



THE OUTLOOK

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University Works to Improve Cell Service

NICK MANDULEY
CONTRIBUTING WRITER

As students and staff settle into their respective classrooms and offices on a typical school day, one may pull out their smartphone to peruse their social media feeds, check their emails, or text a friend.

Whatever the purpose may be, it's not unlikely that poor cell service will get in the way of these tasks that smartphone users are so accustomed to. While it is easy to become frustrated with this issue, there is much more to this problem than meets the eye.

Jesse Denniston-Lee, a senior social work student and student resident, is all too familiar with the issue of cell service on campus. "I think it's because of the enclosure. I think the fact that [the walls] are mainly brick based has something to do with the reception," said Denniston-Lee in regards to the poor

cellular service in his first-floor dorm room at Beachwood Hall.

Eric Reisher, Director of Broadcast Engineering and a Professor of Communication, also points to the development of campus facilities when asked about the cause of the issue. "The reasons for the poor coverage in most cases comes

down to the construction of the buildings on campus. Arrays of concrete and steel help build strong buildings but block cell phone transmissions," said Reisher.

However, the concrete and steel that make up the University's facilities account for only a fraction of the reason

for Monmouth's poor cellular coverage. "Plangere and the surrounding area is in a zone where it is the furthest distance from surrounding cellular towers which creates a very weak zone for cell signals," said Dickie Cox, an Assistant Professor Concentration Director of Interactive Digital Media.

"Those are not towers that the University has any governance over, but rather, mobile providers provide and maintain."

According to Cox, this issue is something that the University has spent many years working with mobile providers to remedy. Edward Christensen, Ph.D., Vice President for the Information Management Department, says that he has directly dealt with this issue for a solid portion of the 10 years he's held his current position.

"Most of our buildings are fairly close to each other,



PHOTO TAKEN by Nicole Riddle

Individuals find themselves in stairways and near windows in order to receive service, which is concerning to campus officials for safety purposes.

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Life Index Favors NJ

MATTHEW CUTILLO
CO-NEWS EDITOR

A recent report from the Monmouth University Polling Institute indicates that New Jersey residents' opinion of the quality of life in the state has rebounded from an all-time low recorded earlier this year. The current "Quality of Life" Index details that 6-in-10 residents give positive opinions to their state as a place to live.

The Garden State Quality of Life Index was created by the MU Polling Institute in 2010 to act as a resident-based indicator of the quality of life offered by the state of New Jersey. Five separate poll questions act as the basis of the index: the feelings of safety in one's own neighborhood, the quality of the local environment, the performance of local schools, the overall opinion of the state as a place to live – which makes up half the index score – and ratings of one's hometown. The index can potentially range from -100 to +100.

Six-in-10 New Jersey residents consider the state to be either an excellent (15 percent) or good (46 percent) place to reside, while 26 percent say it is only fair and 12 percent rate the state as poor. The newly published positive rating of 61 percent is a large improvement from the 50 percent record low recorded earlier this year as well as the 54 percent result in April 2018.

Patrick Murray, Director of the Independent Monmouth University Polling Institute, explained how New Jersey residents' views of the state's quality of life has been on a downward trend for three years before rising with the institute's most recent poll.

"You have to remember that this index encompasses a whole host of factors that tap into how much one enjoys life in the Garden State – from the state's overall economic outlook to people's attachment to their own neighborhoods," Murray said.

"It is a measurement of perception, though, there is a question of how much of this

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Monmouth's Stance on the Astros Incident

SAMANTHA CASANO
CONTRIBUTING WRITER

Game 6 of the American League Championship Series had just concluded on Oct. 19, with the Houston Astros defeating the New York Yankees by a score of 6-4.

According to Stephanie Apstein of Sports Illustrated, during the Astros' post-game celebration, Assistant General Manager Brandon Taubman approached three female reporters, including one that wore a purple bracelet in honor of National Domestic Violence Awareness Month. He yelled at them, half a dozen times, "Thank God we got Osuna! I'm so f***** glad we got Osuna!" Taubman was referring to Roberto Osuna, Houston's right-handed closer, who served a 75 game suspension for alleged domestic violence last season.

Sherry Wein, Ph.D., Associate Professor of Communication, noted, "There is a natural tension between a sports team and the press.

During moments of celebration, this tension can be magnified as the team celebrates and the press documents."

"The reporters were not talking to Taubman. He just yelled at them, which made it difficult for them to do their jobs. Taubman was not talking to Osuna, either, so his comment was not supporting or assisting anyone," she said.

"It paints a picture of a team that, from management down, is out of control. Whether it's how they act towards each other and the media, regardless of gender, or how they're doing business on the field, it needs to be reevaluated, because it's very concerning and alarming," commented Eddy Occhipinti, Associate Athletics Director of Marketing & Sponsorships.

Once Apstein's Oct. 21 Sports Illustrated article was released, the Astros refuted her allegations by responding with a statement claiming the story was "misleading and completely irresponsible."

"I think in today's climate with social media and everything coming out so quickly there's a rush to get some kind

of statement out as soon as you can. That can take some time, but in this situation, it feels pretty cut and dried with such a serious allegation," Greg Viscomi, Associate Athletics Director of New Media & Communications, explained.

However, he also points out that sometimes, in the case of public relations managers, there can be people at a more executive level that make decisions and ultimately have the



PHOTO COURTESY of Monmouth University
Viscomi highlights the role of public relations staff in directing how disputes are viewed in sports media.

final say in what is said publicly. "In our job, you kind of play the hand you're dealt," he said.

Jennifer McGovern, Ph.D., Assistant Professor of Sport Sociology, explained, "The biggest place where they went wrong was pretending [the situation] didn't exist and making the statement that made the reporter seem like they were making it up. That moves it from a level of one individual who's outside the norm and acting in a way that we don't like to: 'Our organization as a whole feels this way,' even if that's not what they meant."

"It's to say, individually, that person didn't take a female reporter's perspective seriously, but to say that those reporters were wrong and that never happened, means the organization as a whole is saying, 'We don't take certain types of perspectives seriously,'" she continued.

The day after the Astros' initial statement, they issued two additional statements

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Students from a local high school were selected to learn about professions in health-care.

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Monmouth Analysis: Free Higher Education?

MEGAN RUGGLES
CO-NEWS EDITOR

With student debt at an unsustainable high of approximately \$1.5 trillion, advocates say that free education could reform the consumerist business model that drives universities' tuition hikes.

"We're the only country that has turned universities into non-learning centers," Kenneth Mitchell, Chair of the Department of Politics and Sociology and an Associate Professor of Politics, said. "American education has become let's build another sports stadium, form another club, or hire more administrators. The cost of going to university is not directly tied to getting an education."

Mitchell's critique of higher education's priorities is echoed by Johanna Foster, FAMCO President and an Associate Professor of Sociology. She said, "In the last few decades, as part of the expansion of capitalism and the need for new internal markets and commodities, higher education has been hijacked by commercial interests."

The structure of higher education in America stands in stark contrast to universities around the world. Pia Ruggles, Ph.D., who completed her schooling in Denmark where higher education is free, spoke about the American system. She said, "There is such a high focus on sports. The money needs to come from somewhere, and it takes a tremendous amount of overhead to fund sports."

The money used to fund non-academic ventures comes from

tuition. The way universities distribute capital has made students question if free education is attainable. Nicholas Coscarelli, a senior political science student, said, "We can throw as much money as we want at schools to publicly fund higher education, but we need to ensure that the money is being allocated to the proper outlets."

Ruggles advocates that proper implementation of free education would eliminate universities' consumerist structure. She said, "In Denmark, the entire educational system is solely based on academics because taxpayers should not be paying for unrelated projects." She explained

that if America were to implement free education, universities would feel pressure from taxpayers to focus on and invest in academics.

Similarly, Mitchell wants to simulate the predicted effects of free education through a test case. "I would love to see a governor take one of the public universities and get rid of all sports and cut half the administrators that are not directly involved with students and see what the final price tag is," he said.

Using Monmouth as a yardstick, Mitchell explained the anomaly of how American universities currently operate. "Last year, former President Greg Dimenna basically im-

plied that students should feel fortunate they only got a four percent tuition increase, in a country where inflation is under three percent."

Continuous tuition increases would inevitably restrict working-class students' access to education. "People say that liberal arts degrees are going down but take a look at the Ivy Leagues. Suddenly, there are Latin majors. The levers of power, prestige, and wealth in this country get to study the liberal arts. Working people get to do marketing," Mitchell said.

Foster agrees that this for-profit cycle is oppressive. "The costs of higher education simply reproduce class and racial inequalities," she said.

"College should be free or highly subsidized by the state. We do not have a shortage of funding to do this. We just prioritize federal and state budgets that distribute funding in morally suspect ways," Foster said.

Still, the nuances of actually executing free education remain. John Henning, Ph.D., Dean of the School of Education, said, "Education is never 'free.' Someone always pays for it. The question is who. If the burden is put on the taxpayer, then we as a society are saying that education is so valuable to the future of our society that it is worthwhile for taxpayers to pay the bill."

Part of Democratic presidential candidate Elizabeth Warren's platform is free higher education. She proposed, "New federal investment in public higher education that will eliminate the cost of tuition and fees at every public college in America. The federal government will partner with states to split the costs of tuition and fees and ensure that states maintain their current levels of funding on need-based financial aid."

Henning said, "Funding for higher education will create a partnership between those who directly benefit from education, individuals, and those who indirectly benefit, by living in a country with a highly educated citizenry."

"By investing in education, we are investing in our most important national resource — our people," Henning added.



PHOTO COURTESY of Monmouth University

University faculty discuss the plausibility of free higher education in comparison to the current system.

Verizon Works to Improve Service

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we put lots of people in them. So that doesn't help anything. And then, you take simple geography, and you say, 'Well, you can't put antennas much farther east than us because they'd be in the ocean,'" explained Christensen. According to him, the nearest cellular towers are rather far-removed from the Monmouth campus; one tower being located at Monmouth Park Racetrack, and another at the water tower in Long Branch. One would have to travel to Eatontown or the Garden State Parkway before encountering another. "So, when you're on the southwest corner of Plangere, the tallest tower [in relation] to us is the one at Monmouth Park which is just northeast of us, so on the southwest side you have to go building through building. So you just have weak signals; nobody wants a cell tower in town, and there aren't any in West Long Branch," explains Christensen.

During the construction of Mullaney Hall, Dr. Christensen oversaw the installation of an antenna-boosting system that was supposed to help the situation. Unfortunately, the system only helped marginally, and there was ultimately no noticeable improvement. "You can turn it on and off and it doesn't change the signal much because the signal that's going out is directed for a large area. It's not directed at us, so it's not a strong signal coming into one place," said Christensen.

About three years ago, Christensen spoke with Verizon rep-

resentatives regarding the installation of a distributed antenna system that would act as a real solution to the poor coverage on campus. Such a system would cost upwards of one million dollars to install, and the University could not immediately take on the project, according to Christensen. "Verizon came to us and said, 'We have a problem,'" said Christensen. "Nobody wants to put antennas up, we have more and more people, we have more and more devices, everybody wants them to work, and they are having more and more problems keeping their people connected, particularly around making 911 calls."

According to Christensen, the University is concerned that poor cellular coverage is a safety issue more than anything else, but the responsibility is ultimately on the mobile providers. "They're the ones selling you a plan, not me," said Christensen. According to him, the carrier's initial solution was to utilize Wi-Fi calling, which wasn't yet universal at the time Verizon approached Dr. Christensen about the distributed antenna system. If a Wi-Fi connection cannot be secured, however, Wi-Fi calling is impossible. "It was pretty clear that the real solution was gonna be the distributed antenna system, or simply to buy Wi-Fi bandwidth and just deal with the Wi-Fi part of it," said Christensen. Shortly thereafter, Dr. Christensen agreed to the installation of Verizon's

distributed antenna system. "I said yes with the proviso that we were carrier-agnostic as a University," said Christensen, highlighting that the University has no preference towards a specific mobile provider. Verizon agreed to these terms and the road to completion has not been without delay. "There have been all kinds of issues along the way, dealing with construction issues and so forth. If you were to walk over near McGill on the Norwood side of [McGill] Commons there's a little out-cropping that's been built there and that's where the electronics for this system are in place, and as we speak, we're starting to light up buildings on [Verizon's end]," said Christensen. According to him, there are still a few buildings on campus that require maintenance before the new system is fully installed; namely Edison, Wilson, and the Pollak Theater area. However, the rest of campus is now equipped with the new system. "We went from having fewer antennas and access points to now, in many of the buildings, there's an access point that is designed to handle 8 or 10 devices, in almost every other room," said Christensen. The 705 new access points across campus will soon be operational. According to Christensen, the delay in activating the system has been due to a plethora of complex internal issues regarding construction, local bureaucracy, and working around the University's academic schedule.

"We expect that by the early part of December, Verizon will be turned on across campus," said Christensen. Unfortunately, students with carriers such as AT&T or T-Mobile will still be facing coverage issues, as other carriers will have to pay Verizon to use their system to improve their coverage on campus. "It's still a work in progress in terms of all the other carriers coming online, but Verizon wants all the other carriers to come in because they'll charge them," said Christensen, who thinks the odds of these carriers coming online are generally high. "[It is] common in their industry for one carrier to build a cell tower and then invite the other carriers in," said Christensen. According to him, T-Mobile has already approached Verizon about joining the new system. "That's what I heard from Verizon, but until the system is up and running, [there is no telling] who's gonna come in," said Christensen.

The unfortunate reality of the situation is that cell service is a complex issue that is ultimately out of the University's hands, according to Christensen. "It's something where, to some extent, I don't have a lot of control over [it] to where I can make things happen," he said. "Honestly, more than once, I made the point of saying, 'Y'know, [mobile providers] promise somebody coverage and then I deliver the Wi-Fi, which I pay for, to make your service work.' It doesn't make a whole lot of sense to me, but it is what it is."

Monmouth Poll

POLLING cont. from pg. 1

is real change in the world around them and how much of this is just adjusting to a new norm of how things are going to be."

The percentage of New Jersey residents who feel very safe in their own neighborhoods at night (68 percent), is not far from polls earlier this year, which indicated 64 percent of residents felt safe. 27 percent say they feel somewhat safe, while 5 percent say they do not feel safe at all.

Ratings which indicate satisfaction with local schools sit at a positive 60 percent, with 34 percent of residents claiming the institutions to be good and 26 percent claiming to be excellent. 23 percent of schools are seen as only fair and 9 percent are considered poor."

The poll also lists high ratings for environmental quality as an overall positive at 72 percent. 31 percent consider their environmental quality excellent and 41 percent good. However, 22 percent consider their local area to be only fair and another 6 percent consider it to be poor.

"We can never predict what the future will hold, but we need to look at a whole host of measures to get a complete picture of quality of life," Murray said. "That includes data on economic gains as well as emigration from the state."

Local High School Students Get a Taste of Healthcare Careers

MEGAN RUGGLES
CO-NEWS EDITOR

A total of 107 high school students from Monmouth and Ocean counties graduated from Mini-Medical School on Monday, Oct. 28 in Pollak Theatre.

A collaboration between Monmouth University, Hackensack Meridian School of Medicine at Seton Hall University, and Hackensack Meridian Health, the six-week Mini-Medical School program exposes local high school students to careers in medicine by providing them with opportunities to hear from various health care professionals, in fields ranging from pediatric endocrinology to neurosurgery.

Bernadette Dunphy, PT, DPT, Co-Director of the program and a Specialist Professor of Biology at Monmouth, said “Mini Medical School offers the opportunity to share our knowledge about what it is like to be a health care professional with these high school students. Every presenter in the program gave the students insight into what it is like to in their field of medicine or specialty.”

Dunphy continued that “Seven students attended Monmouth as their choice of undergraduate studies because of this program. One of our recent students, Gabriella Gmeiner, attended Mini Medical as a high school student, and was one of our student Pre-Health Ambassadors for the 2019 program.”

Gabriella Gmeiner, now

a freshman biology student at Monmouth, attended the Mini-Medical School at Central Regional High School in Bayville. She said, “The stories that the guest doctors told about what they do on a daily basis to help their patients stuck with me the most because I want to be able to make a difference in someone’s life just like them.”

Participating students were also introduced to Monmouth’s graduate programs in a hands-on lab experience, which focused on programs such as physician assistant, nursing, social work, speech-language pathology and athletic training.

Jeffrey Mass, Assistant Director of Career Services,

said, “I see [this program] as a benefit because it’s great that Hackensack has that partnership with Monmouth students, and it’s a chance for high school students to come to Monmouth and see what we offer. So, it’s not just about passing exams, it’s about exploring meaningful topics.”

University faculty contributed by teaching, and students learned how to do a variety of tasks: a pulse oximetry (a noninvasive test to measure oxygen levels of the blood), test shoulder instability, and conduct a postural assessment.

Gmeiner added that attending the mini-medical school helped persuade her to attend Monmouth because she was

able to experience the resources the school offers.

Mass said, “Given the fact that we’re always competing with neighboring schools, and considering the fact that we are centered by Center State, Hackensack, and Monmouth Medical, I think this program should be a top priority.”

The faculty from the Graduate School at Monmouth donated their time by teaching a clinical skill and, the Jersey Shore University Medical Center doctors came after their shift to give detailed talks about their specialty.

This is information that these students wouldn’t necessarily be exposed to

without a program like this, Dunphy explained.

“The benefit of this program lies in the many diverse specialties that were shown to them throughout the six-week series,” Dunphy concluded.

Monmouth University has hosted the Mini-Medical School for the past three years, when David Kountz, M.D., M.B.A., the Associate Dean of the School of Medicine at Seton Hall University asked Dunphy to co-direct the program at Monmouth in 2017.

This year’s sessions took place on Monday’s from Sept. 16 to Oct. 28 and covered different topics at each lecture: *How to get into medical school; What the heck is pediatric endocrinology?; Hands-on lab experience: How we teach future healthcare professionals in 2019; A day in the life of a neurosurgeon; and, A day in the life of a member of the trauma team.*

The program began in 2013 with more than 500 students attending and more than 300 graduating.

High school students that are accepted must commit to all six sessions to obtain a graduation certificate. Often friends and family attend the ceremony which helps publicize the University.

The program admits 150 students to the program yearly, and this year they were chosen from a pool of 200 applicants from high schools in the surrounding area.



Bernadette Dunphy, Director of Pre-Health Advising, co-directs the Mini-Medical School program with David Kountz, Ph.D., Associate Dean of Hackensack Meridian School of Medicine at Seton Hall University.

Astros Player Accused of Yelling at Female Reporters

ASTROS cont. from pg. 1

from Taubman and owner Jim Crane.

“Brandon Taubman issued a ‘non-apology.’ He attempted to self-promote as a ‘progressive and charitable member of the community,’ and a ‘loving and committed husband and father,’” Dr. Wein stated. “By saying ‘if anyone was offended,’ he is just denying the offense that occurred and the identity of the reporters who were offended.”

“Jim Crane, in his response, did not address the immediate offense,” Dr. Wein continued. She suggests that he should have addressed bullying in the original organizational statement, since there was a hostile interaction between Taubman and the reporters, and a personal attack between the Astros and Apstein.

Days later, Brandon Taubman was fired. “You don’t know what

the structure of the organization is, but it looks like they reacted to the backlash. The way the story played out was: story, scandal, reaction (which was the firing), and then the after effects,” explained Occhipinti.

On Oct. 27, five days after the Astros said that Apstein put out a fabricated story, they retracted their statement.

So, how could the Houston Astros have prevented such a monumental public relations disaster, as Dr. McGovern described it? She believes it did not start in October, but rather, over a year ago, when the Astros traded for Osuna.

In May 2018, Osuna, a member of the Toronto Blue Jays at the time, was arrested on suspicion of assaulting his girlfriend. Shortly thereafter, he was suspended for nearly half a season for violating MLB’s domestic

violence policy. Just one month later, the Astros acquired Osuna, a 2017 All-Star, via trade. The move left a bad taste with many fans who viewed the club as taking advantage of an unfortunate situation.

Erin Mulligan, a sophomore Communication student and aspiring sports reporter, said, “I’m a huge Yankees fan, but I cannot completely stand behind Aroldis Chapman because of his domestic violence issues, and if you look at how the Yankees handled the whole thing with Domingo Germán [who was suspended this September and for the entire postseason due to an investigation regarding domestic violence] versus how the Astros handled it, the Yankees did such a better job.”

Viscomi explained, “They took a huge gamble in taking Osuna to begin with, and domestic violence is a huge issue in this country and in professional sports. There’s not a sport that escapes it. The Astros made the decision of wins over PR.”

That decision of wins over PR became evident this postseason. Although that October 19 win against the Yankees clinched their second World Series appearance in three years, that night was not one where Osuna had a dominant pitching performance. In the top of the ninth inning

with the Astros up 4-2, he allowed a game-tying home run to New York Yankees second baseman DJ LeMahieu. In the bottom of the inning, Astros second baseman José Altuve hit a two-run walk-off home run to automatically send his team to the Fall Clas-

sic. Without Altuve’s home run, the Yankees could have won that game, forcing a Game 7, which if the Astros lost, would eliminate them from the postseason altogether.

Even taking into account his mediocre performance in Game 7, Osuna is considered a core member of Houston’s bullpen. Since they acquired him last July, he has posted a 2.46 earned run average and 50 saves. This season, he was a top three finalist for the American League Reliever of the Year Award.

There is no way for the Astros to turn back the clock and prevent what already happened, but many agree that the team can reform their policies and set standards of respect for everyone to follow.

Alexis Nulle, Specialist Professor of Public Relations suggested, “There should be an Executive Crisis Team leader and/or company spokesperson to issue statements on behalf of the organization and control the message before the public does.”

“I think the biggest thing is, sometimes, people have to check egos. The owners and all those people have to check egos of the people they trust with public relations. They have to be able to talk about crafting this message in the best way, so that they can get honest information out there without maybe giving out every single detail to protect the organization,” Viscomi explained.

“There should be a message. Our job is to get everybody on the same page and give out the most positive message. The real

game of our job is how you put out an honest, positive message, because you don’t want to be caught lying, like it seemed the Astros were doing,” he noted.

David McCarthy, Vice President of Consumer Products Marketing for the National Hockey League and Adjunct Professor of Sports Marketing, remarked, “Sports executives who are empowered to make decisions regarding their team’s performance need to consider their fan base when selecting certain players. Most sports teams fan bases are comprised of 40 percent women who have a powerful voice, even more so when their stories are amplified through traditional and now social media.”

“The pulse of the community must be monitored and understood to ensure that sport will continue to provide quality entertainment free from tarnish of misdirected behavior and actions,” he continued.

“This a tough, but important lesson to learn, as domestic violence has no place in society. The administration must understand that they now live in a bubble in clear view of the public, and, as a result, they need to understand the values of their fans and act accordingly,” McCarthy concluded. “Any mistakes must be owned and remedied as soon as possible because the truth always comes out. Hopefully, the lesson has been learned and other sport franchises will take notice and act accordingly to protect the sanctity of sport in our society as an escape from the stresses of life—not adding to it.”



Monmouth students and faculty discuss domestic violence within Major League Baseball.

THE OUTLOOK

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Cellular Data Issues on Campus

EDITORIAL STAFF

Can you hear me now?
Roam campus and you might find that your phone is roaming as well. It might even occur in some classrooms, or you might just have “No Service” written across the top of your screen.
While service for cellular devices and Wi-Fi signals are strong in the majority of buildings on campus, there are a few that cause a problem.
The editorial staff of The Outlook discussed the issues with having poor service, especially due to the lack of service that we experience in our office and the Plangere

to cellular devices in certain buildings at the fault of the service providers as well as the physical structure of the buildings. However, the Wi-Fi signal in buildings is controlled by the University, to which they are working on improving.
“The University could also invest in cellular boosters for the buildings with poor service. My father uses one of these at our lake house that has very limited signal and it drastically increases the bars of signal we receive,” added an editor.
Campus officials have voiced concern, and *The Outlook* staff agrees, that the lack of service can be an issue in instances of emergency.

case of an emergency.
“If there was an emergency, I would absolutely use the landline phone of the university. If I needed to get in contact with someone immediately, in a life or death situation, I would never hesitate to reach out to help myself and those around me,” added an editor.
Another editor mentioned that the landlines also require different steps in order to make a call outside of the university, or to University extensions.
“I would feel uneasy about it, because I would be afraid that I wouldn’t know an outgoing call extension to contact the right person... classrooms and offices with

“For a building with students that are utilizing communication technology, and just using phones or computers for other reasons, it should be addressed.”

AN OUTLOOK EDITOR

Center.
“For a building with students that are utilizing communication technology, and just using phones or computers for other reasons, it should be addressed. It would really help productivity if the internet connection were stronger,” said an editor.
The staff agreed that the buildings with the worst service on campus are Plangere and Wilson Hall.
“We may not get service in Plangere because of the structure or maybe some sort of reception from HawkTV or Hawk Radio that interferes with the service connections. I must say that overall the Wi-Fi service and cell phone service is fine here,” one editor said.
University officials have stated that the poor service

“I do see this as a safety issue if an emergency situation occurs in which one would have to call the police but cannot due to the lack of service,” said one editor.
“Even my mom believes this is a safety issue, as sometimes I’m in the office on a weekend when not many other people are there and I would not be able to reach her in an emergency,” the editor continued.
While the lack of service and poor service in certain areas of campus may be a danger in cases of emergencies, there are other ways that students and individuals on campus could get in touch with the necessary services.
It was noted that there are landline phones located in nearly every classroom, which could be used in the

landlines should have clear instructions on how to call out during an emergency,” said the editor.
One editor mentioned that “...the campus does have a blue light system so that resource is there for students if their cell phone is dead or they can’t get service.”
A new Blue Light system was recently installed outside of the OceanFirst Bank Center. If you have a suggestion as to where a Blue Light call box should be located, inform MUPD at 732-571-4444.
While there are concerns for buildings on campus, the majority of areas hold strong service signals. Remember that there are landlines located in all rooms and the Blue Light call boxes are located around campus in case of an emergency.

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

BRIANNA MCCABE
GRADUATE ASSISTANT

I wanted to write you a letter thanking you for, well, *everything*. However, I thought a more appropriate channel would be to thank you using a platform that serves as the very foundation of our teacher/student relationship: **the newspaper.**

I would not be who I am today nor where I am today if it were not for you.

You changed my life the second that I stepped foot into your ‘Introduction to Journalism’ course my sophomore year of college. There I was still navigating Monmouth University, not quite sure of what I wanted to make of my life nor the potential that I even had. Don’t get me wrong, I knew I liked writing. I knew I was *okay* at it and I knew I liked talking to people. I didn’t necessarily know how I could combine all of those skills together to really make something of myself, though.

Then there you were—simply enlightening me within minutes of your class. When I heard your introductory speech regarding your expertise, experience, journey

and accomplishments—everything that you have done and everything that you will do—I was blown away and mesmerized knowing that I was in the presence of greatness. (And trust me, Prof, I’m not just saying that. I look at you as a professor,

You taught me how to capture an audience, write in inverted pyramid style, create a complete story and think uniquely when trying to round out the story with different sources to freshen up with new perspectives. From there, we grew.

always so easy; I had several personal things going on that didn’t help to calibrate my mental, emotional or even spiritual state. Despite this, you knew how to communicate with me in a way that would encourage me to persevere. You continually gave me

You’ve once again given me that platform to grow—this time just in a more senior-level position. I was able to teach my writing, reporting, interviewing and editing skills to undergraduates. I was able to develop my managerial, leadership and organizational skills while testing my patience at times, too.

These past 3 ½, almost 4 years, with this paper as the graduate assistant has been one of the most gratifying (and challenging) experiences to date—and I am forever thankful.

Prof, I’ve been privileged to have you in my life for nearly 8 years now—and though my time with Monmouth is coming to an end (at least for now), I trust that our friendship and mentorship will not end.

I’m a bit indifferent on the ‘*everything happens for a reason*’ cliché—but if there’s one thing I know, there definitely was a reason that I walked into your ‘Intro to Journalism’ course my sophomore year. Because of you, I’m right where I’m meant to be now.

Thank you, Prof, for everything.
Always,
Bri

“Because of you, I’m right where I’m meant to be now.”

an expert, a mentor and a role model.)

Following the ‘Intro’ course, I knew I wanted to explore *The Outlook*—and you pushed me into that direction. You supported me. You nurtured me. You groomed me. You literally made me the writer that I am today through the combination of many soft and hard skills.

You taught me how to be resilient, relentless and unbiased while also guiding me on skills as they pertained to simple sentence structure and grammar (yes, yes, I know that the comma goes *inside* of that quotation mark!).

Academically, I enrolled in your ‘Newswriting’ class to ‘Features Writing’ and even ‘Writing the Review.’ Not many people can say that they were honored to have four classes with one of their favorite professors.

In terms of *The Outlook*, I climbed my way from ‘Contributing Writer’ to ‘Staff Writer’ to then the ‘Club & Greek Editor.’ My senior year I was then bumped from the ‘Managing Editor/News Editor’ to the ‘Editor-in-Chief’—all under your leadership.

Now Prof, I know that my undergraduate years weren’t

that strength to keep going. Because of you, I was able to graduate with a smile on my face and an overwhelming feeling of accomplishment in my heart.

When I embarked on my mission to return to Monmouth in pursuit of my graduate degree and you reached out to me to ask if I would be interested in the graduate assistant position with *The Outlook*, it was yet another blessing you bestowed on me. You... asking ME... to be your right-hand person and really take this award-winning newspaper to the next level—wow, was I proud.

The True Meaning of Christmas

SHANNON MCCORTY
CONTRIBUTING WRITER

It’s the most wonderful time of the year! For many Christmas is a time of celebrating and good fun, but to me, it is a lot more than that.

In 1914 there was a ceasefire along the western front on Christmas day during World War I; that ceasefire became known as “The Christmas Truce”. It was not about what anyone had, it was about coming together for the holidays. For that single day, both sides crossed over into enemy trenches, exchanged gifts, sang carols, and held joint burials for fallen soldiers.

So many forget the true meaning of Christmas, they become so focused on receiving and forget that other people are just as important. Giving is nice, but Christmas is really your acceptance of everyone around you. The spreading of love and cheer and helping those who can’t help themselves is the true meaning of Christmas.

You may ask how do you spread love and cheer? Well, the answer is easy. Spending time with the ones you love is always a good way to go. However, there are also things you could do that are fun for you and others.

A classic good time Christmas tradition is curling up on the couch with friends, family, or by yourself and putting on a Christmas movie with the lights off and hot chocolate in hand.

While watching Christmas movies you are transported to a place where Christmas is learned. In the movies, you see people struggle just like you or me, but they master the lesson some of us have yet to learn. They learn to let go and have fun while valuing others. Baking cookies, donating

to the Salvation Army, and singing carols are just some ways to spread cheer among those around you.

Try baking some cookies and handing them out to elderly neighbors and to those with no meals. It is a fun thing to do and can brighten anyone’s day. Just one simple gesture and you are well on your way.

Donating does not always mean money, although it helps, it can be a present or some of your time. Buddy the elf once said, “The best way to spread Christmas cheer is singing loud for all to hear,” and that could not be any truer.

Get some friends together and go sing some carols to the people in your local nursing home or to kids in the hospital. Even if you are extremely off-key and sound like a tone-deaf walrus your kind gesture and efforts will still be appreciated.

Helping others is great and makes you feel good, but this

is also a time to help yourself. Take the time to de-stress, to relax, and unwind. Do not worry about the things around you and focus on yourself.

Go see a movie you have wanted to see. Take a walk around your town to enjoy the Christmas lights. Go ice-skating. Try something out of your comfort zone. The comfort zone may be safe but what is life without a few risks? Go tubing or sledding whichever you prefer because rolling down a snow-covered hill is exciting.

Take these words from the Grinch to remember the true meaning of the holiday. “Maybe Christmas doesn’t come from a store maybe Christmas perhaps means a little bit more.”

You too can grow ten *grinches* plus two if you only remember why Christmas cannot be bought or sold, it means so much more.



PHOTO TAKEN by Lauren Salois
The true meaning of Christmas does not revolve around receiving presents, but around the spreading of love and cheer.

Holiday Shopping

LAUREN SALOIS
OPINION EDITOR

‘Tis the season of shopping. The holiday season is here so that means it is time to buy all your loved ones’ gifts.

This is the most wonderful and stressful time of the year. The turkey has been devoured, the tree has been decorated, and red and green have taken over. It is time to hit the stores, online or in-store.

I have mixed feelings with what I like better: shopping online or shopping in-stores.

I am an avid Amazon shopper, who does not love ordering something and it getting delivered the next day. Amazon is definitely the go-to for Christmas or other holiday shopping.

I have already ordered two gifts for my boyfriend and will definitely be looking here first for all other presents.

However, Amazon and other online stores are only good when you know specifically what you want or are willing to sit there for hours searching for gift ideas.

I still have lots of love for shopping in-stores, especially when I do not plan enough in advance to order online. That is the downfall of ordering online, shipping. Yes, Amazon does do a good job at shipping fast with prime but that does not apply for all items.

I also seem to find the perfect gift at the last minute that will take days or weeks to ship (or that comes in the day after Christmas). This is when you scour the store in hopes of finding it, hopefully around the same price it was online.

Shopping in-stores is also a great and easy way to find gifts or to come up with gift ideas and maybe later find them cheaper online.

Target is always a great place to find presents all while you shop for groceries. It is also the perfect place to buy all things Christmas: ornaments, decorations, lights, wrapping paper, etc. But the issue with in-store shopping is the swarms of folks also shopping at the same time as you making it stressful and time consuming.

I would say the epic debate between online shopping and in-store shopping comes down to which is less stressful.

For me, online shopping is the least stress-inducing way to purchase all the gifts on my list. It is so convenient and can be done at anytime, anywhere.

Online shopping is a fitting way for college students to get all their Christmas shopping done while finishing all their classes.

Scrolling through Amazon is also a great tool for procrastination throughout finals or just a great brain break during those countless study hours.

This holiday season is truly the season of giving but do not give too much of yourself to the holiday stress. Christmas and all the other holidays are supposed to be enjoyable so do as much shopping as you can online and limit your time in-stores with the crowds of people.

Online shopping is your safe haven as long as you search and order somewhat early, so the items come in on time. I have concluded that the best advice I can give for holiday shopping is to plan ahead.

So get to shopping everyone whether it be online or in-stores! Your loved ones deserve the best gifts this holiday season.

The 2019 Festival of Languages

SCHARINA BENCOSME
CONTRIBUTING WRITER

The Festival of Languages has become a part of Monmouth's annual multicultural festivities, bringing an enrichment of culture and knowledge to campus.

Founded in 1996 by Priscilla Gac-Artigas Ph.D., Professor of Spanish and Latin American Literature, with the participation of students of Spanish, the festival has expanded past a single language into the celebration of many.

With the collective help of students and faculty from the World Languages & Cultures Department, the Festival of Languages was an entertaining, exciting and engaging occasion open to all of

campus on Wednesday, Nov. 20. Students of varying majors, as well as video presentations of high school students, were showcased in the event.

The purpose of the event is to continue the mission of founder Gac-Artigas, while fostering a pride in multicultural artistry. Gac-Artigas said, "It represents a privileged moment for students of languages where they take the stage and the world is theirs."

Gac-Artigas also mentioned that for language professors, it is gratifying to see students ready "To enter the globalized world with confidence," which was very clear to the audience. The student performers paid homage to the language they chose to represent with confidence.

The event began with the recital of the poem "Palabra" by Pablo Neruda, which speaks of Spain's stripping of riches, yet leaving a unifying language to colonized Latino countries. It set the tone for a celebration of both languages and cultures, accompanied by excelling students who practiced and prepared thoroughly. Along with these performances, many students catered the event with diverse ethnic foods.

One of the festival's performers was Julianna Colonna, a junior foreign languages/Spanish and education student. She said that prior to performing, she was, "A bit nervous even though I didn't have to be, because [the poem] was broken up between my classmates Eryn, Rebecca and I." However, after getting on stage and being in front of a crowd, she, "Felt more confident and the nerves calmed". Colonna added that, "Performing in a second language made me feel more timid... but I knew I wouldn't be judged by my classmates."

Breasia Love, a sophomore business administration student, agreed that prior to performing there were nerves, but having the support of fellow classmates "Helped alleviate the fear...and made the experience more fun." Students who performed were able to sit within the crowd and support their fellow foreign language classmates and enjoy their performances.

Both Colonna and Love

agreed that every performance was wonderful, with Colonna specifically stating that she, "Really liked how diverse the presentations were, the deliverance of various languages, and the

dancing, singing, and playing instruments like the piano and french horn.

Love said it was, "Very inspiring seeing other students sing in a language they're trying to master in." She added, "I am biracial; mixed African American and Puerto Rican still learning Spanish, and I wish to be just as fluent as the performers at the



PHOTO COURTESY of Priscilla Gac-Artigas
Students and faculty enjoyed diverse, cultural dishes to celebrate world languages.



PHOTO COURTESY of Priscilla Gac-Artigas
The Festival of Languages featured student performances to celebrate the languages and cultures studied at Monmouth.

many ways information was performed."

Monmouth's Festival of Languages not only surpassed the expectation of showcasing Spanish language and culture, in which the event originated, but the other languages taught at Monmouth—as well as the students' range of aweing talents. Amongst these talents are not only their biliteracy, but also the usage of creating posters, modeling, reciting poetry, presenting PowerPoints, showcasing videos,

show."

The annual event was a wonderful success. The food and performances were all astounding. All participants that made this event possible are proud of its cultural impact on the University.

Gac-Artigas stated, "For many of them, it is not easy to express themselves in front of an audience in English—now, doing it in another language is an accomplishment of which they must be very proud."

Celebrating Former Coach Elliot Denman

JOHN SPINELLI
STAFF WRITER

McLoone's Pier House in Long Branch hosted the 85th birthday of Monmouth's first track coach, Olympian Elliott Denman, and the anniversary of the Shore Athletic Club, on Nov. 24th.

The festive event included nearly a dozen Olympians who all have a connection to Denman and the Shore A.C. More than 300 athletes, coaches, officials, and friends of the running community reminisced about the storied history of the club and Denman's leadership. Notable attendees included former Monmouth Board of Trustees Chairman Henry Mercer '87 and Michael Thomas, Associate Dean of Humanities and Social Sciences.

Denman competed in the 1956 Melbourne Olympics for the 50k racewalk. The Bronx native was the second American in the race with 11th place and a time of 5:12:14.0. The same year after graduating from New York University, he went on to serve in the army.

After settling to the Jersey shore, he revived Shore A.C. in 1962 after a period of discontinuation. A few years later, (then) Monmouth College hired him as the new cross-country/track and field coach from 1966 to 1968. Al-

though the cross country and track team started off with 10 athletes, Coach Denman laid a foundation to the current success of the men's and women's program today.

The men's and women's track teams have dominated the Northeast Conference (NEC) and the MAAC conference for years. The men and women have both won eleven consecutive Outdoor Track & Field Conference Championships. In recent years the Hawks have earned more than 20 NCAA Division I All-America honors, most recently by Allie Wilson, Corey Murphy and Danielle Steff earlier this year.

"Elliott Denman and the Shore Athletic Club Coach have been very connected to the Monmouth track & field and cross-country program for more than 50 years now," said Joe Compagni, who retired in August after 24 years as Monmouth's head cross-country and track coach. "Elliott coached Monmouth's first Division I All-American in any sport, Augie Zilincar in the hammer throw in 1968. In the 1980s, Coach John Kuhl developed an excellent group of middle-distance runners here and he is still very active with Shore A.C. They were among the first people I met when I arrived here in 1995, and their support has been instrumental in the growth and success of our program."

After his official time at Monmouth, Denman continued his career as a full-time sportswriter. He worked for various newspapers, including the *Asbury Park Press* (APP). He retired from the APP in 1999 but has continued to contribute occasionally.

Shore A.C. is a club deeply rooted in the University community. Administrators, professors and students have run in Shore A.C. races and been active with club throughout the years. Notable races the club hosts annually are the Jersey Shore Half Marathon, the Asbury Park "Sheehan Classic" 5K, and the Lake Takanasse series, with community races every summer for the past 50 years.

Monmouth College alums and former coaches such as Hall of Famers Mel Ullmeyer and Greg Bordinuk, Hoyle Mozee, and others have been very involved with the club as well.

Dayna Luma, a senior health studies student and captain of the women's cross-country team, said, "I've only been interning with the Shore A.C. for a short time, but they have been so welcoming and friendly. They really care a lot about the work they do. I've volunteered with them for the past few years."

Gerard Rokosz, a sophomore social work student, said, "I am a member of the new Monmouth

Running Club, and we were fortunate enough to race in the Shore A.C. cross-country series this past fall. The race series was my first experience with them. Shore A.C. is one of several adult and youth running clubs throughout the state of New Jersey. They are a very well-known group in the running community, and they provide a great way to allow people to keep running past their high school and college years. I had a blast running their races this year."

As the banquet concluded, many were grateful for the legacy Elliott Denman created in the track and field community. From

officiating at cross-country and track meets to attending home basketball games, Denman is still an avid supporter of Monmouth's Athletics.

Dean Thomas said, "Before I knew about Elliott's legend and Olympic history, I knew his kindness. At every home X-C and Track & Field meet over the past 22 years that I've been working at MU, there was Elliott Denman offering his praise and insights. When I introduced him to my wife, saying this is Elliott, a '56 Olympian, he said 'And friend!' He is a true friend of all runners in NJ, the grandfather of us all, our guru."



IMAGE TAKEN from ShoreA.C.

Former track coach Elliot Denman (front center) was honored at his 85th birthday celebration with the Shore Athletic Club.

Online Exclusive!

Ryan Andersen: Monmouth's Up-And-Coming Playwright
Outlook.monmouth.edu/online-exclusive

The Power of Crystals and Essential Oils

ALLISUN ROMAIN
CONTRIBUTING WRITER

Stress, moodiness, anxiety, tiredness, lack of motivation; these are all things most people deal with on a day-to-day basis, and more often than not allow to get the best of them. Often, we pop an Advil or take a nap to deal with these troubles in hopes that they will go away, and never come back. Unfortunately, these troublesome and inconvenient treatments never seem to truly help...at least not on a long-term basis, or without adding undesired hassles in our busy days.

Now, what if someone told you that there was a quick and easy way to get rid of all of this (and more) ...something relatively cheap, simple to do, and completely free of harsh side effects or byproduct?

Recently, the use of crystals and essential oils as natural remedies for numerous forms of pain and illness has become more and more prevalent. Interestingly enough, their use for the healing of the mind, body, and soul has been established for hundreds of years; dating back to the times of Native American tribes and Ancient Hindu and Buddhist rituals.

Essential oils, by definition, are natural oils made through the means of distillation, used to organically treat a variety of health complications, both physical and psychological. This distillation process involves the purification of a liquid through the heating and sometimes cooling, of various plants and herbs.

Likewise, healing crystals are said to promote one's positive energy and allows for users to cleanse themselves of any damaging or self-destructive tenden-

cies and inclinations. Michael Tarullo, an Adjunct Professor of Chemistry and Physics, explains the scientific definition of these substances. "A crystal, or more importantly crystal structure, is a property of a mineral. It is the organized shape of the internal structure of a mineral and is determined by the elements comprising the mineral and their atomic radii and chemical bonding," he said.

Although it might sound quite complicated, users of essential oils and crystals find the reasoning behind their advocacy to be quite simple; they make you feel good.

It's not unusual for people to be skeptical about the use of essential oils and crystals...to many, it seems like a bunch of hocus pocus. However, the science behind it says otherwise, for there are thousands of cases where the use of these natural practices has helped treat small issues, like anxiety and allergies, to greater issues, such as digestion, childbirth, and even cancer.

Typically, the cost of essential oils or healing crystals are generally cheap, costing an average of \$12 to \$20. However, prices can climb depending on the rarity of the product and where they come from. Conveniently, they can be found for purchase at stores in the mall, are sponsored on social media sites, and are even being taught about in academic settings.

Julia Carlucci, a sophomore nursing student at Monmouth University, took a class last year that taught all about the uses and benefits of essential oils and crystals. "Our professor had a guest speaker come in one day last year," she said. "He gave us

a peppermint oil to sample, and I remember it waking me up and helping me focus right away."

Not only does Carlucci advocate for the use of essential oils, but she also has a healing crystal of her own. "It's called a learning rock and I got it as a gift...sometimes when I feel unmotivated or stressed, I'll just hold it for a minute, and it helps me to rekindle my thoughts."

Among the hundreds of flavors, or 'essences', of essential oils, there are a few that are known to be superior. Perhaps the most popular essential oil is lavender, which is typically used to relieve stress. Additionally, many people like the flavors sandalwood, rose, and peppermint, which are used to boost energy, direct focus, and improve mood and relaxation.

The same goes for crystals, as they come in many different sizes, shapes, and forms, all with individual beneficial features. Some of the most popular healing crystals are made from amethyst, emerald, and what Tarullo identifies as "the most abundant mineral on earth," quartz.

Jessica Henry, a junior public health student and founder of the vegan animal activist interest group Friends of Animals at Monmouth (FAM), is an avid user of essential oils. "They positively treat my mind, body, and spirit," she said.

"A few drops or roll-on oils help to alter my mood, boost my metabolism, better a night's sleep and help my immune system... I carry an energy booster roll-on essential oil in my backpack, so when I begin to daze off in class, I put it on, and the natural fragrance helps me to tune in and focus," she continued.



PHOTO TAKEN by Chloe Barone

Pictured above are calcite (top left), larimar with lepidolite (top right), and celestite (center) crystals.



PHOTO TAKEN by Chloe Barone

Using essential oils can benefit you in many ways. Oils like Frankincense can help relieve pain and stress, while peppermint can fight colds.

ATTENTION: FINANCIAL AID STUDENTS

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Coldplay's Cause: Can Touring Become Eco-Friendly?

DANA CATERINA
STAFF WRITER

A couple of weeks ago, Coldplay announced that they will not be touring their most recent album, *Everyday Life*, because touring is not considered eco-friendly.

The lead singer, Chris Martin, told *BBC News*, “We’re taking time over the next year or two, to work out how our tour can not only be sustainable [but] how can it be actively beneficial.” Until touring becomes environmentally beneficial, you won’t be seeing Coldplay in your ‘Paradise’ any time soon.

There’s a bullet pointed list full of specifics that go into creating a successful tour that includes fan satisfaction, food and merchandise production, and electricity; all of these things play a big part into touring, and that’s only a few bullets off the list.

There are so many aspects that go into touring, but can traveling the world as a band become environmentally friendly? Only time can truly tell us the real answer, but there are many things to think about when posing this question.

It’s interesting to put the word sustainable or even eco-friendly next to touring. Depending on the size of the buildings that bands and singers hold their shows in, thousands of people attend.

Our carbon footprint on Earth has a huge influence



IMAGES TAKEN from png(Coldplay above), png.com (Earth, above), and Live Science (background)

Coldplay recently revealed that they will not tour until it becomes more eco-friendly.

on sustainability. When fans attend shows, there are not only thousands of people in the same area, but their cars are too. Many people get to the shows by cars or even planes so there are a lot of ways they are affecting the concert experience.

Associate Professor of Ecology and Biology Pedram P. Daneshgar said, “Flying increases our carbon footprint greatly as does taking buses around the country.”

With this happening, massive amounts of carbon monoxide are released into the air, feeding into the problem of air pollution.

Daneshgar went on, “There’s no quick solution to this, unless planes are designed that do not rely on fossil fuel to fly. These solutions are

not coming tomorrow, but perhaps eventually.”

There may be many negatives to touring that won’t be resolved for a long time, but there are some actions that can be taken for successful touring for years ahead.

When designing an eco-friendly tour, developers can make all tickets available for cell phones

Many people who attend events that include tickets use the smartphone wallets or other cell phone features involving tickets, but if paper tickets are eliminated entirely, this can add to the environmentally friendly portion of touring.

Without paper tickets, fans might have easier access to their digital tickets. Some people, like myself, have that

nervous thought that they forgot their tickets at home, so with the digital ticket change, two problems are eliminated. Digital tickets are environmentally friendly and make the job as the ticket holder more accessible.

Another idea would be to install solar panels to the places that hold their concerts. Solar panels can get very expensive due to their production, but are known to be a way to save money on electricity bills and they are better for the environment.

The environmental impact can vary between solar panels due to production, yet they are known to be a greener route when saving on electricity. The solar panels would also have to be portable if Coldplay wanted to be the first band to

be eco-friendly.

There are a couple of other ideas that Professor of Science Giovanna Bonadonna, Ph.D. had which included traveling by train instead of buses or trucks. Traveling by train is known to be the most eco-friendly way to travel long distances.

Food can also be turned to only sell vegetarian products, but it might upset fans who are not vegetarians because there won’t be a lot of choices for them.

Although there are a lot of aspects in making touring one hundred percent eco-friendly, Bonadonna said, “I think it is good that they are trying to support the cause and launch a signal to their fans.”

Bonadonna continued with, “It is very hard to organize a no-impact tour, but it can be more eco-friendly.”

The 100 percent availability for eco-friendly touring for bands and musicians seems to find success in the far future. Coldplay might be better off with touring and donating their money to researchers who can ensure pure sustainable touring for everyone.

Coldplay should think over their announcement of pausing their touring until it’s considered to be ‘environmentally friendly’ because there’s a lot that goes into it, and they may not tour for decades due to this.

Their idea is not impossible, but it is harder to obtain quickly.

The Best of the Best: The Greatest Albums of the Year

RAY ROMANSKI
CLUB & GREEK EDITOR

2019 saw a ton of great new music. We had some stunning debuts, welcomed returns, and ambitious side projects.

The following list was hard to compile; this was actually the 9th draft. At one point, I had 73 albums on a sheet of paper and crossed them off one-by-one. I couldn’t rank this list in a countdown, so I listed the best from ten genres.

Honorable Mentions:

Some artists who albums that I loved but slightly missed the mark: Lana Del Rey, Gatecreeper, Tropicadelic, King Gizzard and the Wizard Lizard, Rival Sons, Tyler, The Creator, Stick Figure, Maggie Rogers, Khalid, Baroness, and Brittany Howard.

Soul: *Black Pumas* (self-titled)

After hearing their single “Black Moon Rising” in 2018, I was excited to hear more from them. Their self-titled debut is a refreshing revival of Motown with a modern flare. You can hear influences of Otis Redding, Curtis Mayfield, The Temptations, and more all over this album.

Blues: Gary Clark Jr., *This Land*

Gary Clark Jr. is one of the biggest names in blues at the moment. His blend of emotive blues solos with hard-rock riffs on his third album are excellent. This album is personal, with a few statement songs, such as “Pearl Cadillac” and “This Land.”

Hip-hop: Anderson .Paak, *Ventura*

I love Andy. He’s an up-and-comer who produces, sings, raps, and drums. He’s been around for three LPs, and *Ventura* continues to make him a rule breaker. His beats are reminiscent of the G-Funk era, his features include some prominent names in music, and Andy’s not going anywhere but up.

Alternative: Mike Posner, *Keep Going*

Mike Posner endured a lot since his pop smash “I Took a Pill in Ibiza,” his father died of brain cancer, his friend Avicii passed away, and his girlfriend broke up with him. On March 1, he decided to walk across America from Atlantic to Pacific to clear his head. *Keep Going* is a chronicle of his journey into self-acceptance, happiness, and blessings. He’s traded in the catchy pop tunes about drugs and girls for ethereal songs of discovery and growth.

Pop: Lewis Capaldi, *Divinely Uninspired to a Hellish Extent*

The debut record from Scottish singer Capaldi is powerful. Capaldi rose to fame with his single “Someone You Loved” earlier this year and it has become one of the most popular songs of the year, charting at Number 1. Matter of fact, *DUTAHE* is one of the fastest-selling records of the year.

He has a voice that lifts you up high, and cuts like a buzzsaw. I’m very excited to see where he’ll go.

Rock: Tool, *Fear Inoculum*

After 13 years of patiently waiting, Tool fans finally got the long-awaited fifth album. There’s not much innovation on it, but it’s still complex and fascinating. The production is clean, the talent is maintained, and it’s just terrific. It’s 10 songs, 90 minutes in length, and a triumphant return.

Gospel: Kanye West, *Jesus is King*

I’m not religious, but this ambitious genre shift by one of music’s most polarizing figures is a great album. The message is sincere. The most interesting song is ‘Use This Gospel,’ featuring Clipse and a smooth sax solo from Kenny G. The main piano rhythm was sampled from the door ajar blinking alarm. West then added some humming and a choir, and we have music. Genius.

Reggae: Sting & Shaggy-*44/876*

This is one of the most unlikely musical pairings I think I’ve encountered. Sting has sold millions of records with The Police and his solo work, and Shaggy is a huge producer within the reggae world. I was nervous about the news of this album, but I worried for nothing. These two powerhouses created my favorite reggae album of 2019. It has traces of ska, rocksteady, dub, and dancehall. Hopefully, there will be a follow-up album in the future!

Metal: Whitechapel, *The Valley*

The seventh record from Knoxville’s Whitechapel is amazing.



IMAGES TAKEN from Pinterest (left), Blogtopus Blues (center), and K Danielles Media (right)

This was a great year for music with Kanye West’s *Jesus is King* (left), Gary Clark Jr.’s *This Land* (middle), and Seba Kaapstad’s *Thina* (Zoë Modiga of the band, right).

The band is at their strongest, the record has no skippable songs, and it is so fresh. Lead singer and lyricist Phil Bozeman has the spotlight, though. Not only do we have clean vocals (which is a first), but the lyrics deal with the loss of his mother and all the emotions surrounding it. *The Valley* is powerful and is one of my favorite records from any artist or genre in a while.

Jazz: Seba Kaapstad, *Thina*

So many genres within jazz happen here; neo-soul, Afro-

beat, M-base, and Latin jazz. The members of Seba Kaapstad are multinational; South African, German, and a Swazi. The title of *Thina* is the Zulu word for “us.” It’s a global masterpiece; this section sounds French, that one sounds like Dixie. On top of those niche jazz genres, there’s also funk, electronic, and vocal elements within *Thina*. This album strives to combine us together and show us what we can create. Although I have much more to say about it, just check it out.

Taking Out the Trash: The Ten Worst Films of the Year

MARK MARRONE
ENTERTAINMENT EDITOR

Yeah I know this issue hits stands on Dec. 4, but the jury has been out on this year since January: 2019 was one of the worst years for film in recent memory.

Nothing could go right this year. The old franchises with histories of success (*Men in Black*, *Godzilla*, *Terminator*, *X-Men*, the list goes on) bombed because of how bad and irrelevant they were. Even the films that boasted great casts and crews couldn't escape the curse of 2019.

I would love to write a piece on the greatest films of the year, but there simply weren't enough. Granted, there were a handful of excellent films like *The Irishman*, *Pavorotti*, and *Parasite*, but un-

fortunately, the bad heavily outweighed the good.

So folks, pour out a glass of Diet Coke, relax, and look back on some of the year's biggest pieces of garbage with me.

10. *Once Upon A Time... In Hollywood*

Yes, this is quite a hot take that will get the office stirring, but Lord did I hate this movie. At two-and-a-half hours, this hunk of junk went absolutely nowhere. The hype behind this film was overwhelming, with an incredible cast of Leonardo DiCaprio, Brad Pitt, and Margo Robbie, along with direction by the great Quentin Tarantino who was inspired by an intriguing story of the Manson murders. However, everyone seemed to be in a fog, like the stoned hippies in the mov-

ie. I chose this film to highlight the wrath of 2019: how it took something with all of the perfect elements of acting, directing, setting, and story, but wasted it all.

9. *The Beach Bum*

Speaking of going nowhere, *The Beach Bum*, starring Matthew McCoughney, went in the same direction. To watch McConaughy booze up, drug out, and bum around for a staggering two hours was mind-numbing. Maybe he spent a few nights at Jack's to prep for the role.

8. *Serenity*

Ah, welcome back McConaughy! Long time no see. The actor stumbled out of *The Beach Bum* then fell right into *Serenity*, where the twist was one of the most bizarre things ever. In this one, he's a fisher hunting a big

tuna. And watching this felt like getting hit by a can of tuna, ten times over.

7. *Godzilla: King of the Monsters*

How do you take a monster movie so fun and make it into a boring family drama? Release it in 2019! This might be called *Godzilla*, but I may have seen him for 20 minutes tops. It's mostly about a torn apart family whining about their problems. Who cares? Let me just watch a monster destroy a city and I'll be satisfied. Instead, this movie destroyed my precious time.

6. *Replicas*

Well, I guess my time isn't that precious when I'm watching trash like this. I love Keanu Reeves, but this was even low for him. It has the typical sci-fi story of a father whose family is dead and tries to bring them back with harmful technology, yet it's so boring and incredibly cheap. The effects look like they're from the same person who tried to cover up Henry Cavill's mustache in *Justice League*.

5. *The Dead Don't Die*

Boy, did I feel dead watching this. Again, how do you take something like zombies infesting a small town with a stellar cast featuring Bill Murray, Adam Driver, and Selena Gomez so terrible? Mark that tombstone for 2019! The zombies were so boring, the jokes were bad, and even the zombies felt more alive than the living.

4. *The Souvenir*

Here's another movie that sucked the life out of me. All the critics gassed this up, but it's snobish to the point where it's insult-

ing. There was nothing but meandering, dull conversations, lifeless acting, and no point to the story. The only *Souvenir* I received were the end credits.

3. *Glass*

Director M. Night Shyamalan really broke the *Glass* on this one. To conclude his trilogy that featured strong films *Unbreakable* and *Split*, Shyamalan underwhelmingly spent most of *Glass* inside a mental ward with hardly any compelling action or drama. After this, I felt like checking in with them.

2. *Climax*

To spend two hours of annoying, unlikable people trapped in a room constantly screaming was nauseating. Although it doesn't reach any *Climax*, the film's about someone who spikes the punch bowl at a dance party that makes everyone go insane. However, you don't need a sip of the drink to feel your head pounding.

1. *Long Shot*

It wasn't a *Long Shot* for this to be the worst movie of the year. Seth Rogen plays a loud-mouthed journalist—yes, Seth Rogen, who sparks a relationship with the beautiful Charlize Theron, who plays the Secretary of State. Not only is this concept mind-numbing alone, but Rogen's character has the audacity to weigh in on her hard choices, like global climate policy. Sprinkle in foul-mouthed jokes, segments of getting high, a ridiculous happy ending, Rogen's global political influence, and a cringy Wakanda Forever chant, and you have not only the worst movie of this year, but possibly the decade.



IMAGES TAKEN from The Conversation (banner), fabric (background), Variety (left), Nerdist (middle left), Earachevoices.com (center), Pinterest.com (middle right), Paris-la.com (right)

We had the displeasure of sitting through plenty of bogus films like *Glass*, *The Beach Bum*, *Long Shot*, *Once Upon a Time... In Hollywood*, and *The Dead Don't Die*. (from left to right).

Still Rock 'N' Rolling: Hollywood's Love for Rockumentaries

GRACE ENRIGHT
CONTRIBUTING WRITER

Since the beginning of rock and roll, the music has always shaped the culture around it. From the 1950s to now, rock and roll has evolved into a way of life for many. With bands like The Rolling Stones to Buddy Holly, their music has touched the hearts and lives of their listeners.

Mainstream society has a way of turning events into movies so that the people who didn't get to experience the events in real time can have a chance to live vicariously through the ones who did. Rockumentaries are a prime example of this.

A rockumentary is a dramatic biopic or documentary about rock music and musicians. Some famous rockumentaries include: *Pink Floyd: Live at Pompeii* (1972), *Woodstock* (1970), *Monterey Pop* (1968), and *Keith Richards: Under the Influence* (2015).

Some more rockumentaries that hit the big screens in recent years include: *Bohemian Rhapsody* (on Queen from 2018), *Rocketman* (on Elton John), and *Judy* (on Judy Garland from 2019). These movies delve into the lives of these artists, describing their accomplishments and hardships and everything in between.

The question we all must ask is what makes rock and roll so special that it receives its own category of documentaries? Rock music does have the pow-

er to unite groups that normally wouldn't.

Professor of Music Marc Muller, a rockstar himself who has been featured on albums with Bruce Springsteen and Kelly Clarkson, thought rockumentaries shed more than just light on the artists. "Rockumentary functions as any other historical presentation," Muller said. "Just like chronicling a war, a social movement, or state of politics of a certain era, it brings us back to another time, and hopefully helps us relate it to the present, and especially the future."

Some of the most notable events in history exist around rock music. Woodstock, for example, was a three-day rock and roll festival that occurred in New York in 1969. It was a time of peace and unity for many, and it showed the world that hate and war doesn't need to exist.

But I'm not saying that all rock events were positive ones. We can take a look at what occurred at the Altamont Speedway free concert, when four were left dead. The Rolling Stones wanted to put on a free concert following Woodstock, but the night ended in disaster, and the peace was once again broken. Yet, it wasn't the music that ruined it but the people in attendance.

We don't see as many new rock bands forming as we did in the past. Muller added, "Perhaps the reason for the recent proliferation of documentaries is we're seeing the end of an era. The modern

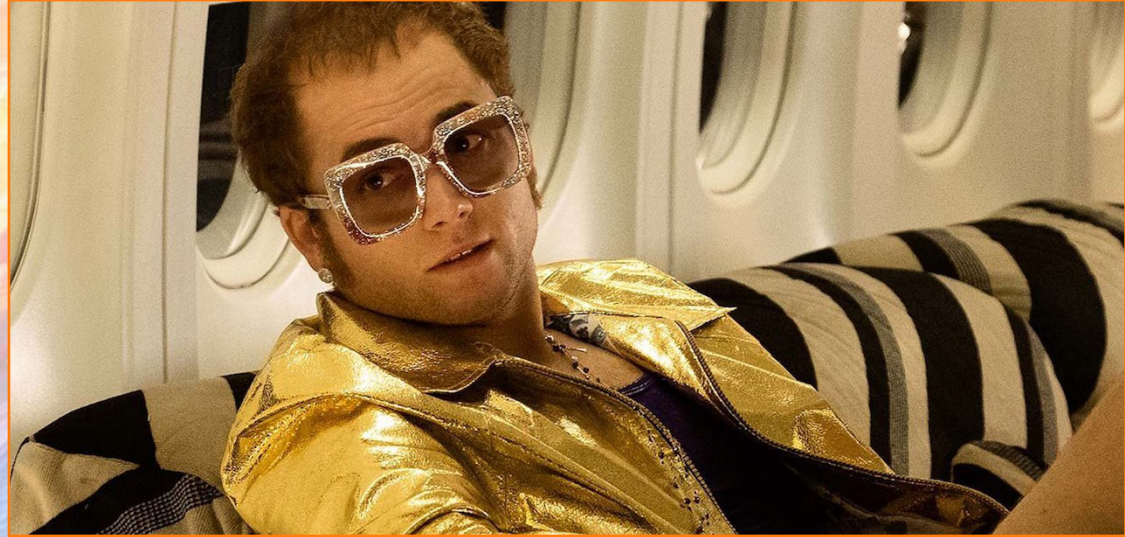


IMAGE TAKEN from The Hollywood Reporter and Osnat Fine Art

The Elton John-produced *Rocketman* received mostly positive reviews, but its box office performance was subpar. Regardless, it sent viewers on a trip down memory lane.

rock stars that defined the most popular era of commercial rock of the '60s, '70s, and '80s are all now basically senior citizens, as well as their fans."

Muller continued, "It's a way of holding onto what defined them in their youths, both artists and fans. The same can be said by the explosion of tribute bands."

"I do wonder what the revivals and tributes will be playing 30 years from now. Maybe your band?" He concluded.

It is true, and I hadn't realized it until now, but today's era doesn't see as many new rock bands forming. They especially don't embody the scene that rockstars of the past did.

Pop music has taken over to-

day's generation, and it definitely does not have the same party, drugs, and sex scene surrounding it like rock music did. When we, as an audience, watch rockumentaries, it is a way to escape back in time and feel things that we can't today. It might not have been the healthiest, safest era in history, but it was for sure the most fun.

The people who got to experience concerts like the Grateful Dead, Nirvana, and the Red Hot Chili Peppers, like my parents did, have a greater appreciation for the music than those of us who weren't born yet. However, when our generation watches these films, it is a way of gaining some of that appreciation.

Rockumentaries are created to make us feel something, whether that's happiness or sadness. They aim to evoke these feelings from their audiences.

Of the many rockumentaries I have seen, they make me feel many different emotions, but most leave me wishing I had experienced them first hand. Yet, looking into the lives of famous stars and seeing what they went through on a normal basis can make us realize that they are just like us, dealing with the same problems and successes.

I think that is empowering for our generation, and it shows us that we can leave the same legacy if we have the ambition, motivation, and love for the music.

President Leahy teams with the Buddy and Me Program

SHANNON MCGORTY
CONTRIBUTING WRITER

University President Patrick Leahy, E.d.D. acted as a special guest at the Buddy & Me Celebration with a reading of *What Do You Do With a Chance?*, a children's book by Kobi Yamada and illustrated by Mae Besom, on Nov. 20.

Fifty Long Branch elementary children, their teachers, and faculty and staff from the University campus sat enthralled as President Leahy read a story about the value of taking chances.

Buddy and Me is a service-learning partnership designed for first year students in the education department so that they can get experience in the field before starting their education program. Usually education majors do not get to work hands on with children until later in their college career, but through this partnership, students have the chance to see if teaching is the right choice for them. Elementary children that attended the celebration have had the opportunity of enjoying a Monmouth Buddy from first grade through fifth grade.

For Leahy, this was his first time participating in an event such as Buddy and Me. President Leahy has much respect and high regards for the school of education, so

when they asked if he would come to read to the children, he knew right away it was something he had to do. He commented on the fact that he loves seeing events like Buddy and Me because it allows for the community to get to know Monmouth, whether its students or the president himself. "I am struggling with this: Do the little elementary kids get more out of it, or, do we adults get more out of it?" he asked. "That's one thing I really love about these events."

bone elementary schools. This event takes place every semester to celebrate the work that the Monmouth students and elementary school children do throughout the semester.

Ruth Morris, E.d.D., chair of Curriculum and Instruction for the School of Education, founded this program in the spring of 2017. John Henning, Ph.D., Dean of the School of Education, requested a service-learning program for students to experience the class-

program was a way for Morris to connect not only to the classroom and students, but to what she had always done: teach. She partnered with Markus Rodriguez, a student advisor and interventionist, whose job it is to get children what they need.

"Mr. Rod," as the kids call him, believes the biggest benefit of the Buddy and Me program is connection. Rodriguez said, "At the end of the day, what the world needs is to be able to connect more."

ship as "planting a small acorn that is growing into a tall oak tree."

In 2018, Vice Principal Michelle Merckx invited the Buddy & Me students to mentor children at the George L. Catrambone Elementary School. Buddy & Me service-learning partnership mentors elementary students in two neighboring elementary schools five days each week. The program continues to expand and is now supporting parents.

New Jersey Literacy Volunteers of America has partnered with buddy & Me and the Long Branch School District to offer English language classes to 30 parents each Tuesday and Thursday evening. Christina Barlik, a former buddy, had wished for support for parents. Her dream came true and now entire families in the Long Branch schools are able to access support.

The Buddy and Me celebration allows students to experience something they may never have had the chance to, had not been for this program. Many of these children come from a low economic background, some not knowing where their next meals are coming from. This celebration gives children a chance to forget that even just for a little while and enjoy themselves.



PHOTO TAKEN by Shannon McGorty

President Patrick Leahy read a book entitled *What do You Do with a Chance?* to fifth graders involved in the Buddy and Me program.

The Departments of Curriculum & Instruction and Special Education held the Buddy and Me event, a celebration for service-learning. Buddy & Me celebrated with the children from Amerigo A. Anastasia and George L. Catram-

room during the freshmen year and confirm a career in education. And that's what Morris did; only she chose one with a literary focus because Morris said, "I have a deep passion for literacy."

The Buddy and Me pro-

Through this program, the elementary students are taught how to make connections, how to trust, and how to understand, and that is the biggest thing learned in this program. Mr. Rod and Dr. Morris refer to the Buddy & Me partner-

The International Write In Across Campus

JENNA PUGLISI
STAFF WRITER

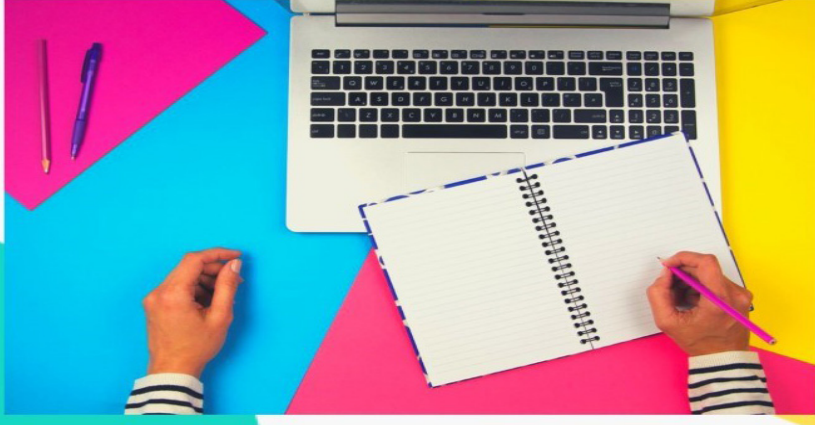
On Reading Day, Dec. 10, Monmouth will be participating in the International Write In. The event aims to provide students with supportive spaces to finish their final papers.

The event is sponsored by the First-Year Writing Program, Writing Committee, and Writing Ser-

vices. It will kick-off with keynote speaker Professor Claude Taylor at 10 a.m. in Library 101. Light breakfast refreshments and coffee will be served during his talk, entitled, "Seeing Yourself in Your Process: Writing, Identity and Lifelong Learning."

The Write In will take place from 11 a.m. to 5 p.m. in various locations across campus. Students

can stop by CSS Writing Services, Howard 207, Plangere 234, Library 033, or McAllan 227. Peers will be available to give writing advice, and brain-food will be supplied throughout the day. Students are encouraged to work at any of the locations as long as they need to – feel free to stay for just an hour, or full the full duration of the event!



READING DAY
12 / 10, 11 AM - 5 PM
CSS WRITING SERVICES
HOWARD HALL 207
PLANGERE 234
LIBRARY 033 &
MCALLAN 227

PHOTO COURTESY of Jenna Puglisi

Join the International Write In on Reading Day, Dec. 10.

Club and Greek Announcements

WMCX

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

Hawk TV

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

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum. If you are interested, please e-mail Caroline Mattise at s1102099@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!

The Monmouth Review

The Monmouth Review is an annual collaborative publication that showcases students' work and we would love to have yours! The deadline for the Monmouth Review has been extended. Art submissions can be sent to monmouthreview@gmail.com. Written submission can be sent to Melissa Lauria at s1152499@monmouth.edu

Career Services Presents Interns of Monmouth University

Kelly Cannizzaro

Major:
Business Administration
with a concentration in
International Business
Anticipated Graduation Date:
May 2020

Internship Title:
Strategic Marketing
Intern

Employer Name:
Nenkel Corporation

Employer Location:
Bridgewater, NJ

Internship Dates:
June 10 – Aug 30, 2019



Describe your role or a typical day.
I generally would arrive at the office between 8 and 8:30 a.m., grab a cup of coffee, check in with my manager and then get started on the items I needed to complete for that day. I often met with my manager throughout the day to attend conference calls with our other team members for the many different projects we were working on. I always enjoyed these calls because they were often with other team members around the globe including, China, India, Germany, Italy, Thailand and others.

How did you hear about or obtain this role?
My international finance professor Dr. Reyes told me about the internship and recommended I apply.

What were your major responsibilities at the internship?
One of the major responsibilities I was assigned during my internship consisted of conducting market research in North America as well as in other countries for the specific projects we were working on. Once the appropriate data and information was gathered, I then had to break down and analyze this information and convert the findings into understandable tables, graphs, and written reports to then present to the team. In addition to the market research I also worked on some of our digital marketing project initiatives.

What interested you about it?
What most interested me about the internship was Henkel’s rich history, and the opportunity it represented to work for a multinational corporation.

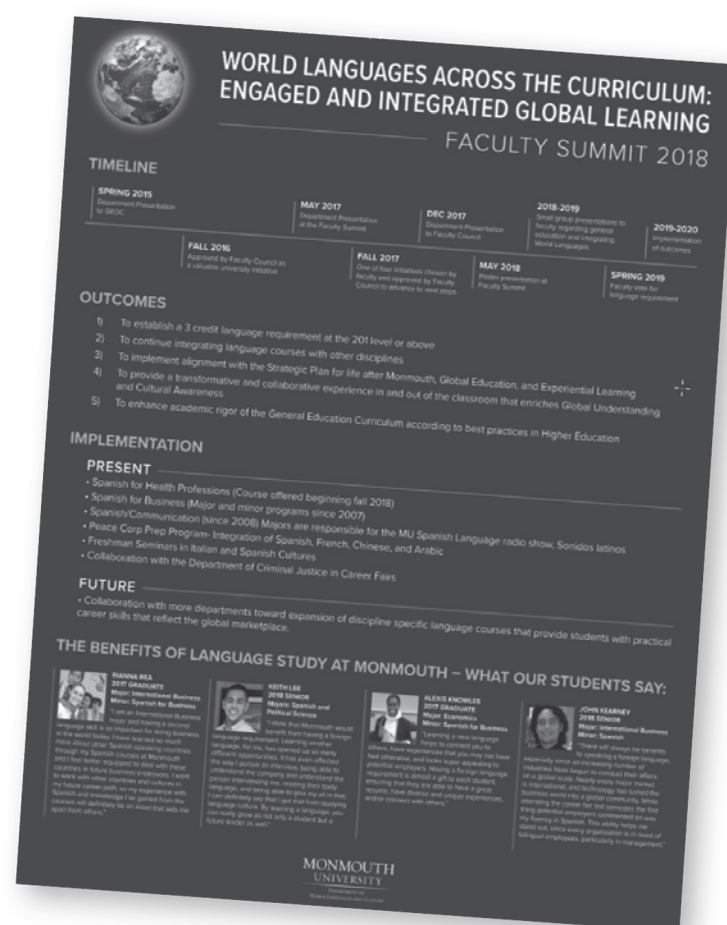
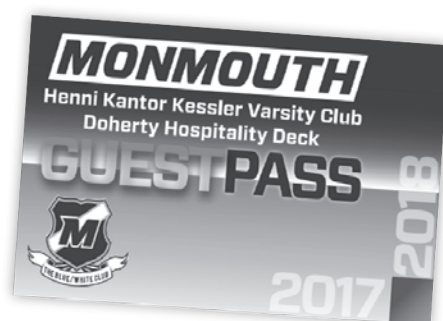
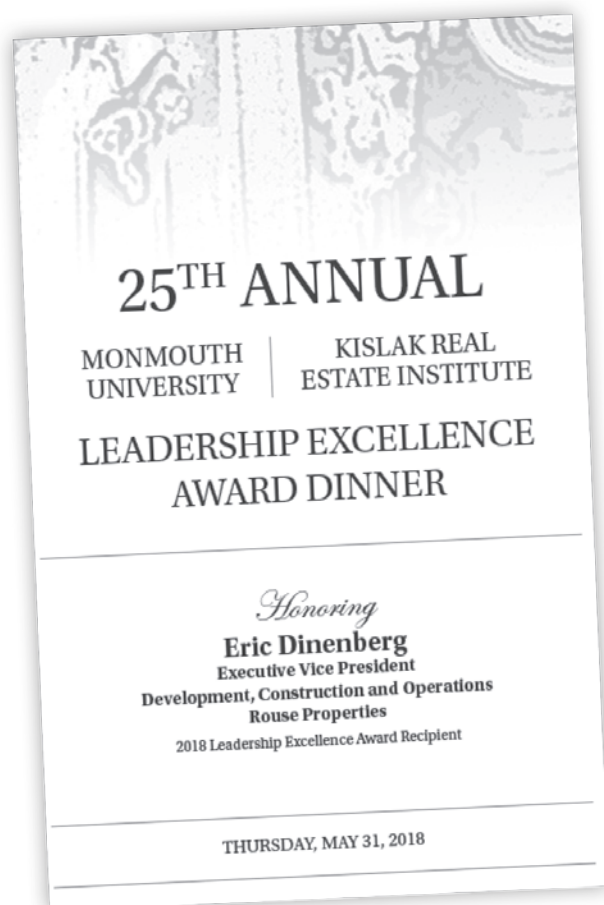
What did you learn through your experience? How can you relate this to your future career goals?
I have learned so much in such a short time here at Henkel. I have to give a great deal of credit to my manager Scott because he has not only been a manager but also a great mentor to me during my time here. He presented me with many challenging tasks that really gave me the opportunity to expanded my knowledge, test my capabilities, and in turn accelerate my growth as a professional. I have no doubt that the skills that I have acquired from this experience will be instrumental in the advancement towards my future career goals

What advice would you give to other students about the internship experience?
I would recommend that every student actively seek to complete at least one internship during their time as an undergrad and/or graduate student. The internship gives you a chance to actually apply the knowledge that you have learned, but also gain additional skills and experiences in the process that cannot be acquired from the classroom. It also provides an opportunity to figure out the type of things you would prefer to do in your career and are passionate about, as opposed to the things that you aren’t necessarily interested in. And finally, internships can also lead to more permanent positions within the company, which I am thankful to say has happened for me as a result of my internship here at Henkel.

For more information on how to obtain an intership, please contact careerservices@monmouth.edu in order to schedule an appointment.

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Football Wins First Ever FCS Playoff Game

MARK D'AQUILA
SPORTS EDITOR

11th ranked Monmouth football hosted and were victorious in their first ever Football Championship Subdivision (FCS) playoff game against visiting Holy Cross on Saturday 44-27 as senior captain linebacker and FCS New Jersey Player of the Year Evan Powell anchored the defense with two interceptions.

Powell's first multiple interception game of his career got off to a quick start on just their second defensive possession of the game as the team captain read the opposing quarterback like a book dropping back into the defense to pick off the pass and change momentum early on.

"I think that what is key is that we have confidence in each other, we can rely on each other," said Powell. "No matter who is in the game, we have a bunch of guys and we do not miss a heartbeat. Our cohesiveness and our confidence help out as a unit."

From here the Hawks' offense took advantage as after a long rush from fifth year quarterback Kenji Bahar, junior wide receiver Lonnie Moore IV took an end around reverse handoff from 17 yards out to give MU the early 7-0 advantage.

Both defensive pass rushes were on point early on forcing a variety of punts in the first quarter of play as Monmouth went into the first intermission leading by a mere 7-0 margin.

After an underwhelming Holy Cross punt set Monmouth up with excellent field position, senior kicker Matt Mosquera capitalized from 30 yards out for the first of his three field goals on the day to



PHOTO TAKEN by Patrick Tewey

Junior running back Pete Guerriero carried the ball a career-high 31 times for 220 yards and three touchdowns, including a 68-yard sprint down the sideline in Saturday's win over Holy Cross.

make it 10-0.

From here Powell completely took over the game with his second interception of the first half to set Monmouth up with phenomenal field position yet again resulting in a beautiful touch pass from Bahar to junior wide receiver Terrence Greene Jr. from 20 yards out pushing the lead to 17-0.

The Big South Offensive Player of the Year Bahar finished Saturday's playoff game with 249 passing yards on 19-of-32 passing and a touchdown despite playing through what appeared to be an aggravated leg due to a run early in the first half.

After the Crusaders went three and out again on their next pos-

session, junior running back Pete Guerriero broke the long of his three touchdowns on the day down the sideline for a 68-yard score to make it 23-0. The junior running back from Lyndhurst, New Jersey had yet another career-best performance carrying the ball a career-high 31 times for 220 yards and three scores.

After the Monmouth defense gave up their lone points of the first half on a 7-play 71-yard drive by Holy Cross, Mosquera closed out the half by nailing a long, 47-yard field goal to make it 26-7 heading into the locker room.

The second half opened with a Holy Cross touchdown, but Monmouth responded quickly scoring on their next drive to go up 34-13 after several Bahar completions led to a 34-yard Guerriero touchdown.

Following Mosquera's final field goal of the game, Guerriero piled on the last of the Hawks points in the fourth quarter on a one-yard touchdown up the middle out of wildcat formation to make the final score 44-27.

"I think that people say we are a small school, but we play every game with a chip on our shoulder," said Guerriero. "We play every game with something to prove. We've just got to keep it rolling and going forward and no matter who we are up against, we can continue making plays. It is about proving to everybody that no matter what size school you are, you can make plays, and as a whole offense, we have shown that."

The defensive effort was headlined by senior linebacker Da'Quan Grimes who totaled eight tackles including 1.5 of them coming for a loss while fifth year defensive back Matt Castonuova also tacked on five tackles himself including the Hawks third interception of the game.

Head Coach Kevin Callahan will now lead his troops down to Harrisonburg, Virginia to face the second seeded Dukes of James Madison in the second round of the FCS Playoffs with kickoff slated for 1:00 p.m.

Women's Basketball Splits in San Diego

CARLY STEAKIN
ASSISTANT SPORTS EDITOR

Women's basketball split in the University of San Diego Thanksgiving Tournament this weekend in San Diego, California with a 49-57 loss against San Diego on Friday night and a 60-46 victory over Purdue Fort Wayne on Saturday night, earning the team their first win of the season.

Monmouth started strong and shot 13-26 or 50 percent in the first half, but only shot 4-25 or 16 percent in the second. The Hawks also went 7-17 from the free throw line.

Senior guard Akilah Jennings was tough in the first half with nine points and five points in the second half. She matched her career high with 14 points for the night. Jennings has averaged 10.3 points in her last three games.

Senior guard Sierra Green led the team with 16 points in the game. She put up eight points in the first half and eight more in the second. Impressively, this is the 26th time Green has scored double figures in 35 games.

Sophomore forward Lucy Thomas led the team in rebounds with seven in the contest.

"We had moments where we played well and battled back a couple of times. Defensively, we were able to create some turnovers to get some momentum, but we just couldn't sus-

tain it," said Head Coach Jody Craig. "We keep making poor decisions on offense and turn the ball over at inopportune times. We just weren't in sync on both ends of the floor. This was a frustrating loss."

Following the loss, Monmouth went on to face Purdue Fort Wayne the next night.

The Hawks were able to pull out a win, earning them their first victory of the season.

Redshirt sophomore guard Jen Louro took a 2-0 lead after free throws before the contest even started, as Purdue Fort Wayne was called for a technical due to equipment violations.

The Hawks' strong defense was able to hold the Mastodons to 17-52 (33 percent) from the floor and 5-26 (19 percent) from the three. The team shot 33.8 percent for the night.

At the end of the first quarter, the Hawks' led 12-6, forcing their opponent to shoot at just 15 percent. Going into halftime, Monmouth was in the lead by a score of 24-15.

The Hawks dominated late in the game, scoring the first six points after layups in the third quarter coming from sophomore guard Alexa Wallace, Jennings, and Louro. After five straight points from Green in the last minutes of the third quarter and a three from Louro at the buzzer, the Hawks went into the final quarter leading 45-28.

Monmouth went on a 7-0 run in the middle of the fourth

quarter to make the score 57-34. Purdue Fort Wayne was able to outscore the Hawks 12-3 in the fourth, but Monmouth was able to secure the 14-point win.

Louro had an incredible night and put up a career high 24 points. She went 8-16 from the paint and 6-13 from deep.

Jennings had eight points in the contest and a career high eight rebounds. Green had nine points for the night, as well as three assists.

"This trip is helping us find ourselves, and we need contributions from everybody," said Craig. "We had a lot of players

ready to contribute today, and that's a tribute to our character as a team. We're just trying to learn to play 40 minutes."

The Lady Hawks improve to 1-4 this season and will travel to take on #24 Arizona on Monday, Dec. 2 at 8:30pm in Tucson, Arizona.

"This trip is helping us find ourselves, and we need contributions from everybody."

JODY CRAIG
Head Coach



PHOTO TAKEN by Karlee Sell

Redshirt sophomore guard Jen Louro dominated Saturday's contest, putting up a career-high 24 points in order to secure the Hawks' 60-46 win over Purdue Fort Wayne.

Men’s Basketball Opens Home Play 2-0

JACK MURPHY
STAFF WRITER

Men’s Basketball won both of their games at home this past week, defeating Radford 80-63 on Tuesday and beating Norfolk State by a slim margin of 75-71 on Wednesday. Monmouth got off to a fast start against Radford as they started off the contest on a 13-4 run. Radford would then answer back with a 10-0 run putting them in front. With the game tied at 24, the Hawks were able to score six unanswered points. By the end of the half, Monmouth held a 39-35 lead thanks to a pair of free

throws by senior forward Mustapha Traore. Radford started the second half by scoring the first six points which ultimately gave them a one-point lead. Junior guard Deion Hammond went on a small run that pushed the Hawks lead to seven. The Hawks then began to pull away as they were up by 14 with less than five minutes in the game. Monmouth only allowed six points in the final 3:27 against Radford in route to their win. “Tonight, our first home game, so many people showed up and our kids were just not going to be denied,” said Head Coach King Rice.

“I’m glad that our older guys really carried the load for us the group is fun, it’s a long year but we will fight and battle for the Monmouth Hawks and the fans.” Monmouth dominated just about the entire game as they were only trailing for a total of 1:15. Leading the Hawks were Hammond who finished with a team high 20 points in 32 minutes of action. Traore also had an impressive performance as he logged a double-double with 16 points and a career high 14 rebounds. “We’ve been on the road a lot so coming back home felt really amazing. I was excited and

I was able to show it tonight,” said Traore. With Tuesday’s performance, Traore now has two double-doubles in his career, his first since 2017 against Yale. The blue and white shot the ball very well against Radford. The Hawks shot 49 percent from the field as well as 42 percent from three as a team. They also out rebounded Radford 42-36. In their game against Norfolk State, the Hawks had the advantage in the first half. By the end of the period, the Hawks took a five-point lead to the locker room and only trailed for a total of 13 seconds. With 9:42 left to go in the game, the blue and white had a 10-point cushion. However, a 13-4 run by Norfolk State made it a one-point game with only 4:59 to go. The Hawks then responded with the next seven points including five of them from Hammond who finished the night with a team high 24. The Spartans did not go down without a fight, they were only down by two with eight seconds remaining. Hammond however drilled a pair of free throws to seal the Hawks second win in a row. With Wednesday’s performance, Hammond has now scored 20 or more points in three consecutive games. “We got to finish two at home and hopefully that sends our kids home with a Happy Thanksgiving,” said Rice. “We really played a good



PHOTO COURTESY of Monmouth Athletics
Junior guard Deion Hammond scored 24 points for his third consecutive 20 point performance in Wednesday’s 75-71 victory against Norfolk State.

All-East Honors For Cross Country

GEORGEANNE NIGRO
CONTRIBUTING WRITER

The men’s cross-country team was led to fifth place by sophomore Louis DiLaurenzio last weekend at the Cross Country IC4A Championships in Bronx, New York. The women’s team, led by freshman Sammi Ragenklint, placed in sixth. Saturday, Nov. 23 was an action-packed day for the blue and white. The Hawks end their cross-country season with strong finishes and places at the Cross Country IC4A Championships. Ragenklint was able to finish, as the second among freshman in the race, placing sixth in the 5K with her time of 18:22. “Both teams raced strategically well and moved up throughout the competition,” said Head Coach Mike Nelson. “They showed a lot of heart and resilience. In our program, we talk a lot about racing with intelligence, toughness, and confidence. That’s exactly what they displayed today.” Ragenklint finishing sixth place is the highest a woman on the Monmouth team has ever placed at the Cross Country IC4A Championships. Ragenklint also set a record for the women’s team with her time of 18:22 at Van Cortlandt Park. This record was set in 2011 by Jennifer Nelson. The women’s second to finish was junior Melanie Pfennig. Pfennig placed 37th and her time was 19:09. The next two to finish were junior Alyssa Repsher and freshman Jenny Travares, and they finished with a time of 19:26. Junior Natalie Tavares was the fifth to finish for the



PHOTO TAKEN by Karlee Sell
Sophomore Louis DiLaurenzio led the men’s cross country team to fifth place last weekend at the Cross Country IC4A Championships in Bronx, New York.

Hawks at a time of 19:36. Pfennig and Ragenklint both earned All-East honors for their finishing positions. Monmouth’s women cross country team moved up to fifth from 13th since last year’s race, and their top five average time was 19:11.8. The Monmouth University women’s team time average is now the fourth best in Monmouth history at Van Cortlandt Park. Men’s Cross Country was led by DiLaurenzio, placing 19th in the 5k with a time of 25:22. DiLaurenzio’s finishing time earned him a top five position in history at this prestigious race.

The next three to finish for the Hawks were also sophomores. James Hoffman finished with 26:05, then followed Carrington Retzios with a time of 26:07, and the last of the three sophomores was John Spinelli finishing with a time of 26:24. The final man in the top five to finish the five-mile race for the Hawks was senior Henry Sappey. Three sophomores, DiLaurenzio, Hoffman, and Retzios, all earned All-East honors for their finishing times. These three All-East honorees join senior Ryan Rafferty, Kyle Mueller, and Ryan Mitchell as the only Monmouth students to have ever earned this

type of acknowledgment. “I am so grateful to work with these outstanding student-athletes,” said Nelson. “They bought in from day one and made my transition to Monmouth very smooth. We made a lot of progress this cross country season and that is really going to pay off in track.” With Monmouth University’s cross country team finishing strong, more is coming up with the Indoor Track season kicking off. The season starts this weekend on Saturday Dec. 7 and Sunday Dec. 8 as Monmouth hosts the meet at the OceanFirst Bank Center Classic.

WEEKLY RECAP

Friday, Nov. 22
M/W Swimming vs St Francis Brooklyn
Men W 156-98
Women W 140-121
Freshman Tahlia Botha set two new school records in the 200-yard breaststroke and the 200-yard IM. Freshman Blake Reynolds won two races.

Sunday, Nov. 24
Bowling
UMES Hawk Classic
Monmouth has a 5-8 record for the three-day tournament with wins over #7 Maryland Eastern Shore and #14 Tulane. Sophomore Saige Yamada earned a spot on the All-Tournament Team and placed second.

basketball game today, and after the first half, that might have been our best half of basketball,” continued Rice. Junior guard Ray Salnave recorded five assists for the third time this season and Traore recorded double-digit points for the fourth time this year. After nine games this month, the Hawks final record for November is 4-5. The Hawks have a long break as their next game is not until Dec. 10, when they take on the Ivy League’s Princeton at their home court at 8:00 p.m.

UPCOMING GAMES

- Friday, Dec. 6**
M/W Swimming
ECAC Championships
East Meadow, NY TBA
- Saturday, Dec. 7**
M/W Swimming
ECAC Championships
East Meadow, NY TBA
- Football vs #2 James Madison
NCAA FCS Playoffs
Harrisonburg, Virginia 1:00 p.m.
- Women’s Basketball vs Lafayette
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.
- M/W Track
OceanFirst Bank Center Classic
West Long Branch, NJ 6:00 p.m.
- Sunday, Dec. 8**
M/W Swimming
ECAC Championships
East Meadow, NY TBA
- Tuesday, Dec. 10**
Men’s Basketball vs Princeton
Princeton, NJ 8:00 p.m.

*conference games



SWEET SIXTEEN



Monmouth football advances to the Sweet Sixteen of the 2019 NCAA FCS Playoffs after winning their first ever playoff game with a 44-27 home victory over Holy Cross on Saturday where Senior linebacker Evan Powell had two interceptions.