



# THE OUTLOOK

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## First Year Seminar Discontinued

MATTHEW CUTILLO  
ASSOCIATE NEWS EDITOR

University Faculty voted to remove First Year Seminar from the General Education Requirements, effective Fall 2020. This decision came as a result of Monmouth's graduation requirement being lowered from 128 to 120 credits, necessitating a cut-back of courses to meet this new minimum.

The decision to discontinue First Year Seminar was relatively divisive last week. Out of the total 239 faculty votes, 142 members voted to remove the course, 75 to retain, and 22 abstained from the vote entirely.

When the decision was carried out to reduce the amount of necessary graduation credits, General Education Requirements such as Technological Literacy, Reasoned Oral Discourse, and ultimately First Year Seminar were considered to be discontinued in order to meet these new demands.

According to Marina Vujnovic, Ph.D., Chair of the Faculty Council and an Associate Professor of Communication, First Year Seminar was eventually chosen to receive a vote on its ongoing status. "Over the course of the years that faculty taught those courses, there were several ideas and proposals that were brought to attention at the time," Vujnovic said. "Some called for a revised seminar, as

certain faculty felt it didn't really do what the '19C' intended it to do." Referenced internally by Monmouth faculty as document "19C," the 2008 Monmouth University Approved General Education Curriculum Reform detailed an outline for the intentions of First Year Seminar. "The course is intended to

encourage meaningful contact with faculty over a range of issues bearing on ethics and student success," read the third line of the document's rationale of the course. "The course is designed and intended to socialize students into academic culture and its core values."

As time went on and different First Year Seminar courses began to evolve, there appeared to be a disparity between the original intentions of the programs and the end results, Vujnovic explained. "Based on the decisive vote, Faculty Council felt the inconsistency of student experience and academic rigor showed there were issues across sections," Vujnovic said. "Yes, some sections were challenging and rigorous, but some potentially, based on conversations with faculty, were more perpetuating high school level behavior and work. It wasn't really doing what we wanted



PHOTO TAKEN by Matthew Cutillo

Marina Vujnovic, Ph.D., explained faculty's concerns that First Year Seminar has faced inconsistencies over the years.

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## Hong Kong Protests Continue

JOHN SPINELLI  
CONTRIBUTING WRITER

The citizens of Hong Kong have been protesting the Chinese government since June 2019, when Chief Executive Carrie Lam proposed the 'extradition law.'

The 'extradition law' stated that any crime committed in Hong Kong would be prosecuted in Mainland China.

This proposal sparked massive protests, resulting in the withdrawal of the bill on Sept. 4. Despite the bill's extraction, protests are ongoing as young citizens fear for their autonomy.

Hong Kong has been a semi-autonomous region in China since the 1997 handover, when the United Kingdom relinquished control after 150 years of Western imperialism. Since the transfer of power, China agreed to a transition period where Hong Kong would retain its independence. This deal is known as the "One Country, Two Systems" agreement that will remain intact until 2047.

Melissa Brzycki, an Assistant Professor of History with expertise in East Asian History, said, "The protests this year roughly coincide with the one hundredth anniversary of the May Fourth Movement of 1919, where students and others from across China protested the terms of World War I, the colonization of parts of China, and their own government's policies and actions."

She continued, "I think there are a lot of parallels there, especially in young people protesting their own government's policies, proposed or otherwise."

An anthem that has become the unofficial song of the protests is "Sing Hallelujah to the Lord." Many Christians and other religious minorities have become worried their freedoms would be gone if Mainland China gained more power. The song has been sung as a response for religious freedom, by people of faith and non-believers.

Peter Liu, an Assistant Professor of Criminal Justice and a Chinese immigrant, said, "Nobody (Americans) knows what is going on. Hong Kong is where the west meets the east. The country of

China is a communist state run by totalitarianism, Marxism, and a mix of Confucianism. There aren't human rights in China, but there are in Hong Kong. America needs to be the moral support for these protesters."

He also commented on the international impact of these protests, "Little by little, China has crept into Hong Kong. China's political abuses need to be stopped;

there was a Hong Kong writer who wrote against the Chinese regime and since then he has not been found. Beijing has a strong of influence on the leaders of Hong Kong. The city is also the 3rd largest financial district in the entire world. If they are affected badly, we will be as well. Our 401ks and retirement funds can be hit hard."

"Peoples' dissatisfaction with



IMAGE COMPILED by Angela Mascia

Professor Liu urges moral support for protestors, fighting to retain human rights in Hong Kong.

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## Debate Team Wins at Rochester

NICHOLAS COSECARELLI  
SENIOR/POLITICS EDITOR

The Monmouth Debate Hawks team of Payton Colander, a junior political science student, and Anthony Cendagorta, a sophomore sociology student, won the Brad Smith Invitational Debate Tournament at the University of Rochester the weekend of Oct. 11 through Oct. 13.

The Monmouth team of Mia Ardovali-Booker, a junior political science student, and Billy Siefert, a senior English student, took second place at the tournament. Both MU teams went undefeated with 6-0 records before heading into the playoff rounds on Sunday.

Colander explained that she and Cendagorta placed first in the tournament, and she was awarded second place for a speaker award.

"Personally, I find Debate very gratifying. You get out what you put into it and my partner and I work very hard," she explained. "If you want to refine your public speaking skills or become a better critical thinker then debate is perfect."

This tournament is the first time that the Debate Hawks won both a first and second place team award. Monmouth had eight teams of two debaters compete at the tournament, and six teams made it into the playoff rounds with winning records, a record number of Monmouth teams to make it into the playoffs in one tournament.

Each Monmouth team competed in six preliminary rounds before competing in the playoffs on Sunday.

"My favorite arguments that we ran was either our Securitization Kritik or our Politics Dis Advantage which we won on both of those agreements several times," Colander continued. "The Debate team is like one big family and will cheer you on regardless of if you win or lose."

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Monmouth has partnered with the City of Long Branch to offer discounts to students.

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Screenwriter meets the man behind it all, Bruce Springsteen.

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# ‘Shop Long Branch’ Program Gives Students Discounts

LOWELL-KELLY GAMBLE  
ASSISTANT NEWS EDITOR

The City of Long Branch has partnered with Monmouth University to form the Shop Long Branch Property Tax Reward Program, which will provide cash rebates to students when shopping in Long Branch at participating locations.

This program is managed by a third-party company which is currently implemented in 26 municipalities

throughout New Jersey. Roberto Ferragina, Assistant Director of the Office of Community & Economic Development for City of Long Branch, believes that this system will benefit students by allowing them to buy preferable food based on the discounts from participating locations. The only challenge this program will face is making it known.

Ferragina and the City of Long Branch are confident

that this program will last as long as the participating businesses and customers are engaged with it. A total of 35 Monmouth students and 22 local businesses have registered for this program. Businesses currently participating include Bacon Beach Grille, Bella’s Pizza, Butcher’s Block Restaurant, Caputo’s Italian Pastry Shoppe, Norah’s Irie Jamaican Restaurant, The Peddler Bike Shop, Natural Healthcare, Ace Hardware, and

V&S Auto. Long Branch Mayor John Pallone is certain that the program will be beneficial for all parties involved. “This program is a win-win for both businesses and the customers who use a Shop Long Branch card. Our hope is that participating businesses will see an increase in exposure, customers, and therefore more profits. We hope a lot of students take advantage of this program,” he said.

Each participating business decides on its own discount percentage and regulations. The average student discount is 7.5 percent. They are managed by [www.propertytaxcard.com](http://www.propertytaxcard.com) which is a third-party entity that receives a portion of the discount for processing the transactions.

The third-party company receives the transaction information from the participating businesses and transfers the data to the municipality. From then on, the correct percentage is abstracted to the consumers property taxes or calculated and distributed in the form of a check at the end of the year to those who utilize the card, but do not live or own a home in Long Branch.

The discount is ineffective to the customer at the register and is recorded and passed on to [www.propertytaxcard.com](http://www.propertytaxcard.com) for processing. Businesses may enter or exit the program at any time without penalty. Businesses may increase or

decrease their discounts at any time without penalty.

Ferragina explained that “Restaurants typically do very well with these types of programs since we live in a society where eating out is sometimes a daily or weekly activity.”

“Any discount program affects profit margins for the business establishment offering the discount. We do not see any direct disadvantages. Rather, the challenge is to engage in effective and repetitive communication by promoting the program and educating both the business community and the shopping base about the program,” he continued.

Grant Rataski, a senior student business student, predicts that this program will become an asset for business. “Businesses will generate more revenue due to more consumers going to each establishment. It would be an advantage for students if they can just show their if,” he said.

In order to participate, go to [www.PropertyTaxCard.com/LongBranch/](http://www.PropertyTaxCard.com/LongBranch/) register, and check the box “Monmouth University Students Select This” to complete registration.

When visiting a participating merchant, a list of participating businesses and their offers is on the website, provide them with your registered phone number. QR codes can also used.



Shop Long Branch is a program that offers Monmouth students yearly discounts from local businesses.

IMAGE TAKEN from City of Long Branch

## Debate Hawks Take First and Second

DEBATE cont. from pg. 1

The teams of Chyna Walker and Liam Crowley and the team of Natalie Cattuna and Bill Dailey went 5-1; Caitlin Hornbaker and Mia Jacob went 4-2 (and scored a playoff win against NYU); Anthony Calamari and Matt Filosa went 4-2; and Sabria Smith and Ariana Valencia also went 4-2 at the tournament.

“The debate tournament that took place at the University of Rochester this past weekend was amazing. This was my third debate tournament and I finally got the hang of what debate is all about. I went into the tournament with a brand new partner. I knew things would go well because of how we work together,” said Ardovalini-Booker.

“We didn’t lose any rounds and were able to come out of the tournament undefeated. This is something I thought I would never accomplish. With the help of Dr.Patten, the captains, other debaters, and my partner I was able to accomplish something that I never thought was possible,” she continued.

“My favorite argument from the entire debate is the Politics DisAd we ran as the negative team. We said the Affirmative teams’ plan played into climate change due to the possible re-election of Donald Trump,” said Ardovalini-Booker. “My partner and I love talking about how to improve the environment. If we do not try and stop climate change, it could led to the end of humanity. Overall, this tournament was so much fun and I am so glad I decided to debate again this year.”

Monmouth also received a number of individual speaking awards including: Payton Collander (2nd Place); Liam Crowley (4th place); Chyna Walker (6th Place); Anthony Cendagorta (9th Place); and Billy Siefert (10th Place).

The tournament included debate teams representing six universities including New York University, the U.S. Military Academy (West Point), U of Rochester, New School, Suny Binghamton, and Monmouth University. Each year, a topic is picked to be debated at every tournament. The topic for this year centers around U.S.

foreign policy with China and Russia, particularly as it relates to the weaponization of space.

Joe Patten, Ph.D., an Associate Professor of Political Science and the Debate Team’s advisor said, “It was especially meaningful to have debate alum Landon Myers, Greg Harpe, Sabrina Saenger, and Ryan Kelly come back to campus and help coach our team to the tournament championship.”

The Debate Hawks will next compete at Rutgers University on the weekend of November 8.



Monmouth’s debate hawks won several awards at their debate tournament in Rochester this weekend, including first and second place.

PHOTO COURTESY of Joe Patten

## Hong Kong

PROTESTS cont. from pg. 1

ple of Hong Kong also have such rights and systems to ensure that their legitimate demands are effectively responded. I hope that people in Hong Kong can calmly respond to their demands,” Liu said.

During these protests, violence has been growing more prevalent. Police and protesters have clashed, both in the peaceful and unorganized demonstrations.

The protesters have been caught in photos with five fingers up, each one for a demand. The first one was accomplished as the extradition bill was scratched, but the others requests like Lam;s resigation is unmet.

One of the international students from China commented about the situation, “I strongly condemn the violence that occurred during the demonstrations and the illegal behavior of some opponents.”

They continued, “I hope that all opposition activities will be carried out on the premise of long-term stability of the city, rather than undermining the stability of society and the smooth order of social order.”

President Donald Trump in his address to the United Nations mentioned the Hong Kong protests, “The world fully expects that the Chinese government will honor its binding treaty made with the British and registered with the United Nations in which China commits to protect Hong Kong’s freedom, legal system, and democratic ways of life.

“How China chooses to handle this situation will say a great deal about its role in the world in the future. We are all counting on President Xi as a great leader,” Trump said.



# Annual University Open House

ALEX DYER  
CONTRIBUTING WRITER

The University hosted its annual Fall Open House to engage prospective undergraduate students and their families and introduce them to the Monmouth community on Sunday, Oct. 13.

According to the official open house schedule, the open house served to allow attendees to meet current students, hear from faculty regarding academic programs and majors, as well as learn about resources available to students.

The day began with a welcome from senior administrators, followed by an opportunity to learn about academic programs from faculty members.

Students, faculty, alumni, and future students from each department gathered to inform prospective students on what Monmouth provides. Common questions concerned areas of study, clubs, and campus life.

During a full tour of campus, representatives from the offices of Undergraduate Admission and Financial Aid were present to help students with questions concerning the enrollment process of becoming a Monmouth student.

Michael Qualiano, an undergraduate admissions counselor, was integral in



PHOTO COURTESY of Monmouth University

The University reports that Undergraduate enrollment is estimated at around 5,000 students.

organizing the Open House and bringing in people. “We’ve got all hands-on deck today; staff, students, everybody,” for the 1,500 to 2,000 students that will visit the campus, explained Qualiano.

Lorna Schmidt, an Adjunct Professor of Communication and the Director of Advising, explained the benefit of the Open House to prospective students. “I think it gets them a true, first-hand feel for how the departments interact with each other and the type of environment that they’re going to be coming into,” she said.

This sentiment was echoed

by Christiana Hart, a copywriter for Monmouth’s Marketing & Communications Department, who said, “A lot of the staff were asked to be here on the weekend for the Open House.”

The extensive staff and student presence that were available to assist and speak with visitors, afforded attendees the chance to connect and interact with the Monmouth community prior to applying, she continued.

Holly Mairs, a high school senior attending the open house, said, “I was surprised by all of the academic options Monmouth offers, especially

for such a small school.”

According to Monmouth’s website, undergraduate enrollment is just shy of 5,000 students.

Surrounding the perimeters and lining the indoor halls of each building were kiosks dedicated to a variety of clubs and activities offered by student life, along with students exploring them.

A potential nursing student commended the staff for being “informative about [his] academic program.” He also explained that the atmosphere had him “leaning toward” attending Monmouth

next fall.

Qualiano said, “I don’t think there’s any doubt about how effective this event is at recruiting students. When I was in high school, the Fall Open House was how I decided to apply to Monmouth.”

“The staff and students really helped me open up to my major area,” Mairs said. “I felt comfortable enough to ask a lot of questions and weigh my options.”

Representatives from the offices of Undergraduate Admissions and Financial Aid were present to answer any enrollment questions.

## The Impact of Removing First Year Seminar

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it to do.”

Professors who taught First Year Seminar courses were assisted by Peer Learning Assistants (PLAs), to aid incoming students by answering questions and giving advice regarding their transition to university. Removal of these courses will render PLAs obsolete, and their outlet to provide assistance to first year students in an organized setting will vanish.

Judith Nye, Ph.D., Faculty Director of First Year Seminars and Associate Vice Provost of Academic Affairs for General Education, explained, “The primary role is to be the upper level student who sort of serves as a liaison in the classroom. The role of the PLA develops as a relationship between the professor and the student... when I worked with a PLA, I saw them as my co-teacher.”

Nye added, “They’re always supporting the class, but it’s in varying degrees. It’s based on what the professor and the PLA agreed to. If you talk to different PLAs, you will hear that they play different roles.”

Matthew Pringle, a sophomore homeland security student and current PLA, disagrees with the faculty’s notion that students took advantage of First Year Seminar in order to attend an easier, high school style course.

“Personally, I have noticed students being very receptive and engaged during class time,” Pringle said. “The students, as far as I can tell, are actively engaged and gen-

uinely interested in the class as a whole. It is absolutely a positive addition to not only the student’s schedule, but also to the campus, he said.

Caitlin Mazzela, a senior elementary education student with a concentration in English, is concerned over future first year students’ potential lack of transitional resources. “I feel future students will not have the exposure to older peer mentors as much as they truly need, and they will not be reminded of what the resources on campus can do for them,” she said.

“Who else is going to teach them how to make a tutoring appointment? Their Composition 101 teacher? This is why I have a current petition [to continue First Year Seminar] floating around campus



PHOTO TAKEN by Nicole Riddle

Peer Learning Assistants (PLAs) disagree with the claim that First Year Seminar is ineffective.

as much as possible for those who agree,” Mazzela continued.

Kenneth Campbell, Ph.D., a Professor of History, teaches a First Year Seminar course on the Beatles. A strong believer in the importance of First Year Seminar, Campbell stated that these courses helped many students adjust to college life, and positively written feedback from student evaluations confirmed these assumptions to be true.

“I will definitely miss teaching First Year Seminar,” Campbell said. “I am saddened and disappointed in the faculty vote eliminating it as a General Education requirement.”

“I would like to see the courses survive as elective courses for interested students and Faculty Council stated that this was an option, but I honestly do not know if anyone at

the University has the will after the vote to do this,” he continued.

Laura Jannone, an Associate Professor and Coordinator of the School Nurse Program in the School of Nursing & Health Studies, expressed concerns over a future student’s ability to understand certain college-level concepts like proper time management.

“Since I spent time as a school nurse in a high school, I noticed the transition [for a student] from high school to college,” Jannone said.

“Their classes in high school can be 50-90 minute classes depending on their school, and students see their teachers and are told what to do all the time. Now all of a sudden they’re coming to class twice a week. Time management is a major part of the transition and an important skill to learn,” she explained.

There is a strong concern amongst faculty and students alike that future first-year students could feel left out of resources that current undergraduates were fortunate enough to be involved with.

The next phase of new student acclimation is unclear, but Nye has a few ideas.

“We’ll do what we can to shape orientation, knowing that first year seminar doesn’t follow it anymore, and look at other potential first year programs that could supplement or replace,” she said.

“First year student success is a very complicated thing, so if we’re pulling First Year Seminar out, we’ll have to very carefully consider what will go in its place to support our students,” Nye explained.



# Meet Colleen Finnigan

EMILY CONDRON  
STAFF WRITER

Monmouth University has a knack for hiring inspiring and caring people who grace the various offices around campus. One department known for this is the Curriculum and Instruction office within the School of Education, where you will find the Office Coordinator Colleen Finnigan—the poster woman for outstanding employees.

Finnigan has been working at MU for a total of 12 years: five in Student Affairs and seven in the School of Education. No matter who you are, her smile and kindness will overwhelm you as soon as you walk through the door. Not only is she a wonderful woman, but her hard work seeps into her student workers and fellow employees, making anyone working for the School of Education all-around more diligent.

Finnigan has been a role model to everyone surrounding her throughout the years, including Christa Rapaglia, a graduate student of social work who worked for the school of education for almost three years.

Rapaglia said, “Colleen is one of those rare people in the world who manages to be both wildly smart and genuinely caring. Her creativity, eye for beauty and design, street smarts, and willingness to connect to others have truly touched my life in the years I’ve worked with her.”

Student employees are so welcomed by this wonderful woman that they feel as if the office is another home, somewhere they are safe and accepted on campus.

Rapaglia continued, “As a supervisor, she sees her employees as family, giving me the gift of

feeling safe to transition in the workplace.” Colleen’s open, loving arms have led so many students down the path of success, determination, and positivity.

Alyssa Crookhorn, a senior business marketing management student, has been a student worker in the School of Education since her freshman year.

She said, “From the minute I started, Colleen has been someone I can go to with any sort of problem whether it be school-related or personal. She is so understanding, gives the best advice, and is always making herself available to myself and all of the other student workers. In addition to Colleen being so selfless, she has such an amazing work ethic that I aspire to have in

my career.”

Having a mothering effect on her student workers has not only given them the strength to persevere through challenges, but to also learn to love and live in the amazing moments life can give you. Being a college student can be so stressful at times, but Finnigan has a way of melting the stress away, teaching her students to look at the positives.

Not only do students adore her, but her co-workers do as well. Many professors walk into the Curriculum and Instruction office with stress and panic on their faces, but once Finnigan’s warm greeting rings through the room, they immediately flip their frowns into glowing smiles.

John Henning Ph.D., Dean of

the School of Education, said, “What is great about Colleen is her eye for space and her talent for decorating. She redesigned and decorated two of our departmental offices, redesigned the space in the Dean’s office, she selected the exhibition case for our research display, she is the mastermind behind our Student Awards Ceremony and our Academic Welcome, she suggested and initiated our reception at commencement (now a tradition), and she has organized the posters on our walls. Anything Finnigan touches looks better after she is done. She is a multi-talented individual who adds color and beauty to the lives of the people around her.”

Finnigan always finds a way

to express how much she loves working for and being a part of the MU family.

She said, “My favorite part of working for the School of Education is the teamwork between the members of the support staff (and the amazing dedication of my Office Assistants). We meet, we discuss what needs to be done and we do it. If one of us has a problem, or a shortfall, there are five other staff members who are there to come to your rescue.”

Showing her appreciation for her team and her workers is always a number one priority for Finnigan, adding such a home-like essence to the School of Education.

To fully capture Finnigan’s essence, one should imagine a pristine morning shore at sunrise. As the sun continues to hug the shore with its brightness and warmth, the ocean is calming and peaceful. The seashells may be tossed and chipped, but their beauty is always admired by young children to aging elders. Even when there is fog and wind, making the beach chilly and eerie, the view is still breathtaking.

Finnigan is rarely ever frazzled and ensures that people always breathe and stay calm because, as she would say, “What’s the point of freaking out when it just makes things worse?”

Although Finnigan encounters rough moments in life, she carries herself with such beauty and love that no one thinks twice about whether her chips are what make her.

Crookhorn summed up Finnigan when she said, “[Finnigan] has become more than a boss for me—she is a mentor, a resource, and a dear friend. I just love her to pieces, and she deserves the world and more.”



PHOTO COURTESY of Mary Kate Kane

Colleen Finnigan of the School of Education is a role model who leaves a lasting impact on MU students.

## David Garlock: “I Am a Human”

NICOLE FOX  
CONTRIBUTING WRITER

On Friday, Oct. 11, The Departments of Criminal Justice, Political Science, Sociology, and The School of Social Work hosted guest speaker David Garlock.

Garlock, who served 13 years in an Alabama prison for committing murder against a man who sexually and physically abused him and his brother for eight years, shared what he calls “The Chapters of My Life.”

But Garlock is much more than the time he served and the acts he committed. He is a human. Let that settle in. A human, a person who reminded us that labeling those around us negatively impacts social structure.

Garlock grew up in what, on the outside, seemed like the perfect American family. But his family struggled with some issues—an alcoholic father and a mother who didn’t know how to raise children in that type of environment. His sister was kicked out on the streets at the age of 12 and his brother, due to drugs and alcohol, was kicked out at age 13. His brother then settled in a receiving home in Seattle where the long story of abuse began.

Garlock’s long years of abuse transformed him into a person he wasn’t confident in. But now, living in God’s forgiveness, Garlock shared the chapters of his life that have propelled him into the human he is today.

I had the pleasure of getting to sit down with Garlock and ask some questions pertaining to the justice system and his time while incarcerated. During the interview one of the most striking conversations we had ensued when I asked, “What was the most pivotal moment within your incarceration or before incarceration?”

Garlock’s response very much fit his shining and forthcoming personality. “On November first, 1999, I sat in the city jail in Alabama in an interrogation room for seven hours, and after confessing I was sent to processing. Sitting in the back of a cop car I asked the officer transporting me ‘What type of sentencing am I going to get?’ knowing perfectly well that Alabama uses the death penalty.

“The cop then asked me, ‘Do you believe in God?’ and at the time it took me a while to answer because I knew God was real but never really had a relationship with God. But after being silent in the car, the officer kept asking me if I believed in God. Eventually I said ‘Yes’ and he told me ‘Seek him now.’ The first thing I did when I got back to the county Jail was that I asked for a bible and ran across Revelations 3:20, ‘Behold I stand at the door and continually knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.’ This is when I realized I wanted to do the time and not let the time do me.”

Garlock’s time was spent divulging himself in obtaining his

GED, Drafting Trade, and then an unaccredited Master’s in Theology, before linking up with Bryan Stevenson.

Stevenson, a lawyer and founder of the EJI (Equal Justice Initiative), was able to free David and his brother. Furthermore, he allowed Garlock to follow his passion in life—helping other sex offenders re-enter communities.

Garlock explains that the reason he is so involved and unaffected by being surrounded by these people is because, “My heart gets tight, because maybe they were a victim too.” This is just one thing that makes him so unique.

Garlock graduated from Eastern University in 2015 with a Bachelor of Arts and Urban Studies, and began working with New Person Ministries just two days after graduation.

He said, “I had a vacation for 13 years, I don’t need any more down time.” Further discussing the Justice System, Garlock still feels as though there is work to do, which cannot be done without the help of the general public.

“It takes a village to get citizens to return,” he said. “A community needs to back the individuals up. Society’s role is walking with those incarcerated as people, as human beings, as equals.”

He also said that the justice system in some ways is doing better with stances on probation and parole, but in instances like Meek Mill, there are still issues regarding those laws.

Overall, Garlock’s speech was

moving, creating a safe space for those to feel free to ask any questions.

Brittany Macaluso a junior social work student, said, “I thought that David was Captivating. He told his story like a book, and it was comforting to see how different chapters of people lives lead them to different paths and each chapter can be good or bad. The way he now works with people who have sexually assaulted people despite being assaulted attested to his amazing ability to forgive.”

Nick Sewitch, Specialist Professor and Department Chair of Criminal Justice, said “David’s personable attitude is what made his speech so special. His story is truly incredible.”

For my last question for David, I asked, “What is your mission statement for those who are or have been incarcerated or are in search of a new life?” and he said, “In the belly of prison is where I found freedom. You too have the opportunity to write the next chapter in your life. Don’t lose the ability to dream.”



PHOTO TAKEN by Nicole Fox

David Garlock shares his story of becoming a returning citizen.



# Inhale... Exhale

ALLISON DEGRUSHE  
CONTRIBUTING WRITER

College is a time considered to be the best four years of a student’s life. It is all about being independent, making new friends, and challenging yourself to be a better student and future employee. While this journey can be exciting for students, it can also cause stress.

According to the National College Health Assessment, 44.4 percent of university students recorded that they felt more stress than average over the last 12 months (ACHA 2018).

Stress is a normal aspect of our lives that never goes away, nevertheless you must learn how to manage it. Students do their best to remain calm and stay positive, but responsibilities can lead to serious stress levels that may affect their well-being.

Several coping mechanisms can help manage stress such as: attending therapy, exercising, and taking time to rest. However, the simplest yet most effective way to cope with stress is through breathing.

During a mental breakdown or a period of overwhelming thoughts, take a breath – breathe in, breathe out. Breathing is a powerful process that immediately relaxes the body; breathing affects you, improving mental and physical health.

Breathing exercises are something you can participate in daily to help melt away your stress. There are several different types of breathing exercises you can look into, and here are three deep breathing exercises that have been proven beneficial.

The ten-second breathing

exercise is simple and works wonders. First, close your eyes and focus on just you. Imagine yourself at peace, relaxing at your favorite spot. Now, slowly take a deep breath in through your nose and count to ten. After ten seconds, gently breathe out of your mouth and repeat the process.

This method of deep breathing is effective in high-stress environments, particularly a classroom. Senior English education student Erica Autiero said that this breathing technique is used in one of her classes. When asked how effective she believes this method is Autiero said, “I think it relieves stress - it calms my nerves. It really does calm people down.”

With this exercise it only takes ten seconds to relax, so practice, implement daily, and drop your stress.

Another method of deep breathing is diaphragmatic breathing. Diaphragmatic breathing means deep breathing and has a technique. Michele Van Volkom, Ph.D., Lecturer of Health Psychology, is an expert on this breathing exercise. Van Volkom describes the process of diaphragmatic breathing:

“Basically it involves having one hand on the upper chest and the other on the abdomen, closing one’s eyes, and breathing deeply as one is aware of the movement of the stomach. The hand on the upper chest should be as still as possible. When we concentrate on the act of deep breathing by engaging both the diaphragm and the lower abdomen, it can bring down our stress levels.”

Diaphragmatic breathing is a breathing exercise that strengthens your entire body. During

times of stress, focus on your breathing and let yourself rest. If you choose to utilize this method, try to make it into a routine– it will benefit you in the long run.

A breathing exercise known as “4-7-8” breathing is a great way to manage your stress and shut off your brain. This is a quick and easy way to show stress that you won’t allow it to tear you down anymore. As always, close your eyes and picture yourself at peace.

Next, inhale through your nose for four seconds. Once that is done, hold that breath for seven seconds. Keep your eyes shut and imagine that relaxing place. Finally, exhale through your mouth for eight seconds and repeat the process.

Senior english student Gabby Ciervo struggles with her stress, but she does her best to practice this method to alleviate her stress levels. Similar to most students, she talks about how stressed she is until she hits her breaking point.

Ciervo said, “I don’t breathe when I talk. I try to take a lot of deep breaths, and it makes me feel better. I feel a lot calmer and less nervous.”

It can be difficult, but students must prioritize downtime to rest and reflect on themselves. Feeling good mentally is just as important as feeling good physically.

The one thing that is successful in managing stress is the one thing we do daily: breathe. There are several breathing exercises to help melt away your stress, and these three are simple enough to practice right away.

Remember, when life gets the best of you, just breathe.



IMAGE COMPILED by Chloe Barone

When performing breathing exercises, take a moment to tune out all of the white noise around you and just focus on your breath.



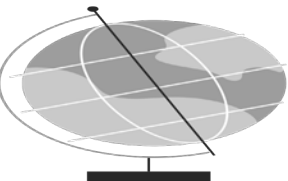
PHOTO TAKEN by Chloe Barone

If you are feeling skeptical about breathing exercises, will yourself to try. There is no better time to make a change in your life than now.

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On Democracy at Monmouth

EDITORIAL STAFF

In 1963, Yale University psychologist Stanley Milgram published a series of experiments that measured obedience to authority figures. The studies found that a very high proportion of subjects would fully obey the instructions given to them. In light of recent information given to *The Outlook*, the Editorial staff questions how some at the University may be leveraging authority over students, and thereby abusing their power.

According to numerous sources, editors have been informed that student-ambassadors have been directed to not include specific issues of the paper in hand-out packets to potential students at Mondays at Monmouth. These issues included: the mice in Elmwood (Feb. 13, 2019), black-face photos in old Monmouth yearbooks (Mar. 14, 2019), and the series of interviews with the former University president and provost about administrative expansion and tuition increases (April 10, 2019).

Additionally, student-athletes were warned to not speak to *The Outlook* when word of the fraudulent meal plan swipes came to light (April 18, 2018), and still remain under a policy that prevents student-athletes to speak freely to us on their own volition without prior approval by the Department of Athletics. Likewise, resident-assistants (RAs) have consistently been told to refrain from talking to the student press on several occasions.

“How can we, as journalists, find out what’s happening on our campus when we cannot be given a fair interview,” an editor asked. “The press is considered the 4th estate. And as the 4th estate, we are the people’s guardians. Our press is free for a reason, so we can disseminate the truth to citizens; and by preventing us (the press) to speak to other students, they are not only doing a disservice to us, but the entire student population at Monmouth.”

Another editor said, “The concealing of certain issues of *The Outlook* limits the work of the student writers, and reminds me of how a high powered government conceals information from its own citizens.”

Regarding the RA policy, one editor said, “I believe that by not

allowing us to speak the RAs, it is a violation of student speech. As students, and writers for our University paper, we should be able to speak to whomever we want to find the truth.”

“The university should be working with us, not against us. Restricting RAs from speaking to *The Outlook* is unprofessional and disreputable on Monmouth’s part, as if they are trying to hide something,” an editor said. “I believe this restriction has become a big problem, as it blocks the Monmouth community from knowing the truth.

Another editor responded, stating the policy can be looked at as reasonable: “As an RA or Desk Assistant, you are technically an employee of the school. When you sign up for one of these roles, you sign a contract that says you cannot talk to the press. If it’s in the contract and you sign it, then you’re signing away those rights to talk to the press.”

However, another editor rebutted this point, stating that students’ speech and opinions should still be protected nonetheless. “Whether you are a student-athlete, student-employee, or student-ambassador, you are no less a student at Monmouth,” the editor said. “And as a student enrolled at Monmouth, all our voices are protected by Article II Section I of our governing Monmouth Student Constitution. These privileges are second only to Student Code of Conduct in the student handbook, which states that our

right to free speech and expression cannot be infringed on by the University. Essentially, these policies restricting our speech can be deem unconstitutional even as a private university.”

One editor brought attention to the fact that materials once available on students’ myMU portal are no longer available; documents like the Fact Book, numerous operational charts, and other statistics have been removed from students’ “For Your Information.” These documents were referenced as the paper’s public source for such information on several occasions, and *The Outlook* therefore finds it suspicious that these documents are no longer public to the student body. Giving benefit of the doubt, the editor explained that perhaps these documents were taken down in order to be updated and

re-uploaded. However, it has been confirmed by two administrators that these documents are still available to everyone else but the students.

“When something shady like that happens, then it’s clear: the higher ups want to cover up information,” another editor said. “If students have the desire to read up on a topic within their campus community, it should be available to be read, cross-referenced, and verified.”

One editor expressed, “I think with students being the majority of the campus community and the purpose for a university in the first place, their inability to confer with these documents is problematic. We have to know the specifics of what is happening on our campus.”

“I find this extremely suspicious and curious which shines a light on the administrative powers they use to shield students and the campus community,” an editor said. “It also shows the importance of *The Outlook* because we are the only ones who can serve as a watchdog role for the rest of campus.”

Another editor said, “I feel that it’s certainly an abuse of power, as they are trying to curb the credibility of the student press. It demonstrates that they are intimidated by the potential backlash of our reporting. As an impartial student media source, it is our responsibility to hold all campus community members accountable for their actions and report on events that are pertinent to students and faculty. Students should be able to access a credible source of campus news.”

On Sept. 17, 1787, Americans gathered outside the Constitutional Convention in Philadelphia, waiting in anticipation to hear what our framers had crafted. They asked, “What do we have: a republic or a monarchy?” Benjamin Franklin replied, “A republic. If you can keep it.”

Our job as citizens is to keep it, especially on a college campus. Our constitutional democracy enshrines the freedom of press, and the freedom of speech and expression. As Americans, we don’t just respect these values; we cherish them. And if our University respects and cherishes these values too, then we must defend them.

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# Relationships in College

LAUREN DEMARCO  
STAFF WRITER

Relationships can be a big responsibility when you are navigating college and all of your obligations. Relationships in college can be a blissful experience for some, while others find them challenging and complicated.

Many people define relationships differently—it can be open, exclusive, official, or together but in that unofficial stage. One’s definition and personal preferences when it comes to relationships can greatly influence whether having a relationship in college is a pleasant experience.

With being in a relationship, you learn so much about yourself. Such as, what you deserve and the standards you hold for yourself. It also eases the need to impress others when you have someone.

When you are in a relationship at this age, you can still have your own life. You can still go out with friends and live your life while having a significant other.

Even though people have their own opinions about relationships and dating at this age, I believe that if you feel it is the right time, go for it! Every relationship is unique, different and comes with its own challenges.

Many enter into college with a relationship, but cannot stand the test of time. Why? Most of the time people find the long distance to be hard. In addition, it can be difficult to arrange one’s schedules to find a balance between schoolwork, a social life, and time for their significant other. This can cause a strain on the relationship.

College, itself is an experience. People are entering into a

new phase in life and are excited to grow through developing new friendships. However, sometimes, these new friendships can cause significant others to become jealous and create trust issues.

A con about relationships in college is being in one with someone that does not go to the same college as you. Distance is hard when you and your partner are trying to take advantage of all the opportunities college has to offer.

Everyone in college is evolving and realizing what they want and need throughout their experience in college.

Other issues of dating in college are that everyone is on different schedules and is trying to manage their responsibilities all while trying to maintain a social life.

There is also the problem of when your significant other or you may get jealous of others. Jealousy is a big deal that many relationships come across in college. Everyone gets jealous from time to time, especially in college where everyone knows each other and has dated other people.

Everyone has their own opinions about relationships in college, and whether or not it they good or bad. I really believe that it depends on the two people and if they are ready to devote all their time and energy to their relationship at this time in their life.

Every college student’s life is different and they all want different things. When the time comes, things will fall into place. Timing is everything and without the perfect timing, relationships will not work and feel rushed and less meaningful.

# How to Relieve Stress

SAL LAGROTTERIA  
STAFF WRITER

If you went through Kindergarten up to Senior Year of High School, then you probably experienced minimal stress with school, if any at all. However, once you got to college, there is a high chance that stress came into your life and took over your whole demeanor. I know this because this is what I have experienced.

I never knew what stress was like until the college workload took over my life. I have constant stomachaches and my chest feels as if I am going to explode. Therefore, I took some time for myself to figure out how I was going to manage my personal life, social life, 20 hours at work, and a full-time schedule.

So, here I am 5 years later and set to graduate in December and I think I have figured out a few ways that help to relieve my stress.

If you are unsure how you should start trying to relieve stress or when you should do so, it is best to keep in mind that there is always time in the day for yourself, even if it is only 30 minutes.

To determine what you should do for yourself each day, write all (or some) of your passions down in a list. Even if it includes traveling, just write it all down. Now, the most important part is to figure out which of your passions is going to relieve the most stress and be the most effective for you.

When I began writing my list, I found that my laziness came into play and all I wanted was a hobby that was going to be easy going and the least complicated. This is when I happened upon photography.

Towards the end of my senior year of high school, I got my first iPhone and discovered landscape

photography. For about a year, I used my iPhone to take all of my pictures and undeniably, it worked just fine.

As the end of 2014 came, I consistently found myself going to take pictures outside no matter what the weather was like. If it was cold, great, maybe I will get some cool frozen water shots. If it was raining, even better, maybe I could get water droplets on large branches or small plants. I became driven.

Photography is the most life changing and inspiring hobby that I have ever gotten into. During the summer of 2015, I purchased a Canon T5 Rebel and have since expanded my knowledge and interest in photography.

Photography is simple, but what I have come to learn is that not everyone has an eye for it, which is more than okay because photography is a skill.

Capturing photos is incredibly easy, and quite simple if you are willing to put in the time. Photography became fascinating to me because you are capturing only

what you want to see and not being forced to look at everything like our eyes do.

Photography is controllable and the person behind the lens (whether it be a smartphone or camera) has all the control in the world. To date, I have captured a little over 32,000 photos and some I am prouder of than others, but it will not make me do it any less.

While I fully suggest trying photography to relieve stress, I also encourage you to pick the easiest thing on your list and just do it! If you enjoy walking, walk around campus or on the boardwalk. If you enjoy drawing, go to the back of your notebook and just draw. Or, if social media does it for you, then do that! There is no rulebook on what will alleviate stress.

While there are numerous amounts of ways to relieve stress, I find the best way to do so is through a passion, hobby, or trying something new. Once you have figured out ways of navigating stress, you will wish you had tried it sooner.



PHOTO TAKEN by Sal Lagrotteria  
Photography is a simple yet relaxing way to relieve stress.

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# Sarfraz Manzoor Shares *Blinded by the Light* at Monmouth

KATHERINE RIVERA  
STAFF WRITER

The subject and screenwriter of the acclaimed Bruce Springsteen-themed film *Blinded by the Light*, Sarfraz Manzoor, came to speak at Monmouth's Pollak Theatre to share his story and the truth behind the movie's main character, Javed, on Oct. 8.

Inspired by Manzoor's true life story, *Blinded by the Light* is set in 1987's Luton, England and follows Javed, a teenager starting his freshman year in college. Although he's unsure of what direction to take his life, he gets inspired to become a writer when he discovers the relatable music and words of Bruce Springsteen.

At the event, Manzoor gave a lecture with a slideshow and spoke about his own family life. His father moved to England before he was born to begin a life there for his family. Manzoor was an immigrant in England

from Pakistan who lived in a small town and faced racial hardships.

What inspired him to pull out of town and make a name for himself was the powerful lyrics of Springsteen. In particular, Manzoor said the final line of 'Thunder Road' encouraged him with, "It's a town full of losers and I'm pulling here to win."

Not soon after Manzoor got out of town and pursued his college dreams, his father passed away when he was in his early twenties. Manzoor discussed how it was one of the darkest times of his life.

However, he made the decision to turn this pain and hardships into something amazing. Manzoor wanted to channel all of his energy to be something that would help him heal, so he began his healing process through his writing.

He wrote his book *Greetings from 'Bury Park* about his con-

nection to Springsteen's music and about hardships in life. This would lay the foundation for *Blinded by the Light*.

At a concert after this novel was published, Manzoor went to a Springsteen concert, one of hundreds he's been to in his life. He wanted to bring a copy of his book for Springsteen to read. However, in seeing him, Springsteen immediately recognized Manzoor and told him "I loved your book."

After so much success with the book, Manzoor began working on the script for *Blinded by the Light*. In May 2017 when it was complete, a letter was sent to Springsteen to ask for the rights to his music. His "I'm all good with it" response put no restrictions on the use of music in the movie, something lifechanging for Manzoor.

After the casting was complete in 2018, Manzoor took his best friend and the actors that would play them in the movie to Luton where he grew up so they could get the full feel and pour everything into their roles. The movie was filmed in April and May 2018 and part of it was even filmed in Luton.

At Sundance, his movie was immediately picked up by a producer and the process of getting it onto the "big screen" was in full swing. The movie premiered in Asbury Park, a tribute to his novel, where Springsteen surprisingly attended in full support of Manzoor's work; something that was extremely validating and rewarding.

At the end of telling his



IMAGE TAKEN from NJ.com

**Manzoor meets** Springsteen at the premier of *Blinded by the Light*.

story, Manzoor opened up for questions from the audience. A lot of people wanted him to speak on the topics and themes throughout the movie and how touching the film is for a wide audience.

He discussed the movie being all about love and connection to others, along with going through dark times to get to the good times.

There was a question from a high school teacher who asked how he dealt with coming from a family who was not always supportive of his writing as a career. The teacher shared that so many of his students, first generation Americans, were pushed towards engineering and the medical field and away from the arts.

Manzoor replied that he studied economics in college

and not something like English, literature or film. He noted that his family still has a hard time accepting this as a "proper" job. He concluded that people should do what makes them happy because we only have, "One shot at this. One time around this world. Do something for you."

His reactions, especially his response to the last question, furthered the message of *Blinded by the Light* that shines through. Of course, it's about Springsteen's music and one character's journey, but the themes of family, acceptance, love, music, and passion are all universal.

The determination and hard work portrayed by the main character, Javed, and the writer, Manzoor, can be inspiring for anyone that comes from any walk of life.



IMAGE TAKEN from Letterboxd

**The film received** critical acclaim. The University was also shown in a scene towards the end.

## Springsteen's *Western Stars* Film: What to Expect

MARK MARRONE  
ENTERTAINMENT EDITOR

We've seen plenty of The Boss in the past year with the recent wrap on his long running *Springsteen on Broadway*, which had a Netflix and album release, along with his new solo album *Western Stars* released last June. But this week, Springsteen gives *Western Stars* the movie treatment, out in theaters this week on Oct. 19 and 23.

So what can we expect from Springsteen's flick? According to his website, the film is a retelling of Springsteen's album, with a full orchestra performance of *Western Stars* from Stone Hill Farm in Colts Neck. Also, in the trailer, there appears to be old home videos from The Boss and some behind the scenes footage of the making of *Western Stars* to give it a documentary feel.

Although she has yet to see the film, Eileen Chapman, Director of the Bruce Springsteen Archives & Center For American Music, shared some inside information she has received on it.

"In speaking with people directly and indirectly involved with the

production we will see Springsteen perform the entire album with all of the original musicians who performed on each track," Chapman said.

She continued, "*Western Stars* was not recorded with one particular band but with many different performers playing on each song and they all came together in the Springsteen barn to record the album in its entirety in front of a small audience."

Chapman also spoke on the potential archival elements of the film. "Bruce's videographer and film producer, Thom Zimny, has reached into the vaults for archival family footage and has also added some recently filmed introspective moments that will help people understand a little better what the songs are about."

For Springsteen fans, this is obviously a must-see. And remembering how fans flooded theaters to see 2013's fan made

*Springsteen & I*, showings are most likely sold out.

If it does well, hopefully it will 'Drive Fast' back into theaters for fans who missed out on it. Or just like *Springsteen & I*, you'll probably see it on cable soon.

IMAGE TAKEN from KRCC



## Five Bags of Popcorn For *On Cinema's* 11<sup>th</sup> Season

MARK MARRONE  
ENTERTAINMENT EDITOR

Need advice on what movies to see? *On Cinema's* most likely not going to help. But if you need some mindless mayhem, fill up those bags of popcorn.

*On Cinema* is back for season 11 and is up to their third episode, with a new one airing every Wednesday at 9 p.m. on *Adult Swim's* website. Only online, the production hosted by comedians Tim Heidecker and Gregg Turkington is an off the rails movie review show that has nothing to do with movies.

The duo pose as film critics, yet it's 99 percent certain that they've never seen the movies before they walked on set. Every movie they rate receives five bags of popcorn, the highest rating possible (which is especially challenging when the rating is given to bombs like *Nine Lives*). Tim is the frontman of the show who spins it out of control with his own drama, while Gregg

tries to keep the show strictly on movies, but always fails.

Although the show is extremely silly and sounds like something anyone can pick up, it's actually hard diving right into. There are plenty of long running gags inserted in season 1 that carry all the way to season 11.

In this new season, Tim has won the exclusive rights to the *On Cinema* brand, which was taken away by the Delgado Holdings Group. In the previous season, the Delgados sued Tim for killing their son and nearly 20 other victims at a music festival where he distributed faulty vape pens, but he was not convicted of the charges. After coming to an agreement with the Delgados, Tim now has complete control of *On Cinema* and has made himself the CEO.

As for Gregg, he's created a new segment called "Classic Movie Time," but Tim refuses to show it because he would rather dedicate the time toward prayer, which

he has dabbled in since going through the hardships of getting the rights for *On Cinema*.

I know, you're probably scratching your head and thinking, "What is wrong with this show?!" But I'm only skimming the surface on the craziness that ensues.

Each episode is roughly ten minutes, which makes it easy for a binge (depending on how much your brain can take). If you're thinking about jumping in without killing that many brain cells, there's a ten minute video recapping all the show's events from Tim creating his own rock band Dekkar, to Martin Sheen's brother and D-list actor Joe Estevez becoming an integral part of the series.

The show's humor strikes an incredibly bizarre balance between dumb and masterful. The duo expertly plant jokes early in the season, build them up, and come back to them so late in the game when you least expect it.

Thus far, season 11 is on track to be another hilarious rollercoaster. Tim has released a new movie out nationwide in theaters called *Mister America*, which chronicles his run for the District Attorney of San Bernardino County, where he was wrongfully accused of murder. Tensions are boiling between him and the director because he won't appear on the show. Meanwhile, Gregg is butting heads with Tim (as always) to get his segments of classic movies on the show.

It's shaping up to be another five bag season.



IMAGE TAKEN from Prettybird

**Heidecker and Turkington give** the funniest film perspectives.



# Nick Cave Explores Loss in *Ghosteen*

RAY ROMANSKI  
CLUB & GREEK EDITOR

Nick Cave and the Bad Seeds have returned with their 17<sup>th</sup> album, *Ghosteen*, on Oct. 4. Just in time for Halloween!

The Australian band, formed in 1983, continues to be one of rock’s more obscure, yet beloved acts. In 2015, Cave lost his 15 year-old son, Arthur, after he fell from a cliff in Brighton, England. His album *Skeleton Tree* featured a documentary on him.

The album cover of *Ghosteen* is a mystical forest, with lush trees, and beaming sunlight; a depiction of the Garden of Eden, the Hanging Gardens of Babylon, or perhaps, the Garden of Gethsemane.

The Bad Seeds’ music emphasizes Cave’s cold baritone voice. He croons and entrances listeners with a voice like a shudder. *Ghosteen* is no different. This album is a difficult listen; it’s minimal, emotive, and hurting, but beautiful nonetheless.

The first song, ‘Spinning Song,’ begins with an ambient synthesizer, then a flourishing piano. Cave’s vocals are slow and methodical, almost speaking. I think the song is about Elvis because his lyrics include, “It was a spinning song/About the King of Rock and Roll...With his black jelly hair/He crashed onto a stage in Vegas.” Then, the refrain of the phrases, “I love you,”

and “Peace will come,” echo until an abrupt silence.

‘Bright Horses,’ ‘Waiting for You,’ ‘Night Raid,’ and ‘Sun Forest’ act together as a movement in an opera, with recurring elements and refrains. The themes of faith, bereavement, and joining together with Arthur in Cave’s stirring honesty is heartbreaking.

‘Galleon Ship’ is one of the best tracks on this record. “For we are not alone it seems/So many riders in the sky/The winds of longing in their sails/Searching for the other side.” On this voyage into loss, Cave is not the only one experiencing this emotion. He would switch places if he could, but we know this ship may not reach that destination.

Another high point is the title track, ‘*Ghosteen*.’ It’s a 12 minute epic where he describes him and his wife, Susie, as Mama Bear and Papa Bear in Goldilocks. The grief has affected both of them in two different ways. Susie tries to hide the grief she

feels by mindlessly channel-surfing and Nick by lingering on it.

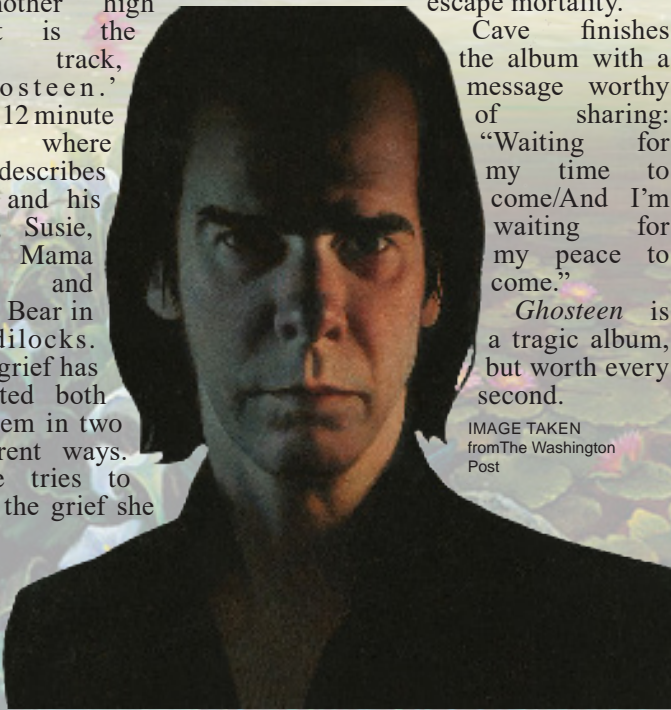
The finale of this album is the 14 minute salute, “Hollywood.” In this track, Cave croons about where he is when he finds out the news about his son. He’s in the United States, almost to Malibu, and he sees himself as an outlaw “on the run.” He left his son “like a ghost yearning.” This song is interesting because throughout the album, Cave talks about his faith in a Christian tradition, but this song refers to the Buddhist story of Kisa.

In the popular story, Buddha teaches to Kisa, who is grief-stricken after losing her son, that no house can escape mortality.

Cave finishes the album with a message worthy of sharing: “Waiting for my time to come/And I’m waiting for my peace to come.”

*Ghosteen* is a tragic album, but worth every second.

IMAGE TAKEN from The Washington Post



# No Happy Faces in *Joker*

MARK MARRONE  
ENTERTAINMENT EDITOR

Yeesh, it’s hard to put on a happy face for this one.

Even Arthur, played by Joaquin Phoenix, who turns into the *Joker*, can admit to that. In Gotham, everyone is mean to Arthur. He’s mocked for his strange nature, mental illness, and failed comedy attempts. But when he kills Gotham’s wealthy and gains notoriety for it, Arthur gets a dark new calling in life.

With all its hype and controversy, *Joker* doesn’t quite live up to it. The film boasts a great performance by Phoenix and is well made compared to other DC flicks, but it’s not entertaining.

In the darkness of this movie, Phoenix shines bright. The actor’s drastic weight loss is startling and his creepy laugh can give chills.

However, this movie’s more likely to give you the blues. It’s a slow-paced toilet bowl movie, where the Joker continuously spirals down. Nothing good happens to him; it’s a bad thing after bad thing. Plus, he lives in a dump city filled with rats, so I just felt upright sad after watching this.

What doesn’t help is the lack of entertainment. I was hoping for a blend of action and drama, like the *Dark Knight* did with the Joker. But this is 90 percent drama with nothing to chew on action wise. It’s a comic book movie so I expected a little something.

For the masses, they won’t be satisfied because *Joker* is hypocritical to what it was advertised to be. The trailers deceive audiences by making it look appealing to everyone, yet it can only be enjoyed for those who want to see a character study of the villain.

Plus, the overall theme presents a double-edged sword: does it give recognition to those who commit mass murders or simply give commentary on how these people get notoriety?

No matter how you cut it, *Joker*’s hard to smile about.

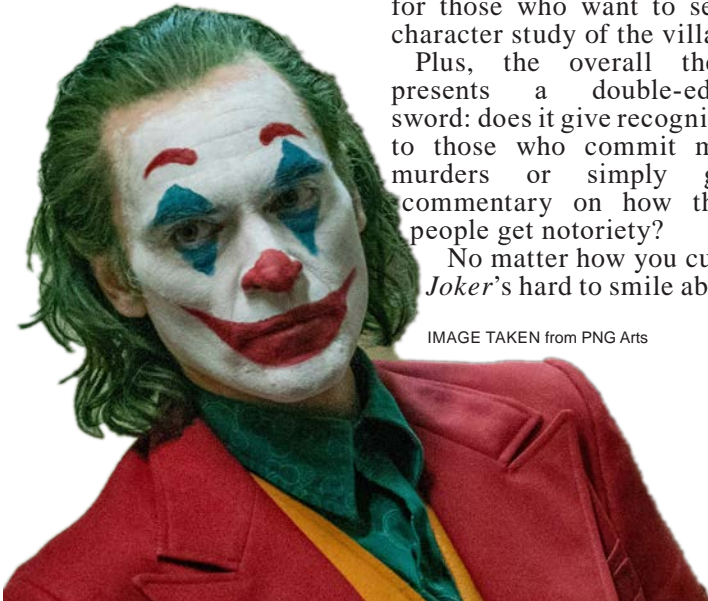


IMAGE TAKEN from PNG Arts

# *El Camino* Ain’t That *Bad*

RAY ROMANSKI  
CLUB & GREEK EDITOR

The much anticipated *Breaking Bad* spin-off film, entitled *El Camino*, was released on *Netflix* on Oct. 11.

The rumors of a spin-off film by creator, writer, and director Vince Gilligan circulated around the internet last year. Then there was radio silence until late August when we got a surprise trailer. The movie was filmed entirely in secret.

*El Camino* begins in the immediate wake of *Breaking Bad*, with Jesse Pinkman (Aaron Paul) a fugitive on the run, and Johnny Law hot on his heels. He forms a plan as he goes.

Since this movie is attached to one of the biggest shows of all time, I’m not spoiling the show or the film.

Since the series finale in 2013, fans have had some serious burning questions about the loose ends left unanswered. This movie does a fantastic job of answering many of those questions.

There’s also plenty of familiar faces from *Breaking Bad* reprising their roles. On top of that, a lot of little Easter eggs and references throughout.

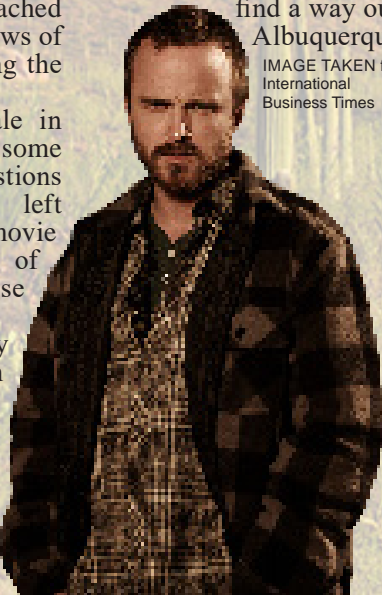
This film has

everything; stellar performances, good camera work, cinematography, dialogue, Gilligan’s famed humor, and story. Even if you’re not a *Breaking Bad* superfan, this is a beautiful film that is cooking from the start. It does rely heavily on the story of *Breaking Bad*, but if you haven’t binged it since 2013, are you ever going to?

The title of *El Camino* is significant for two reasons. First, it’s the car Jesse is fleeing in. And second, *el camino* in Spanish means the way.

With everyone in the nation aware of Jesse’s name and face as the partner of meth super kingpin Heisenberg (Bryan Cranston), does Jesse find a way out of Albuquerque?

IMAGE TAKEN from International Business Times



JENNA PUGLISI  
STAFF WRITER

After two long years, Harry Styles has finally returned with his new single, ‘Lights Up.’

In very Harry-esque cryptic fashion, news broke on Thursday morning that there were posters plastered around cities displaying only the phrase “Do you know who you are?”

Along the bottom of the posters were four letters: TPWK. This is an abbreviation of Styles’ mantra “Treat People With Kindness,” hinting that an announcement was quickly approaching.

Shortly after, a website of the same name was released, which generated compliments for fans. (I was told that I was “fantastic.” Thank you, Harry.)

I began to wonder if “Do you know who you are?” was the name of a single, or even the album. The rest of the internet also exploded with excitement and speculation.

Spotify then provided some answers when they released a New Music Friday playlist with Styles as the cover star. It became evident that there was new music coming at midnight.

Then came the moment that every fan had been waiting for: the first Instagram post since 2018. It showed Styles in a blue blouse, which would end up being a screenshot from the video for “Lights Up.” This was followed by two more pictures, including the single’s cover art.

His Instagram profile picture

# *Harry Styles Goes ‘Lights Up’*

changed, his Twitter page changed too, and then the song was available to the world.

The HS2 era has begun.

‘Lights Up’ has a different sound than his debut album. Styles is moving from rock to a more ethereal space, with a vibe reminiscent of Tame Impala. It is absolutely addictive.

The track’s chorus sings, “Step into the light/ So bright sometimes/ I’m not ever going back.” Styles is proudly singing from a place of clarity and bliss. He’s never looked or sounded this good.

The single, which was notably released on National Coming Out Day, is paired with a music video that officially confirmed Styles’ bisexuality. Styles stands in a group of men and women, dancing shirtless and shouting out the song’s lyrics.

Styles shines with happiness, but there are also shots of him looking contemplative and upset.

“Do you know who are?” re-appears as a lyric in the track, as Styles navigates through the struggle of discovering his true self. He seems to be telling his fans that it may not always be easy, but if you persist, you will get to a great place.

In his September cover story for *Rolling Stone*, Styles shared, “I want to make people feel comfortable being whatever they want to be.”

Styles’ kindness and inclusivity

has always made him a celebrity to admire, and this song further confirms his significance in making people feel represented and accepted.

The video received about 10 million views within 24 hours of its release, and the single’s debut broke Styles’ previous Spotify records.

‘Lights Up’ has given us a few clues about HS2: the sophomore album is moving into a new sound, and based on his outfit choices, the era’s color will likely be blue.

There are still so many questions to be answered. Will we get another single soon? When will the album be released? How soon can I spend all my money on concert tickets?

This one fact does prevail: it’s impossible for Styles to ever disappoint.

IMAGE TAKEN from weheartit.com





# The Greek Lounge Gets an Update

DEANNA MORREALE  
CONTRIBUTING WRITER

The Greek Lounge has been re-named the Fraternity and Sorority Life Resource Center and will undergo three specific renovations in upcoming weeks.

According to Patti Swannack, the Vice President of Administrative Services, a budget of about \$7,000 will be allotted to undergo these renovations. The three additions to the space include a mural painted by students, a second administrative office, and a wall extension to accommodate the second new office.

The Fraternity and Sorority Life Resource Center will continue to provide students with one computer, a printer, and a conference table. The conference table will be repositioned to sit in the center of the room, rather than the rear. One wall holds the Greek letters of 14 organizations on campus.

Today, many of these wooden letters are crooked and some are completely missing. These letters are currently painted different shades of blue, orange, purple, yellow, and green.

Two storage lockers currently face the rear of the room, which will be removed for the glass wall extension, marking off the second administrative office.

The Fraternity and Sorority Life Resource Center will remain open during these renovations, which

have already begun. However, there is no concrete time frame for this project. Tara Fuller, the Director of Fraternity and Sorority Life, said, “The wall has been ordered, so I guess technically [renovations] have already begun. I think probably over winter break is when we should see a completed space.”

“The Greek Lounge has been at its present site for about three years, at 6,735 square feet,” according to Swannack.

Fuller explains what motivated the decision to remodel the space. She said, “We have a much larger staff now, we would like to give them some space to be able to interface with students easily and that [room] is a pretty central location.”

Tyler Droste, the Assistant Director of Fraternity and Sorority Life, also attributed the decision to remodel with the recent growth of staff. Droste said, “We need to find spaces for people (our Graduate Assistants and interns) to work.” Droste posed the question, “Where can they go but also be surrounded by a community of Fraternity and Sorority Life?” He continued, “We want individuals down here on the ground, who are able to get a pulse on the community.”

Mary Anne Nagy, the Vice President for Student Life and Leadership Engagement said, “When [the room was] the Frater-

nity and Sorority Lounge, it changed a little bit of the nature of what it was intended to do. [The room] was [previously] named Lounge, I think that is a little misleading.” She explains that the initial purpose in creating this space was to bring students in the Greek community together, giving them visibility, providing a central place for collaboration.

Audrey Conforti, a senior health studies student in Alpha Omicron Pi, frequently uses the Fraternity and Sorority Resource Center. Conforti said, “I will definitely still use the space for studying once administrative offices are inside, but I do not think I will socialize there as

much so I’m not rude to the people who are working.”

Chris Curran, the Vice President of Greek Senate and brother of Sigma Pi said, “I study there, eat there, and occasionally have meetings there. I would still use the space [after renovations] as long as there is still room for me to do my homework and it is not too crowded.”

Fuller said, “We didn’t want to overtake the space completely because we do like the fact that students come in there; they have meetings, they study, different things like that.” The name Fraternity Sorority Life Resource Center is a more accurate representation

of what students might find in the room, instead of the previous name Greek Lounge. Fuller said, “It’s not going to be a huge renovation, luckily we’re just essentially adding another wall (exactly like the current one).”

Jessica Tranchina, a senior psychology major in Phi Sigma Sigma, was unaware of the changes underway. Tranchina said, “Students will now feel more hesitant to use the space knowing that additional administration will belong there.”

“We are going to do the mural, having the artists in our community design it and paint it together. Again, so that people are like, ‘We own this space. This space is ours,’” said Fuller.

Nagy added, “A student-painted mural would be great. I think the idea is that it’s important that it be a space that you guys have, it’s not us, it’s you. If it is from you, you are going to be more comfortable using the space.”

These renovations represent the turn of a new leaf for members of the Greek community, according to Nagy, “Because Monmouth is different today than it was ten or fifteen years ago. And it is going to be different when you come back ten years from now, it will be a very different place.”

The renovations to the Fraternity and Sorority Lounge are expected to be finished by mid-December.



PHOTO TAKEN by Deanna Morreale  
The Fraternity and Sorority Resource Center features the letters of University recognized organizations.

## Management Matters at MU

EMILY CONDRON  
CONTRIBUTING WRITER

On Sept. 25th, from 5 until 8 p.m., Michaeline Skiba, Ed.D. and Joe V. Palazzolo, Ed.D. hosted an event on campus titled “Management Matters.”

This event was designed to feature MU alumni to travel back to their roots and discuss how they employ management skills within their current jobs. The three panelists spoke about their current positions, their companies, and how they achieved the positions they hold today.

The first speaker’s name was Michael Marks. Marks made it clear that after college, he was lost and had no clue what he wanted to do. Using MU’s career services office, he found his way to a very successful position at Showtime.

The second panelist was Caitlin Kovacs, who focused on how she was determined to stay true to who she was throughout her journey. Although she started in an accounting position at EY, after she earned her MBA at MU, she changed her career path to finance. She explained that through everything, she put her happiness first and kept in mind what she wanted her end goal to be. Now, Kovacs works for Univision Communications in a challenging management position.

The third panelist of the night was Rocio Serey, who did not earn a business degree during her time at MU. However, she spent a lot of time in the Leon Hess Business School and found a

way to utilize the connections that she made there to her advantage. Majoring in psychology and applying resources from the business school, Serey found her way into Dow Jones where she now works with the CEO of the company to create new ideas for the company.

After the panelists described their work, it was clear that all of them came to the same conclusions: teamwork, understanding what is important, not dismissing ideas but working with their co-workers on current ideas, increasing their impact on their companies in positive ways.

After the presentations, there was a great deal of discussion among the audience members and the panelists. This was a key feature of the event because it allowed students to comment on or question certain aspects of each panelist’s specialty. Having this opportunity excited the large amount of people that came to the event because they were able to connect these professionals to their own lives. Many of the students in the audience will be facing the realities of the professional workforce sooner rather than later.

Emma Blair, a business marketing major, said that “attending this panel was an amazing experience. I did not want to attend at first, but once I saw the participation in the discussion, I was happy I decided to go. I am a senior, so knowing that it is possible to not know where you are going and being able to still be successful was the best thing I could have heard.”

After the panel discussion, all the panelists stayed behind with business cards for any personal questions that students may have had. Each student was able to connect with any of the panelists. Not only was this an amazing networking opportunity, but also it allowed students to talk with accomplished adults who are close to their ages and who can truly understand what they are going through and what they will be going through.

Emily Condron, a business major concentrating in accounting and finance, explained that “meeting with the panelists was one of the best things so far in any networking event I’ve attended. I connected so well with Ms. Kovacs to the point where she has become more of a mentor for me than just someone I met. She has helped so much, and talking with her has definitely made a positive impact on my life.”

Clearly, the “Management Matters” panel was an overall positive contribution to Monmouth University! Everyone enjoyed the conversation and educational experience that night.

Skiba said, “If this first panel intrigued you, tell your friends about it and attend the next two panels scheduled for Wednesday, October 23rd, and Wednesday, November 20th, both of which are in Pozzycki Auditorium (room 115) from 6 to 8 p.m. Each panel will feature three different panelists, a whole new discussion and, hopefully, a great time!”

## Let’s Hear Your Story

RAY ROMANSKI  
CLUB AND GREEK EDITOR

Tony Lombardo of Forked River, NJ, is the epitome of a fighter. Lombardo is the son of immigrant parents and lived in Brooklyn, NY for a large portion of his life. However, his life changed when he was diagnosed at age 28 with multiple sclerosis (MS), right after the birth of his daughter.

MS is a nervous system disease that has the potential to affect the brain and spinal cord. It took doctors seven years to diagnose Lombardo, which was “emotionally taxing,” as one would imagine.

Even though Lombardo was affected by this life altering illness, his story is one of strength and courage. Rather than letting MS hold him back, it instead propelled him to inspire others with his words of courage.

Lombardo learned from others’ challenges and tales of how they overcame obstacles and used them as “a means of paying it forward.” He established the social impact organization, “Let’s Hear Your Story”

which takes in stories of courage and conquering setbacks and shares them on his website.

Monmouth has a plethora of opportunities that students can use to help not only themselves, but also others in the community; the group is hoping to use some of their skills to help with Lombardo’s inspiring business venture.

Not only does Lombardo have a successful and opportune business, but he is also spreading an incredibly valuable message. Even with an illness that most could not even imagine having to live with, Lombardo is positive, upbeat and life loving. He greets everyone he meets with a smile and is inspired by those who have dealt with their own struggles, when he himself is an inspiration.

Lombardo is prided on the fact that he has never used MS as an excuse to remain stagnant, but has rather used it as a force to continue forward.

As Lombardo says, “Everyone has a story to tell. It takes someone strong to make someone strong.”





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# Men's Soccer Gains First Win and MAAC Honors

JACK MURPHY  
STAFF WRITER

Men's soccer is coming off an impressive week against two conference rivals as they defeated Siena on the Great Lawn 2-1 on Wednesday for their first win of the season and tied with Rider 2-2 on the road on Saturday.

The Hawks earned their first win of the season against their conference rival Siena in a close game. Siena showcased strong offense right out of the gate as they recorded the first two shots on goal of the game which were both recorded in the first 16 minutes of the contest. Sophomore goalkeeper Sean Murray was able to make saves on both shots.

Monmouth scored their first goal of the game in the 40th minute off a header from freshman forward Ben Zakowski. This was Zakowski's first goal of his career and assisting on the goal was junior midfielder Santo Arena and freshman defenseman Pablo Fonseca.

Zakowski scored two goals on the week which was a strong enough performance to earn him Metro Atlantic Athletic Conference (MAAC) Rookie of the Week. Arena on the other hand finished the week with a team-leading five points which named him the MAAC Offensive Player of the Week.

Near the end of the first half Siena sent another shot that was on goal, but Murray was able to make a save to conserve the lead heading into halftime.

In the 53rd minute Murray made another brilliant save to keep the score right where it was. Shortly after Arena scored his first goal of the contest to in-



PHOTO TAKEN by Karlee Sell

**Junior midfielder Santo Arena calculated** a team-high five points including a goal in each game to earn himself Metro Atlantic Athletic Conference (MAAC) Offensive Player of the Week honors.

crease their lead to 2-0. This two goal advantage stood until the 85th minute when Sienna scored their first goal of the contest to cut the lead in half. This however proved to be too little too late as Monmouth was able to hold them off to capture the win.

"We've got a lot of young guys and some new guys that are start-

ing for us, and we haven't been able to get over the hurdle," said Head Coach Robert McCourt. "We finally got one tonight so it feels good. Hopefully we can build on this."

The Blue and White then headed off to face Rider in another conference game. Rider scored

the first goal of the game in the 16th minute and Monmouth started off down by one.

By the 25th minute Zakowski intercepted a pass and scored in the lower right corner to tie up the game at one heading into halftime.

Rider regained the lead in the

55th minute of the contest but that would not last for long. Arena scored by sending a shot that flew by the opposing goalkeeper's hand in the 58th minute to tie up the game.

In the 62nd minute, Murray came up with a beautiful diving save off the corner kick. In the 85th minute Zakowski created another opportunity as he got a shot on goal, but it was ultimately saved by Rider's goalkeeper. The game was not decided in 90 minutes, so it went into overtime.

Five minutes into the first overtime Arena was able to beat two defenders and sent a shot from 20 yards that went wide left. Both teams would get a shot on goal in the 2nd overtime but both shots were saved. A winner was not decided in overtime, so it ended in a tie.

"Our boys showed great character tonight. Rider is an older, experienced team with a very experienced coach," said McCourt. "The game was scrappy at times, but we created some really good chances on goal. Tonight, was a valuable point on the road in the MAAC."

In 28 career games, Murray has compiled 137 saves which is good for 4.9 saves per game. Zakowski and Arena are now tied with sophomore forward Sebastian Rodriguez with 2 goals on the season for the team lead.

After Saturday's contest Monmouth now has a record of 1-8-2 while 1-2-1 in conference play.

Next up for the Hawks is a home matchup with conference rival Saint Peters on the Great Lawn on Wednesday at 7:00 p.m. followed by a road matchup against Fairfield at the same time.

## Women's Soccer Extends Winning Streak to Seven

SOPHIA GALVEZ  
STAFF WRITER

The Monmouth University women's soccer team is now on a seven game winning streak after adding two shut-out wins against Siena College and Canisius College this week. The Hawks won 1-0 against Siena in double overtime this past Wednesday, Oct. 9 and then had a 6-0 victory over Canisius on Saturday, Oct. 12.

On Wednesday, the Hawks travelled up to Landonville, New York to compete against Siena College for a Metro Atlantic Athletic Conference (MAAC) game at Siena Field.

Although Monmouth controlled the possession for the majority of the game, the first goal was not scored until double overtime at the 100 minute mark. Senior midfielder Lexie Palladino was assisted by junior defender Sarina Jones, who ran down the sideline to set up Palladino to take her shot. Palladino's goal was her fifth of the season and ultimately the game-winning goal of the match, this was her fifth-game winning goal of her career.

Prior to the game-winner, Monmouth attempted scoring throughout the match. Senior forward Dana Scheriff attempted two shots on goal that almost broke the

tie, but they were both unsuccessful. Likewise, fifth year forward Madie Gibson generated an opportunity in around the 74th minute of the match, but the attempt was thwarted by Siena goalie, senior Taylor Dorado.

"We have been on the road for so many matches this season," said Head Coach Krissy Turner. "I credit our team for their resiliency to approach each match. It feels great to get the result as it was well deserved."

Later in the week, the Hawks welcomed the Canisius College Golden Griffins to The Great Lawn for another MAAC match.

The match began interestingly enough, with Monmouth's first goal of the game actually being scored by Canisius on their own goal, making it 1-0 by the 11th minute. The Hawks took advantage of this mistake and continued to pile on goals for the remainder of the first half. To add to Monmouth's 5-0 advantage by halftime Gibson scored her third and fourth goal of the season. Then sophomore forward Jesi Rossman and freshman midfielder and forward Alexa Correa both helped out by contributing their first goals of the season.

30 seconds into the second half of the match, freshman Maddison Perna executed her first assist of the season

to Palladino, allowing her to score the sixth and final goal against Canisius to come out on top with yet another shut-out victory. This was Palladino's sixth goal of the season, and she leads the team with 13 points in 2019.

"This was an amazing performance tonight," said Turner. "Our movement off the ball and decisions on the ball were very good. It is a great start to the second half

of MAAC play."

After this match, Monmouth has gone unbeaten in their last nine games (8-0-1) and have improved their all-time MAAC regular season record to 59-4-3. The Hawks have a 17-game conference winning streak which ranks second in the NCAA behind Saint Louis. This victory added another shutout for senior goalkeeper Amanda Knaub, making

this her eighth shutout of the season, and her 38th career. Knaub now leads Monmouth in all-time shutouts, passing Lia Fierro who recorded 29 career shutouts during her time as Monmouth's goal keeper from 2007-10.

On Wednesday, Oct. 16 the Hawks will head up to New Rochelle, New York to continue MAAC play against Iona College. Opening kickoff is set for 3:00 pm.



PHOTO TAKEN by Karlee Sell

**Senior midfielder Lexie Palladino registered** her fifth and sixth goals of the season including a game-winner this past week giving her the team-lead in points in 2019 with 13 total.



# Football Shuts Out First Conference Rival

MARK D'AQUILA  
SPORTS EDITOR

Monmouth football put a nearly flawless performance together in their first Big South matchup of the season, dominating visiting Presbyterian on Saturday 45-0 at Kessler Stadium in Long Branch.

It was the fifth-year quarterback Kenji Bahar who led the way yet again for the blue and white despite getting pulled in the second half due to the mas-

sive lead. Bahar compiled 233 total passing yards while converting 16 of 23 passes for three touchdowns.

Bahar's favorite target remained the same as it has been all year long, junior wide receiver Lonnie Moore IV hauled in six receptions for 78 yards and a touchdown fresh off of his game-winning touchdown last week at Wagner. His touchdown kick started the Hawks' scoring early in the first quarter in the back corner of the endzone as

he got one foot down for the 14-yard score.

Moore IV's career-best season so far is becoming shockingly similar to Monmouth record-breaker Reggie White Jr.'s 2018 campaign which he was asked about after the game.

"One of the reasons why I actually came to Monmouth was because of Reggie. I took a visit here and he was the person who showed me around," said Moore IV. "He just showed me the steps and being able to

be behind guys like him was able to teach me a lot on and off the field. It's a big testimony to those guys who set the standard for us."

Among the players this season who are helping to fill the void of White Jr.'s departure are also junior and senior running backs Pete Guerrero and Devell Jones who each had huge games in Saturday's victory. Guerrero ran for 83 total yards on 11 carries while breaking a 48-yard game changing touchdown run early in the first quarter to give Monmouth the 14-0 lead. This was also the longest run of the season for the starting running back.

Jones provided a change of pace for the Hawks as he was the short yardage weapon rushing the ball 11 times for 65 yards and two touchdowns including a wildcat score late in the first quarter to make it a 21-0 lead at the first intermission.

"We talked about execution, we talked about being aggressive, we talked about being physical and giving good effort and I think that's what you saw out there today," said Head Coach Kevin Callahan. "I'm very happy with what the defense did, making some big plays early on to set the offense up in field position."

The defense put together their strongest performance of the season headlined by the efforts of senior linebacker Da'Quan Grimes who compiled a game-high seven tackles as well as a forced fumble which was re-

covered by fifth-year defensive back Matt Castronuova.

"My mindset is to win every play. Our coaches stress 'next play, next play' so we want to come out and win the down," said Grimes. "We take it from there, we made a lot of plays this year as a defense, but we need to focus on the little mental errors that keep us from being a dominant defense."

The defensive dominance was also anchored by senior defensive lineman Russell Davidson who forced a fumble to open up the second quarter which was recovered by junior defensive back Anthony Budd who has become a turnover machine in 2019. Budd leads all of college football with five interceptions on the young season.

Junior linebacker DeJaun Cooper and senior defensive lineman Lowell Kelly-Gamble also forced fumbles in the game as Cooper had four total tackles and Kelly-Gamble had two tackles for loss. Junior defensive lineman Erik Massey was all over the field on every play with three total tackles and 1.5 sacks.

Bahar wrapped up the day's scoring with second half touchdown passes to fifth year tight end Shawn Clark and junior wide receiver Terrance Greene Jr. before getting taken out due to the 45-0 lead for sophomore quarterback Eddie Scott.

The Hawks will remain home for their biggest matchup to date on Saturday at 1:00 p.m. for their Homecoming game against 3-3 Gardner-Webb.



PHOTO TAKEN by Karlee Sell

Fifth year quarterback Kenji Bahar led Monmouth to a dominating 45-0 victory over Presbyterian on Saturday completing 16 of 23 passes for 233 yards and three touchdowns.

## #23 Field Hockey Wins At Home

CASSIDY GAVAGHAN  
CONTRIBUTING WRITER

Sophomore forward Annick Van Lange, recently named National Field Hockey Coaches Association (NFCHA) and America East Offensive Player of the Week proved to be a force as she registered a pair of goals in Friday's win against Maine. So Sweet A Cat field hosted its 5th win for the Hawks this season as they continue to roll through conference play.

Right from the beginning, four minutes in, the Hawks took control with a corner strike from junior Ireen Frenken, this game being her fourth in a row scoring a goal. This will be her fifth registered goal of the season as she makes her place known as an offensive force. A mere 13 seconds later, Maine answered with a goal to tie the game up, but this was no match for Van Lange.

Van Lange was able to get her stick on the ball twice and into the back of the net within a short nine-minute span in order for the Hawks to take the lead going into the second half. These would make up Van Lange's 21 career goals and her 12 on the season. Grauate student midfielder Stefanie Bigler got her name on the scoreboard with the final goal for the Hawks, sending a shot inside the far post off of a broken corner play.

Bigler is making a statement this year as this is her third goal of the season, and her fourth overall in her career. The Hawks have outscored their opponents 14-4 during their three-game win-

ning streak and also improved to a 4-2 record since they have been nationally ranked.

There are also some other names that should not go unnoticed as junior defender Hannah Schavio added one assist to the board and freshman midfielder Aylin Aufenacker added two. Kate O' Hogan also posted her 17th career win in goal and made two saves that were crucial to-

wards the win.

"Really excited to be 2-0 and truly believe that this game was a culmination of all the girls putting their hard work and mindset into play," said Head Coach Carly Figlio. "To date, probably from top to bottom, this was one of the better games that we played, and we need to continue to do that as we move forward."

This win for the Blue and

White is the first at home for them in the America East. The Hawks will be at home both Friday and Sunday this weekend to close out the home portion of their schedule and honor their seniors on So Sweet a Cat Field. The Hawks will welcome nationally ranked University of Albany on Friday, Oct. 18 at 2:00 p.m. and Columbia on Sunday, Oct. 20 at 12:00 p.m.

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CARLY FIGLIO



PHOTO COURTESY of Monmouth Athletics

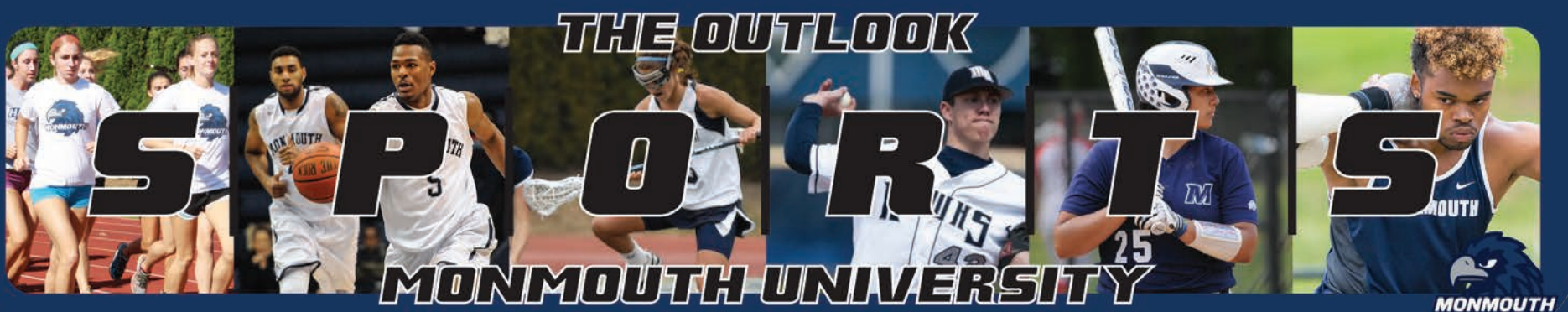
Sophomore forward Annick Van Lange earned National Field Hockey Honors and America East Player of the Week after scoring a pair of goals in Friday's conference victory against Maine.

### UPCOMING GAMES

- Wednesday, Oct. 16**  
*Women's Soccer at Iona*  
*New Rochelle, NY 3:00 p.m.*
- Men's Soccer vs Saint Peter's*  
*West Long Branch, NJ 7:00 p.m.*
- Thursday, Oct. 17**  
*Men's Tennis at TBA*  
*Northeast Regional Championships*  
*Philadelphia, PA 3:00 TBA*
- Friday, Oct. 18**  
*Men's Golf*  
*Lehigh Invitational*  
*Bethlehem, PA TBA*
- Men's Swimming vs Montclair State*  
*South Orange, NJ 4:00 p.m.*
- Field Hockey vs #22 UAlbany*  
*West Long Branch, NJ 2:00 p.m.*
- Saturday, Oct. 19**  
*Cross Country*  
*Princeton Invitational*  
*Princeton, NJ TBA*
- Women's Soccer at Niagara*  
*Niagara University, NY 11:00 a.m.*
- Football vs Gardner-Webb*  
*West Long Branch, NJ 1:00 p.m.*
- Men's Soccer at Fairfield*  
*Fairfield, CT 7:00 p.m.*
- Sunday, Oct. 20**  
*Field Hockey vs Columbia*  
*West Long Branch, NJ 12:00 p.m.*
- Monday, Oct. 21**  
*Women's Tennis vs Sacred Heart*  
*West Long Branch, NJ 3:00 p.m.*

*\*conference games*





# ***BIG HONORS FOR BIG BEN***



Freshman forward Ben Zakowski was named Metro Atlantic Athletic Conference (MAAC) Rookie of the Week after scoring his first two goals in two games this past week.