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Wilson Hosts Panel on Inequality

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The annual Conversation and Action series, which explored a range of social and policy issues related to gender inequality, began in Wilson Hall on Wednesday, Sept. 25.

The two-day event consisted of a dynamic discussion that included diverse perspectives on a current topic of interest to feminist scholars and activists. The theme of this year's event was Title IX, sexual assault, and college campuses.

Jack Ford, an award-winning journalist and former prosecutor, led the discussion.

Panelists included Wagatwe Wanjuki, feminist anti-violence activist, speaker, writer, and digital strategist; Andrew T. Miltenberg, Esq, veteran trial lawyer and due process advocate; Laura Luciano, victim advocate, Associate Director of the Office for Violence Prevention and Victim Assistance; Jordan

Draper, Ph.D., Title IX Coordinator and Dean of Students, TCNJ; Jennifer McGovern, Ph.D., MU Assistant Professor of Sociology and NCAA Faculty Athletics Representative; Stephanie Wright, Assistant Director of Student Conduct, Rutgers and former Greek Life Leadership Coordinator, Montclair State University; and, Michael J. Rein, Deputy Chief of University Police, Institutional Planning and Operations and

University Public Safety at Rutgers.

Ford guided the discussion, proposing a hypothetical dilemma constructed from real-life cases of sexual assault and Title IX advocacy. He described a small college campus where a "clearly distraught" woman calls campus police and said, "I think I've been assaulted."

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Panelists discuss social and policy issues with Jack Ford.

IGU Makes a Return

MATTHEW CUTILLO
ASSOCIATE NEWS EDITOR

The Institute for Global Understanding (IGU) began as The Global Understanding Project (GUP) in late 2001 as a means for Monmouth faculty and administration to push discussion on global engagement for the campus and beyond. Lauded by faculty and students alike, the institute has undergone an unstable past few years after being slated for hiatus by former Monmouth President Paul R. Brown, Ph. D.

Over time, the institute evolved to host the Global Understanding Convention (GUC), facilitate a successful partnership with the United Nations, and create local programming such as Project BAM, a collaboration between IGU, Big Brothers and Big Sisters of Monmouth and Middlesex counties, and Asbury Park High School.

Despite its success and popularity amongst students and faculty alike, the IGU was eventually put on an indefinite hiatus in 2015.

The mystery surrounding

the suspension of the IGU has left many Monmouth community members dumbfounded, but new conversations have begun to stir regarding a possible revitalization of the institute.

Nancy Mezey, Ph.D., Founding Associate Director of the IGU had some thoughts regarding the abrupt hiatus of the institute.

"I believe what happened with the institute, was it being too under-resourced, and the faculty just couldn't maintain it," Mezey said. "When President Brown came into the university, he said he wanted a much bigger area of global education which was great and it's what we have now, but it seemed the administration could never really figure out where IGU fit into that plan."

A lack of resources for the IGU from the administration seemed to be a probable theory as to why the institute collapsed, as Marina Vujnovic, Ph.D., former IGU Director and an Associate Professor of Communication, explained.

"We had grown the program, and the university had seemed unable to provide the resources for us to continue," Vujnovic said.

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President Leahy on Drafting a New Strategic Plan

NICHOLAS COSCARELLI
SENIOR/POLITICS EDITOR

President Patrick Leahy, Ed.D., informed the student government of the formation of a new Strategic Plan for the University last Wednesday, Sept. 25.

Student-senators inquired about how the plan would address tuition, inclusion and safety on campus, and residential living.

Following the session, *The Outlook* organized a one-on-one meeting with Leahy to inquire about the Strategic Plan's role of administration, fiscal sustainability, and its approach to higher education.

The following is a series of questions and answers from that meeting, this Monday, Sept. 30:

Would you support having more than just two students to serve on the Strategic Planning committee, as well as including students on committees where they are not currently represented by their peers at all?

"Of course I would consider it; I think we were pretty deliberate about naming two students to the Strategic Plan committee. I think there's only going to be about 10 or 12 members anyway so we thought it was proportional representation. But, I guess I would be open to it if the student government wants to make a recommendation."

Would you say that we take a top-down approach to University operations and do you see yourself using this frame of mind as you begin to draft and implement your own Strategic Plan?

"I think that, while I'm the president, there will certainly be leadership from the top, but my leadership style is very collaborative; so I think that style will engage all the different constituents of the University into decision-making so I can ensure that the people who are working here and are closest to the action have plenty of say in the decisions before we make them...that's the style that I think I'll bring to the university, as evidenced by the new staff council

initiative that I will be rolling out. That's an attempt to try to make sure we have staff members providing regular input into decision making like how we have with the faculty council."

I've spoken with former President Dimenna about the creation of these new administrative levels that had stemmed from the Strategic Plan under President Brown in 2014. When comparing current operational charts and ones from previous years, many operations under "Vice President of Academic Affairs/Provost" had either been occupied by Deans or simply did not exist. Would you consider trimming administration in order to return to the University's previous structure?

"I mean, to be honest, as a new president who is only seven weeks on the job, I think I will be looking at potentially restructuring the administration to ensure we are doing everything we can to serve our students best. I wasn't here when some of those positions were created; I want to

be respectful to the decision-making process that might have gone into establishing those. I think that the good opportunity for me as a new president, I get to spend some time trying to assess whether I think the organization is the best structure where I think the university needs to go. So the short answer is: yeah, I'll consider looking at it, but I want to be respectful to predecessors who made those decisions at that point in time."

Before the Strategic Plan in 2014, Monmouth's operational budget had been 91 percent student-dependent. Following its implementation, we have increased to 94 percent. I believe this model of depending on students and their families to carry the burden of operating the University is not only fiscally irresponsible, but immoral. How do you intend for your own Strategic Plan to be fiscally responsible and sustainable?

"Look, we're going to be tuition-dependent as far as the

eye could see; we're just not going to be able to raise money quickly enough to grow our endowment robustly enough to decrease our reliance on tuition. It's just a fact. We have a \$100 million endowment, which may seem like a lot but as you know, it's not compared to other institutions who can claim to be less reliant on tuition...I think the key is can we make sure that what we're asking you and other students and your families to pay is considered worth the price of what you're getting. And, that's a fair question and we're going to work extremely hard to try to make sure to keep the increases as modest as possible; and then to ensure that we keep raising as much scholarship money as we can to flood the system so that we can try to make the net price of what students are paying as reasonable as possible... Our goal in the Strategic Plan will be how do we continue to make Monmouth University the highest value option among our peer set of schools?"

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Students and faculty kick off Hispanic Heritage Month with opening ceremony on campus.

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A Monmouth student's legacy is honored during NJ'S Run for the Fallen.

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Celebrating Diversity through Hispanic Heritage

MEGAN RUGGLES
NEWS EDITOR

Monmouth’s annual Hispanic Heritage Month’s opening ceremonies took place on in Anacon Hall, in the Rebecca Stafford Student Center on Wednesday, Sept. 25. The opening ceremony consisted of traditional music and dancing, that began outside the student center on teh patio, opening remarks, keynote speaker, and refreshments for students and fac-

ulty. In celebration of National Hispanic Heritage Month, Monmouth University is hosting a series of events to celebrate Hispanic heritage. Activities this month have included “Lift Mentoring Circle: Imposter Syndrome and Missing Home”; “Employees of Color Networking Event”; “Intercultural Trivia Tuesdays: Latinx History Trivia”; and a “Hispanic Heri-

tage Month Display” in the library that will be avaiable for viewing until mid October. Judith Remos, Assistant to the Dean of Humanities and Social Sciences, who is part of the Committee that organized the event, spoke about the event’s benefits to students. “[Hispanic heritage month] helps the students, especially students of culture, feel like they belong and are included at the institution,” she said.

Monmouth holds the Hispanic heritage event annually, with a variety of guest speakers and artists, depending on their availability or who is working, Remos explained. Pedro Trivella, an Adjunct Professor of World Language, who teaches Spanish, said, “We’re trying to get the students to learn how to navigate in a diverse and global society. So, this is a natural way to get people to open up through music and celebration; it brings culture forward in an organic and fun way. This event is an opportunity for all students to learn.”

In addition to teaching at Monmouth Trivella is a schoolteacher in a neighboring district, who encourages his students and family members to embrace and celebrate Hispanic heritage with him every day, not just to appreciate the culture for a month every year. Casey Sanders, a computer technician and information management, said, “This is a long-time coming for cultural diversity. Monmouth needs to have more events like this but not monthly, yearly. Sanders think that Monmouth is starting to be encouraging of diversity. “There’s a door that’s opening” that Monmouth is embracing, he explained. Remos echoed Sanders sentiment. “Slowly but surely, Monmouth is embracing diversity,” she said.

Romina Genorala, a first-year graduate student in the student affairs and college counseling program, spoke about the atmosphere of the event. “This event is just full of so much positive energy and students are able to celebrate where they come from along with peers. There are also students here who aren’t Hispanic, and it’s great for them as well to be able to see different cultures and be exposed to the atmosphere here,” she said. Genorala explained that Hispanic heritage is a great way to strengthen cultural initiatives on Monmouth’s campus and univerisities across the country. The event was coordinated by the Hispanic Heritage Month Planning Committee and sponsored by the Center for Global Education; Educational Opportunity Fund Program; Intercultural Center; Lambda Theta Alpha; Lambda Theta Phi; Student Life; Office of the Provost; Office of Equity and Diversity; Human Resources; Guggenheim Library; Latin American Student Organization (LASO); Chi Upsilon Sigma; MU Center for the Arts; and, Student Activities Board (SAB). The next event will be “Real Talk Tho: Examining Machismo” held in Edison 119 on Sept. 30 at 5 p.m. The series of events for Hispanic heritage will continue throughout October and into early November.



PHOTO TAKEN by Megan Ruggles

Professor Trivella with a student holding up the Venezuelan flag in honor of their heritage at the start of the opening ceremony.

Panelists Speak on Title IX, Sexual Assault, and Gender Inequality

TITLE IX cont. from pg. 1

Rein described how his office at Rutgers would handle a report of assault. The police would try to respond to her location and ask if she was injured. When calm, they would pose tougher questions such as “Do you know who assaulted you? Do you remember any sights or smells?” He explained that the goal is to get as much information as possible up front to minimize the amount of time the victims need to tell their story. All of the questions that the police pose is focused on consent or lack-there-of. “[The outcome of the investigation] might be a change in class schedule or change of dorm room at that time if the victim has classes with the person they think [assaulted them]” Rein said. Luciano added that police should offer the survivor an advocate to speak with. Law enforcement is fact-based, and an advocate would be able to make the survivor more comfortable when being asked potentially uncomfortable questions. Miltenberg took a different approach to the scenario, and said, “[his] counterparts are looking at the issue in a victim centric and trauma informed way... “when the police speak to [his] client they already have bias from the victim when speaking to the person accused.” He believes that the process becomes the punishment for the accused and that some of clients attempted suicide in the trail

process. The dialogue evolved to incorporate the issues of consent and race in instances of sexual assault. On consent, McGovern said, “You cannot consent when you are incapacitated.” Luciano explained that the issue of consent and being unable to determine its presence is why sexual assault cases go away on college campuses. Regarding race, McGovern said that the authorities are less likely to believe people of low socioeconomic status and people of color. “Black athletes and black males are wrongfully convicted all the time,” she explained. Ford furthered the dialogue and described that the girl from his initial scenario remembered that it was a black football player on scholarship who assaulted her. Since the assailant was from the University, Ford asked what would happen in this case. Draper finds that it is her job to protect all parties involved and not have the information all out. McGovern believes that in this case that athletics should not be involved, but the player can get boosters. Stephanie is very confident that the trained professionals at the university would be able to handle this situation, while Andrew believes that someone outside of the university should be the one handling it. One problem that we see with sexual violence according to Luciano is that “they are not getting

reported and a vast majority of survivors are not telling anyone instead they are just trying to get through their days.” The final question was posed was “what do we need to do?” The panelists agreed that we need to start having conversations earlier about how to have healthy, safe and consensual sex. Draper said “[the panelists] all come to support in different ways. That’s what this event was all about- to show all sides of support that someone who is in this situation has at their fingertips.” After the event, Ford said, “Going in I realized it’s one of those issues that gives rise to passionate opinions- how to deal- my hope was that we’d make this

rational way underscore how these issues are complex and problematic.” Tyler Castro, a Senior Psychology student who attended the event, said, “Title IX is important to me and the protection it provides for victims is essential and on the recent policy changes because of Betsy DeVos, increases the burden of proofs on the victims and there is incredible opportunity for students here to see professionals weigh in on this topic tonight.” Lisa Dinella, Ph.D., the Principal Investigator of the Gender Development Laboratory and Director of Program in Gender and Intersectionality Studies, who organized the event, said,

“The goal is to really have dynamic divergent perspectives. We so often have conversations only one side or the other. This event was about the students, student leaders today, more than ever, ready to make change and the university is the place where that starts.” The panel sparked conversations that carried on to the next day with four workshops running from 10:00 am until 6:00 pm. The last session on day two consisted of a conversation that forced students to think about what these topics mean for Monmouth. In response, some students started an intersectionality club to take action and evoke change on campus.



PHOTO COURTESY of Monmouth University

Representatives from Rutgers offered insight to the process of reporting assault, Deputy Chief of University Police, Institutional Planning and Operations and University Public Safety .

Strategic Plan: Funding, Sustainability, and Enrollment

PLAN cont. from pg. 1

“Remember, value is not synonymous with costs; value is a function of price: what you pay for something, and quality, what you get for that price. So I think what we’re going to be focused on in our Strategic Planning process is how to ensure that we’re doing what we can, making the necessary investments, trimming the necessary costs, raising the necessary scholarship money to make Monmouth University the highest value option we can make it...It’s a complex mix of factors to create a high value option.”

Another factor taken into consideration in how Universities are ranked is their endowment and alumni participation. So, going back to securing the alternative funding and growing the endowment, what are some ways you intend to secure alternative funding resources, as well as increase our endowment?

“A major focus of our Strategic Plan, when it is fully developed, and we’ll spend this year fully developing it, there will be major capital campaign as a part of it to try to raise resources from individuals who see in our work a really important philanthropic opportunity, so we will of course continue to try to raise endowment money so that we can give ourselves more resources to give students more scholarships. How will we do that, what is the most logical constituency to go for that philanthropic support? It’s our tens of thousands of alumni that we have at Monmouth. Only a small portion, as you rightly point out, give to their institution right now and we need to grow that number. I think it’s an interesting thing because one way that third parties measure alumni satisfaction is how many of your alumni give back to the university. Well, I need to make more of a case to our alumni that if you were satisfied at Monmouth, if you had a positive experience, or you are in the job and the career of your choice and you give Monmouth even a little bit of credit for that, if not full credit for that, the one way you can signal to individuals that you enjoyed your experience and are satisfied, you can make a donation to the annual fund...”

In the SGA meeting last Wednesday, my colleagues in the Senate raised the point of Monmouth’s high tuition. [More than] two-thirds of the operating budget goes to compensation. National inflation was relatively low this past

year, averaging 2.44 percent. Even accounting for increased salaries, our tuition increased greater than the inflation rate did this April, at 3.85 percent. Are these increases sustainable and will you take this sustainability into consideration in your Strategic Plan, and how?

“I’ll just reiterate that in the Strategic Plan, our goal will be to ensure that we remain a very sought-after option by students and the way you do that is to try to figure out how do we make what we ask students and their families to pay as valuable as possible. So, there will be a joint focus in our Strategic Plan on how do we keep what we charge as reasonable as possible and then add as much value to that cost as possible so you that look at it and say, ‘I could go to a lower cost option for \$X, and this is what I’d get for that.’ Or you could come to Monmouth and we might make you pay a premium over the low cost option, but my hope would be that you’d look around and see the interaction you have with faculty members and you’d see the wealth of extracurricular activities that we offer, and say, ‘I think that may be worth the incremental expense to attend a place like Monmouth verses a low cost option.’ So we’re going to be very focused on that because with the demographics changing in the coming years, we have to make sure we’re doing everything we can to build demand in the seats here at Monmouth. Part of that will be sensitivity to what we charge; part of that will be sensitivity to what we offer students.”

In your interview with Tom Bergeron on the ‘untapped potential’ of Monmouth, you said that you do not see “a lot of growth opportunities at the undergraduate side,” and therefore intend to focus on the graduate programs. What are some ways you see your Strategic Plan fulfilling this initiative, and how will it be different from what previous administrations have been doing? For example, if the market is trending toward graduate programs, why wouldn’t Monmouth invest in its undergraduate programs to lead that market instead, and give greater incentive to attend our college?

“I think it’s unfair to suggest that I’m going to focus on graduate programs at the expense of undergraduate programs. Absolutely not. We will continue to focus on ensuring that we are enhancing the experience of our largest group of students, which is the traditional, residential undergraduate students. I think what maybe Tom Bergeon was

getting at is do I see growth potential with the undergraduate student body, no I do not; I see growth potential with graduate students. But that does not mean that somehow the university is going to reorient itself to graduate programming at the expense of undergraduate programs.”

“When you say ‘growth,’ what you mean is enrollment? It’s just sort of a misnomer then.”

“Yes, exactly. Enrollment growth. He was asking if I saw any enrollment growth and I said no, in fact the demographics are going to get tougher from which to enroll students. So we have to, on the contrary, be doubly focused on ensuring that we are offering the highest value undergraduate experience because it’s going to get more competitive to attract students here when really fine schools all around the state and all around the region are focused on a fewer number of traditional 18-19-year-old undergraduate. So we will be totally focused on that. If I see opportunity on the marketplace where we are not serving graduate students and we think we could serve them well, we will look at adding those. And I don’t think that’s different from my predecessors; we have added some graduate programs in the health sciences and I support that entirely because if you ask healthcare systems what kind of professionals do you need? They will say we need nurses, and we need physicals therapists, and we need athletic trainers and occupational therapists; and they need that for years to come. So I think it’s wise of us as an institution to say there are certain programs we want to educate students and get them prepared for those roles. There will clearly be a dual focus on undergraduate students and on graduate students.”

How much do you expect students in Monmouth’s five-year programs will contribute to enrollment in graduate programs? Because securing the undergraduate program would be essential in this measure.

“I don’t know how much five-year programs will play in this. To be honest, I just don’t know well enough, Nick, how many we have, or how well-subscribed they are right now. I like the idea. One of the reasons I like the idea of a five-year program is, let’s say someone can stay here an extra year and get an MBA, and be well-prepared to get a job in business, I would love to get that student more comfortable studying English literature or history, or sociology or psychology, traditional humanities or liberal arts degree that maybe they would be reluctant to study if

they had to take that out into the marketplace and try to convince someone in business to get a job. But if you had all of the skills that come with that degree and then add an M.B.A. on top of it, now I think you have a student who is extraordinarily well-prepared for the challenges and complexities that he or she is going to face in their career. So I’d like us to look at more 4+1 sort of programs; I just don’t know how many we have or how well-subscribed they are.”

Do you intend to increase out-of-state student enrollment?

“We’ll have little choice but to try to enroll students from a wider geographic area. Right now, 75 percent of our students as you probably know are from New Jersey. And I’m happy to have 75 percent; I would like to have 80 percent. I want more New Jersey. In fact, I want our value proposition at Monmouth to be so strong that fewer people leave the state and stay here right in state; and consider coming to Monmouth verses leaving and going to Pennsylvania, or New York, or Maryland. So I want to do that, but with the demographics in the state shrinking, we have little choice but to try to find ways to recruit the markets near us. I don’t think we will all of a sudden start recruiting students from California easily, but we might be able to do some things to recruit more aggressively in Pennsylvania or Maryland, Virginia, some of the more-or-less surrounding states. I think that will be good because it will ensure we have the kind of enrollments that we want to try to create the community we want.”

Well, thinking nationwide, we do have the Polling Institute and the Urban Coast Institute; I think those would be good ways to utilize and highlight the institutions at Monmouth that would attract students nationwide. Would you agree with that?

“That’s one of the principle reasons I wanted to come to Monmouth; I think there’s great work being done here. We have first-rate faculty and you can’t have a great university without first-rate faculty. We have them here and I think what we need to do is to find ways to, as I always say, shine a spotlight on that incredible work that’s being done here. The Polling Institute allows us to do that because of the exposure it brings Monmouth; the Urban Coast Institute allows us to do that because of hopefully the exposure it brings to Monmouth; the Bruce Springsteen archives

we have here hopefully brings recognition to Monmouth University that shines a spotlight on the great work that is done here. Our first-class athletics programs, designed to be a program that shines a spotlight on our academic programs, so I sense that there is a lot that Monmouth has to offer to gain us greater exposure and I’m not sure we’ve fully tapped that yet.”

Final question, again back to your interview with Tom Bergeron, you also said, “Higher educational institutions should rightly act like a business: Where are the holes in the marketplace, and are we equipped to meet them...” Do you find this ideology to view higher education less as an investment in transformative learning and more an exchange of financial transactions, whereby those who study are seen more as customers/clients rather than as students?

“No I don’t agree with the premise of the statement. Every organization on earth...has to make sure that they generate more revenue than they spend in expenses, lest they seize to be sustainable, right, in the long run. So I certainly look at a university as a business in that regard that I am commissioned with ensuring we have more revenue than we have in expenses so that we can continue on for centuries to come. The nice thing about an educational institution is not only do you have multiple ways of generating that revenue, including one that businesses don’t have which is philanthropic support; we are very lucky that we have an opportunity to solicit philanthropic support because that’s money people give us because they believe in our mission. If we didn’t have that mission; we were not an educational institution focused first and foremost on the student experience, we wouldn’t have the case to make for philanthropic support. So, yes I think that where there are holes in the market, where there are students who are not being served that want to be served, we should respond like a business would and try to figure out how would we get them programming they need in order to have more fulfilling lives...”

This published interview was redacted for brevity and relevance. For the opinions on this matter of Editorial staff, see page 6.

Global Understanding

GLOBAL cont. from pg. 1

“I felt like after all these years of this wonderful program, maybe if I stepped up as a Director we could pressure administration to help us fund this wonderful institute that we all strongly believed in,” she added.

In the spring of 2015, the IGU held their last Global Understanding Convention. According to Vujnovic, faculty members associated with IGU sat down and discussed the possibility of moving IGU forward, but there was “not much traction on the administration’s part.”

The IGU granted students such opportunities as internship programming with the United Nations, presenting their work at the Global Understanding Convention, and working closely with

Monmouth faculty members. Amanda Kontor, a Monmouth graduate with a degree in Communications, was heavily involved with the IGU during its active years, and stressed the importance of current Monmouth students deserving the right to engage in similar experiences.

“When I reminisce about my time at Monmouth, the Institute for Global Understanding and its annual Global Understanding Convention are among the first things that come to mind,” Kontor said. “I loved being a part of the institute because it meant having to opportunity to discover new global issues and perspectives, expand my worldview, and celebrate diversity.”

Kontor took advantage of her time with the IGU, becoming a Global Ambassador who facilitated sessions during the

Global Understanding Convention, as well as serving as one of IGU’s Youth Representatives to the United Nations for a one-year term.

“Without the IGU, students are missing out on unique opportunities to engage in thought-provoking discussions about world issues and develop the critical thinking, understanding, and other skills they need to become global citizens in our increasingly globalized world,” Kontor said. There’s no question that the IGU should return. Monmouth is such a wonderful community in itself, but the IGU connected it to the greater world community.”

Joanne Jodry, Ed.D., an Assistant Professor of Humanities and Social Sciences, who helped facilitate an advisory program in connection with IGU, spoke of the importance towards globalization’s positive

effects on students’ behavior in the world.

“Exposure to the institute causes students to be less judgemental and more accepting of other ways,” Jodry said. “One of the goals is to work with different people on an equal level. Being exposed to things gets you off of the, ‘this is the one way of thinking that’s right’, and thinking there’s one way for a lot of things is what gets in trouble on every level.”

On May 18, 2017, a proposal spearheaded by faculty members Rekha Datta, Mihaela Moscaliuc, Tom Pearson, Karen Schmelzkopf and Marina Vujnovic detailed a plan to revitalize the IGU as well as the GUC.

“It is part of the mission of Monmouth University to offer opportunities for students and the community ‘to become en-

gaged citizens in a diverse and increasingly interdependent world,” read the first line of the proposal. “For more than a decade, IGU’s programming captured and gave expression to this mission in a direct and efficient manner.”

The future of the IGU remains to be seen, as the logistics of reinstating the institute require a new location as well as willing faculty members to facilitate it. However, the conversation around the return of IGU continues to spread with each day, and faculty are just as excited as the students.

“When faculty had the opportunity to discuss the things we might want to see on campus, IGU is always mentioned as something we’d like to do again,” Mezey said. “So here we are, breathing life into it. I’m really excited to see where it goes.”

HONORING CHRISTOPHER COSGROVE: Veteran, Alum, Hero

MELISSA BADAMO
FEATURES EDITOR

Courage. Dedication. Integrity. They are three defining characteristics of those who serve our country.

NJ Run for the Fallen serves as a way to honor and remember our fallen veterans. Every year, active duty military personnel join together to honor the fallen by running about 190 miles starting from Cape May to Holmdel over the course of four days. On Sunday, Sept. 29, participants ran through Monmouth University's campus to remember Christopher Cosgrove, a veteran alum who served in the Marine Corps.

Cosgrove was from Cedar Knolls, New Jersey and graduated from Monmouth in 2005 with a Bachelor of Arts in history, one year before getting deployed to Iraq. In 2006, he was dispatched by a car bomb explosion at the age of 23, days before coming home, according to the organization's official website.

Each participant ran approximately one mile for each fallen service member from New Jersey, who has a designated "hero marker." Four years ago, Cosgrove's hero marker was moved to the 9/11 Memorial across from the Rebecca Stafford Student Center. Cosgrove's hero marker carries four American flags to symbolize each year the runners went through Monmouth's campus.

Dorothy Cleary, Director of

Tutoring Services, said, "It's a fitting place to put it, because a lot of these guys joined post-9/11." Cleary is responsible for putting out the marker each year.

Cleary said that the annual event also serves as a way to bring Cosgrove's family back to campus, which served as his home for four years of his life, and to maintain a connection with the University.

Cleary said, "I remember the first year we brought [his family] to campus. They were so grateful and they knew that Christopher would love the fact that his marker is now on campus and that he was back with Monmouth. I'll never forget the look on their faces; it meant so much to them. It's nice to have a hand at doing that for someone else."

Charlene Cosgrove, Christopher's mother and a NJ Run for the Fallen Gold Star Parent, said, "It's an honor...It's just wonderful that it's being done through the campus and raising awareness for those who sacrificed their lives. And the fact that there's a hero marker for every New Jersey fallen service member—it's pretty special."

Raul Pacheco, a senior computer science student, serves in the Marine Corps Reserves and participated in running the miles for each hero marker.

"Every year I try to come out here and do this run," said Pacheco. "As a student veteran myself, I feel that it's really important to always commemorate people I served with, especially

here at Monmouth where we're honoring someone who not only served with us but also went to the same school as us. We have that extra bond. It makes us that much closer."

Not only do military personnel run for their fellow heroes, but also anyone who has a military connection. Cleary said that in the past four years, peer tutors have participated in running the miles because their siblings have served the military.

Cleary said, "There's a lot of students who have family members in the military, and this is an interesting connection because [Cosgrove] is a Monmouth alum and a veteran."

Cosgrove was very athletic, playing football, track, and lacrosse at Whippany Park High School and being apart of the Monmouth County Rugby Team.

Charlene Cosgrove said, "I could just see Chris saying, 'I'm going to run the whole thing.' I would imagine he'd be thrilled with it and participating."

In the years to come, Monmouth will continue to honor her son's legacy.

"He just really loved being at Monmouth," she said. "I'm proud that he went there, proud that he graduated."

Aside from having a hero marker on Monmouth's campus, Cosgrove is honored at the University with a mural in the Veterans Lounge in the lower level of the Student Center. There is also a scholarship under his name.



PHOTO COURTESY of NJ Run for the Fallen

Christopher Cosgrove was honored at the annual NJ Run for the Fallen at Monmouth University on Sunday, Sept. 29.

NJ Run for the Fallen has become a Monmouth tradition, in which Hawks come together every year to honor and remember one of their own. It is an intimate and dignified event celebrated by military students, families of the fallen, and students with connections to the military.

Cleary said, "They're a great group of people. I look forward

to seeing some of the regulars each year, and they always recognize me."

"As long as anyone's here, that's what makes a difference," said Pacheco. "I grew up in Long Branch, so I'll always come back here."

Cleary said, "Whether I'm here or not, I hope it always continues."

Let's Talk Bass: World's Most Misunderstood Instrument

VINCENT GRASSI
CONTRIBUTING WRITER

What do a bass guitar and a lawsuit have in common? Everyone is relieved when the case is closed.

There's no shortage of jokes about bass players, and this is mainly due to people who are unaware of the role of the bass in a band. Some may even think of bass players as lesser musicians.

The bass guitar is one of the most misunderstood instruments in a band because it is primarily a support instrument. It is easy to overlook the importance of a bass

player when so much emphasis is placed on lead vocals and the melody of a song.

Jay Sweet, an Adjunct Professor of Music, bass guitar teacher, and owner of Sweet Music Academy, said, "A lot of people don't hear the bass so much, but they would notice if it wasn't there... Very often, people just think of it as one guitar player (the bassist) that isn't doing as much as the other guitar player (a six-string guitarist)."

It can be easy for those watching a band perform to think that the bass player isn't doing much when bassists rarely take the

spotlight.

To be a bass player, you have to realize that your contributions will usually be underappreciated in most musical audiences. You have to be self-confident to know that although your basslines play a crucial role in supporting your other bandmates, many people in your audience will not understand your role in the band.

So, why become a bass player? What role do they have in music and what importance do they hold in a band setting?

Sweet said, "The bass player provides the foundation. Very often, we have to drive the band rhythmically but also provide the lowest harmony note that sets up the chord changes or provides harmony in the song."

He also noted the symbiotic relationship between the drummer and the bassist. He said, "If a bass player rushes a little bit or is behind the beat, it definitely changes the entire feel of the song."

Bass players supply support, like how the military uses the air force to propel their ground forces to victory. In this regard, these low-end gatekeepers have a lot of control over the harmony and timing within a song.

Sweet said, "[Playing the bass] allowed me to be versatile and play with a lot of great musicians. It's given me a lot of opportunity that I'm not sure I would've had if I had stuck with a different instrument."

There are a plethora of guitar players because society tends to

idolize them more so than bassists. Think of how many guitar legends you can name and then try to name some bass players! Due to this, bassists are in relatively short supply, but may also have an easier time getting gigs.

Sweet illustrated this notion by telling an old joke about teaching someone the bass. He said, "The first week the student comes in and you teach him the first string, the low E. The second week you teach him the notes on the A string. And then, you don't see the kid again for three or four weeks. He shows up again and you say, 'Hey man, where have you been?' And then he says, 'Oh! I've been busy doing gigs!'"

Sara Wojciehowski, a senior music industry student and gigging bassist, described an important consideration that can pose a challenge for bass players when they're crafting their basslines.

She said, "There's a fine line between overplaying and underplaying as a bass player. You have to be willing and open to putting others first. Be generous and give support, but definitely don't be afraid to add more melodic elements to your playing."

Bass players generally tend to have a richer musical knowledge than other members of a conventional band, according to Sweet. He explained that since bassists have such a large role in harmonizing, learning music theory is essential for those who aspire to be serious bass players. Sweet also mentioned that there is a spe-

cial relationship between low-end brothers and sisters.

"Bass players seem to have a camaraderie that a lot of other musicians don't seem to have. I think it's because we are not as competitive and able to find work easier," said Sweet.

Mark Rodriguez, a senior music industry major and lead singer and guitarist for a punk rock band called Drive Kid, started out playing guitar but later picked up the bass.

He said, "It was kind of a natural evolution to pick up the bass. It was around the time I started to make my own recordings and I felt the bass was essential to make my recordings sound more complete."

One word that is often associated with playing the bass is "groove." There is a special feeling when bass players immerse themselves in the groove. Sweet described this as something that's particularly difficult for one to understand without having experienced it.

He said, "It's like an unspoken or un-qualifying thing. It's just the groove, it's the feel."

The future of bass playing looks promising as Sweet described a recent trend he's seen at his music academy.

He said, "Interest in learning the bass has increased due to the prevalence of bass-heavy hip-hop music in popular culture. A lot of younger students hear those basslines and I've noticed a revived interest in learning the bass."



PHOTO COURTESY of Jeff Crespi

Bassists like Sara Wojciehowski are the backbone of their bands.

Meal Prepping for Beginners

GEORGEANNE NIGRO
CONTRIBUTING WRITER

College students have it rough trying to maintain good grades, manage extracurricular activities, have a social life, all while making time to eat balanced meals. A majority of students cannot maintain healthy eating habits due to their busy school schedules. Luckily, meal prepping can help with that.

What is meal prepping exactly? Meal prepping is preparing healthy meals (portioned out) in to-go containers, that can be ready to eat in seconds. People usually prepare a weeks worth of to-go meals, that way they are able to keep a record of what food they are putting in their bodies.

Cooking every single day can be a hassle that a lot of college students do not actually have the time for, while juggling their hectic schedules.

Meal prepping can be tricky, especially if one gets tired of having the same food to eat every day. If you crave variety over convenience, then meal prepping is probably not your style of healthy eating.

The types of foods that could go into a meal prep would be roasted vegetables, grains like cooked rice or quinoa, and cooked protein such as meat or beans.

The food for a meal prep usually lasts around three to five days when being refrigerated. The best way to keep on track with meal prepping is to make the meals on Sunday. This way the meals are completed for the week with no hassle.

A big component to meal prepping is being able to portion out the meals rationally. Having mul-

tle small meals that are clean throughout the day is much healthier than having three larger meals. Most people may think that including tons of vegetables in their meal prep, will automatically make it healthy but it is important to know which vegetables are better options.

For example, peas, corn, and carrots contain the highest amounts of carbohydrates. Knowing the difference between good fats and bad fats are important too. Avocados, olive oil, and coconuts all are examples of healthy fats.

To get the best advice on meal prepping, it is helpful to look toward professionals within the health and nutrition industry for advice. During an interview with health studies Professor, Jamie J. Pigman, he gave his opinion on the benefits of meal prepping.

"I would say three main things: one being the cost so you generally save money, two being you have control over what you are eating so you know the portion size and also know the contents of the food, and then the third being you have a relationship with the food you are eating. Meaning you have to make it, prepare it, shop, and do all of the components so the process to make the food versus going to a restaurant where it's handed to you."

A few students also had their own input on meal prepping as well. "It's effective if you are willing to put in the time," says Kristen Kane, junior criminal studies student

Sarah Cooper, junior psychology student added, "Food could go to waste if you don't stick to your prep." Cooper's comment is important to understand because

when meal prepping you need to be mindful about wasting food.

So, what foods work well for meal prepping? Cooked grains, pasta, beans, meat and roasted vegetables are definitely the best way to go, and for sure the easiest.

The best grains to include are oats, quinoa, and whole rye. Nuts and seeds are good too and are very filling. The hardest to manage are fruits because they can get mushy and rot quickly.

However, there are some fruits that are safe for meal prepping. Grapes are one of the best fruits to meal prep with. To store them, just place in the container some paper towels and put the grapes on top.

This is to help prevent any extra moisture from the fruit to prohibit mold and bacteria from entering. Apples are easy to store and so are bananas because they do not need to be cut up, they can be stored as is for about five to seven days.

Here is a recipe that can be a beginners' guide to meal prepping.

First purchase an already cooked rotisserie chicken from the grocery store. Cut it up, then take the skin off.

Next, add fresh spinach, salt, olive oil, lemon juice, and pepper. After that, boil red lentil pasta.

When the pasta is ready, add the chicken and mix it altogether to make a pasta salad!

If you prefer a hot version, just replace the olive oil and lemon juice with either low sodium chicken stock or vegetable stock.

This recipe will save you not only time but money. Try it, and you may find yourself meal prepping every Sunday.

Ask Chloe

How do I deal with letting go/moving on after facing rejection from a close friend - Anonymous

Anonymous-- Facing rejection from a friend is particularly difficult. The person that has always been a shoulder to lean on, is now suddenly gone. Leaving you unsure of where to turn next. Remember that everything happens for a reason. What is meant for you will find it's way.

Stephanie Hall, Ph.D., LPC, NCC, ACS, Associate Professor & Chair of the Department of Professional Counseling at Monmouth University says, "Being rejected by a close friend can be a deeply painful experience... Although you cannot control another person's actions you can control your thoughts about the situation. Pay attention to what you are telling yourself about this loss. In general, speaking to yourself with compassion is useful. "I did the best that I could" or "I was a loyal friend" are more productive thoughts than allowing yourself to dwell on mistakes that have been made or things that didn't go as planned."

Something to keep in mind is that is okay to not be okay. Gary Lewandowski Jr., Ph.D, Professor of Psychology with an emphasis on close romantic relationships, advises to during this process, "take the opportunity to engage in some deep self-reflection to better understand yourself..."

Once you can understand your feelings, you can embrace them. Hall added, "feelings of sadness, frustration and loneliness are valid- notice how you are feeling and why you are feeling that way and then try to shift the focus to something more positive. It may also be helpful to focus on other fulfilling relationships in your life. If you are open to it, seeking out a counselor to work with could also be helpful."

If you can find someone to love and respect the person you are, your friendships to come will have a solid foundation.

Good Luck,
Chloe

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

Adorable Adoptables



Meet Duke & Princess
4 Years Old!

The pair could be adopted separately but we would love to see them find homes together!



Meet Lexi
7 Years Old!

Knows tricks like "high five," "go to your mat" & "wash the windows."



**Contact the Monmouth County SPCA for more information
at 732-542-5962
Inquiries can also be sent to
adoptions@monmouthcountyspca.org**

The Strategic Plan: A New Deal

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Should You Watch Sports on TV?

SHANNON MCGORTY
CONTRIBUTING WRITER

Watching sports of any kind takes a certain type of person. You do not have to be an athletic person to watch sports, but to actually sit down and watch them in any capacity you have to understand them or be willing to learn about them.

For some sports, it is best to watch in person and be there in the moment, whereas for others it is better to lounge around in your pajamas watching it on television. The best way to decide what way to watch a sport is how big of a fan you are, do you like cheering and is food more important.

No matter where you are watching there are rules to be followed, like shut up and enjoy the game. Commentary is unnecessary unless you are cheering, yelling at the other team or at the bad call the refs made. Another rule is that food must be included, whether it's a stadium hot dog or some pizza on the couch, it is not a sports game without the proper game food.

For most people sports such as football, baseball/softball, and basketball need to be watched in person. The most appealing aspect of watching a sport in person is the competition. Fans get swooped up in the effects of cheering whether they are singing take me out to the ball game, rooting for defense, or mocking the other team.

When the wave starts at a baseball game, it is very rare to see someone sitting it out and it is unlikely that you would do the wave when sitting on your

couch at home. The chaotic energy of the sport and the fans is what makes someone want to watch a game in person. To some people watching sports on television is horrific; in fact, Quentin Tarantino once said, "to me, torture would be watching sports on TV."

There are also games that should only be watched on television such as golf, track and field, and swimming. These sports are all long individual sports. When watching these you could change the channel or walk away to do something else and come back at your leisure.

When considering watching these sports in person, people often look at how long the competition is and how much the tickets are, often finding it not worth the money to only end up leaving half way through. Fans of these sports would rather be comfortable watching the sport in their own home than forced

to sit around people they do not know for time on end.

Then there are the sports where you can watch in person or on television because no matter what way you choose it will not take away from the experience. Volleyball, wrestling, and racing (both horses and cars) are sports that can be enjoyed in any capacity.

For some sports, the fans physical presence is necessary to excite themselves, the player, and those watching at home. Those fans who are willing to go out and be present at a game have a lot of commitment. Fans who go in person to a sporting event are often prepared for anything as they have endured rain, sleet, blazing heat, and snow.

Everyone has their own style for watching specific sports but if you ask any true sports fans the answer to what the best way to watch a game is, the answer will always be in person.

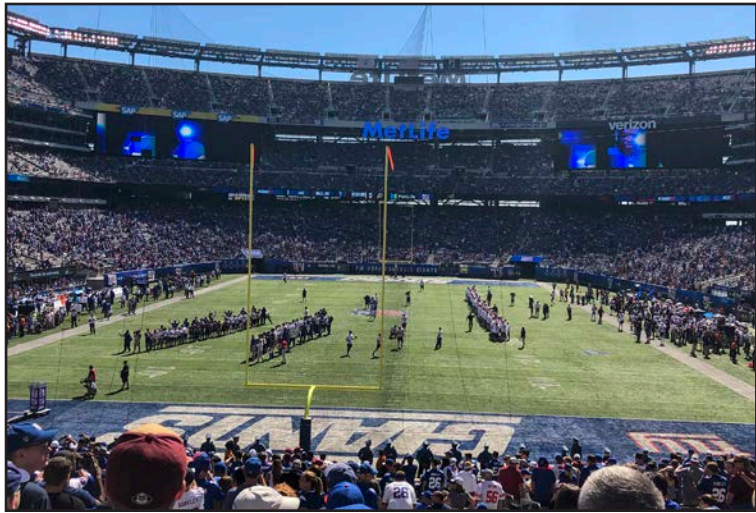


PHOTO TAKEN by Hunter Goldberg
Fans filled MetLife stadium to watch the Giants play last Sunday.

Fall Fun

CARLENE SANTOS
CONTRIBUTING WRITER

Fall is approaching faster than we know it! The relentless summer weather and the up and down temperature change does not falter our seasonal excitement. Once October first comes a heightened aroma of changing leaves, Pumpkin Spice, Apple Cider, and most importantly, Halloween hits!

Fall activities have been a repetitive and traditional idea surrounding the fall season. Whether its pumpkin or apple picking or bonfires it's good to keep up with tradition.

But one should always take a step out of their comfort zone and try something new. It could also be something you could do right at home if you don't feel like leaving your space.

If you plan on staying home and feel like being creative, head outside, grab some leaves, and paint them. You could also make your own scarecrows with things you find around the house or outside, which is something different for the season. If you're more of a foodie, there are hundreds of fall recipes waiting to be made. Simply speaking, you could try caramel apples, trail mix, or pumpkin spice cookies!

On the other hand, if you're planning to head out try checking out your town's website. They could be holding different fall activities which is good to look for when you want something convenient. Or, if getting on a plane or a long car ride with your friends sounds appealing, places like Salem, Massachusetts might be a good fit.

Salem, the home of the 1692 witch trials, has dozens of fall activities to participate in. Whether

its food, markets, festivals, haunted houses, or history, there's plenty to satisfy your fall cravings. Being a small town, everything is within walking distance which makes exploring everything easier. Salem is thriving all year round but of course has its peak during the Halloween season which drives festivities through the roof.

I visited Salem during spring break of 2019, everything was a bit slowed down but tours were still going on, stores were still open, and the markets and restaurants still had people coming in and out. If you are in Salem late at night make sure to stop by some cemeteries where it's said the first witches were buried. It truly gives you the chills.

Monmouth University is also a great hub for fall activities. For students on campus, the activities calendar for October through November is filled with various things to do on campus.

Two big ones on campus this fall is Homecoming and the haunted house in Wilson Hall. Every year Student Activities puts on a fearful walk through Wilson Hall, playing on the building's already reputable haunted vibe. Be sure to keep up to date on the activities around campus, there are many great things planned.

Overall, you can't go wrong with any fall activities you decide to dive into. Fall has endless possibilities as well as places making themselves attractive with Halloween/Fall décor.

So whether you like walking around to enjoy the scenery of pumpkins and falling leaves or spooking yourself with haunted activities there is plenty of fun to divulge in. Hope you have a great Fall Season!

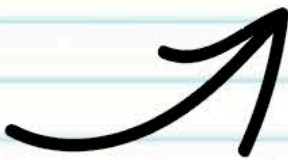
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HELLA MEGA EXPENSIVE: *What's a VIP Package Worth?*

GABRIELLA PISACANE
STAFF WRITER

Do you have a *Hella Mega* amount of dough? Because next summer, Green Day, Fall Out Boy, and Weezer will go on the *Hella Mega World Tour* together.

Fans have started purchasing their tickets and many noticed something strange about the VIP tickets. The admission only tickets range from \$50 to \$300 depending upon the venue size and seating location. It's not cheap for a concert, but it's to be expected with a show of three well known bands.

The four VIP ticket options cost \$230, \$279, \$429, and \$654, which arguably could be worth it to meet the members of one or all of the bands right? Well, you got to at least shake one of their hands at \$654, right?

Think again, because in bold print on the bottom of the VIP package pages reads, "NO VIP PACKAGES INCLUDE A MEET & GREET. THERE IS NO ARTIST INVOLVEMENT WITH ANY OF THE PACKAGES." Instead these packages include things like early venue access, a snack bar, pins, bandanas, water bottles, and commemorative laminates. As expected, fans flooded social media with their outrage fueled feedback.

This flare up ignited a conversation that's been going on since the dawn of priority tickets: what should a VIP ticket include and how much is it worth?

First, let's go over the basics. A VIP ticket to a concert gives you access to the show, along with perks like meeting the artist, taking a picture to-

gether, or merchandise. The price of VIP tickets are always more than those to just attend the show and the benefits included are determined by the artist, their management, and the venue.

In determining their worth, there are many different factors to consider. The price of the tickets, what the package includes, the popularity of the artist/band, the size of the venue, and the circumstances of the show.

What's included in the package also contributes to the price and value of the ticket. Meeting the artist is of the highest value that could be included, because it can't be purchased at any other time like the merchandise can.

This was one of the big arguments fans used in response to the *Hella Mega Tour's* VIP packages; buying a merchandise only package makes sense if you intended to buy the merchandise anyway, but not if you only care more about the seeing the band and listening to the music. Regardless, you could probably buy a bootleg shirt off the street outside the venue for \$10 anyway.

There are sometimes when a package looks like a rip off and other times where it's worth it for a great experience. For example, let's compare the *Hella Mega Tour* to Carly Rae Jepsen's current *Dedicated Tour*.

For *Hella Mega*, at \$654, you



IMAGE TAKEN from npr.org

Carly Rae Jepsen's VIP tickets are priced at \$150.

get a bunch of merch that you could get at the stand anyway, a snack bar, and close seats. Contrarily, for the *Dedicated Tour*, at \$150, you get a meet and greet photo with Jepsen, listen in on a short sound check, participate in a Q&A, a signed poster, lanyard, and front row general admission access.

It's seems like the smaller the tour, the bigger bang for your buck with VIP tickets.

So when would you buy a VIP package? To Claire Rankin, a sophomore communications and political science student and avid concert goer, she said, "I think it's cooler if it's an artist who has less followers because financially those smaller artists don't make a lot." Rankin

feels that type of VIP package would be more special. "You can [converse with the artist] instead of a [a package with] Justin Bieber where for \$500 you get a hug and then move on. That's ridiculous."

In some ways, VIP tickets can be a ploy for artists and their team to make more money. However, it depends on the fan.

There's a market out there that's willing to pay that price for extra merchandise and to meet a person who means so much to them.

So continue on going to concerts, meeting artist, and buying merch. But before you hop on Ticketmaster, don't lose your shirt buying tickets (even if one's included with the VIP experience).



IMAGE TAKEN from inews

While the *Hella Mega Tour* features a stellar lineup, the VIP packages are considered costly, reaching to \$654.

LEONARD COHEN

The goal

MARK MARRONE
ENTERTAINMENT EDITOR

The legendary songwriter and poet Leonard Cohen may have left us nearly three years ago, but it's moments like this where it feels like he's still with us.

Cohen's first posthumous Song "The Goal" was released on Sept. 20 in anticipation for a new album, *Thanks for the Dance*. The song is more like a spoken word poem than a song (although many would say that a lot of his songs are like that).

Listening to it, you can see Cohen sitting in a chair, looking out the window, thinking back on his life, and knowing what's to come. Cohen sadly says, "I'm almost alive, I'm almost at home."

Towards the end of his battle with cancer, Cohen didn't feel alive and "can't leave my house or answer the phone."

The song is short at one minute and 13 seconds. The music was composed and arranged by Leonard's son, Adam, who also produced his last album *You Want It Darker*. That album was dark and sad, yet beautiful in typical Cohen fashion.

While

it's excellent to have Cohen's music back, it can also bring tears to your eyes. I feel sentimental hearing the master of song's smooth deep voice and thoughtful words. It also reminds me of the anticipation I felt with each of his recent releases and how eager I was to buy the CD and pop it in my stereo.

Since he's been gone, there's been plenty to celebrate with Cohen's work. Last year, Cohen posthumously released *The Flame*, his final book filled with beautiful poems and paintings.

Even this year a documentary called *Leonard and Marianne: Words of Love* hit theaters, which wonderfully chronicled the complicated relationship he had with his muse.

Cohen's gone, but *The Dance* goes on.

IMAGE TAKEN from LeonardCohen YouTube

A stylized, high-contrast black and white portrait of Leonard Cohen. He is wearing his signature fedora and has a beard. The image is framed within a dark, textured border.

Feeling Old Yet?

Your Favorite Games Are Becoming Retro

MARK MARRONE
ENTERTAINMENT EDITOR

Remember the days of coming home from school, crashing on the couch, and firing up the old Xbox or PlayStation? Then maybe later, a couple friends would come by for a few levels of Super Money Ball?

Ah, those were the days. I can just see my broken Xbox mic, which was the result of a fit from dying for the hundredth time on *Call of Duty 2*. After that, no one heard me yelling.

Surprisingly enough, the systems we grew up on like the GameCube, Wii, PS2, PS3, Xbox, and Xbox 360, are turning into modern vintage gaming.

Usually when we think of vintage gaming, the classics come to mind like the NES, SNES, or SEGA Genesis. All of these have gotten a mini console reproduction, where the companies remake a tiny version of the consoles and load them with a bunch of games. Even Sony gave the original PlayStation this

treatment.

However, with the PS5 and Xbox Scarlett on the horizon, the system that might be collecting dust in our rooms are becoming or have become obsolete.

It's hard to believe that our beloved consoles are an artifact of the past, considering how well the graphics hold up. Recently I've been playing *Buffy the Vampire Slayer*, *Pac Man World 2*, and *Frogger Beyond* on the Xbox, and those games are still fun to play. Sure, the picture isn't in 4K ultra HD, but the graphics are still impressive.

As for HD consoles like the Xbox 360 and PS3, those games are still incredible and there are some folks still playing them.

So what's the point of guiding you through all these levels? Well right now, these games are undesired.

If you see a rack of them at GameStop, they're always having a BOGO sale with these games. If not now, soon when the next gen consoles come out, GameStop will try to give these away.

Outside of GameStop, you can purchase a lot of classic titles for cheap at \$5. Some notable listings at \$5 include *The Last of Us*, *Skyrim*, and anything from the awesome *Uncharted* series. On 360, *Halo 3*, *Fable II*, and *Gears 2* go for the same. Mind you, they were once sold for \$60 when they were

initially released.

If you're thinking about getting into gaming, now's the time to jump on a quality console that has hundreds of great titles at a bargain. It makes for a fun start because you're not sinking over \$300 into a new system that has a limited amount games for \$60 a pop.

Then for those who have the consoles, show them some love. Hop on eBay for some games or stop by a garage sale. Until I bought *Buffy*, my poor Xbox was laying there collecting dust like all of those textbooks that I burnt cash on over the past four years.

I mean, when am I ever going to read something like Machiavelli's *The Prince*? I'm kidding professors (kind of).

I'm not a huge gamer, nor am I any good at them (I'm still stuck on that *Call of Duty 2* level by the way). But if you're thinking about having fun with games, now's the best time to pick up the controller.

A photograph of a black Xbox 360 console and its wireless controller. The console is on the left, and the controller is on the right. The Xbox logo is visible on the console.

The GameStop logo, which is a stylized 'G' inside a circle, with the word 'GAMESTOP' written below it.

Woodstock & Beyond: The Visionary Art of Mike Frankel

GABRIELLA PISACANE
STAFF WRITER

The period of a person's life when they're in college is often associated with exploring new kinds of music, sexuality, newly found freedom, and using substances for the first time (legal ones after you turn 21 of course). But teenagers and young adults today are nothing compared to the wild, young, and free spirits of the 1960's.

If you were to go back to Monmouth University (or as it was called then, Monmouth College) 50 years ago today, instead of talking about the Jonas Brothers and Post Malone concerts, you would hear every student on campus talking about the concert of the year, Woodstock. In celebration of the 50 year anniversary, students, Long Branch residents, art enthusiasts, Woodstock fans, and the general public alike all gathered at the Pollock Gallery to celebrate the opening of the *Woodstock and Beyond* exhibit on campus on Sept. 27.

Woodstock and Beyond is an exposition in Pollak Gallery of photographs taken by Mike Frankel, at Woodstock, along with notable concerts in the late 60's and early 70's. The gallery was put together in celebration of both an incredibly talented photographer's life work and the 50th anniversary of a historic event.

When you walk in, you're greeted by gleaming photos on every wall. The photos displayed have been printed directly from the original versions taken on 35 mm transparencies onto metal

sheets. I was confused at first as to why they were printed onto metal and not canvas, but once you see the photos in person the reason is literally and figuratively, clear. The quality and finish of the photos makes them look almost as if they're a window pane with the subject of the photo standing behind it.

However, the true highlight of the gallery is the contents of the photos. Each of them were taken during and around the Woodstock festival, and embody every element of the event's atmosphere. Some notable artists featured are Rod Stewart, Ronie Wood, and Alice Cooper.

The photographer himself, Mike Frenkel, attended the gallery's opening. He, much like his photos, looked like he's pulled right out of the Woodstock era.

You could spot him right away, dressed in a leather jacket, black jeans, and a long psychedelic scarf. It's additionally clear how passionate he is about the art, because he walked around the exhibit smiling, surrounded by people talking with him about the good ole days and the gallery. This exhibit is just one of many Woodstock remembrance attractions on campus and in the Long Branch area, which you can find on the Monmouth University Website.

The gallery is worth stopping by, whether you're a Woodstock enthusiast or not. If not for the musical icons themselves, then for the windows they provide into the past.

Woodstock and Beyond is on display at Pollak Gallery through Dec. 13.



IMAGE TAKEN by Gabriella Pisacane

A photo of Neil Young displayed at *Woodstock & Beyond*.

You'll Go Delusional Over Eliza & The Delusionals

JENNA PUGLISI
STAFF WRITER

Eliza & The Delusionals, an Australian-based indie-rock band, has been taking over the radio waves. Every song in their discography begs the question: how are they not the biggest band in the world yet?

Led by frontwoman Eliza Klatt, the band got its start in 2015 and is now gaining some serious momentum.

One of their latest singles, "Just Exist," has become a popular member of the Alt Nation Critical Cut on Sirius XM. The track also landed the top spot on the Alt 18 Countdown several weeks in a row.

It may be because the track is

playing every time I turn on my car, or it may be because Klatt's energy is instantly infectious, but I'm addicted to this song.

After reaching out to the band via Instagram, Klatt was kind enough to chat and comment on the meaning behind the single.

"The idea behind the lyrics of 'Just Exist' was the balance of feeling depressed, but also feeling inspired by those sad feelings. Without those feelings, I would plainly just exist," Klatt said.

"It was one that when we recorded it in the studio, we really felt that it had something special about it compared to anything else we've recorded," Klatt continued.

The idea that pain is a neces-

sary part of living is universally relatable. Even if the lyrics are a little melancholy, the guitar-heavy song calls for happily screaming along to the lyrics. It radiates with a golden quality that is guaranteed to make you hit the repeat button.

When Klatt sings, "If I could just exist without you, I would just exist," I get chills every time. The song stands out as one of the band's strongest tracks, but it's still difficult to choose a favorite.

Eliza & The Delusionals has a polished garage-rock vibe. Their sound can be compared to The 1975 (circa their self-titled debut album), Catfish and the Bottlemen, and Paramore.

The band takes this alt-rock influence and effortlessly sprinkles in hints of pop. Klatt's vocals are sweet but have a punch, and she doesn't really sound like anyone who has come before her. I can envision their set fitting in perfectly at local music festivals, such as Firefly or Sea. Hear.Now.

In recent years, 5 Seconds of Summer has been our biggest Aussie invasion, but Eliza & The Delusionals has the right formula to take that title as their own.

The "The Deeper End" EP is five tracks of pure heaven, with "Cigarette" being the most likely to get stuck in your head.

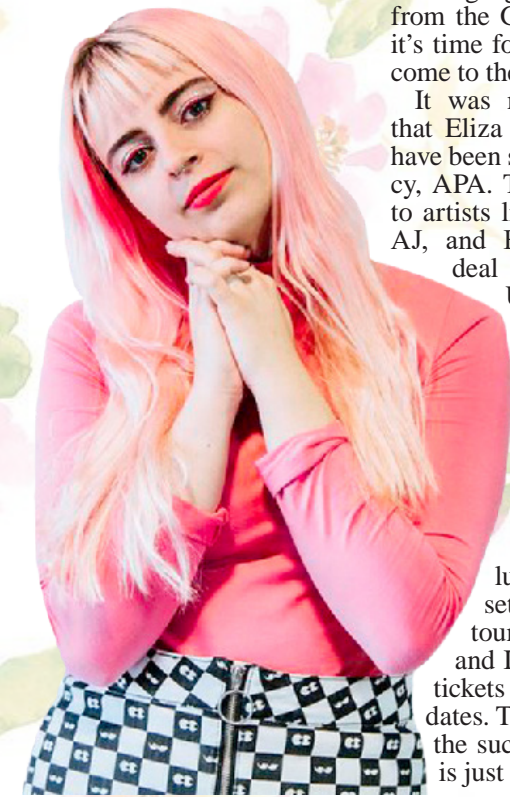
"Half Empty Girl," a 2018 single, is worthy of being in every alternative playlist. It's the kind of song that needs to

be blasting as you drive around with your windows down, embracing the final days of warm weather. This line in the chorus is absolutely killer: "I don't feel the way I used to. I don't know you like I want to."

"Pull Apart Heart," one of their newest tracks, further solidifies the promise that their upcoming album is going to be my next obsession.

Eliza & The Delusionals also has a skill for making memorable visuals to accompany their

IMAGE TAKEN from last.fm



music. Puppies are the stars of the "Jackie" music video, and "Salt" is edited with a vintage VCR effect.

I'm hoping that their full-length LP will be a continuation of the unique presence they've already created.

With attention from radio stations and Spotify playlists, Eliza & The Delusionals is bound to see a well-deserved increase in their fanbase.

According to their Spotify page, they are "one of the most exciting groups to emerge from the Gold Coast." I think it's time for the Gold Coast to come to the East Coast!

It was recently announced that Eliza & The Delusionals have been signed to a US agency, APA. The agency is home to artists like 50 Cent, Aly & AJ, and Blondie. This huge deal should secure some US tour dates in the future.

"We've had such an overwhelming amount of support from the US, and we are so excited to tour over there," Klatt shared.

Eliza & The Delusionals is currently setting out on a fall tour around Australia, and I'm ready to buy my tickets for any future US dates. There is no doubt that the success of "Just Exist" is just the beginning.

Judy is a Bit Off Tune

MARK MARRONE
ENTERTAINMENT EDITOR

We all know her for her clicking heels in *The Wizard of Oz* and hitting incredible notes at Carnegie Hall, but Judy Garland's life wasn't a walk down the yellow brick road.

This is shown in *Judy*, where Garland, played by Renée Zellweger, is in a downward spiral near the end of her life. Garland is hooked on pills as

IMAGE TAKEN from The Wall Street Journal



she attempts to find income to put a roof over her head and gain custody of her children. In a last ditch effort, Garland plays shows in London to get cash.

While Zellweger does an incredible job as Garland, it doesn't dive as deep as you'd like.

Without a doubt, a star is reborn in Zellweger. It's been a while since she's had a breakout role, but the actress looks, talks, and sings just like Garland. Zellweger impressively uses her own vocals as Garland and sounds great.

Zellweger captures the star, but the film is just short of. This isn't a cradle-to-grave biopic; rather, a look into her life at that particular time.

It gives us insight on how Garland struggled through her custody battle, London concerts, and bad habits. There's even some flashbacks of Garland's dark upbringing on Hollywood sets.

The film makes clear that Garland was a victim of the Hollywood machine. She was an incredible talent who loved to perform, yet Hollywood ate her up and spat her out.

However, I feel there's more to Garland's story than just this. Garland had a storied life filled with twists and turns, and I left wanting to know more.

The film does its job by checking the boxes for an Oscar and audience favorite. *Judy* skims the surface, but there's more to these songs I want to hear.



IMAGE TAKEN from The Industry Observer - The Brag

Eliza & The Delusionals are an indie band from Australia.

Reformed and Educated

NICOLE FOX
CONTRIBUTING WRITER

RAY ROMANSKI
CLUB AND GREEK EDITOR

The Criminal Justice, Political Science, and School of Social Work Departments are co-sponsoring a guest speaker named David Garlock, a former prisoner and re-integrating citizen, on Oct. 11 in Wilson Hall.

Garlock was convicted of murder alongside his brother back in 1999 in Alabama for 25 years. Garlock and his brother were repeatedly sexually and physically assaulted for eight years by the same offender. When the two were left feeling as if they had no other option, they murdered the person who caused each of them so much pain.

However, over the course of his 13 years spent in prison, he was able to use this hurt to educate and better himself in order to become the man he is today. With the help of lawyer and founder of the Equal Justice Initiative (EJI), Bryan Stevenson, he and his brother's sentences were reduced, and he was able to fully contribute and engage in his passion in

life.

The Equal Justice Initiative was founded by Stevenson in Montgomery, AL to aid the "poor, incarcerated, and the condemned" find justice. Since its inception in 1989, Stevenson and his team have even exonerated 135 people from death row sentences.

Stevenson and his work with EJI are going to be the subject of the 2020 Warner Bros. film *Just Mercy*, based on Stevenson's *New York Times* best-selling book. The film will

star Jamie Foxx, Brie Larson, and Michael B. Jordan as Stevenson.

Nicholas Sewitch, J.D., Criminal Justice Chair and professor, said, "As good as our system is, it's not perfect. (Prisoner) re-entry is very difficult for someone to go through. There are plenty of obstacles with parole, probation, and normal things that become much harder when you're convicted, especially when it's a serious charge, like David's."

The Criminal Justice Department requires students to take

course on corrections that focus on community and institutional elements. Sewitch said, "We introduce students to the practitioners of law and order, but we should also show them the people they are choosing to protect: the victims and what would be the criminal."

Eleanor Novek, Ph.D., professor of communication, teaches a course on ethics within New Jersey State Prison alongside Johanna Foster, Ph.D., associate professor of political science. Novek said, "Our vision is to provide college classes in any way that we could. The second part is we recognize the value to university students of having that kind of experience of studying with incarcerated people. Someone could be capable of committing a crime in one point of their life, and change, develop and grow so they're not the same person they used to be."

According to Alexi Jones of PrisonPolicy.org, 6.7 million people in the U.S. are under "correctional control," which is defined as either incarceration, probation, or parole. "For perspective, if the population under correctional control were its own state, it would be the 16th

largest in the nation, comparable to the size of Massachusetts or Tennessee," writes Jones.

Involved in many organizations that centralize their focus around criminal justice reform, Garlock's main focus is helping others become more than a statistic. Supporting the idea that knowledge is power, by also defining the means of 'power' all at the same time. Not long after Garlock was released, he further pursued education and eventually earned a Bachelor's Degree in Urban Studies focusing on Criminal Justice and Social Welfare from Eastern University in 2017.

Now, Garlock currently helps sex-offenders and other re-integrating citizens, as a Lancaster Program Director for New Prison Ministries, whom are trying to re-enter society and go on to live a better and healthier life.

Novek said, "From an ethics perspective, human beings, even when they harm each other, are still somebody's father, son, mother, sister, and pat of our human family. And they have human rights."

The event will be at 10 a.m. in the Wilson Auditorium and again at 1:15 p.m. on Oct. 11.



PHOTO COURTESY of Nicholas Sewitch

Former prisoner and re-entering citizen David Garlock will give two speeches about the criminal justice system.

Law Enforcement Award

MATTHEW CUTILLO
ASSOCIATE NEWS EDITOR

The Monmouth University Police Department recently selected student Amanda Knaub for the MUPD Law Enforcement Award. The Criminal Justice major received a \$1,000 check as part of her accomplishment, entirely funded by members of the department.

Yearly, MUPD asks professors in the Criminal Justice department to recommend students who have shown excellence in the classroom, to determine students deserving of the award. Those considered must be of junior or senior year status, pursuing a degree in Criminal Justice and have maintained a GPA over 3.0.

Chief McElrath, MUPD, facilitated interviews for the award. "In the interview, we'd normally ask questions related to career goals, as well as not

only your involvement in the Monmouth University community, but their own community as well," McElrath said.

Knaub's GPA was a 3.977 at the time of her interview, according to McElrath. She was poised and confident during their conversation, and her ability to evenly balance her time between academics, sports and a social life was impressive.

"[Knaub] is a member of the university soccer team as well, and I give her a lot of credit," McElrath said. "Keeping up with not only your academic schedule and academic requirements, but as well as your athletic requirements is not an easy thing... it's not easy for a student athlete to accomplish all that."

"This award means so much because it shows how all of my hard work, both on the field and in the classroom, is paying off," Knauber said. "The fact that my

professors think highly enough to nominate me for this award is an honor. I want to represent the criminal justice department in the best way possible and this is a piece of me doing just that."

Knaub hopes to work in some form of federal law enforcement after graduation, she mentioned during her interview. "I am really interested in counter terrorism and intelligence work, so maybe one day I will be able to work in that field," Knaub said.

Winning the MUPD award cemented the ideas for career aspirations that Knaub already had, she said.

"I have fallen in love with this field of study, and this award shows me that I am on the right track," Knauber said. "The Criminal Justice field is constantly evolving and growing and I want to be apart of that sometime in the future."



PHOTO COURTESY of MUPD

Captain Volpe and Chief McElrath presented Amanda Knaub with the MUPD award.

Blue Hawk Records Announce Artists

MONICA FLORES
CONTRIBUTING WRITER



IMAGE COURTESY of Monmouth University

Student musicians will showcase their varying music styles on the upcoming album "Superstition."

For the eighth year and 15th semester in a row, Blue Hawk Records, the student-run label at Monmouth University, has released a compilation album to showcase the talents on campus.

Finalized artist selections for the 15th compilation EP are finally here! As a part of the Music Industry major, the Advanced Record Strategies class held auditions in which sixteen songwriters/artists from across campus took a shot at acquiring one of the five total spots on this semester's record.

Auditioners ranged in style from Singer-Songwriter to R&B to Alternative and truly brought their all to the table for this opportunity. Upon release, the compilation will be pressed for physical copies and distributed to major streaming platforms, such as Spotify and Apple Music.

After a great deal of deliberation, Blue Hawk Records proudly announces the artists to be featured on the

upcoming record: sophomore Sofia Dominguez, freshman Gabrielle Estrada, freshman Delaney Rivera, sophomore music industry student Tina Sciliano, and sophomore Vic Tartara.

Some artists have expressed their excitement for this upcoming album. Sciliano was introduced to Blue Hawk Records when she recorded her track, "I'm Gone," on the 13th album, "Superstition." She is "looking forward to what experiences this new album brings" for her as an artist. Selected artists and label members alike are ready to bring the album of the season.

Since the first record, students involved with the program have set up auditions, managed selected artists, helped in the completion of songs, and by the end, have aided in recording each song at Lakehouse Studios in Asbury Park.



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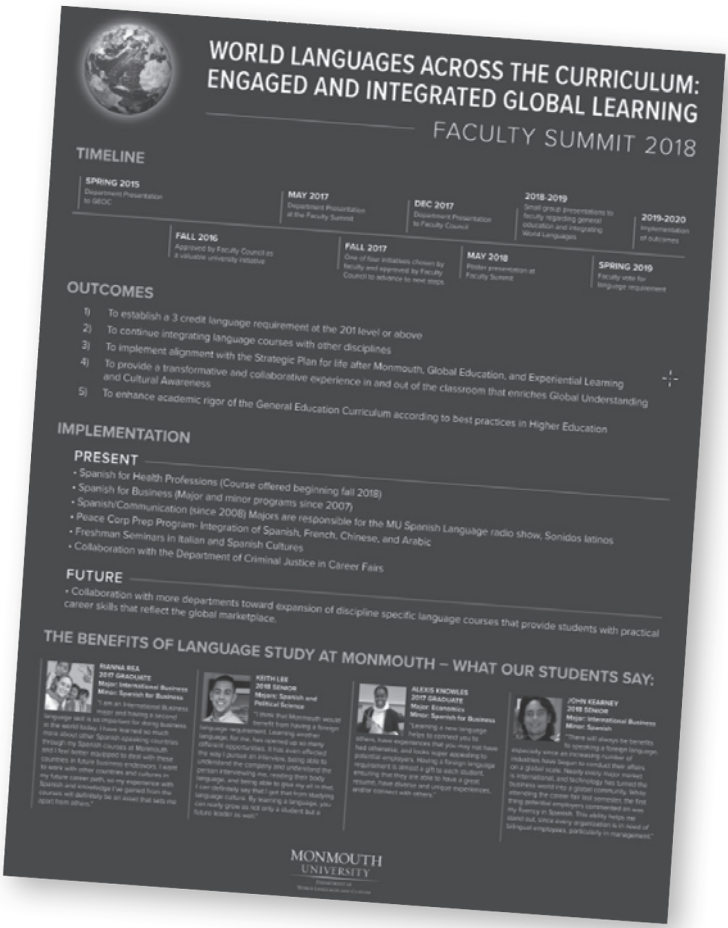
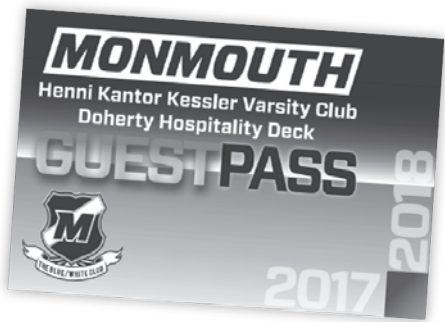
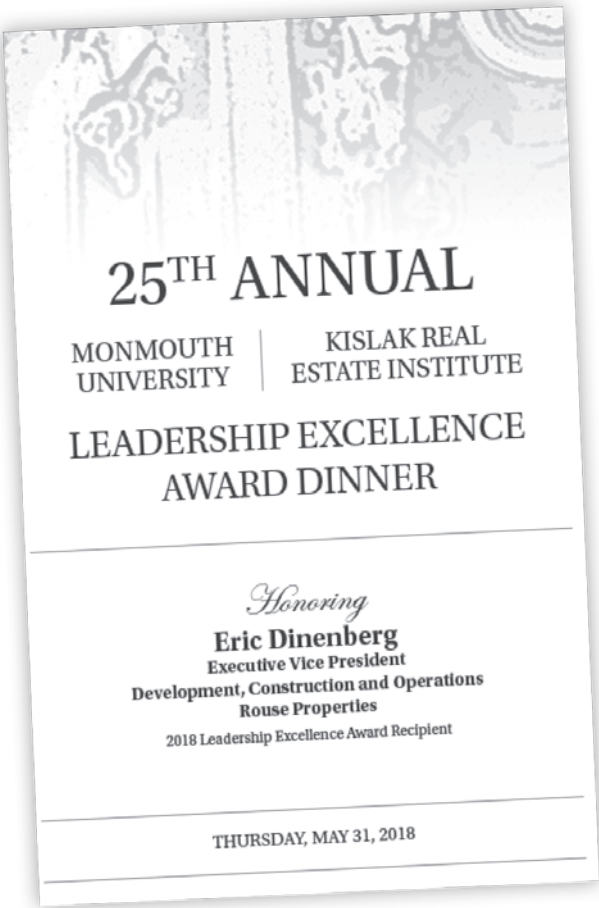
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Nationally Ranked Field Hockey Falls in Double O.T.

JACK MURPHY
STAFF WRITER

Field Hockey lost 2-1 in a double overtime thriller on Sunday against Lafayette at Rappolt Field in New York.

The Hawks, who are currently ranked 25th in the nation for the fifth time in program history, were the first team to get on the board as freshman forward Colleen Craven intercepted a ball near the attacking 25-yard line. This would lead up to junior midfielder Ireen Frenken to score from the top of the circle in the 14th minute. The early goal was assisted by junior defender Hannah Schiavo as well as graduate student midfielder Stefanie Bigler. Monmouth would hold this lead into halftime.

It did not take long for Lafayette to even the score after halftime. By the 35th minute Lafayette tied the game by knocking in a rebound on the weak side post. After a hard fought 60 minutes no winner was determined so the matchup was sent into overtime to find a victor.

In the first overtime, the Blue and White had quite a few scoring opportunities. Senior midfielder Josephine van der Hoop had a chance as she was alone in the circle, however her shot was blocked by Lafayette's goalie.

The Hawks then got a two on none fast break but sent the ball wide on a shot that would have sent them home with a win.

The game finally came to an end in the 77th minute when Lafayette scored the difference maker. The Hawks saw their



Sophomore goalkeeper Kate O'Hogan registered a season-best five saves allowing just two goals in Sunday's double overtime loss on the road at Lafayette.

fair share of opportunities to finish with a win in their first meeting since 2016.

"We are disappointed in the result because we play good hockey that led to some good chances," said head coach Carli

Figlio. "We need to focus on finishing when we create those chances as we move into conference play this week."

The Hawks were outshot in Sunday's contest as they had a total of ten shots while Lafay-

ette had 16. The Blue and White also had three less shots on goal than their opponent as well. Leading the Hawks with three shots was Frenken. Senior midfielder Josephine van der Hoop and freshman forward Yasmin

Pratt finished the day with two shot attempts each.

The one part of the stat sheet the Blue and White were completely outshined in was penalty corners. Lafayette held a 10-3 advantage when it came to the corner opportunities. Several of Lafayette's corners came in the overtime periods. The Hawks however were able to spoil those chances from their opponent.

This is the Hawks second loss on the road this season as both games were lost in overtime as well. The Hawks have an all-time record of 3-2 when they are nationally ranked.

Sophomore goalkeeper Kate O'Hogan had one of her best games this season as she recorded five saves in the losing effort which is a season high. Senior defender Annie Deusch also recorder her second save of the season. Frenken's first quarter goal was the sixth of her career as well as her second on the season.

Schiavo's assist in the game was her second of the season while Bigler notched her third of the year. Bigler has already matched her season best assist total which she just set last year.

After Sunday's loss, the Hawks fall to 5-4 on the year while Lafayette improves to 5-5.

Coming up next for the Blue and White is a matchup on the road against New Hampshire on Friday at 4:00 p.m. They will then head home as they face conference rival Rider on Sunday at So Sweet a Cat field to begin conference play at 12:00 p.m.

Women's Tennis Earns Two Wins to Kickstart Fall

MARK D'AQUILA
SPORTS EDITOR

The women's tennis team went undefeated this past week winning back to back games at home by a score of 4-3 against Delaware State and St. Francis Brooklyn.

"Everyone dug down. It was a great win for the team. Tennis is that weird sport where it is individual but you need a team to win. I am really proud of how everyone stayed together as a team and got the win," said Head Coach Patrice Murray. "Nicole Gasser clinched the match for us in the last two wins, which is exciting and our doubles win today was very much needed," said Murray.

Thursday's matchup on Sept. 26 was a tight one against the Hornets of Delaware State as Monmouth got their first win of the season with just one point separating the two teams.

Freshman Ann Spurka led the way in the number one singles spot for the Hawks as she accounted for the first win of the day with a three-set victory.

Spurka showed resilience defeating her opponent in the first set 7-5 before dropping the second 5-7 and coming back to win the deciding set 10-7.

In the second singles spot sophomore Nicole Gasser took down her matchup in

just two sets with consecutive 6-4 and 6-2 victories.

"Personally, it is a big confidence booster especially since they have been tight matches. As for the team, it brings such enthusiasm to the court. Every point is super close and having that energy and cheering from the team also helps bring confidence into the match," said Sophomore Nicole Gasser.

Junior Chinonye Gabriel closed out the Monmouth number five single spot with a two-set triumph by scores of 6-0 and 6-3.

From here Monmouth remained at home in the comfort of their own courts to take on St. Francis Brooklyn on Tuesday Oct. 1.

The Hawks performed dominantly again taking home their second consecutive win by the same score of 4-3.

Gasser was phenomenal in the winning effort again closing out a victory in three sets from the number two singles spot just like Thursday's match. She lost the first set 4-6 before coming back strong to win the next two 6-2 and 10-8.

Chinonye was victorious again as well winning at both number 5 singles and number two doubles which made her 2-0 on the afternoon.

Gasser and junior Sophia Fredriksson pulled on a phenomenal 7-5 win in the num-

ber one doubles spot to give Monmouth the advantage.

Freshman Emily Manzo also had a huge day winning her first ever collegiate match in the number four singles spot.

"Everyone has been working really hard and we are all

determined for this year. We push one another along with supporting each other on and off the court. We are all very excited for both the fall and spring season," said Gasser.

The now 2-1 Hawks will look to open their conference play beginning later

this week. Their first Metro Atlantic Athletic Conference opponent of the year will be Thursday Oct. 3 on the road against Marist.

The match will begin at 3:00 p.m. and will be taking place on Marist's home courts in Poughkeepsie, New York.



Sophomore Nicole Gasser recorded two victories, each to clinch the match and lead the Hawks to a 2-1 record in their fall season.

Women’s Soccer Shuts Out Marist

CASSIDY GAVAGHAN
CONTRIBUTING WRITER

Monmouth Women’s Soccer proved to be victorious in the Metro Atlantic Athletic Conference (MAAC) yet again, shutting out the Marist Red Foxes in a 3-0 win on the Great Lawn on Saturday Sept. 28. They continue on an undefeated track in conference play, defeating both Saint Peter’s University in their first

league game (3-1), and now Marist.

Goalkeeper and senior Amanda Knaub made a crucial save early in the match to keep it scoreless, providing the Hawks with some extra adrenaline to capitalize on the net. Sophomore forward Jill Conklin’s play of the day was the first goal to find the back of the net, coming from fifth year forward Madie Gibson’s free kick from 23 yards out on

the corner. Conklin headed the ball just inside the lower left post, putting Monmouth ahead for the remainder of the game. This was Conklin’s first goal of the season, and the fifth of her career.

Scoring the first goal is always a huge sign for the Hawks who have won 41 straight games when getting on the scoreboard first.

The 35th minute of the game led to another goal for the

Hawks, when senior midfielder Jessica Johnson had a penalty attempt that was originally deflected. This opportunity was thanks to freshman midfielder Alexa Correa who was fouled in the box. Despite the initial saving of the goal, Johnson still managed to knock the ball in off the rebound that was bounced right back to her. Just like Conklin, this marked Johnson’s first goal of the year and the fifth of her career.

Senior midfielder Lexie Palladino scored the final goal of the match against the Red Foxes in the 39th minute of the game, burying a penalty kick beyond the keeper’s head. This was the offensive force, Palladino’s, third goal of the year.

“The crowd was terrific and our team enjoyed playing in an awesome environment,” said Head Coach Krissy Turner. “It was a good win at home and it was great to get a shutout.”

The Hawks outshot Marist 19-7, with 10 of those shots being on goal and they also held a 5-1 advantage in corner kicks against the Red Foxes. This win for the Hawks was also their ninth straight win at home, and their fifth game in a row where they have gone unbeaten (4-0-1) .

Monmouth goalkeeper Amanda Knaub collected her fifth shutout of the year, and her 35th all time. Gibson has become the second player in Monmouth history to reach 30 career assists.

The Hawks who are led by their senior class have displayed a strong effort on the offensive end of the field, scoring eight of the last eleven goals of the season. Everything seems to be coming together at just the right time under the guidance of Coach Turner as the Hawks continue their quest in the Metro Atlantic Athletic Conference this coming Wednesday on the Great Lawn at 7:00 p.m. against Manhattan.



Senior midfielder Jessica Johnson capitalized on Monmouth’s second goal of the game while taking three shots on the day that were all on goal leading to the 3-0 Hawks victory.

Women’s Golf Finishes Fourth

MARK D’AQUILA
SPORTS EDITOR

Women’s golf finished consecutive days of play by placing fourth out of 11 teams in the Hartford Invitational this past weekend. The Hawks finished only a lone shot out of third place as Farleigh Dickinson University (FDU) took home first in the event with a total score of 585.

Junior Cassidy Gavaghan and freshman Paige Diecidue led the blue and white each finishing in the top-10 overall for the weekend.

Both ladies finished with rounds in the 70’s as did freshman Liddie McCook who had the low score of the weekend recording a 71 on her card during the first day of play. This score by McCook was the lowest of any Hawk so far this season putting her in a class by herself.

Gavaghan led the MU card for the fourth time in her career as her opening round score of 72 and total score of 151 for the event were both career bests.

This was also the second time this season that Diecidue scored lowest on the Monmouth team card.

The low scores did not stop here as freshman Claire Orr also totaled her lowest numbers of the season finding the scorecard with an 87. Sophomore Amanda Hart also came in with a two-round low score of 162 which is a season best for her.

These young shining stars led Monmouth to a program low score of 297 in the first round on Saturday. However, their total score for both rounds combined was 616 after

the Hawks shot a less impressive 319 on Sunday.

Monmouth started three freshmen out of the five players in their lineup for this past weekend’s tournament showing the youth of this Division One golf team.

“We felt as a team that this was our first true event of the year,” said Head Coach Michelle Melia. “We opened up the first round playing to our true ability and posted a school low score of 297.”

Despite posting career lows for most of their players as well as a school best total, the finish was still only good enough for fourth with three teams finishing ahead of them in the standings.

“We were disappointed in some of the mistakes we made in the final round, but there were so many positives for this young talented squad,” said Coach Melia. “I can’t wait to get back out this week to build.”

That is exactly what the Lady Hawks will look to do as they head back to the course on Friday Oct. 4 to take on the Hofstra Fall Shootout.

Fortunately, this will be Monmouth’s last road trip before coming back home to take on their very own Monmouth Fall Shootout at their home course the Jumping Brook Country Club in Neptune New Jersey. This tournament will take place with the first round starting on Thursday, Oct. 10.



Junior Cassidy Gavaghan finished in the top ten at this weekend’s Hartford Invitational shooting two rounds in the seventies while leading the Hawk’s card.

UPCOMING GAMES

- Wednesday, Oct. 2**
Men’s Soccer at Manhattan Riverdale, NY 7:00 p.m.

Women’s Soccer vs Manhattan West Long Branch, NJ 7:00 p.m.
- Thursday, Oct. 3**
Women’s Tennis at Marist Poughkeepsie, NY 3:00 p.m.

Friday, Oct. 4
Women’s Golf Hofstra Fall Shootout Phoenix, MD TBA

Field Hockey at New Hampshire Durham, NH 4:00 p.m.
- Saturday, Oct. 5**
Women’s Soccer at Quinnipiac Hamden, CT 12:00 p.m.

Men’s Soccer vs Niagara Hesse Field on the Great Lawn West Long Branch, NJ 2:00 p.m.

Football at Wagner Staten Island, NY 6:00 p.m.
- Sunday, Oct. 6**
Men’s Tennis at Villanova Invite Villanova, PA TBA

Field Hockey vs Rider West Long Branch, NJ 12:00 p.m.
- Tuesday, Oct. 8**
Women’s Tennis at Hofstra Hempstead, NY 3:00 p.m.

**conference games*



HAWKS SOAR TO NATIONAL RANKING



Fifth time nationally ranked #25 field hockey falls in double overtime heartbreaker 2-1 with their only goal coming from junior midfielder Ireen Frenken.

SEE STORY ON PAGE 14

PHOTO COURTESY of Monmouth Athletics