a vegan lifestyle and are specifically looking for colleges that have vegan menu items on a daily basis.

Therefore, Orndorff aims to bring more variety to the dining hall's global and vegan station. Hello vegan mac'n cheese and make-your-own quinoa bowls!

She also wants to ensure that vegan dessert is offered, as well as tempeh for students to make their own vegan creation at the Hot Plate section. In the campus diner, Gourmet Dining hosts "take-overs" that rito containing sofritas, brown incorporate vegan options into rice, beans, veggies, and guatheir menu.

During a past take-over,

ful vegan options. "One of the ogy and policy student said, first menu items I wanted to "The biggest concern of nonintroduce the dining hall to vegans is that if they switch to a plant based diet they will not have enough protein or enough energy."

"These people have simply not been presented the proper information and have been misled by the animal agriculture industry and the culture they grew up in," Harris continued.

"What people do not understand is that we do not need as much protein as we have convinced ourselves of, and that if it was a concern there are so many vegan protein sources," Harris added.

According to USDA Dietary Reference Intakes, most people need about 0.4 grams of protein per pound of body weight. Therefore, someone who weighs 150 pounds requires about 60 grams daily.

There are 21 grams of protein in one cup of cooked beans alone. A Chipotle burcamole contains 31 grams.

There are also a tremendous vegan "sliders," quinoa lentil amount of vegan athletes who exemplify that the body can black bean with avocado, were receive all of the necessary nutrients while maintaining a vegan diet. Your strength is not determined by your meatintake. Orndorff encourages quesfrom vegan dishes. Orndorff tions, comments, or concerns that may be had concerning vegan options on campus. If this article has sparked your interest in vegan foods, give the dining hall's vegan pizza and other new options a try. For additional insight concerning the impact of vegan foods on human health, the environment, and the lives of animals, attend a meeting, public talk, or vegan potluck hosted on campus by non-profit organization, Plants for Peace. You'll get the opportunity to

with red pepper hummus and served. You can expect to see another take-over happen in the near future.

There are many misconceptions that scare people away expressed her concerns and said, "There tends to be a lot of misconceptions about veganism, especially about it being bland, boring and all about tofu. These misconceptions couldn't be further from the truth.

You don't have to be vegan to try some of our vegan dishes so before passing judgement on our vegan menu items, I encourage you to try them – I bet you will find it tasty."

While vegans do consume salads and tofu, they also eat interact with experienced vegan array of delicious foods. ans while enjoying delicious, Shannon Harris, a junior ma- cruelty-free food.

Gourmet Dining now offers many delicious vegan options for everyone following the healthy diet.

PHOTO TAKEN by Jenna Puglisi

Must-Haves for Every Winter Wardrobe

JENNA PUGLISI FEATURES EDITOR

Now that the weather is growing colder, it is time to transition into our winter wardrobes. The key is to not sacrifice style for warmth, and these tips will help you find a balance.

While fall is ideal for lighter layers, like a denim jacket, New Jersey winters require a heavy coat. That being said, the stereotypical ski-coat is not your only option.

Some peacoats are heavily lined, and Old Navy had them on sale for only \$25 this past week. Vests are another cute choice of outerwear. Kristine Simoes, a specialist professor of public relations, said, "My Old Navy puffy vest never fails me."

Overcoats are also trendy right now; it is a great look to pair it with rolled up jeans and boots. You can go for a traditional neutral color, or something a little more fun like pink. H&M has a couple different options set at reasonable prices.

women is the teddy coat. It is as comfortable as it sounds – these coats will turn you into a giant is perfect for the season, and it teddy bear.

Most of them are made from Sherpa material, making you feel like you are wearing a blanstyle that is colorful and reversible for \$79, which isn't too ex-



This winter, mix up your wardrobe with a teddy coat, pleated pants, and a vintage-style fisherman hat.

long

While jeans are timeless, if Another new coat trend for you're willing to try something new, try a pair of pleated pants. A plaid or houndstooth design will effortlessly dress-up any outfit. This is a great winter look for both men and women.

Winter is sweater weather, but ket. Urban Outfitters has a cute you do not always have to opt for the traditional cable knit look. Turtlenecks have made a comepensive for something that you back, and you can even use them are bound to wear all winter for layering. For instance, girls

can wear a turtleneck under a dress and pair it with knee-high boots. Oversized sweaters are also cozy and cute; with a pair of leggings and combat boots, an oversized sweater is a great choice for a long day of classes.

If you do not want to pack away your favorite t-shirts and tank tops, never underestimate the power of a cardigan or flannel. Guys and girls both look great in this style, and it can keep some of your summer pieces in your life.

Thermal tops are an alternative to sweaters that will still keep you warm and chic. Tilly's has a fashion-forward men's henley thermal for only \$25.

Once you pick out the essentials, it is time to accessorize. Again, the emphasis in winter fashion needs to be on warmth. Allow your accessories to not only compliment your outfits but act as ways to keep Jack Frost away.

We all know the basics: hats, gloves, and scarves. But you do

not need to pick out big, bulky, and basic styles. Make sure that even your accessories match your personality.

"My go-to winter fashion accessory is my big knit infinity scarf because it looks so cute with my outfits and keeps me super warm, which is always a plus," said Claudia Ondecker, a senior software engineering student.

Infinity scarves seem to go with every outfit, but if you're feeling adventurous, you can choose bold patterns to make an outfit pop. A leopard print or polka dots can turn any outfit from drab to fab.

Your options are also unlimited with a wide selection of hats. "Beanies are my favorite," said Gianna Resciniti, a senior communication student.

Plain beanies are always a solid choice, and pom-pom hats never fail to be adorable. The vintage-style fisherman hat is the latest trend that looks good on nearly anyone. You can wear it with any outfit, and you will instantly look more fashionable than you did before.

This winter, you can look ready for the runway from head-to-toe, even on below zero days. The switch from fall to winter is hard enough; do not say good-bye to Instagramworthy outfits in the process. Remember that warm and stylish layers are essential to keep your looks practical and fashionable.

Holiday Shopping Survival Guide: College Edition

AMANDA BALESTRIERI STAFF WRITER

It's the most wonderful time of the year — for everything except our bank accounts. You don't need to spend a month's worth of college tuition on the perfect gifts for your family and friends. There are millions have shaving kits, mugs, jourof other ways to show your loved ones that you care about them without spending an arm and a leg on "the perfect gift."

Samantha Rosenberg, a junior social work student said, "Holiday shopping can be extremely difficult especially when you're on a budget because there is a lot of pressure counts throughout the season, to find the perfect gift, especially for someone that you member that denim jacket that love." People get so fixated on you just knew your mom would finding the perfect gift for their love but you couldn't afford loved one and that's usually as- it? During the holiday season, sociated with a lot of money. there are plenty of sales that But with these tips, you will can make that same jacket 40soon find out that sometimes, the perfect gift can be found on the sale rack. A universal gift for anyone, boy or girl, old or young, naughty or nice, is pajamas. You can never go wrong with a soft and cozy pair of pajamas. Plus, there are tons of patterns that are sure to please anyone. Primark, a British Department store, recently took over for Sears in the Freehold Mall. Their pajamas touch upon life's greatest pleasures. They just came out with a Friends line friends and family with a great (you're welcome) and they even have cozy slippers to match. Most importantly, they're cheap and ideal for a college students' budget. You can't argue with \$10 pajamas. This store is a hidden gem that can hopefully make holiday shopping easier and cheaper.

nitely on the nice list. With brands like Michael Kors, Vince Camuto and Ralph Lauren all at discounted prices, shopping here feels as lovely as Christmas morning. This store has practical gifts at great prices and even better quality.

Just to name a few, they nals, blankets and fuzzy socks. Many people believe in, "You get what you pay for," meaning that if you buy a cheaper gift that the quality will not be as great. Marshall's is one of the few stores that proves that theory wrong.

Black Friday, and other diswill be your best friend. Re-50 percent off. If you don't want to go out to the mall, never underestimate the power of an online sale. With most sites usually doing free shipping, gifts can conveniently be shipped right to your dorm room. Especially for college students, this is the ideal scenario for shopping without the hassle of trying to get off campus without a car. Erin Wilson, a freshman history education student stated, "You still want to please your gift, but having a budget really limits what I can get." This brings up the idea of gift sets. Gift sets are perfect and can be used in a variety of ways. If you have multiple people to shop for, purchasing gift sets is not only efficient, but it also knocks more birds with one stone.

where you buy one thing for your aunt, sister and mom – one price, one box, one purchase. Once purchased, you can then open the gift box and sort out different things for different people. This is where creativity can really come in handy.

Making a gift look cute is not only fun but it also presents itself well, especially if it is a cheaper or smaller item. Plastic wrap and ribbon or even a bow on top can really spice up a smaller gift. These items are inexpensive and can be found at any dollar store. Gift boxes are also a nice way to present a smaller gift.

Target is that one store that you never go in needing something specific, yet you will leave with \$500 less than you Education, Lisa Bach, said,

Imagine a perfect world had. But Target's most beneficial yet underrated feature is the beloved dollar section. Right when you walk in, it is there staring you in the face and tempting you to stay there instead of walking deeper into the store to the more expensive items.

Dollar sections take some dedicated searching, but it is extremely rewarding. For just one dollar, you can find pens, bins, scarves, planners, markers, chargers, air fresheners, cases and other small knickknacks. Take a few of these items, put them in a bin and wrap it with some clear wrapping paper and a bow for an (almost) homemade gift that anyone is sure to love.

Secretary of the School of

"My preference for holiday gift giving on a budget is to give food in festive reusable containers tied in wire ribbon." Festive foods like candy and nuts are a go-to, especially for someone who you might not know as well. There are many universal snacks that you can never go wrong with.

"Keeping the recipient in mind of a particular treat they enjoy, it could range from homemade cookies to store bought nuts," Bach continued. This allows room for personalization and creativity: the perfect way to spice up a gift.

With shopping at the right places, snagging deals and a little thinking and creativity, this holiday season can be one to please. Happy holidays and happy shopping!

Marshall's- this store is defi-



PHOTO TAKEN by Jenna Puglisi Holiday shopping does not need to be expensive; there are penty of ways to save money this season.

Women's Basketball Ends Losing Streak, Wins Two

MATT DELUCA STAFF WRITER

After trailing 45-43 with 3:56 left to play, Women's Basketball outscored Sacred Heart 11-5 the rest of the way to earn their second consecutive victory, 55-50, on Sunday afternoon.

Junior guard Emani Clough led Monmouth with a seasonhigh 12 points, including ten in the final 2:34.

The Hawks had two other players in double-figures; freshman forward Lucy Thomas scored 11 and junior guard Sierra Green finished with ten. Thomas also added eight rebounds.

"We're practicing well enough to start winning and are starting to put together positive possessions on both ends of the floor," said Head Coach Jody Craig. "It takes all of the facets of the game to get a victory."

Monmouth jumped out to a 9-1 lead in the first quarter, which garnered a Sacred Heart timeout. The Pioneers began to string together a few possessions, but the Hawks maintained a sevenpoint edge after ten minutes, 17-10. Sacred Heart's 9-0 run in the second quarter gave them their first lead of the game as they outscored Monmouth 15-6 in the second ten minutes to go into the half leading 25-23.

Two consecutive steals and baskets put Monmouth back in front late in the third quarter, 35-34, but a Sacred Heart three to end the quarter gave them the lead back going into the final ten Wednesday, Nov. 21.

minutes of regulation.

Down by two with 3:56 to go, Clough connected on back to back three-point shots and vaulted Monmouth into the lead, 49-45, with 1:40 left. She later hit a pull-up jumper to expand the lead to five with nine seconds remaining. She finished the game by scoring two free throws to cap

off her personal run of ten points in just over two and a half minutes of play.

"I was happy to see Emani have something that positive happen," Craig said. "I thought we were not at our top level at all today and had to find a way to be gritty. We had to be resilient and not let it get to our heads. [Emani] was a

perfect example of someone who but the Pioneers made 20 of their shook off all previous plays and just made the next play.'

For the game, Monmouth shot 38 percent from the field and 35 percent from three. They made six out of their eight free throws. The Hawks held Sacred Heart to just 27 percent shooting from the field and 22 percent from three,



Junior guard Sierra Green led the team with 15 points in Monmouth's 64-56 win over Albany on

29 free throws on the afternoon. Monmouth outrebounded Sacred Heart 41-34, as it was the secondstraight game in which they outrebounded their opponent.

Thomas scored in double-figures for the fourth time in the last five games, while Green reached that mark for the fifth-straight game. Ten different players scored for Monmouth in the win.

The victory was the second in as many games for Monmouth, as they earned their first win of the season earlier in the week, defeating Albany 64-56 on Wednesday evening at the OceanFirst Bank Center.

Green had 15 points, including three three-point shots. Junior guard Rosa Graham finished with ten points, five rebounds, and four assists.

"Defensively, we made more plays," Craig said. "We struggled down the stretch to close, and that's something we need to spend more time on. Overall, I was pleased with our performance. We're coming together more consistently. This is a growth process and we're learning every game."

With the pair of wins, Monmouth improved their record to 2-4 after starting the season with four consecutive losses.

The Hawks will look to win their third-straight on Sunday when they travel to face George Washington. Tip-off from Washington D.C. is slated for 2:00 p.m. and the game will be broadcasted live on ESPN+.

Senior Spotlight: Georgia Garden Bachop

CHRIS FITZSIMMONS STAFF WRITER

New Zealand is known for Lord of the Rings, rugby, and its large amount of sheep farms. It also happens to be the birthplace of Field Hockey's senior forward Georgia Garden Bachop.

Hailing from Wellington, the picturesque capital city of the country, Garden Bachop was born to be an athlete. Her family was full of talented rugby players and those athletic traits were passed on to hockey comes from her aunt.

"My family is big into rugby in New Zealand," said Garden for her though as it took time Bachop. "My aunt is the one to adjust. who played field hockey and for my fifth birthday gave me a field hockey stick and son," Garden Bachop said. "It said go play field hockey not rugby. I played for her team since I was five and all the fine not working out at home way through high school up to today." Her high school years were spent playing a variety of sports such as rugby, volleyball, and handball. Yet her aptitude seemed to lean towards she was named Metro Atlantic field hockey as the accolades would suggest.

Coach Carli Figlio must have saw something she liked as Garden Bachop would soon find herself heading to West Long Branch.

"I was talking to different coaches, but when Coach Figlio reached out to me I cut contact with everyone else because I wanted to come here," she said.

Garden Bachop found proximity of Monmouth's campus to the ocean as a major selling point and committed to play field hockey for the Hawks.

The forward made 18 starts her. But her passion for field in her freshman campaign, recording a total of two goals on the season. It was not all easy

"Freshman year I struggled tring preseason and the sea was completely different from home. I thought I would be and showing up. I had some catching up to do."



Garden Bachop even represented her country, competing for a spot in the New Zealand U-18 squad as a teenager.

As her high school career was coming to an end, Garden Bachop began to look for opportunities to expand her horizons. One idea was to compete in the United States.

She created a highlight reel and floated the tape around to various recruiting websites. Monmouth Field Hockey Head

As the years ticked away Garden Bachop took her game to another level.

This past season as a senior, Athletic Conference (MAAC) Offensive Player of the Week three weeks in a row during the month of October.

Bachop Garden was crowned as the MAAC Player of the Year, MAAC All-Championship Team MVP and as of Monday, a member of the National Field Hockey Coaches Association (NFH-CA) All-Mid-Atlantic Team.

Through she is decorated with many individual awards, Garden Bachop is proud of her team.

PHOTO COURTESY of Monmouth Athletics

Senior forward Georgia Garden Bachop was named in the National Field Hockey Coaches Association All-Mid-Atlantic Team on Monday.

in 2016 we won, that achievement was awesome. Those group of girls was the best part," she said. "The things we have accomplished this year such as coming so close to beating Michigan and beating Delaware in a scrimmage. Small things that we have accomplished that foreshadow where we will go."

Field Hockey has quickly become one the sports that Monmouth is known for. With three MAAC championships

"I am most proud of the ring thrived due to players such as gree, and coaching." Garden Bachop.

Looking to the future, she is still undecided, besides wanting to see her family and play more field hockey.

"Once I graduate, I will go home and be with my family," Garden Bachop said. "Really, I want to play more, I am not done. At home there are some competitive teams to try out for and play. From there, either go to more school or find a job. Also, I am thinking about coming back to the my who I am. I really would in five years the program has USA, getting a master's de- not change anything."

Putting it all together, Garden Bachop is pleased with how her past four years have played out.

Her story is just in the beginning stages and the legacy she leaves at Monmouth will be one that will be talked about for years to come.

"I would change things, but those things have taught me lessons," she said. "Not that I regret things because everything I have done have made

Swimming Combines for Three Wins at Manhattan

EVAN MCMURTRIE SPORTS EDITOR

Men's and Women's Swimming tasted success in their most recent meet; both teams defeated Metro Atlantic Athletic Conference (MAAC) rivals Manhattan while the women additionally topped Siena on Nov. 17 at Fieldston High School in Riverdale, NY.

Today was an exciting day for the swimming program,' said Head Coach Matt Nunnally. "The team came ready to compete and their focus showed right from the start."

Freshmen Callan Smith and Camryn McHugh added to their successful maiden campaigns; they both won three individual races and were a part of winning relay teams.

In the 1000-yard freestyle, Smith broke the team record, which he had previously set himself. He came in first at 9:42.39

Additionally, the freshman won the 500-yard freestyle putting him up to 17 firstplace finishes on the season. Smith earned MAAC Male saw her named MAAC Female Swimmer of the Week recognition for his efforts.

McHugh was victorious in both the 100 and 200-yard ed Manhattan by a score of backstroke. In winning the 158-101 before downing Siena, in the 200-yard medley re-100-yard fly, she set a new team record with a time of 58.85

Monmouth's winning weekend 500-yard freestyle.



PHOTO COURTESY of Monmouth Athletics

and the 200-yard backstroke, Freshman Callan Smith earned MAAC Male Swimmer of the Week honors for the second week in a row on Monday.

> Swimmer of the Week for the by freshman Lauren Baines in second time this season.

142.5-118.5.

McHugh's performance in son with a 5:26.71 finish in the Greening finished in 1:51.78.

The 400-yard IM was won 4:50.21 in what was the fifth Women's Swimming defeat- first-place finish of her career. Monmouth was victorious lay when McHugh, freshman Freshman Sarah Brennan Muriel Maloney, and juniors won her third race of the sea- Bradie Keelan and Jaclyn

Manhattan by a margin of 71 points, winning 165-94.

Freshman Valance Washington won two races in the meet, coming first in both the 100 and 200-yard freestyle, pushing his win total up to five on petition. the season.

Freshman Dylan Barkhuizen also won twice at Man-Men's Swimming topped hattan, finishing the 100 and in fifth and 17th, respectively.

200-yard butterfly on top. The wins were his seventh and eighth of the year.

Freshman Kevin Del Giorno earned his first collegiate win with a time of 55.27 in the 100-yard backstroke.

Sophomore Ethan Lucas won the 50-yard freestyle, a race that he has now won on five separate occasions this season.

Sophomore Trevor Askew won his third 200-yard breaststroke race of the year in 2:15.58.

Smith, Barkhuizen, Lucas, and junior Austin D'Angelo worked together to win the 200-yard medley relay, helping the Hawks to victory. "Wins in both medley re-

lays set the tone for the entire meet," said Nunnally. "The early momentum carried the team throughout and gave us a big enough lead on the scoreboard that we just needed to be safe with our starts on the last relay.'

Monmouth will next be participating in the Eastern College Athletic Conference (ECAC) Championship in East Meadow, NY this weekend in an event that will span from Friday to Sunday.

This year marks the third in a row that the Hawks will have participated in the com-

In the 2017 ECAC Winter Championship, Men's and Women's Swimming finished

Men's Basketball Falls to Princeton, Remains Winless

ZACH COSENZA EDITOR-IN-CHIEF

Men's Basketball fell to 0-7 on the season after losing 60-57 to the Princeton Tigers on Saturday afternoon.

The Hawks led by as many as 12 points in the second half but the Tigers won late after hitting three three-pointers in the last three minutes.

You have to take your hat off to Princeton," said Head Coach King Rice. "We knew late in the first half with just it would be a battle like this over a minute left, but Princand their main dude hits three threes down the stretch. We didn't get out to him hard

enough, he shoots him and they go in so a lot of credit to into halftime with a 27-20 Princeton. With our team, we lead, their largest halftime keep finding ways to not finish and we're going to keep working hard.'

In the first half, the Hawks ing in the first half. started off strong. After trad-Monmouth went on an 8-0 run into the first media timeout up 10-4.

eton went on a 5-0 run to lower the deficit to only seven points.

The Blue and White went lead.

lead of the season.

Monmouth was able to hold Princeton to 30 percent shoot-

The Hawks were up by as ing baskets in the first minute, many as 12 points twice in the second half, but Princeton to take a 10-2 lead. They went went on a 24-11 run to give them their first lead of the night at 52-51 with 3:38 left in the game.

The Hawks took the lead back after a jumper by junior forward Mustapha Traore and a basket by sophomore guard Ray Salnave to take the 55-52

Princeton finished with back-to-back three pointers to reclaim the lead. The Hawks had the chance to bring it to overtime, down by three with the final possession, but they were unable to get a three point shot off.

For the game, junior guard Louie Pillari led the Hawks with 13 points while playing all but two minutes of the game.

Salnave was second with 12 points and Traore and sophomore guard Deion Hammond finished with ten points a piece.

Junior guard Nick Rutherford had nine points and eight rebounds.

The Hawks outrebounded the Tigers, with a 35-27 advantage. Monmouth was also Nassau County Aquatics Center a perfect 8-8 from the foul line in the first half, 20-25 overall. "I thought we played a lot better today, the kids fought, we've been fighting teams and we thought today we might get over the hump but we have to get more together as a group," said Rice. "If we can get together enough, some things will turn and go our way." Next up, Monmouth (0-7) takes on #10/#9 nationallyranked Kentucky tonight at Rupp Arena in Lexington, KY. Tip-off is at 8:30 p.m. and the game can be seen live on the SEC Network. The Hawks fell to the Wildcats last year at Madison Square Garden, 93-76. They then head to Pennsylvania to take on Bucknell on Saturday. Tip-off is at 2:00 p.m. Monmouth defeated the Bison last year in their home-

UPCOMING GAMES

Wednesday, Nov. 28 Men's Basketball at Kentucky Rupp Arena Lexington, KY 8:30 p.m.

Friday, Nov. 30 M/W Swimming ECAC Championship Nassau County Aquatics Center East Meadow, NY 8:00 a.m.

M/W Track & Field OceanFirst Bank Center Classic OceanFirst Bank Center West Long Branch, NJ 6:00 p.m.

Saturday, Dec. 1 M/W Swimming ECAC Championship



PHOTO TAKEN by Ali Nugent

opener 79-78.

Junior guard Louie Pillari scored a team-high 13 points in Monmouth's 60-57 loss to Princeton on Saturday night.

East Meadow, NY 8:00 a.m.

Men's Basketball at Bucknell Sojka Pavilion Lewisburg, PA 2:00 p.m.

M/W Track & Field OceanFirst Bank Center Classic OceanFirst Bank Center West Long Branch, NJ 6:00 p.m.

Sunday, Dec. 2 M/W Swimming ECAC Championship Nassau County Aquatics Center East Meadow, NY 8:00 a.m.

Women's Basketball at George W. Charles E. Smith Center Washington, D.C. 2:00 p.m.

*conference games



COMEBACK CLOUGH

MONMOUTH

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With the Hawks trailing late in the game, junior guard Emani Clough scored ten points in the final 2:34 to edge Sacred Heart, 55-50, on Sunday. Monmouth has now won their second game in a row after starting the season 0-4.

SEE STORY ON PAGE 18

PHOTO COURTESY of Monmouth Athletics