



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933

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## University Warns About Vaping

MATT ENGEL  
CONTRIBUTING WRITER

An article was released by Suanne Schaad, Substance Abuse Coordinator and advisor to the Students in Recovery Club, and Kathy Maloney, Director of Health Services, in response to the growing vaping epidemic and health concerns last Tuesday.

According to Schaad, there have been 450 reported cases of young persons aged 15-35 years old and five deaths confirmed in the United States.

Schaad warned, "There is a growing epidemic of acute severe respiratory disease associated with e-cigarette products/vaping."

According to Health Services, indications of the disease begin to appear over the course of 1-7 days,

with the first symptoms being coughing and shortness of breath. Later, the symptoms can worsen to chest pain, loss of appetite, nausea and vomiting, and diarrhea.

"The severe respiratory disease that occurs as a result of vaping is associated with chemical exposure and does not appear to be caused by an infectious agent such as bacteria," Health Services wrote in the article. "That means antibiotics are of little use in treating the type of pneumonia, acute lipid pneumonia, seen with many of these cases."

According to the Centers for Disease Control (CDC), most electronic cigarettes contain nicotine, an addictive substance found in other tobacco products and regular cigarettes. Nicotine is harmful to the adolescent brain, which does not fully develop until around age 25. Among the parts of the brains that can be affected by nicotine are the ones that control attention, learning, mood and impulse control.

The CDC also warned that labels on electronic cigarettes may not be completely accurate, writing, "It is difficult for consumers to know what e-cigarette products

VAPING cont. on pg. 2

## Fury Named Writing Services Director

MEGAN RUGGLES  
NEWS EDITOR

Frank Fury, Ph.D., Lecturer of English, started as the Director of Writing Services on July 1.

In an email to Writing Assistants, Fury wrote, "I am so grateful to be working in such a welcoming environment and to have the opportunity to contribute to such a valuable service for our undergraduate and graduate students at Monmouth."

Fury's goals for the Writing Services include maintaining the efficiency of operations that has endured for years, and in the long-term, to ensure students are receiving the best possible instruction and writing assistance.

He plans to adhere to the Writing Services protocol, which is known among the staff to be: "emphasize the writing process, not the product."

"We want our students to become better writers; it's not all about writing papers," Fury said.

At Monmouth, Fury has taught both College Composition I and II where his feedback on student papers revolved around the writing process including aspects like thesis, structure and paragraph development, rather than mechanics. Writing is more than formatting, it's about understanding the overarching elements, according to Fury.

In addition to Fury's classroom experience, he worked at Writing Services from 2014-15 as a Faculty Writing Assistant. "I think in some sense it helps me now that I am the Director to have a perspective of what happens in the tutoring room and look at things both ways. I can kind of oversee things but also have an idea of what goes on in sessions," he said.

Writing Services is a great campus resource for students of all levels. We want students to take advantage of the resource we provide to aid them in becoming better students and by extension, better writers, Fury said.

Jenna Puglisi, the Graduate

FURY cont. on pg. 2



IMAGE TAKEN from Vox.com

Juuls are an example of e-cigarettes under fire from the federal government and FDA.

## Fly With Us: New Fundraising Tool

LOWELL-KELLY GAMBLE  
ASSISTANT NEWS EDITOR

The Office of Alumni Engagement and Annual Giving have introduced a new crowdfunding fundraising platform entitled Fly With Us that supports various campus-wide projects for students, faculty and staff, and the Monmouth community.

Crowdfunding is a 30-60 day online fundraising campaign in which a passionate group of advocates request online donations from their own personal networks including alumni and University friends which can be shared via email and various social media websites.

The crowdfunding platform currently has six campaigns listed including the Marquita Hannibal- Franquique '02 Endowed Scholarship fund, the Women's Basketball International Trip fund, and the Class of 2019 Giving Campaign.

The Class of 2019 Giving Campaign received donations from 409 class members. This was the greatest class participation in monetary donations in Monmouth history. Each student who gave money towards the campaign donated

\$20.19 to represent their class year.

Each campaign includes a description of its purpose, goals, and benefactors. When individuals are looking to donate to the specific campaigns there are designated

"giving levels" which vary from 25 dollars to a few thousand. Individuals are also able to enter a desired amount that they would like to give. Donors can also choose if they wish to have their name and or donation

amount displayed on the Donor Wall page of campaign page.

"It's a way for people to give to a very specific thing. When people give money, they just don't want to necessarily give money to a big institution. They want to give money very often for a specific purpose. For example, if you are a football player when you graduate, get a big job, and start making lots of money," said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement.

"What we hope is that you want to support Monmouth University, but probably more specifically football. It's using an idea of crowdfunding and targeting specific programs or projects that people have an interest in," said Nagy.

Nagy believes this method of funding will be successful due to having young adult



IMAGE COURTESY of Monmouth University

Fly With Us was introduced last spring as the University's new crowdfunding fundraising platform.

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Writing Assistant and former Outlook editor, said, “Fury has already proven to be an asset to Writing Services. His experience as a professor, combined with his history working within Writing Services, has prepared him well for this role. He has a profound vision of giving Monmouth students the necessary resources to become confident writers.” Puglisi continued, “Fury is always smiling and has a super positive attitude. He has already made Writing Services an awesome environment to work in, and I’m happy to be a part of the Writing Services team.” Brittany Macaluso, a Writing Assistant and a ju-

nior social work student, commented, “Fury has an understanding personality paired with the expectation that his students will work hard. His teaching personality will translate in Writing Services as being a boss that you can go to when you have questions or a problem, as long as you are putting the work in and being a determined student who fulfills the duties of a Writing Assistant.” Puglisi agreed that Fury is always willing to speak with Writing Assistants. “Fury has shown a great amount of passion for Writing Services. He is always open to hearing suggestions from Writing Assistants, in order to make Writing Services the best it can be,” she said.



PHOTO COURTESY of Frank Fury  
Frank Fury hopes to ensure students are getting the best possible writing assistance

# University Officials Issue Warning about Vaping

VAPING cont. from pg. 1

contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.” According to the National Youth Tobacco Survey, which is a joint study conducted by the CDC and Food and Drug Administration (FDA), the use of electronic cigarettes by high school students increased by 78 percent from 2017 to 2018. In 2017, around 11.7 percent of high school used electronic cigarettes; in 2018, the number jumped to 20.8 percent, accounting for approximately 3.05 million students. Mary Anne Nagy, Vice President for Student Services, said that University officials have not yet discussed a ban on vaping or smoking, but reiterated that vaping and smoking are not permitted in any building on campus. Under the current student handbook, any student, faculty member or visitor who smokes must be at least 25 feet away from all buildings. “We don’t make a distinction at all,” Nagy said. “If you’re going to vape, you’re going to vape outside, just as if you were going to smoke, you were going to do it outside.” While Nagy said that there would be no current changes to the student handbook regarding smoking, the University would be open to changes if concerns were raised by student govern-

ment and other groups. One hypothetical example given was increasing the smoking ban to within 100 feet of a building. However, she mentioned the challenges associated with deciding penalties for those who violate the ban. “If the community itself says we want to be smoke-free, then we would certainly respond to that,” Nagy said. However, not all students support additional bans on smoking on campus. “I would be bothered by that, because people smoke and vape everywhere, and to constrict

young adults from making their own decisions would be wrong,” said Patrick Trezza, a sophomore health studies student. In the Monmouth University student handbook, smoking is defined as “the burning, inhaling from, exhaling from, or the possession of a lighted cigar, cigarette, pipe, or any other matter or substance which contains tobacco or any other matter that can be smoked, or the inhaling or exhaling of smoke or vapor from a hookah or an electronic device.

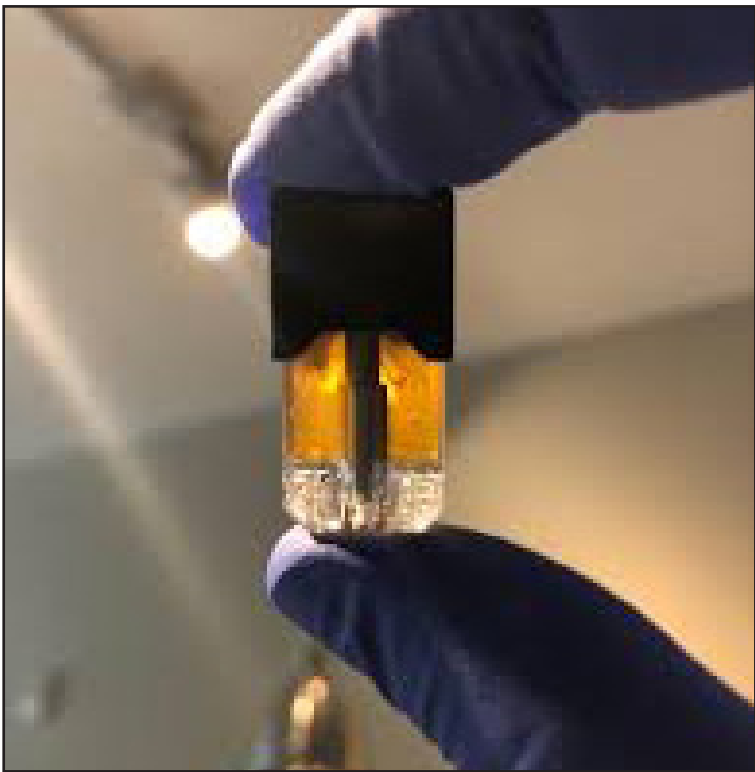


IMAGE TAKEN from reddit.com  
Juul pod filled with concentrated nicotine.

# 100 Clubs Exhibited At the Annual Involvement Fair

RAYMOND ROMANSKI  
CLUB&GREEK EDITOR

The annual Involvement Fair, which allows students to connect with various on-campus organizations and get involved, took place on Shadow Lawn on Friday, Sept. 13. With nearly 100 clubs and organizations set up in front of Wilson Hall, the event provided students with the opportunity to get involved by connecting with new people who share similar interests, and to find their niche on campus. “Clubs and organizations take this opportunity to promote themselves to the students,” said Amy Bellina, Director of Student Activities and Student Center Operations. “It is an easy way for students to learn about the opportunities that are available to them,” she continued. Bellina stressed the importance of becoming active on campus by utilizing the many student-run clubs and organizations at the University. “Being involved in clubs, organizations, and various activities gives students a chance to meet other students, feel more a part of the Monmouth community, build resume experience, develop relationships with people that may be mentors for them, learn more about a particular area of study, try something new, and to have fun,” she said. Julia Fishern, a freshman student, said, “As someone brand new to campus, it is quite overwhelming how many clubs there are on campus. There’s something for everybody!” In order to encourage new stu-

dents to become excited about being active members of the Monmouth community, the Offices of Transition & Leadership Programs and Student Activities collaborate every year to hold Welcome Week and the Service & Leadership, Hawk Pride, Academics, Diversity, Organizations & Involvement, Wellness (S.H.A.D.O.W.) Program. Katherine Browna, Coordinator of Transitions and Leadership Program, said, “We want that first week of the semester to have a lot of opportunities for students to get out of their residence hall or stay on-campus for

more than just their classes so they can start to create connections and get used to their new environment.” “The transition to college comes with a lot of challenges and opportunities so the goal is to make students feel welcome and get them engaged from day one,” she said. Browna continued, “Events like the Hypnotist, Comedian, and Illusionist are great events opportunities to start creating shared memories with new friends.” Werlhens Francois, production Director for HawkTV and a senior communication student, also felt the Involvement Fair was a

success. “HawkTV, WMCX, and the Verge had a lot of students sign up.” Another method that the University employs to encourage first year students to get involved is the S.H.A.D.O.W. Program, which Browna said, “Provides first-year students with the extra push they need to start exploring the wealth of options we have outside of the classroom on campus.” Browna explained that encouraging students to attend at least event in each of the six categories, not just six random events, challenges them to go to things they otherwise might not have initially been drawn to. “If a student attends at least one event in each of the six categories by the [Oct. 31] deadline, they automatically get a free sweatshirt and get the chance to win other big prizes like a \$500 gift card to the bookstore, an Apple Watch, and other great prizes,” Browna said. “Hopefully this helps some students find something they didn’t even know they were interested in or helps them gain a skill they’ll find helpful moving forward,” she said. “Getting involved on campus can seem like an overwhelming process sometimes because there is so much to do but [I hope] the S.H.A.D.O.W. Program streamlines that process for some.” “All in all, the hope is that students find their place on campus and begin to see Monmouth as a home away from home,” Browna continued. “Getting involved is often how students find their friends, discover and explore their passions.”



PHOTO COURTESY of Monmouth University  
The Involvement Fair gives students an opportunity to see all of the clubs and organizations that Monmouth has to offer.



# Criminal Justice Department Commemorates 9/11

ALEXANDRIA AFANDOR  
CONTRIBUTING WRITER

On the 18th anniversary of the Sept. 11, 2001 terrorist attacks, the University’s Department of Criminal Justice in conjunction with the 9/11 Memorial & Museum held a video screening, panel discussion, and gallery exhibit in Pollak Theatre.

In coordination with events in the five boroughs of New York City, Monmouth University was the only New Jersey location hosting this exhibition.

The program, “Commemorating 9/11: Art, Perspective, and Reflections,” gave faculty a chance to voice their perspectives and stories from that day. Attendees listen to speeches by Virginia S. Bauer, a member of the Board of Directors for the 9/11 Memorial & Museum, as well as Douglas Collier, Criminal Justice Director of Professional Outreach and Engagement; John Comiskey, Ed.D., an Assistant Professor of homeland security; Christopher DeRosa, Ph.D., Department Chair of History and Anthropology; and Melissa Ziobro, a Specialist Professor of public history.



PHOTO COURTESY of Monmouth University  
The panel discussion focused on homeland security, domestic and international terroristic threats.

Both Comiskey and Collier were prominent members of law enforcement at the time of the attacks. Collier said, “This event especially is one that will continue the conversation of criminal justice and homeland security. Our platform is never to be forgotten as the years go on, we can never forget the first responders who gave the ultimate sacrifice.”

Collier also mentioned how important this discussion is for our students, “It is critically important in why we study criminal justice poli-

cies and how they change the process of criminal justice reform.”

Alexandra Hotaling, a homeland security graduate student, said, “After attending the [September 11th] panel event, it really put into perspective how lucky we are to be American, and how resilient of a nation we are in light of the September 11, 2001 terrorist attacks.”

In continuing the discussion of 9/11 and homeland security, the Department of Criminal Justice also helped host an event at Ocean Coun-

ty College the following day. The event was staged as a conversation with Former U.S. Secretary of Homeland Security, Jeh Johnson. Comiskey was the moderator and asked Former Secretary Johnson a number of hot topic questions.

The event focused on the pillars of homeland security: cyber security, domestic and international terrorist threats, and gun laws. Comiskey asked Johnson what he thought the future of homeland security looks like and responded, “I see us

with less security... we need to overcome the want to hurt others.”

Hotaling said of the event, “Jeh Johnson really exemplified what it meant to be a homeland security student: to ensure a sense of safety to civilians and pay it forward to those first responders who made the ultimate sacrifice on the day the world stopped turning.”

Comiskey was able to reflect on how the event went, “Johnson did a very good job conveying difficult questions about border security, gun laws, etc. He also mentioned how important our cyber critical infrastructure is which further proves we will most likely keep our critical infrastructure course in our program.”

“We, as professors, don’t teach you, as students, what to think but how to think. We need to try to tone down the rhetoric in the face of the 2020 election and learn to hear the other side,” Comiskey continued.

The event was a way to continue conversation surrounding homeland security and to commemorate and honor the experiences of those involved with 9/11.

## University Lauches New Fundraising Tool

FUNDING cont. from pg. 3

alumni. “Young people are used to sending money to other people through your phone, or donating money through go fund me pages. I’m not used to that. I’m used to writing a check or using my credit card.” Nagy feels this will be popular among younger alums because it’s not only going to be easier to give to the university in general, but to causes that they care about. “When that happens the institution benefits because we need to increase the number of alumni that give to Monmouth University. It is very low, and needs to be two to four times the percentage that it is today,” Nagy said.

Each project must have a clear purpose and broaden the institution’s mission. Crowdfunding projects can help students, faculty, and staff increase awareness and valuable funds for university necessities and opportunities.

Successful Crowdfunding projects eliminate common, unlimited funding obligations and boast campaigns with clear, detailed aspirations. Project types can consist of scholarships, student groups, travel supplies/costs, athletics, faculty research, and participation drives.

Lindsay Wood, Director of Annual Giving, hopes this program will help alumni get a foot in the door and give back. “Maybe they will see a project that is a specific group, organization or department that they were affiliated with.”

“This will help increase our alumni participation rates as donors which directly impacts the school’s ranking in U.S. News and World Report, which then increases the value of their degree even though they transitioned forward. For current students, faculty, and staff this should allow people to promote initiatives that they might not have the funding to do,” Wood continued.

Wood emphasized that the office Alumni Engagement and Annual Giving are looking for strong project

leaders when making a decision. “We are looking for a leader who is really invested in the effort, and can identify a passionate team of ambassadors to work with. We recommend five to ten project ambassadors per project. It

should be supported by project advocates who are 100 percent invested in the cause,” she said.

“Were doing this as a way to empower other people in the community

to get involved in the community and to help educate our students on campus as well as large networks that we have individually. We hope that the people that are benefiting from the projects now will then be inspired to give when

they’re out in the working world,” she added.

Wood concluded by explaining that the percentage of alumni giving is one of the seven factors that is considered in

the U.S. News and World News Report rankings for college and universities. “It counts the actual number of alumni who give, not the dollar amount that they give. Even giving five dollars a year counts in alumni as an online donor. The more people who participate, the higher we will get in the rankings,” she said.

The Office of Alumni Engagement and Annual Giving are looking for a wide range of successful projects that do not benefit individual students or faculty members, but the university as a whole. They need to be funds that are going to be used solely by the university.

Through this unique digital fundraising tool, members of the Monmouth community can come together to create, participate, and share projects dedicated to supporting student success and institutional achievement.

### Crowdfunding projects can help students, faculty, and staff increase awareness and valuable funds for university necessities and opportunities.



IMAGE COURTESY of Lindsey Wood  
Monmouth alumni Class of 2019 took part in the largest graduating class fundraising campaign in Monmouth history.



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Editors Discuss Deregistration

EDITORIAL STAFF

As the costs of higher education continue to rise, students and their families often find themselves in a bind: how to afford to pay the often hefty tuition bill. At Monmouth University, the policy is that students have two weeks prior to the beginning of the semester to pay their bill or else they will be deregistered completely from their classes. This year, that deadline was Aug. 20, and nearly 300 of our students were affected by this policy, losing their spots in classes they scheduled for the fall semester.

While many of the editors have fortunately not experienced this incident, several said that they have been close to it, and one said they had been deregistered entirely. “I got deregistered once because my student loan hadn’t been disbursed to the school yet,” this editor said. “The school didn’t resolve it and all my classes were dropped and I needed to be re-registered when the loan went through.”

Another editor recalled, “I studied abroad this summer, which I almost was not allowed to do because of the cost, and the bill was due only a few days after I got back home; my mom did not have the funds to pay my tuition yet due to the [previous] summer tuition and expenses...I was really close to having this issue (of being deregistered from fall semester classes).”

According to the Office of Financial Aid, it is estimated that 95 percent of students receive some form of financial assistance to attend Monmouth. The editors believe that this percentage is a testament to the cost of tuition, which would require so many students to be in need of assistance and cover the costs. It was noted by one editor that this statistic encompasses several factors,

including merit-based scholarships. “I believe many, if not all, students receive some form of academic scholarship from Monmouth, because they are fortunate to have enough funds to disperse,” the editor said. “I do believe that many others, including myself, receive financial assistance because of the high cost of the University.”

One editor said, “I am a part of that 95 percent (receiving financial assistance) and I still can barely come up with the money to pay my tuition bill each semester. The cost of tuition at Monmouth, and really any college, is ridiculously high and most college students struggle to pay their tuition.”

Another editor mentioned their time getting their financial aid together. “I applied for aid rather late, around the middle of April, and then it was a little tied up because of the verification process,” they explained.

“Because of this, I ran really close to the deadline for deregistration. Fortunately, I was able to have that deadline extended by the Bursar, and I’m really grateful because of it. However, I don’t think many students are aware to ask; there may also be a pride aspect to it, too. Regardless, I still believe the deadline for all students should be extended.”

Some editors found the payment deadline to be fair and gives students enough time to get their finances together,

“Students are notified when the bill is due and before it is due, and have time to get the payment together. After attending [Monmouth] for more than one year, students should know the deadlines,” one editor said. But this editor noted, “I think that if the policy of the due date is changed it will just give time to the students/guardians to pay the bill.”

Another editor echoed this perspective, saying, “I

think the deadline is fair. It is the student’s responsibility to get their bill together, whether they are paying out-of-pocket or applying for a student loan. However, I do think Monmouth could do a better job of reminding students about the deadline... Personally, I have come very close to missing the deadline because of this.”

Other editors said it would be fairer for the deadline to be after the Add-Drop period, which is by the second week of the semester. “It would allow for more time to save money and for more paychecks to come through alleviating some of the stress around the student and their family’s money problems,” an editor said. Many of the editors agreed with this point.

“Our school has other services and accommodations for students that need financial assistance, so I think a greater grace period with paying the tuition bill would be able to relieve a lot of stress for these students,” another editor said. “The administration should work with students to prioritize their financial stability in order to give them the quality education that they’re paying for.”

The editors come from a range of socioeconomic backgrounds and have each provided a unique perspective. With the costs of higher education on the rise, and the increasing difficulties for families across the country living paycheck-to-paycheck, it is the general consensus of the Editorial staff that an extended deadline for payment and deregistration would help to alleviate the financial burdens of tuition.

The editorial staff invites faculty, students, and staff to become a part of this discussion. We welcome all submissions to be considered for publication in following issues, which can be sent to outlook@monmouth.edu.

HOW TO SUBMIT ARTICLES OR LETTERS:

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

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

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# Letter to the Editor:

## Let’s Stop Deleting Student Schedules for Late Payment Two Weeks before The Semester

JOSEPH PATTEN, PH.D.  
ASSOCIATE PROFESSOR

Why does our University withdraw students from classes for late payment two weeks before the start of the semester?

This semester, 290 MU students were deregistered from classes for late payment. The skyrocketing costs of college puts an enormous strain on families, particularly on families with more than one child attending college.

One of the students deregistered this semester has four siblings in college, two of whom also attend Monmouth. Can you imagine what it must be like for parents trying to put five kids through college? Her parents are our society’s real-life superheroes and deserve to be treated better than this.

My sense is we’re swatting flies with sledgehammers with this family unfriendly

deregistration policy. Many of the 290 Monmouth students found themselves in shouting matches with parents over being withdrawn from classes, at least that’s what would be happening in my house. My daughter would have a heart attack if withdrawn from classes two weeks before the start of the

“The skyrocketing costs of college puts an enormous strain on families, particularly on families with more than one child attending college.”

JOSEPH PATTEN, PH.D.  
Associate Professor

semester.

And it’s during these need-less family fights that faculty advisors like me are asked to reach out to students to offer help in reregistering for classes, which is socially awkward and a huge waste of time.

Re-registration takes a

half hour per student since there’s no longer a record of the original registration once withdrawn.

Students are also sometimes near tears when re-registering because classes fill and some lose the opportunity to take classes with favorite professors and/or create a schedule that aligns with

work schedules.

It’s also extremely embarrassing for students to have to explain personal financial matters to faculty when asking to be re-enrolled in a now full course.

During this entirely avoid-able high drama re-registra-tion process, students also

come to view university ad-ministrators as cold-hearted, and commonly say things like “Monmouth only cares about money,” which is se-verely damaging to our cam-pus ethos.

Withdrawing students from classes for late payment two weeks before the start of the semester is exceedingly harsh

and insensitive to what some families have to go through in order to secure a college loan.

I looked at the policy at a nearby public university and found students are not with-drawn from classes for late payment until the second week of the semester.

So why are we deregister-ing students for late payment two weeks before the start of classes when others don’t take this action until the sec-ond week of the semester?

It’s also important to em-phasize that no student will be able to receive college credits without first paying tuition if we eliminate this policy.

Registrar offices have complete control over the dissemination of transcripts and diplomas, and don’t have to release them if there’s as much as an overdue library fine.

So in that sense this policy is a solution in search of a problem. Or, to paraphrase Francis Bacon, this policy’s cure is worse than the dis-ease.

Let’s be a family-friendly university and change our policy so that students are no longer deregistered from classes for late payment two weeks before the start of classes.

## The Keto Diet

HUNTER GOLDBERG  
CONTRIBUTING WRITER

A majority of people wish to have a “shredded” body that is toned all over with a six-pack.

When motivated individuals decide it is time for a change they tend to either seek a gym membership or choose a strict diet, like ketogenic, in order to change their body style. The more successful ones choose both and are strict on both sides of the scale.

Ketogenic or “keto” is a diet that helps people to reach their fitness goals by losing weight and getting toned. The keto diet is a proven way to lose weight by avoiding foods high in carbohydrates.

So, sadly, no pasta and ba-gels, foods that are extremely difficult to stay away from in Jersey. The foods allotted will have very low or little to no carbohydrates, such as meat and vegetables. The diet also encourages the intake of foods high in fat, like nuts and avo-cados.

I personally went on this diet last summer and I aimed for less than 20 grams of carbs per day. This was an ex-tremely hard goal, some days I could not stay at 20 grams and would intake around 50 grams instead.

Along with the diet, I would also go to the gym religiously at least six times a week. Once one sees progress in the mir-ror and the formation of the body going in the right direc-tion, it is hard to cheat or stop.

I woke up early and went to the gym before work every weekday and sometimes dur-ing the weekend too. After my workout, I would go home and eat two to three scrambled eggs, bacon and sometimes an avocado and a protein shake too.

The eggs supplied the pro-tein, the bacon and avocado supplied the high fats. The av-

ocado only added a few carbs to the meal.

After my first meal, I would then drive to work where I worked construction from 8:00 am to 5:30 pm. For snacks, during the day I would have nuts, peanut butter, sunflower seeds, cheese and maybe some good deli meats.

I would only have about 30 minutes for lunch so I would pack a chicken caesar salad, some berries and often times a handful of nuts. All consist-ing of low amounts of carbo-hydrates and included high amounts of fat and protein.

My dinner meals would sometimes change but I would typically have two bacon cheeseburgers with no bun and broccoli or asparagus. Other nights I would change up the meat to a few hot dogs with no bun, chicken, steak, or fish and add other types of low carb vegetables.

That summer was a strenu-ous one with handling a new

diet, early morning gym lifts, and two online summer class-es. I had no time for a social life my sole focus was better-ing myself. I would wake up, go to the gym, eat, go to work, come home, shower, study, eat dinner, and go to bed just to begin the cycle again.

The keto diet was success-ful for me but when I started school again and broke out of the cycle it was hard to main-tain the definition on my body. I continued to hit the gym in between classes but did not continue this restrictive diet.

The keto diet produces real results but it is not sustainable unless you continue the diet for the rest of your life. This is the problem with these fad diets they are so difficult to maintain.

Once you reach your weight goal or body goal you feel as if you can return to a normal diet but you will soon enough find yourself back where you started.



PHOTO TAKEN by Hunter Goldberg

The Ketogenic diet consists of low carb and high fat foods.

## Benefits of Exercise

LAUREN SALOIS  
OPINION EDITOR

Exercise? I thought you said extra fries. I know, I would rather go through the Mc-Donald’s drive-thru than put on those workout clothes too. However, I have found that when I do take the initiative to get in those workout clothes and break that sweat I feel a thousand times better.

I dread working out, I argue with myself for hours and I take forever to put those work-out clothes on. When working out finally wins, I feel so much better about myself. Exercising is an amazing form of self-love. It relieves my stress, helps me get those nine hours of sleep, gives me more energy, gives me more body confidence, and overall I feel better and happier throughout my day.

As college students, we ex-perience tremendous amounts of stress daily from balancing classes, jobs, a social life, and those unavoidable, random, stress-inducing circumstances life loves to throw at us. In ad-dition, this new social media-saturated age we live in creates stress with the constant need to know everything and to com-pare ourselves to everyone. Exercise is a huge outlet for college students to put down that book, close that app and to focus on themselves.

Stress really takes a toll on the body. It makes it hard to get a good night’s rest, impedes focus, induces a loss of appe-tite or cravings of unhealthy foods, causes a sluggish feel-ing throughout the day, etc. The combination of all these factors wreaks havoc on the skin and causes breakouts, dryness, and dullness.

The less stress you have the fewer skin issues you encoun-ter. This is why working out is so important, it is an amazing outlet to alleviate all these ne-gative effects of stress.

The only workout I do not dread (or do not dread as much) is spinning. I am an avid spin class taker and I highly encourage this workout to any-one and everyone I meet. After those 45 minutes on that bike (yeah, the one that goes no-where) I feel like a completely new person.

The bike is my escape from that terrible day I am having or from the assignments that just keep piling up. When I step off that bike, drenched in sweat, I am refreshed and ready to take on all my responsibilities.

The only downfall of spin classes is that they are ex-tremely expensive and im-practical for a college student. When I am at school (and very broke), I am unable to partake in my favorite form of exer-cise. Instead, I use fitness apps on my phone such as *Peloton*, *Beachbody on Demand*, and *Fitnation*.

I make the goal at the begin-ning of every semester to work out at least two times per week. To hold myself accountable I schedule specific times in my planner around my class and work schedule so that work-ing out is a part of my weekly routine.

The past two school years I lived in the dorms on campus that had gyms attached so I found it convenient to fit work-ing out in between classes. However, I am living off-cam-pus this year and it has been a struggle to find a good routine with hitting the gym between classes.

With a larger living space this year, I have discovered how to utilize these workout apps within my home. I can easily throw on some workout clothes, roll out my mat, prop up my phone and get in a good sweat before my next class.

Now it is time to put my words into action and get my butt to the gym or my college version of an at-home gym.



# Forest Fires in the Amazon Continue: University Scholars Weigh In

JOHN SPINELLI  
CONTRIBUTING WRITER

The Amazon rainforest has experienced massive forest fires since Aug. 20. The world has watched footage of ash fields going for miles

Although it is currently the dry season, with July and August being the driest months, there have been more fires than usual.

The reason why there are more fires this year than on average is because of human activity; and scientists are concerned that if the fires continue, there will be significant ecological effects on the South American environment and possibly even the earth's temperature.

Brazil has strict regulations concerning economic use of the rainforest; however, there have been developers clearing land despite the environmental laws legislated.

“South American countries are racing to meet the Chinese demand for commodities, including soybeans and pork, and this accounts for some of the uptick in deforestation,” said Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology Department and an Associate Professor of political science.

He continued, “In part, we see market forces prevailing over political ideology. This explains the common behavior of [President of Bolivia] Evo Morales (left) and [President of Brazil] Jair Bolsonaro (right).”

“In South America, where elections deter-

mine who is in power, all leaders must make progress at lowering poverty or, face the wrath of voters,” said Mitchell. “Both leaders understand this reality, so they permit burning of forests to increase grain exports.”

Many have blamed Bolsonaro for the increase of illegal land clearing. Bolsonaro took office on Jan. 1 and has been described by political scientists as a right-wing populist.

In the past, he stated his support for using the Amazon rainforest to expand Brazil's economy. He won the presidential election in 2018 by defeating the Worker's Party candidate Fernando Haddad.

Firefighters are preventing more fires while Bolsonaro has recently declared he will send troops to stop illegal activity.

In the neighboring country, Bolivia, Morales has supported land clearing to advance his country's economy as well.

Often referred to as “the lungs of the earth,” the Amazon rainforest is a natural buffer for greenhouse gases.

The plant life takes in an estimated 100 billion tons of carbon dioxide per year and produces at least 6 percent of the oxygen in the world.

Most of the rainforest is in Brazil, but is also reaches into the neighboring countries of Bolivia, Peru, Ecuador, Colombia, Venezuela, Guyana, Suriname, and French Guiana (an overseas territory of France).

The fires pose an imminent threat to the many endangered plant and animal species that live in the region.

Home to approximately



IMAGE TAKEN from The Harvard Gazette

The forest fires have caused over 906 thousand hectares in deforestation.

25 percent of the world's biodiversity, the Amazon rainforest is among the most biodiverse regions in the entire world. Some animal and plant species in danger include the white-cheeked spider monkey and the hyacinth macaw.

The biome is not only home for the wildlife but also to many indigenous people who have lived there for centuries.

Legal arguments over land between the natives and developers have been fought for years before the fires started.

According to Randall Abate, J.D., the Rechnitz Family and Urban Coast Institute Endowed Chair in Marine and Environmental Law and Policy, there will be severe impacts from the Amazon fires on global climate change and biodiversity.

“The fires will have devastating impacts on the Amazon's rich biodiversity and could ultimately lead to extinction of some vulnerable species, which in turn could have dangerous ripple effects across many ecosystems,” he said.

While land clearing could be deemed illegal and subject to harsh penalties, Abate explained that such violations are not likely to be enforced due to lack of resources and personnel, as well as a lack of political will from the Bolsonaro administration.

Abate also explained how the Amazon rainforest fires could possibly alter the environment in our area.

“The Amazon fires will cause global climate change to worsen for all vulnerable areas in the world, including vulnerable coastal areas in New Jersey like Monmouth and Ocean County,” he said.

Abate continued, “Destruction of the Amazon rainforest from these fires will accelerate all the global impacts of climate change, including sea level rise, coastal erosion, and loss of species along the Jersey Shore.”

However, while these impacts will not be immediately apparent, like the loss of trees in

a forest fire, Abate said that they will accelerate the onset of the climate change crisis facing the world within the decades ahead.

He explained, “[The] loss of biodiversity anywhere has ripple effects everywhere. Environmental problems are inherently transboundary.”

“Loss of biodiversity in the Amazon from these fires could also impede medical research that seeks to find cures for cancer and other diseases,” he said.

He continued, “such research advances in part by studying the bounty of biodiversity in the Amazon.”

Abate also stressed the inherent value of biodiversity and how these fires pose a threat to that value.

“[Biodiversity] promotes resilience to climate change by ensuring robust and intact ecosystems,” said Abate.

“These fires destroy that delicate web of life. This isn't just Brazil's problem—it's a global crisis,” he concluded.



IMAGE TAKEN from interestingengineering.com

The Amazon is the world's largest tropical rainforest, famed for its biodiversity and rivers.

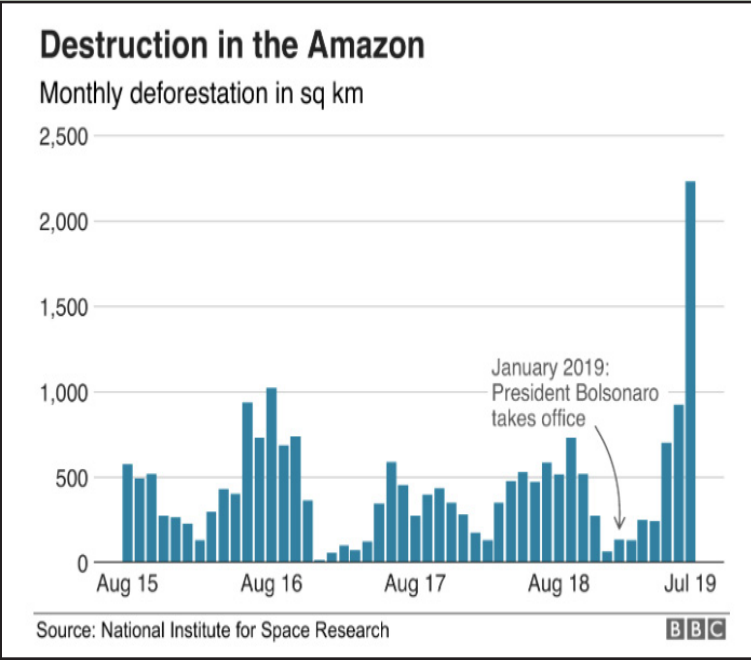


IMAGE TAKEN from BBC

Destruction in the Amazon has increased under Bolsonaro.



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# Career Services Presents Interns of Monmouth University



## Alyssa Verdi

**Major:**

Business Management and  
Decision Sciences

**Anticipated Graduation Date:**

May 2020

**Internship Title:**

Talent Acquisition Intern

**Employer Name:**

Michael Kors

**Employer Location:**

New York, NY

**Internship Start Date:**

January 14, 2019

**Describe your role or a typical day.**

1. The Michael Kors Internship Program offered me an opportunity to gain exposure to the inner workings of a global retail corporation. Each day, I was able to participate in my comprehensive program where I was able to receive training and develop interpersonal skills and knowledge under the guidance of experienced professionals. During my internship, a typical day would include sourcing through hundreds of potential applicants and conducting phone screens on a daily basis for the highly competitive summer internship program in our NYC office.

**What were your major responsibilities at the internship?**

2. I was tasked with assisting the Talent Acquisition team with sourcing potential candidates for every department within the NYC office for the summer internship program. I created and posted job descriptions for internship positions, and over the course of my internship at Michael Kors, I reviewed incoming resumes, and gave my feedback as needed.

**What interested you about it?**

3. As my junior year at Monmouth was quickly approaching, I decided to seek out an internship in Human Resources (HR) after being counseled by the Office of Career Services. I always knew that I had a passion for HR, and after learning more about the different areas of HR from my counselor, I knew I wanted to be involved with recruiting. After researching HR internships online, I was lucky enough to secure an interview with Michael Kors after being approached by a recruiter from via LinkedIn, and I was later offered an internship position within the HR department, which I accepted.

**What did you learn through your experience? How can you relate this to your future career goals?**

4. The experience I gained from my HR internship at Michael Kors were truly instrumental, and my experience certainly complemented my passion for the field of recruiting. There are so many positions needed to make a global company run, and I never would've learned about them if it hadn't been through working here in HR. I also learned to source candidates in a timely matter, and I was much more comfortable on the phone while interviewing potential applicants.

**What advice would you give to other students about the internship experience?**

5. Don't be afraid to speak up! I was so timid in the beginning of my internship and I wasn't getting the full experience that was intended for me. If you're confident and outspoken, you'll really make a mark on the company.

**For more information on how to obtain an internship, please contact [careerservices@monmouth.edu](mailto:careerservices@monmouth.edu) in order to schedule an appointment.**



# The Juggling Act

SAL LAGROTTERIA  
STAFF WRITER

Being a full-time student and working a job is incredibly difficult, but also therapeutic at the same time if you can believe it. Working 20 hours a week while attending class and completing assignments, is a reality most college students face. It can seem daunting, never ending and downright hopeless to live a stress-free life. A full-time student at Monmouth University is anyone who is taking between 12 and 18 credits, which can equate from four to six classes per semester. For many students, such as Tyler Karpe a senior homeland security student, this is extremely taxing. Karpe said, “I find juggling school and work very hard, especially when I’m taking a full course load. I have not found any remedy to the lessen the load to make it not seem overwhelming.” Enrolling in four to six classes per semester means your schedule is generally full each day of the week. Leaving you with early or late shifts for your job. As a student, classes and homework come first. Caroline McCahon, senior health studies student with a cluster of public health says, “I juggle school and work by making my work schedule around my class schedule because in my book, school comes first and takes priority.” A way you can make your class schedule coincide with your work schedule is to ask your boss for your shifts in advance or schedule the same

shift multiple days of the week. This will establish regularity in your schedule. If you are deciding to work this school year, it is important to stay well-rested and well-hydrated. As students, we always hear that getting eight hours of sleep is crucial to our health, but rarely do we listen. After going to classes all day and then having work at night, it is easy to crash and fall deep into using your phone. An article by Dr. Oz, Cardiothoracic surgeon, Columbia University professor and author, suggests that to get a healthy night of sleep you have to power down your brain. Oz suggests to, “spray your pillow with lavender, put on soft relaxing music, and melt away.” Once you are able to relax your body, a natural sleep will follow. After getting a good night’s sleep, nutrition follows. If you are getting up early to go to work or class, it is important to have breakfast and keep yourself hydrated. If your appetite is satisfied throughout the day you will be more productive, and less prone to thinking about how hungry and tired you are. Keeping snacks with you throughout your shift or classes, can help satiate any oncoming hunger. Another key to juggling your job and class is to stay true to yourself and know your own limits. As much as it’s tempting to go out with your friends on a Thursday night, it’s impossible to wake up Friday morning to do well in your 8:30, and then work a 6-hour shift. Although it seems difficult

to separate your social and academic life, it can be possible with the use of planners. Shannon Hokanson, Lecturer of Communication, discusses how she keeps organized between her career and her social life. “I use multiple planners to keep organized. I have one planner on my desk in my office for work and another on my phone for my personal life to keep them separated,” said Hokanson. Keeping yourself grounded and staying on track will teach you values of dedication, and responsibility. Two things that will be key when entering the workforce after college. You may find that working while attending classes will help you become more organized, motivated and responsible. Stress is inevitable when working and attending school, being mindful can help mitigate this stress. At the end of the day instead of sitting on your phone or computer, try practicing mindfulness. Write down three things you are grateful for that day, or even take five minutes to sit and clear your headspace. You will begin to realize that your day wasn’t so bad after all and will be ready and willing to do it again. If you are torn between whether you should work, do what you think you can handle. Sometimes, having structure and routine will benefit you because it keeps you moving in the right direction and will better prepare you for the future of a career and marriage or starting a family.

## Ask Chloe

*I graduate in December and want to know if I should come back and get my masters - Anonymous*

Anonymous-- This is a question that, as a senior, I have been asking myself as well. The problem with furthering your education to a master’s or doctorate level is that it takes true commitment. You do not want to waste your time, or money at this valuable stage in your life. If you are planning on going straight to the workforce or applying for a job that does not require a master’s (and land said job) you may want to begin working in your field and see if you then want to go back to school. You may find that there are opportunities and job security within your position without getting an extra degree. Marina Vujnovic, Ph.D., Associate Professor of Communication and Journalism Studies, teaches graduate-level courses at Monmouth University and is involved with the graduate program. Vujnovic says that getting a master’s degree, “really depends on personal and professional goals. Some people these days decide to go straight into the graduate program after finishing their undergrad degree because they believe it will increase their chances to get a higher-level position or a better paying job. Some people want to try and be in their field for a few years, and then see if a masters degree is a path for them...” Know yourself, and most importantly know your limits. There is no rush, and we are all on different time schedules. You can decide 10 years from now going back to school is the right decision, and that is perfectly okay.

Good Luck,  
Chloe

*If you would like to be featured in the “Ask Chloe” section, you can submit your question to s1106449@monmouth.edu.*

# Summer: As Spent by a Local

CHLOE BARONE  
LIFESTYLES EDITOR

We all know that the best time of year has finally dawned upon us. Local’s summer. Where there is no traffic, no lines, and you can finally enjoy your beach days without any unwanted crowds. Although you may not be from a shore-town, being a student at Monmouth University allows you to experience a local’s summer. While this is an unofficial term, many know that local’s summer begins after Labor Day weekend, and caps off at the end of September. While you still have around two weeks left, it is time to get exploring. Here are some ways you can submerge yourself into the “locals only” culture of the shore towns: Go to the beach- You may be asking yourself, “Why would I go to the beach in September, when I went all summer?” Being a local means that although you get to enjoy the beach year-round, it is better in the off-season. For one, going to the beach in the off-season means that you do not have to spend money on a beach badge, or pay for parking spaces. You may notice that everywhere you go in the summer you have to pay for parking or battle for a parking spot. In the off-season, there is no paid parking so this not only helps your wallet, but will save time. Try heading to the beach after your classes, or early in the morning, with your towel and books. You and a few other sea-

soned locals will be able to enjoy the still water, and tranquil sound of the waves hitting the shore. If you can’t make it to the beach during the day, going for a walk at night is a great alternative. Cassandra Capozzi Smith, senior english & elementary education student says, “One great way to enjoy locals summer is going for a walk on the beach during the sunset. Not only is it relaxing, but it will help you get out of the house.” Try out local deli’s, farmer’s

markets, and bakeries- A task that is hard to do in the summer when you are a local is to enjoy all your favorite eateries. In the summer restaurants are packed, and there are generally waits upwards to two hours. One town that is close to Monmouth with amazing restaurants is Asbury Park. Enjoy a night out with your friends over the weekend, and afterwards you can head to the boardwalk for ice-cream, and shopping. Over the weekend there will be little crowds along the board-

walk and you will be able to shop with your friends in peace! Go for a Walk – One of the best things about warm September months is that you can capitalize on being active. Chuck Gerdon Director of Development for the Wayne D. McMurray School of Humanities and Social Sciences, suggests going to the Atlantic Highlands. “One of my favorite local’s summer activities is going to Hawthorne Park in the Atlantic Highlands. Walking down to the river and watching the jets fly in headed to

Kennedy airport, is therapeutic.” If walking in nature is not your favorite thing, Monmouth University is always an option. Right before the semester begins campus is a quiet, and soothing place to be. Kelly Anderson, a senior communications studies student says, “seeing friendly faces around campus all year is definitely a wonderful feeling, but there’s something about walking on an almost empty campus that is so relaxing. The campus is beautiful, especially behind the library by the fountains. It is so peaceful to enjoy the flowers and the campus as a whole.” Anytime you can get out of the house and into nature is a time where you take a breather and appreciate the little things. Shopping- Another perk of local’s summer is that it offers us time to go shopping without waiting in horrendous lines, or trying to steal that one top from the rack that others may be eyeing up. In small towns like Lavallette, or places like Pier Village there are small boutiques with great end of summer deals. Local’s summer is the best time to prepare your back to school wardrobe. The above mentioned are just a few perks to living a local’s summer, but truly the best thing is that you yourself are a “local”. You get to experience the culture, feel a sense of comradery, and live a laid-back lifestyle. Plus, once the summer months role around again, you will see the true difference crowds make in your shore lifestyle.



PHOTO TAKEN by Caroline Mattise

Summer vacations can be exciting, but sometimes it is nice to stay home and enjoy the view.



# It's Hard to Say See Ya Later: Why Our Favorite Bands Go On Hiatus

MELISSA BADAMO  
FEATURES EDITOR

To music lovers, nothing hurts more than their favorite band breaking up. Even worse, their favorite band announcing an indefinite hiatus.

This is the case with the emo/rock band Paramore. Their fifth album, *After Laughter*, saw a shift in sound for the band, from punk-induced guitar solos to 80's-like groovy guitar riffs, but it also saw a turning point in the band's future.

The band has been pretty idle since they wrapped up their latest tour on Sept. 7, 2018. Meanwhile, this past Sept. 4, they released a statement on Instagram, Twitter, and Facebook saying that they are taking a "really nice break," serving as a confirmation of their hiatus.

It's a tough time to be a Paramore fan. But we forgive them because they blessed us with

15 years of rockin' music.

We can always count on the threesome staying close, though. They wrote in their hiatus letter, "It's so good to have a moment to just 'be.'"

Fans know that although this is an indefinite hiatus, their favorite band will still be around in the long run.

Things are even worse for One Direction fans. With all four members focusing on solo careers, and the departure of Zayn Malik in 2015, their future as a band doesn't look too promising.

It's been a good three years since the four-piece made music together.

There's even a Twitter account (@hiatusday1d) that tweets every day to keep track of the band's hiatus.

Just because Harry Styles, Louis Tomlinson, Niall Horan, and Liam Payne have all been working on solo projects, that

doesn't mean their fans have given up hope that they will reunite as a group. They are just waiting for the light at the end of the hiatus.

However, bands like the Jonas Brothers eventually return from their hiatus and become bigger and better than ever. They've grown with their fans, shifting from pre-hiatus Disney pop to post-hiatus more mature pop.

Fall Out Boy is another example of a band returning from hiatus, but the public opinion on their post-hiatus music isn't as positive compared to their 2000's emo/pop-punk sound.

It's not uncommon for bands to change their sound once they return from a hiatus.

It makes you wonder whether our favorite music groups take this time off to re-explore their sound, or whether inevitable creative differences need some time to be worked out.

Nick Paradise, a junior music student, said, "Obviously whenever a band goes on hiatus it's disappointing, but sometimes there are legitimate reasons for a band to take hiatus like if a band member has health issues and such."

He mentioned that the British band Glass Animals were forced to take a break due to their drummer being severely injured after getting hit by a truck in 2018. So, it's a genuine reason for a hiatus.

Hiatus-ing bands surely make their fans miss



IMAGE TAKEN from Scnlance

We're still waiting for One Direction to get back together after they announced their hiatus over four years ago.

them. Often, bands returning from a hiatus see a boom in sales and success (we're looking at you, Jonas Brothers).

Going on hiatus helps some bands out, whether or not profit is a deliberate goal. You just know that if One Direction ever comes back from their hiatus, it's going to be big.

Fifth Harmony, Fun., and The Wanted (remember them?) are just some other bands that have succumbed to the "indefinite hiatus."

Time will tell if they will survive this temporary break, or if they will come back stronger than ever.

Other bands on hiatus are so unpredictable that no one knows if they are ever going to return.

No Doubt, the ska/rock band formed in 1986 with frontwoman Gwen Stefani, is notorious for this.

The band released the not-so-popular album *Push and Shove* in 2012 after an 11-year

hiatus, and then disappeared once again.

The band's recurring hiatuses are attributed to Stefani's solo career, which kicked off in 2004 with debut album *Love. Angel. Music. Baby.* The other three band members, guitarist Tom Dumont, bassist Tony Kanal, and drummer Adrian Young, joined forces with vocalist Davey Havok to form the alt-rock band DREAMCAR.

It's No Doubt but it's... *not* No Doubt. At least not with Stefani's unforgettable, immediately-recognizable vocals.

For now, we can just relisten to No Doubt's biggest hits such as "Don't Speak," "It's My Life," and "Just a Girl" while we patiently wait for the guys to reunite with Stefani.

The band still occasionally posts social media updates, and often advertises merch sales on their official website.

So maybe there's still hope for more No Doubt albums in the future. No doubt about it.



IMAGE TAKEN from fueledbyramen.com

Paramore announced their hiatus on Sept. 4, which shocked fans.

## The Kelly Clarkson Show Hits the Right Tune

ERIN MULLIGAN  
STAFF WRITER

From a career of singing to TV, life "Couldn't Get Better" for Kelly Clarkson right now.

Clarkson debuted her new daytime talk show, *The Kelly Clarkson Show* on Sept. 9.

The new variety show has replaced comedian Steve Harvey's talk show, which aired on NBC.

The show is unique with its games, special guests, and of course musical performances performed by Clarkson herself!

The singer does a cover every show. So far, she has covered hits like "Sucker" by the Jonas Brothers, "Bad Romance" by Lady Gaga, "Think" by Aretha Franklin, and "Chandelier" by Sia. For Clarkson, one genre is

"Never Enough."

The singer is sticking to her country roots by creating her set to look like a rustic barn in addition to opening her debut show with a music video of her singing Dolly Parton's country anthem, "9 to 5."

Throughout the show, Clarkson exerts her natural humor making the audience and viewers feel comfort and friendliness like they're right there with her.

The singer wants the theme of closeness and community to come from her show saying, "Each of us has the power to make a profound impact on another person." She wants the show to offer a sense of "spirit of community, connection, and fellowship."

The show has had numerous high-profile guests such as

The Rock, Josh Groban, Ellen DeGeneres, Chance the Rapper, and even Jay Leno!

Clarkson's show landed the highest daytime debut in the U.S. within the past seven years. The show racked in a household rating of 1.9, which hasn't been topped since Katie Couric's show in 2012.

Clarkson effortlessly carries the show and I believe she's one of the best things to happen to talk television in a while.

There's nothing like her out there. The show has an almost vintage feel, like a modern day *Dean Martin Show*!

It's exciting to see Clarkson have her own show. For those of you who are fans of morning talk shows, the singer has cohosted with Hoda Kotb on the *Today Show* and always looked like a natural in front of the camera.

Clarkson is one of the best performers of our time and the first singer to win *American Idol*. Who would've thought someone like Clarkson would get her own talk show?

The idea of having a superstar performer host a talk show and perform herself, in addition to interviewing all sorts of different celebrities is an amazing idea that hasn't been used in quite some time.

With a fresh face for daytime TV and a whole lot of momentum, Clarkson's show is getting "Stronger."

The show is broadcasted on NBC everyday at 2 p.m. and Bravo at 4 a.m.



IMAGE TAKEN from USA Today

Clarkson earned high ratings for her new daytime show.

## THE GOLDFINCH Is Far from Golden

MARK MARRONE  
ENTERTAINMENT EDITOR

Have you ever been on a car ride that just feels like forever and you wonder if the end is in sight?

No, I'm not alluding to the classic film *Are We There Yet?* featuring Ice Cube. Unfortunately, that movie sounds much more entertaining compared to *The Goldfinch*.

Based off the Pulitzer Prize winning book by Donna Tartt with the same name, the film messily centers around Theo (played by a younger Oakes Fegley and older Ansel Elgort), who survived an art museum bombing that left his mother dead. Among the rubble of the museum, Theo took a famous painting of a goldfinch.

After that horrific day, Theo's life goes into a tailspin. From living with his drunken father in Las Vegas to working with a man who forges antique furniture in New York City, Theo loses stability when he loses his mother.

I know, the plot sounds incredible, but the film doesn't let its source

material spread its wings.

At two and a half hours, it sounds like enough to capture such a sprawling story. But by the end, I was sprawled out on my reclining chair.

Throughout the middle, there's too much meandering when Theo connects with his Russian friend Boris, played by Finn Wolfhard (who has a fanny accent). Eh, who cares about that Pulitzer Prize book we're covering right? Let's get more scenes of 13 year-olds drinking and goofing off.

On top of this, the film jumps around too much from past to present. There were multiple times when I thought this movie would end, but it turned out to jump somewhere else.

The film's story has a lot going for it: a young man with a tumultuous past, criminal career, and a famous painting dangling over our heads. What's criminal is the wasted potential *The Goldfinch* had.

It's a weird feeling: a lot of wasted time, yet not enough to address key points.

Unfortunately, this *Goldfinch* isn't worth taking.



IMAGE TAKEN from Variety.com





KATHERINE RIVERA  
STAFF WRITER

# How Much Longer Can the Walkman Walk?



Nowadays, everybody's got a smartphone. Many folks of our generation can still remember the iPods that were coming out periodically because technology in the mid-late 2000's, and now though the 2010's, has been changing quickly with more products released by different companies.

The original Walkman, released in July 1979, was the first personal and on-the-go music player.

Sony took the design of the Pressman, which

was intended for journalists to use, and made it something marketable to the average person.

After adding a set of headphones, the Walkman became portable and easy for anybody to carry. It wasn't instantly successful but became essential to many people in the following years.

Other companies began producing products that were also small and portable for music. Today, every smartphone can do everything a Walkman can without the batteries, wires, and tapes.

This summer, Sony announced that another version of the Walkman is going to be released by the end of the year in Europe and Australia for its 40<sup>th</sup> anniversary.

It has a new modern look with bluetooth compatibility. Also, it allows for music to be downloaded and streamed.

Unlike the original, no cassettes are required. The new Walkman has a 26 hour battery life, which eclipses smartphones.

Concerns and questions have been popped into the cassette player about how much of a market there is for this new Walk-

man, considering the fast competition.

If people already have music on their cellphones, will they be inclined to purchase another piece of technology that has almost the same or even less capabilities? Plug your headphones in because the answer might surprise you.

There are many things that have been re-released or that have "come back" for nostalgic reasons, but updated to feel and look more modern or to fit what's happening in our culture today. Examples include movies, TV shows, fashion trends, and video games.

Aaron Furgason, Ph.D., Communication Professor and Chair for WMCX, said, "The technology is in name only." This means that the new Walkman doesn't use cassettes or any actual old technology, because it would not be realistic for people to begin purchasing tapes again for this product.

It simply takes the look and style of the old product and adds a modern "twist."

Since it more-so pays homage to the original Walkman with many modern updates, Furgason noted that "the market for the re-released Walkman is for people 40 years and older and individuals who love old technology."

Even though many have access to smartphones, including the people who used a Walkman when it was newly released in the early 1980's, the nostalgia and sentiment of the product with modern updates is appealing.

Many younger people that may not have been around for the

original Walkman could be another group of consumers targeted by this product.

There are many people fascinated by old products and technology. This explains why there has been a huge influx in people buying record players and vinyl.

The Walkman does seem to be set up for success when it's released because people appreciate things from the 1980's and 1990's.

It may not be the most useful product because of smartphones, but there are many that have already expressed interest in it.

Some may find they enjoy a separate device for just music as opposed to taking their phone.

This can be useful for those who work out and want to play

music without the distraction of their cellphone or in the car driving without having to look at their cellphones.

It may not be most practical option, considering it's still an expensive investment (the new version is marketed to be just under \$500 USD), but its nostalgia could be enough.

The future of the Walkman is unclear for now. It may just be a passing fad and something else may quickly replace it, but as of now, it does seem like there are people who are excited for the end of the year release.

Unfortunately, there are no plans for the product to be released to the United States, so if you decide you do want to purchase it, you may want to book a vacation to Europe. Or just order it online.



IMAGE TAKEN from PNGGuru



IMAGE TAKEN from @SilverPeak Twitter

## The "Starship" Flies: Nicki Minaj (Kinda) Retires

NICK MANDULEY  
STAFF WRITER

Rapper Nicki Minaj shocked fans around the world last week when she announced her retirement via Twitter.

In a Sept. 5 tweet, Minaj stated "I've decided to retire and have my family. I know you guys are happy now."

In an added note, Minaj left a sweet message to her fans: "To my fans, keep reppin' me, do it 'till [the] death of me, 'X' in the box 'cause ain't nobody checkin' me. Love you for life."

The message is in reference to the remix of her hit "Girl on Fire" in collaboration with singer-songwriter Alicia Keys.

James Donio, an adjunct professor of music who has worked with the rapper in the past, is skeptical of the announcement: "I'm frankly not sure the announcement is really true."

Donio isn't alone; the abrupt tweet left Minaj's devoted fan base, coined "The Barbz," blindsided because she had been working on a new album.

On the morning of Sept. 6, Minaj deleted the tweet and began replying to countless distraught fans.

"The tweet was abrupt &

insensitive, I apologize babe," said Minaj in a tweet to a shaken fan. She wrote that "in hindsight" it would have been more appropriate to announce her retirement via her Beats 1 station, Queen Radio.

While one can infer from the original tweet that Minaj meant she is retiring from music, she never said in explicit terms whether or not she'd be retiring from the rap game indefinitely.

It also remains to be seen whether or not she will be retiring from her other endeavors as a producer and actress.

Though this may be an uncertain time for Barbz across the globe, one thing is certain; all questions will be answered with time.



IMAGE TAKEN from Trzcacalk

## Hustlers Can't Quite Make it Rain

MARK MARRONE  
ENTERTAINMENT EDITOR

Drinks all around, strippers, dollar bills flying, and strobe lights: some may call this a "Thirsty Thursday," but to Destiny, played by Constance Wu, this is her six days a week workplace.

Destiny is new to the club and is trying to step up her game. To catch some more dollar bills, she befriends Ramona, played by Jennifer Lopez, who is the top earner at the club.

The two form a bond over their success, but it's broken apart once the 2008 financial crisis hits. After time goes by, the pair reconnects for a scheme where they drug wealthy men into the club and run up their credit cards.

While the film has an interesting story, its overwhelming amount of slow-mo montages and overhype for JLo's performance doesn't make it feel like the VIP experience.

In a way, *Hustlers* has the elements of a Martin Scorsese film: there's crime, money, recklessness, language, and a musty New York backdrop.

But it doesn't quite go there because the movie isn't that dark and there's more humor than expected.

What really works the pole is their reason for drugging the guys.

Most of the club's

clientele was Wall Street bankers and when the market crashed, their business was slow dancing.

Romana starts this scheme because Wall Street screwed the country and not a single person went to jail; now it's their turn.

It's been about 11 years and we've had remarkable success in this long recovery, but to put yourself in the heels of Romana from back then you get where she's coming from.

Lopez's performance is well done, yet I'm not sure why all the critics are ordering the JLo kool aid from the bar.

She carries herself strongly and is perfect as the head of the crew.

This is also the first decent JLo flick in quite some time. The other week I watched her most recent film *Second Act* and I pray that there isn't a third.

I've said before that this year is the worst for film, so maybe with

little competition JLo makes a stronger case.

Just like those strong drinks the bankers guzzle, the amount of slow-mo montages is too. In every other scene there's a two-minute compilation of the ladies dancing, swiping credit cards, shopping, or flexing Gucci accessories. The *Hustlers* run up the bankers' cards and the runtime with the montages.

Other than these flaws, it's one of the better G.N.O. movies to have come out in recent memory.

People are definitely hitting up the club because when I went to see this, the theater was practically sold out. While I may not think it's worth throwing 13 dollar bills at for primetime, others certainly do.



IMAGE TAKEN from Us Weekly



Dear Students,

A warm welcome to all of our new students joining us for their first semester at Monmouth University. Members of the class of 2023, our first year students, and transfers from other campuses, you have chosen to be part of a great academic community and we are excited to have you here as we live and learn together.



For our returning students, I hope you had a great, restful, and productive summer and you are ready to take on all of the challenges that lie ahead, academically and socially! We are here to help you navigate these challenges and look forward to assisting you achieve your goals!

The past few months have been very busy as we worked to prepare to welcome all of you back as well as our new president, Dr. Patrick Leahy, and our interim provost, Dr. Rehka Datta. Facility improvements have been made, new programs are in place, and services to enhance your experience as a student have been added or expanded. Several examples include new hours in our Dining Hall, as well as some new menu offerings; a dedicated standalone department focused on Fraternity and Sorority Life with additional staff support for this important aspect of Student Life; new staff in Residential Life and Counseling Services; the establishment of an Inter-Cultural Center and the hiring of its director, Dr. Zaneta Rago, just to name a few. All of these and so many other things are done with you in mind.

Your success as a student will be enhanced by your involvement in the classroom and equally important, in the things that you get involved in on campus. Employment on campus, joining a club or organization, running for an office in our Student Government Association, or participating in our recreation and intramural programs are excellent ways for you to do so.

Finally, your safety as a student is always at the forefront of my mind. I need you to take care of yourself and just as importantly, I need you to take care of one another by watching out for each other on and off our campus. We are a community and members of a community have a responsibility and obligation to care for each other.

All of us at the University, no matter our role, exist because of you. We are here to help you, teach you, challenge you and yes, pick you up when you fall. Contact us anytime and have a great semester!

Sincerely,

Mary Anne Nagy

Vice President for Student Life and Leadership Engagement





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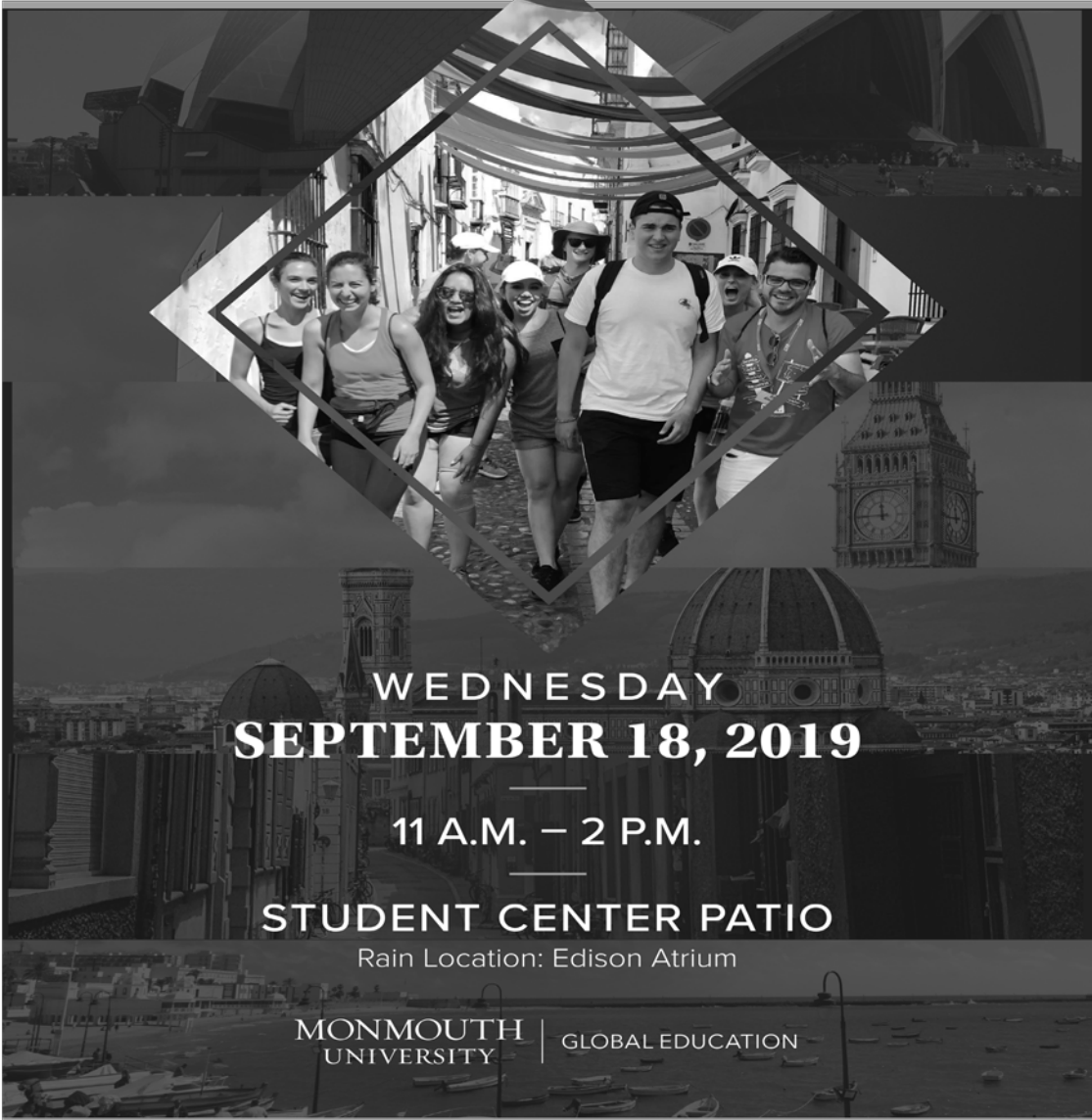
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## CLIMATE CRISIS TEACH-IN

Sept 20 9am-4pm  
Wilson 104

Please join us throughout the day as MU professors present on various **Climate Crisis** themes, including impacts on refugees, real estate, global capitalism, plant life, oceans, animals, stress levels, how you can help and other topics.

Full Schedule of presenters and topics is posted at [monmouth.edu/climate-teach-in](http://monmouth.edu/climate-teach-in)  
Refreshments will be served!

Teach-In is sponsored by School of Science and the Provost Office, in conjunction with the Honors School, Leon Hess Business School, School of Education, Wayne D. McMurray School of Humanities and Social Sciences, Marjorie K. Unterberg School of Nursing and Health Studies, and School of Social Work



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- Staff Writers\*
- Copy Editors\*
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- Layout (Using Adobe InDesign CS6)

Students from *any* major are welcome to join, experience is *not* necessary.

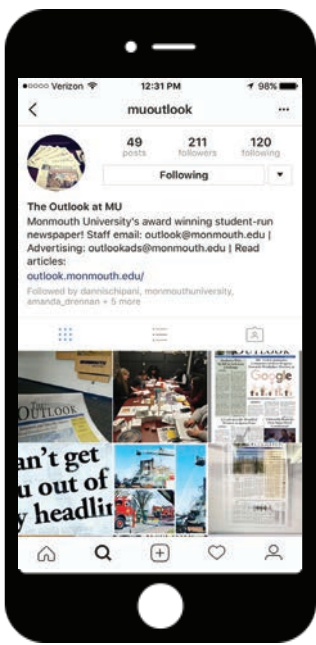
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## LOOK OUT for The Outlook

New issues released on shelves and online every Wednesday!



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New website design!



Check it out at:  
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Dear Students,

I am delighted to welcome you all to the 2019-20 academic year. I have been a professor of Political Science at the university since 1994. When someone asks me what is my favorite aspect of Monmouth University, I spontaneously tell them, it is "our students."  
Yes students. You are the reason we are here. Teaching and serving students is not just a job, it is a calling. In fact, as teachers, we have the best job in the world, because when we look at you, we see the future. Every day you inspire us to look to the future.



Being in college is an exciting time, to learn, to make lasting friendships, and to engage in campus activities, clubs, and the community. Study hard, study smart. Become an involved student. Be an active citizen on campus and in the community. It will make you happy. As the new semester begins, I welcome the opportunity to work closely with all of you, our undergraduate and graduate students. My colleagues and I want to help you achieve academic success at the university, which will be the foundation of your future careers, infused with the spirit of community engagement.  
Since August 1, I am serving as your Interim Provost and Vic President for Academic Affairs. As a professor, (and you know professors love to give assignments), I would like to give you the following assignment: "Do you know what a Provost does"? If you see me around campus, please share your answer with me. ☺

I am teaching International Relations this semester. This course will fulfill your "Global Education" requirement in General Education and also a requirement for some majors. I am fortunate to have a vibrant class in which I have students majoring in Business, Education, Communication, Computer Science, Psychology, Political Science, Sociology, and others. I look forward to a great semester with students from so many disciplines. I am also excited to talk about how important it is to understand the world we live in, for no country can afford to live in isolation any more. We live in an interdependent world. We are all citizens of the country, but also of the world.  
  
I also serve as the advisor to the student club, SAGE, or Students Advocating Girls' Education. This club emerged in the context of rising violence against women around the country and the world, and the fact that more than 60 million girls around the world are deprived of education. On Sunday, September 22, we are having a 5K walk/run on campus for girls' education in schools in underprivileged areas in the community. Hope you can join us. Please follow SAGE Monmouth on Facebook, or e-mail me at [rdatta@monmouth.edu](mailto:rdatta@monmouth.edu) for more information and how to become a member of SAGE.

Wishing you a great semester and year ahead.  
  
GO HAWKS!  
**REKHA DATTA, PH.D.**

Interim Provost & Vice President for Academic Affairs, Professor of Political Science

# Adorable Adoptables



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## MONMOUTH UNIVERSITY OFFICE OF THE VICE PRESIDENT FOR ADMINISTRATIVE SERVICES



Dear Campus Community,

We would like to welcome you back as we begin a new academic year. If you have any building maintenance or repair needs, the Department of Facilities Management is here to help you! We have mechanics on duty 24-hours per day from Monday through Friday, on weekends from 8:00AM – 12:00AM, and on-call at all other times.  
  
In order to assist you, please report your routine (non-emergency) maintenance or repair requests by completing an on-line Facilities Management Service Order form found at [www.monmouth.edu/serviceorder](http://www.monmouth.edu/serviceorder). Be sure to include the building, room number, a clear description of the maintenance or repair need, and your name and telephone number in case we have a question about your request.  
  
If you have an emergency maintenance issue, please report it ASAP by calling the Facilities Management office at ext. 3425 (Monday – Friday, 8:30AM – 5:00PM). Please call the Monmouth University Police Department at ext. 4444 who can dispatch a mechanic outside normal business hours (i.e. nights and weekends).

We wish you a successful academic year!  
  
Sincerely,  
Patricia L. Swannack  
Vice President for Administrative Services

**Contact the Monmouth County SPCA for more information**  
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# Global Go-Getters: Monmouth Alumni Take on London

MELISSA BADAMO  
FEATURES EDITOR

Life after Monmouth is pretty sweet for Emma O'Rourke, Liam Coffey, James Hawk, and Jackson Pope—four alumni who get to chase their dreams at graduate school in London.

While O'Rourke and Hawk are attending the London School of Economics (LSE), Coffey and Pope are continuing their education at King's College London. The graduate students, who have all received a bachelor's degree in political science, have much to look forward to this year. Nearly 3,000 miles away from Monmouth, and across the Atlantic Ocean, they will be meeting brilliant professors and gaining remarkable experience.

Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology and Associate Professor of Political Science, said, "Both universities are highly competitive and high on world ranking tables. The London School of Economics is like getting into Harvard here." Mitchell himself has studied at LSE before going on to receive a Ph.D. in politics at Oxford University. His diplomas hang proudly on the wall of his office.

During their undergraduate careers, all four students were involved in extracurriculars such as the debate team and Model United Nations, traveling to England every semester to compete with students from around the globe.

O'Rourke has had rich experience as an undergraduate student. She published a research article in *The Journal of International Relations* alongside former President Barack Obama in the spring

of 2019. She interned at S&P Global in Washington D.C. She graduated summa cum laude in May of 2019. To top it off, she took seven international trips to London with Mitchell and fellow political science students.

"My traveling academic experiences with Dr. Mitchell from freshman to senior year has furthered my interest in travel abroad," said O'Rourke. "I would never have thought to apply for LSE if it hadn't been for Model UN trips to London connecting with Monmouth alum at LSE."

Now, as a student at LSE herself, she is pursuing a master's in development studies.

"I'm excited for LSE to open doors for me I may not even have known possible," she said. "I'm looking to succeed at LSE and stand out amongst my peers." Going forward, she intends to pursue consultancy at a public or private organization in regards to development.

"When Monmouth is at its best, it produces Emma O'Rourkes," said Mitchell. "Four years doing all these great things, getting tons of personal connections with professors, and creating this great resume."

Mitchell credits Monmouth University for giving students the opportunities to excel in their undergraduate careers, preparing them for life after graduation. He said that Monmouth has been very generous at funding extracurriculars. Monmouth pays for students' airfare, housing, and contest fees when they compete in Model UN.

Mitchell himself has served as a prime role model for these four students.

"The professors are utterly invested in their students," said

O'Rourke. "[They] inspire students to get involved in academic extracurriculars which push for students to think critically outside of the classroom."

Coffey, one of the two graduate students attending King's College London, said, "Monmouth University prepared me in so many ways, but you have to find the professors that will push you to be better."

Coffey is studying for a master's in war studies and hopes to either pursue a Ph.D. and stay in London to work for NATO (the North Atlantic Treaty Organization), or return to the United States and work for the United Nations or Department of State.

If there's one piece of advice that Mitchell can give to current Monmouth students who seek to follow in O'Rourke and Coffey's paths, it's to explore the realms outside your comfort zone.

Mitchell said, "The challenge at Monmouth is there are a lot of very talented students who don't know what's possible. You might have to leave [Monmouth County] for a while to go get that experience and credentials that make you valuable."

"I never thought I would be packing up my belongings and traveling to another country to study," said Coffey. "I have always been a person who was comfortable in the area he lived and did not want to change that. But getting into King's, a top 20 university in the world, I would have been foolish to decline going. Plus, London is such a diverse city. Every day you are meeting people from all parts of the globe. That is something you will never get to experience again."

O'Rourke also said that studying in London enables



PHOTO COURTESY of Sarah Baker

Political science students traveled to Oxford, England as undergraduates in October 2017.

her to step outside of her comfort zone, and looks forward to the learning experience of being in London.

"Learning the nuances of moving to a new country and adapting is something I can't experience at a school in the US," she said.

Monmouth's undergraduate political science department has done more than enough to prepare these students for their international journeys. For the last six years, at least one Monmouth graduate has attended LSE each year. This year, three political science students are applying to the same school that has propelled numerous alumni into rewarding careers in the field of politics.

"I am super proud of these people," said Mitchell, a slight

English accent slipping into his American intonation. "It's great that MU students are landing at such prestigious institutions and elevating the MU reputation. I think it's a wonderful experience to go to an elite university with people from around the world. It gives them that experience of being with the deep end of the pool."

Reflecting upon his own academic career, Mitchell continued, "I had a great time in England. It changed my life."

For O'Rourke, Coffey, Pope, and Hawk, their academic experience in London is the beginning of the rest of their lives. From Monmouth's suburban campus to the charming streets of London, they are reaching for the stars during an opportunity of a lifetime.

## Preserving College Memories

MELISSA BADAMO  
FEATURES EDITOR

Every Monmouth student knows the phrase "Carpe Diem", meaning "Seize the Day". They see it every day on campus, engraved in the underpass that connects one side of campus to the other.

If there's another thing that Monmouth students know, it's that their four years of college go by fast. Very fast. Amid the stress of schoolwork and busy schedules, sometimes students just need to stop and smell the roses in Wilson Hall's Erlanger Gardens. It's important to make memories by focusing on the little day-to-day moments on campus that we often overlook.

In fact, college memories are some of the best memories people make. There are countless opportunities for students to capture and preserve the unforgettable memories they make here at Monmouth University, their home away from home.

Scrapbooking provides the opportunity for endless creative freedom when it comes to documenting your college years. Adding pictures, stickers, and drawings spice up the pages and give them a personal touch. There are endless ways to embellish your scrapbook, whether it's creating

stunning 3D pictures or adorning each page with colorful backgrounds. Get creative with twine, glitter, acrylic paint, fabric, buttons, and ribbons—there are absolutely zero limits to what you can get crafty with.

You can document sports games, hanging out with friends on Friday nights, or even aesthetic photos of beautiful spots on campus like the fountains in Erlanger Gardens or the historic columns of Wilson Hall. If you're a senior, you can create a timeline of photos from freshman year to your last year at Monmouth. You can also make lists of your favorite productions from Woods Theatre, the clubs you were involved in, and other Monmouth-related things that hold a special place in your heart.

Scrapbooking is a great activity to do with friends, as well. It's like one giant souvenir of your college years, guaranteed to keep you smiling as you flip through pages and pages of magical memories. You can make a tradition of getting together with your friends every weekend to dedicate some time to scrapbooking.

Assembling a time capsule is a super fun and nostalgic way to preserve memories. You can put many different things in your

capsule; movie tickets, playbills from Woods Theatre, sports memorabilia, letters from a best friend or significant other, or even a letter to your future self. If you're a first-year student, you can make a time capsule of your entire freshman year and open it right after you graduate.

Hayley Bray, a first-year graduate student studying special education and applied behavior analysis, said that she admires the personal touch of a time capsule.

She said, "I was involved in Chabad on campus, so I would put in one of our flyers. I also personal train, so I'd put something gym-related to remember that. I'd want to put little things to remember little memories, not big ones. Because you remember the big things, but it's those little, funny moments that you forget."

While creating a time capsule is certainly an enjoyable and unique way to store memories, you can still appreciate your most precious Monmouth moments while you're still a student here. Decorate your bedroom or dorm walls with pictures of friends, family, and even pets. String lights brighten up your memories and add a touch of pizzazz to your heartwarming photos.

Joe Vocaturo, a senior busi-

ness management student, said that he's planning on preserving Monmouth memories by keeping in touch with his friends well after graduation.

He said, "It helps you remember everything you did and went through together while you were in school. I'm in a fraternity, so I'd want to keep in touch with my brothers and remember all the different things we did, whether it's community service events or just having fun together."

Nothing is as special as the memories you make with your college friends. You share such a unique bond together, since you see and spend time with them nearly every day for four years.

You won't regret taking the time to remember and appreciate the moments that define your college years.

Nothing says "Carpe Diem" like capturing and preserving memories that will last you a lifetime.



PHOTO COURTESY of Monmouth University

Carpe Diem, meaning "Seize the Day", is engraved in the campus' underpass.



# Women's Soccer Shocks Texas 4-0

SOPHIA GALVEZ  
STAFF WRITER

The Monmouth University women's soccer team acquired their third and fourth consecutive shutouts this week. Their match against Drexel University on Thursday, Sept. 12 ended with a scoreless tie. Later in the week they amped things up for their match against the nationally ranked No. 25 school, the University of Texas on Saturday, Sept. 15 emerging with a 4-0 victory.

The Hawks led the first half of the Drexel match, but were unable to bypass Drexel's senior goalkeeper Libby Baeza. Monmouth led with a 15-6 edge in total shots on goal, and when it looked as though senior forward Madie Gibson was going to earn a point for Monmouth, it was thwarted by an offside call.

"The first half was our best soccer of the year," said Head Coach Krissy Turner. "Unfortunately we didn't score a goal or two in that time. We will continue to work on our play in the final third to gain more confidence in front of goal."

Later in the week, the Hawks took on a Top 25 opponent, the University of Texas Longhorns, and emerged victorious. The 4-0 shutout is the team's fourth consecutive win of the 2019 season, as well as their first Top 25 victory since Aug. 29, 2010 when they shutout Rutgers 1-0.

Although this was Monmouth's first time ever playing against Texas, they made their mark on the Longhorns by breaking their 18-game home regular season win streak.



Senior goalkeeper Amanda Knaub notched her 34th career shutout in goal with four saves leading Monmouth to the 4-0 domination of nationally-ranked Texas.

PHOTO TAKEN by Bethany Hocker

"It is a great day to be a Hawk!"

KRISSY TURNER  
Head Coach

The 4-0 sweep is not only senior goalkeeper Amanda Knaub's 34th shutout, the third highest in Monmouth history, it is also the Longhorns' worst home-game loss since their last 4-0 shutout against Washington

State in 2009, 10 years ago.

Entering the game, Texas had not surrendered a goal in 255:40 of match action. Monmouth quickly set that clock back to zero when they scored three goals in just the first-half. Se-

nior forward Dana Scheriff got the Hawks on the scoreboard in the sixth minute of the game. Scheriff stepped in front of a Longhorn defender and used her left foot to score the first goal of the game.

In the 18th minute of the game, sophomore forward Lauren Karabin set up Gibson to cross pass inside the far post to senior midfielder Lexie Palladino for the Hawks' second goal. The third goal of the first half was the product of a 70-yard run to the Longhorns' end line by Gibson, who sent a left-footed pass over to sophomore forward A'Liah Moore who tapped the ball into an empty net to make the score 3-0 in the 26th minute.

Later in the 84th minute of the match, Gibson executed a shot that became the fourth and final goal by the Hawks, to make it the final shutout score of 4-0.

"This was a tremendous performance on the road against a Top 25 opponent," said Turner. "This win is for Monmouth Athletics and Monmouth women's soccer. It is a great day to be a Hawk!"

This game improved Monmouth's all-time record against ranked opponents to 2-10-0.

The Hawks outshot Texas 12-11, including a 7-4 advantage in the first half. Scheriff, Palladino, Moore, and Gibson all registered their first goals of the season. After two assists during this match, Gibson is tied for second all-time in the program with Dana Costello (2009-13) for total career assists at 28.

Scheriff scored her 10th career goal during the match, and six of them have been game-winning goals.

The Hawks travel to Saint Peter's University in Jersey City for their first game of conference play on Saturday, Sept. 21. Kickoff is set for 12:00 p.m.

## Field Hockey Splits Home Games with Hat Trick

JACK MURPHY  
STAFF WRITER

Field Hockey split their two games of the week at So Sweet a Cat Field after defeating University of Pennsylvania by a score of 4-2 on Friday and losing to Rutgers 1-2 on Sunday.

After a scoreless first quarter against Penn, the Hawks fell into a 2-0 early hole in the 2nd quarter but did not allow another goal the rest of the way.

Monmouth scored their first

The Quakers were on the attack on the last legs of the game as they pulled their goalie for an extra attacker. A resilient Monmouth defense was able to hold their one goal lead and blocked away three shots from Penn. Monmouth also got the ball out of their own zone and van Lange was able to score to complete the hat trick as well as seal the game in the final minute of Friday's contest.

"It was fantastic to see our team have the resiliency on the defensive side and to also

excited to see where we are going," said Figlio.

The Hawks followed Friday's victory against Penn with a losing effort against 21st ranked Rutgers on Sunday. This loss snapped a 30-game winning streak at home which was the best such streak in the nation.

Rutgers got out to an early lead as a corner was deflected in for a goal in the 14th minute. The Hawks responded by netting a goal of their own in the 21st minute. Junior midfielder

portunity for us to reload and progress forward."

Sunday's contest was a very even matchup as neither team dominated in any statistical category. Rutgers put up eight shots while Monmouth only put up one less. Both teams also notched four shots on goal. After Sunday's loss the Hawks are now 4-2 all-time

against Rutgers and 4-2 on the season.

Monmouth looks to finish off the homestand on a strong note this week with a game on Friday at 3:00 p.m. against Drexel and a matchup with William and Mary at 11:00 a.m. on Sunday.

Both games coverage can be streamed live on ESPN3.

"Moving forward for Sunday, we still need to clean up things defensively, but I am excited to see where we are going."

CARLY FIGLIO  
Head Coach

goal in the 23rd minute when freshman forward Yasmin Pratt found the back of the net for her fifth goal of the season to cut the deficit in half.

The blue and white tied the game up in the 39th minute when sophomore forward Annick van Lange netted her first goal of the game to even up the score at 2-2. Assisting on van Lange's goal were junior midfielder Meg de Lange and junior defender Hannah Schiavo.

In the 52nd minute van Lange scored her second goal of the contest to give the Hawks their first lead of the game. The Hawks defense was put to the test in the final minutes of the matchup.

continue to be strong on the attacking side," said Head Coach Carli Figlio.

The Hawks were able to climb out of a 2-0 deficit and remain strong on the defensive side as the game was coming to an end to come up with the win, which is Figlio's 130th of her career.

Van Lange notched her second career hat trick and her third multi-goal game. De Lange and Schiavo's assists were their first of the season. The Hawks also made the most of their chances as 16 out of their ten shots were on goal.

"Moving forward for Sunday, we still need to clean up things defensively, but I am

Ireen Frenken was responsible for tying up the game.

The Scarlet Knights would then retake the lead with 5:51 off the clock in the second half which would be enough for them to come away with the win on the road.

Despite losing, the blue and white put up a valiant effort against their Big Ten opponent as they were able to stay in the game until the final whistle.

"I thought it was our best game to date," said Figlio. "I think the team really took to heart what we focused on coming into today. I think re-focusing for next week having Drexel and William and Mary coming in will be a great op-



PHOTO TAKEN by Carly Sell

Sophomore forward Annick van Lange tallied her second career hat trick leading Monmouth to the 4-2 victory against Penn.



# Football Seals O.T. Thriller

MARK D'AQUILA  
SPORTS EDITOR

Football squeaked out a 38-35 overtime victory for the ages with a game-winning kick by senior kicker Matt Mosquera against Albany on Saturday afternoon at Kessler Stadium.

Mosquera earned Big South Honors for the second consecutive week being named conference Player of the Week after going a perfect 3-3 on extra points and accounting for 12 of Monmouth's 38 on his own. He capped off an excellent day by drilling the 25-yard winner to make him 3-4 on field goals including a long 47 yarder.

"You just have to look at what you did wrong on the last kick, come back, adjust, and trust yourself," said Mosquera. "You have to have confidence in yourself."

Confidence was one of the keys of the game for the Hawks who converted twice on crucial third and fourth downs where fifth year quarterback Kenji Bahar went for the endzone converting game-changing over-the-shoulder touchdown passes to junior wide receiver Lonnie Moore IV. Bahar completed 23 of 37 passes for 291 yards and three touchdowns in the win while five of those went to Moore IV for 76 yards and two scores.

The first points of the game came early in the first quarter as Monmouth ran a fast-paced offense that included multiple screen passes to junior wide re-



PHOTO COURTESY of Patrick Tewey

**Junior defensive back Anthony Budd secured** Saturday's victory with two interceptions in the fourth quarter to help force overtime and lead to the eventual game-winning kick.

ceiver Joey Aldarelli and carries for junior running back Pete Guerriero. The blue and white moved right down the field finishing strong with a 26-yard Guerriero touchdown up the middle giving them the early 7-0 advantage. Last week's Big South Player of the Week compiled a career-high 36 carries on the day finishing with 179 total yards and a score.

"I do a lot of conditioning and stuff like that to prepare," said Guerriero. "I live for those moments."

The Hawks expanded upon this lead in the second quarter starting with two Mosquera field

goals to make it a 13-0 game. From here, MU found the endzone once again on a 39-yard touchdown pass to junior wide receiver Terrance Greene Jr. who had five catches for a career-high 74 yards. The two-point conversion was successful as Bahar found the wide open junior wide receiver Zach Tredway extending the lead to 21-0.

Monmouth was on the verge of a blowout heading into the half before Albany pulled together two drives that ended in long touchdown passes to bring it back to a 21-14 one possession game.

The Great Danes had their way early in the second half capping

off a 12 play, 89-yard drive with a rushing touchdown to knot the game back up for the first time since 0-0.

After Bahar's first perfectly thrown touchdown pass to Moore IV made it 28-21 going into the fourth quarter, junior defensive back Anthony Budd took his game to another level recording his second and third interceptions of the season to stall Albany drives.

With 11:02 to go in the game MU defensive backs got turned around on a deep ball evening the score up at 28-28. Bahar found another gear at this point, leading a 7 play, 69-yard drive with

several screens to Aldarelli and a touchdown pass on a crucial third and one to Moore IV.

The game looked to be all wrapped up for Monmouth after the second interception of the day for Budd, however a three and out gave the ball right back to the Great Danes with an outside shot at forcing overtime.

A 21-yard hail mary attempt with seconds left on the clock sailed into the endzone as the Monmouth crowd's jaws dropped when the Albany receiver came down with his third touchdown of the game to send it to overtime.

"I think everyone can agree that was a heck of a football game," said Head Coach Kevin Callahan. "There were so many big plays on both sides. As I told our team before the game, our motto for the day was 'stay tougher longer'."

That was the story of overtime as Monmouth won the coin toss and elected to trust their defense who came through in a big way. After forcing fourth down, Albany attempted a field goal on their first drive of overtime that clanged off the left upright.

The Hawks established the run on their drive knowing all they needed was a field goal to win, and after several Guerriero runs and a Bahar keeper, Mosquera converted from 25 yards out to win the game 38-35.

"They're a good football team and they are going to make some plays which you saw today," said Callahan. "I'm just really happy about where we are today after the win."

## Men's Soccer Remains Winless After Defensive Battle

MARK D'AQUILA  
SPORTS EDITOR

Men's soccer fell just short in a tough, well-played defensive battle at Colgate on Sunday losing by a final score of 1-0 to drop their winless record to 0-4-0 on the season.

Monmouth's sophomore goalkeeper Sean Murray put together another strong performance in net for the Hawks recording five saves including back-to-back diving efforts in the second half to keep the score locked at zero. That

makes 107 total saves for Murray in just 21 career starts in his collegiate career. The defensive side of the ball was far from the issue for the blue and white as they only allowed one goal on 13 shots while getting barely outshot by Colgate 13-12 as a team.

MU's 12 shots were a season-high for the squad who put four on goal including two from junior midfielder John Antunes who attempted four shots total. Antunes had the first shot on goal of the game in the 33rd minute when he

was denied in the lower right corner of the net by a Colgate save. The Hawks had another strong opportunity to take the lead in the 59th minute when sophomore forward Sebastian Rodriguez went for it all with a strike from 25 yards that clanged off the crossbar.

The Raiders lone goal and eventual game-winner came in the 71st minute. The Hawks had a chance to tie it right back up ten minutes later when they were gifted a penalty kick. The Colgate keeper read it beautifully however

and rejected the MU scoring chance with a diving save to his left.

Monmouth came close to knotting the score up in the final seconds when Murray launched a last chance boot down the field to sophomore forward Ebenezer Owusu who got an opportunity for the equalizer inside the box. Colgate was able to deny the Hawks just like they had been all day wrapping up their first victory of the year while sending the blue and white home winless.

"I am proud of these young men," said Head Coach Robert McCourt. "Today was a bitter pill to swallow."

Monmouth started two players on the afternoon who had not yet started a game this season including redshirt freshman defenseman Declan McStravick and junior midfielder Santo Arena.

"We came to Colgate down six players to injury and went toe-to-toe with a very good, well-coached program," said McCourt. "I thought we did well enough to get more in terms of the result, but again, I'm proud of these guys."

Colgate also gained their leverage in the corner kick department where they outshot Monmouth 5-4 while both teams recorded 11 fouls in the game.

Looking forward Monmouth will continue to seek their first win of the season as they host 1-2-0 Princeton Wednesday, Sept. 18 at 7:00 p.m. The game will be played at Hesse Field on the Great Lawn and can be streamed on *ESPN Plus*.



PHOTO COURTESY of Monmouth Athletics

**Junior midfielder John Antunes controlled** the offensive side of the ball for Monmouth, registering four shots, two of which were on goal in the 0-1 loss to Colgate.

### UPCOMING GAMES

**Wednesday, Sept. 18**  
Men's Soccer vs Princeton  
Hesse Field on The Great Lawn  
West Long Branch, NJ 7:00 p.m.

**Friday, Sept. 20**  
Field Hockey vs Drexel  
So Sweet A Cat Field  
West Long Branch, NJ 3:00 p.m.

**Saturday, Sept. 21**  
M/W Cross Country  
Annual Henry Mercer  
Invitational  
Holmdel, NJ 9:30 a.m.

*Women's Soccer at Saint Peter's  
Joseph J. Jaroschak Field  
Jersey City, NJ 12:00 p.m.*

Football at #19 Montana  
Washington-Grizzly Stadium  
Missoula, MT 3:00 p.m.

Men's Soccer at Binghamton  
Bearcats Sports Complex  
Binghamton, NY 6:00 p.m.

**Sunday, Sept. 22**  
FH vs William & Mary  
So Sweet a Cat Field  
West Long Branch, NJ 11:00 a.m.

**Monday, Sept. 23**  
Women's Tennis vs Wagner  
West Long Branch, NJ 3:30 p.m.

*\*conference games*





# ***A TEXAS BEATDOWN***



Women's soccer takes down nationally-ranked University of Texas, 4-0, behind a goal and two assists from fifth year forward Madie Gibson.

**SEE STORY ON PAGE 18**

PHOTO COURTESY of Monmouth Athletics