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Health Experts Advise Against Travel and Large Gatherings this Holiday Season

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It's still the most wonderful time of the year for many, even during a global pandemic. However, this might not be the year for the large family gatherings and traveling typically associated with the holidays.

As the Centers for Disease Control and Prevention (CDC) states on their website, cases rise as people spend more time gathering indoors due to the cold weather. New Jersey Governor Phil Murphy signed an executive order, effective Nov. 17, lowering the indoor gathering limit from 25 to 10 people as COVID-19 cases rise in the state.

Infectious disease expert Dr. Anthony Fauci told *USA Today*, "As we get into the

colder weather, we should really think twice about these kind of dinner parties where you're not sure of whether the people that are in your bubble (are safe). Then you're going to start seeing these unanticipated infections related to innocent home gatherings, particularly as we head into the holiday season."

Nikki Ortt, a senior English student, is one of many students avoiding large family get-togethers during this untraditional holiday season. "I'm just celebrating with my immediate family in my household," she said. "This year due to COVID, we aren't going through with our Christmas Eve tradition in person...I don't think my grandma will be celebrating with us this year."

"On a normal year, my house will be filled usually with at

least 15 people, but this year only five," said senior English student, Hunter Rose Kruse, who is only celebrating with her family that lives at home.

Students like Ortt and Kruse have had to find creative new ways of staying connected with extended family. "We are going to do Secret Santa via Zoom and have the presents dropped off at the houses secretly and open the presents on Zoom," Ortt said.

Specialist Professor of Nursing, Patricia Dempsey, also recommends virtual holiday celebrations. She said, "Winter break has traditionally been a time to visit friends and family. This year, instead of gathering inside houses, consider meeting friends and loved ones



PHOTO TAKEN by Melissa Badamo

Health experts recommend avoiding traveling and large get-togethers this holiday season to prevent the spread of COVID-19.

HOLIDAY cont. on pg. 9

NJ Mandates Climate Change Curriculum

RIYA AJMERA
CONTRIBUTING WRITER

The New Jersey Department of Education's mandate establishing climate change as a requirement for NJ elementary, middle, and high school curriculums will go into effect beginning in the 2021-2022 school year, according to nj.gov.

"An Interdisciplinary Approach to Teaching Climate Change in NJ Classrooms" was held as part of the University's Climate Crisis Teach-Ins week, from Monday, Oct. 26 to Friday, Oct. 30. Presenters included Associate Professor Jiwon Kim, Ph.D., Lecturer Michelle Schpakow Ed.D., and senior students Alexandria Marchesani, Brielle Sadowski, and Mary McGee. The discussion to integrate climate change into NJ classrooms was held on Wednesday, Oct. 28.

One topic examined was of the various ways that climate change can be incorporated into different subjects taught in schools. Schpakow, Science Education Lecturer of the Department of Curriculum and Instruction, said that teaching climate

change is not limited to social studies and science. Subjects such as math can help students learn to analyze models and data, and art could help draw attention to the issue in regard to climate change.

"Education on climate change is extremely important for younger generations. This generation will grow up one day and become the world's doctors, politicians, scientists, etc. Thus, they need to be informed of what climate change is and how they can slow the harmful effects of climate change," said Alexandria Marchesani, a senior majoring in Interdisciplinary Studies For Elementary Educators, who has taught topics of climate change and applied some of her prior teaching experience to the issue. "Younger children are motivated by learning new material because they have a lot of 'why' questions. Thus, as a teacher, you need to take these questions and extend both students' interests and knowledge."

Developed curriculums were then proposed to present the different ways that climate change can be taught in a

CLIMATE cont. on pg. 3

New "Trials of the Century" Course Taught by Award-winning Journalist

ABIGAIL BROOKS
CONTRIBUTING WRITER

Emmy and Peabody award-winning journalist, documentary producer, trial attorney, and author Jack Ford joined the University as an Adjunct Professor this fall to teach his seminar, *Trials of the Century*, to students in the Honors School.

Ford has been teaching the course periodically for the past 14 years, starting at Yale University and traveling to other esteemed institutions, most recently New York University.

"The course came from a series that I did for the *Today Show* back when I was covering the O.J. Simpson trial. I was working for *NBC News* as their chief legal correspondent, and people were referring to the O.J. Simpson case as the trial of the century. I got curious and started to take a look at some other so-called trials of the cen-

tury," Ford said. "I thought at the time if I could ever have enough control over my schedule that I could commit to one day a week every week that this would make a really interesting college seminar."

Ford explained that the course looks at 12 different trials spanning about 100 years. Some of the trials covered in the class include the O.J. Simpson Trial, the Scopes "Monkey" Trial, the Lindbergh Kidnapping Case, and the Rosenberg Espionage Case. "They each have a different approach to issues that were important at the time," he said. "It's a much broader picture than just looking at the trial itself. The trial is the prism through which we can learn about ourselves during that period of time."

Ford continued, "Even though some of these trials might be 100 years old, in each of the trials there are still issues that resonate with us today, issues that we're still



PHOTO COURTESY of Stephen Lacko

The new honors course, currently taught by journalist and trial attorney Jack Ford, may return for the spring semester.

struggling with as a nation, as a society, and as a culture. So, even though we're looking at these instances that took place in the past, they're teaching us a great deal about who we are

TRIALS cont. on pg. 2

INSIDE:

NEWS

University Ranked Among Best Colleges For Anthropology

Pg. 2

FEATURES

Political Science Student Worked with the *Associated Press* to Count Votes on Election Day

Pg. 9

SPORTS

Changes to Football Practice Amid the Pandemic

Pg. 18

INDEX

News	2
Opinion	5
Editorial	6
Politics	7
Features	8
Viewpoints	10
Club & Greek	11
Entertainment	12
Lifestyles	14
Sports	18



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University Ranked Among Best Colleges For Anthropology

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In CollegeFactual's 2021 ranking of the Best Colleges for Anthropology, Monmouth University placed #8 out of 125 colleges and universities across the United States, an honor reserved for the top 15 percent of schools. CollegeFactual considered a variety of elements to determine their rankings, including available scholastic resources, the percentage of students who complete their degrees, students' post-graduating earnings, and the program's accreditation.

In response to this recognition, Richard Veit, Ph.D., Dean and Professor of the School of Humanities and Social Sciences, said, "It is thrilling to have Monmouth University's Anthropology Program recognized as one of the finest in the nation." Veit emphasized that this award rightly spotlights the school's commitment to deliver quality education, largely due to the dedication of its staff.

"Our anthropologists, Professors Bludau, Davidov, DelPrete, Heinrich, and Nappi, as well as our faculty colleagues in History and Geography, have built a program that we can all be proud of," stated Veit.

Chris DeRosa, Ph.D., Associate Professor and Chair of the History and Anthropology, mirrored Dr. Veit's sentiments, explaining that the school's ranking has "a lot to do with our archaeological students moving into dynamic careers in the field shortly after graduation."

"That's a credit especially to

Dr. Veit, who, in addition to being Dean of the School of Humanities and Social Sciences, is also our longest-serving archaeologist. There are a lot of Monmouth Hawk archaeologists out there who learned their trade by studying with him," said DeRosa.

The University's Anthropology faculty has made it a point to pursue off-season field studies and encourage internships so as to prepare their students for life after Monmouth.

According to Maryanne Rhett, Ph.D., Professor and Director of the Graduate Program in History, "All of our full-time Anthropology faculty— Professor Nappi, Dr. Davidov, Dr. DelPrete, and Dr. Bludau, alongside Dr. Heinrich and Veit— are exemplars of student-centered teaching and learning that have helped the Anthropology program earn this ranking among seriously prestigious programs."

Rhett also contributed this award to the school's pursuit and addition of the Masters in Anthropology degree, thereby giving students the opportunity for further continuation in their studies.

Nonetheless, DeRosa attributed this particular honor to the School of Humanities and Social Sciences as a whole. "We offer courses that are taught with compassion and rigor— students and faculty both contribute to that atmosphere. The study of anthropology gives rein to students' wide-ranging curiosity about the human experience."



PHOTO COURTESY of Anthony DePrimo

The University placed eighth out of 125 colleges and universities across the United States for best anthropology-based college.

Award-winning Journalist Teaches Class on Famous Legal Trials

TRIALS cont. from pg. 1

today and where we might go in the future."

Trials of the Century was initially being taught in person, but has underwent intermittent changes due to fluctuations in COVID-19 cases on campus. "I was pleased that we were able to start in person so that I got a sense of who all of the students were. We got to know each other a little bit even though we were all masked, which made for a somewhat bizarre social dynamic. I think when we shifted to remote learning for those couple of weeks, we were able to preserve that sense of intimacy and engagement that was brought to the course," Ford said.

Sophomore biochemistry student Julian Rebelo is one of the 16 students enrolled in Trials of the Century. "I wanted to take this course because I've always had a strong fascination with the true crime genre and wanted to educate myself more about it," explained Rebelo. "When [the Honors School] announced that this course was coming to Monmouth, it stuck in the back of my mind to take it if it was available despite the fact that it doesn't really apply to my major. I don't regret taking it, either. I've thoroughly enjoyed the course so far and have learned a lot from Professor Ford."

Ford isn't new to the Monmouth University community. "I've always

had a very strong affinity for Monmouth. I was on the board twenty some years ago, I've lectured here periodically about different subjects over the years, and I'm a fan of Monmouth sports," he explained. "When President Leahy became the president, I got to know him and had great respect for him. He and I chatted about the course when he learned I had taught it at Yale, and he asked me what I would think about doing it at Monmouth. I said you know what, I have been teaching at NYU the past couple semesters and for a number of reasons I decided not to do that this fall, so this would be a perfect time to come to Monmouth. So, we set it up with Dean

Nancy Mezey at the Honors School and she and I hammered out the details."

"I know Jack Ford through Monmouth events and knew that he taught this class elsewhere, and I really wanted him to teach it for the Honors School," said Nancy Mezey, Dean of the Honors School. "He's been a friend of Monmouth and has been involved with Monmouth for a long time."

Mezey continued, "When I moved into this position as Dean of the Honors School, we kept up contact and he expressed interest in teaching at Monmouth. He just wanted to make sure that the students that were taking the class were taking it because they were really interested in the subject mat-

ter. We both agreed that the Honors School would be a really good place for the course."

"Having shifted from NYU to Monmouth, I've found that teaching the course here has been more enjoyable," said Ford. "Not to demean the students at NYU or the teaching experience there, but by comparison I'm thoroughly enjoying doing it here at Monmouth. I've been so pleased with the quality of the students. I could not be happier about saying I would teach at Monmouth this semester."

Mezey said that the course sparked the interest of a lot of honors students, but that many did not have room in their schedule since they were still on the 128-credit program. "With the switch to the 120 credits, that opens up quite a bit for us," she said. "We could pretty easily run this course again and give some students an opportunity to take the class, as long as Professor Ford is willing to teach it and our students maintain interest."

"We had set it up saying that we would do it for one semester and see how it works for me from my schedule," said Ford. "I know that I only committed to one semester here, but I would absolutely have the intention of sitting down and talking to President Leahy about the possibility of continuing and perhaps doing it again next fall."



PHOTO COURTESY of Anthony DePrimo

Ford's class covers 12 different trials over about 100 years. His inspiration began while working for NBC News as their chief legal correspondent.

Environmental Lawyer Gives Lecture On Seaweed Industry

ALEX DYER
ENTERTAINMENT/ASSISTANT NEWS
EDITOR

As part of the Urban Coast Institute's Marine & Environmental Speaker Series, environmental lawyer Ethan Prall asked and discussed possible answers in regards to seaweed being a fish, giving a virtual lecture about the growth of the seaweed industry on Tuesday, Nov 10.

Prall, a Washington, D.C.-based environmental lawyer and policy advocate for Latham & Watkins LLP, believes there can be a range of significant environmental benefits from commercial seaweed fisheries, both from live seaweed and products made from it.

"Seaweeds absorb a lot of carbon dioxide and have the potential to be used in products like biofuels that reduce emissions," he said. "They can also be cultivated through aquaculture or other means to 'offset' carbon emissions from other sectors, since they absorb so much carbon dioxide. And, because of their natural properties, they can also help combat negative climate effects like acidification in the ocean."

Earlier this month, Prall remotely visited Monmouth University's Urban Coast Institute (UCI). Registered students and faculty joined a Zoom meeting to hear Prall's lecture, "Is Seaweed a Fish?," which proposed alterations to the Magnuson-Stevens Act (MSA)—a piece of legislation which regulates coastal US fisheries—to allow for expansion of the seaweed industry.

Prall admits that the fledgling industry is in uncharted waters, but remains optimistic about its potential.

"I think we'll have to wait and see how much the seaweed industry grows in the coming years in federal waters," he said. "But, it seems important to minimize regulation of the industry at least initially, because it can have significant climate change benefits."

The presentation argued that the MSA, which calls for the regulation of coastal fisheries, contains language that allows for seaweed to be harvested in these facilities in addition to organisms that are traditionally considered "fish."

According to Prall, the Act defines "fish" as: "finfish, mollusks, crustaceans, and all other forms of marine animal and plant life." "So," said Prall, "we can see right away that the Magnuson-Stevens Act has language built-in to account for forms of sea life that can be harvested that aren't strictly 'fish.' In fact, NOAA has existing discretion under the Act to let seaweed fisheries grow and experiment without heavily regulating those fisheries, at least at the outset."

What Prall and his colleagues intend to do, regarding this clause in the MSA, is lobby for the consideration of seaweed cultivation under the same regulations as marine animal aquaculture.

Prall argued that the National Oceanic and Atmospheric Administration (NOAA) can take a "light touch" to its fishery regulations that could benefit the economy and environment by al-

lowing seaweed to be harvested commercially. He explained that there are two main ways to allow for experimental seaweed harvest under the MSA. The first option is to alter regulatory language in the MSA which allows "an individual fisherman" to "participate in [a] fishery unless regulatory action is taken to prohibit [the participation]," as long as proper authorities are notified. In the presentation, Prall suggested that the term "an individual fisherman" be changed to "any person," thus broadening the scope of individuals who can use the fisheries and condoning the harvest of certain species of seaweeds.

"The second option," Prall said, "is less about the regulatory language of the Magnuson-Stevens Act and more about the NOAA and

more regional Fishery Management Councils exercising their discretion until management plans can be made for regulating seaweed-specific fisheries."

"Currently, there is no apparent risk of overfishing seaweed in federal waters," Prall said. "This is encouraging because that's what a majority of these fishery management plans (FMPs) are focused on. Since overfishing seaweed is virtually impossible here, the NOAA can allow harvest to go forward without FMPs for now."

In a 2017 article from the European Journal of Phycology, Michéal Mac Monagail, Lynn Cornish, Liam Morrison, Rita Araújo, and Alan T. Critchley claimed that the seaweed industry's rapid growth warrants "[t]

he increasing demand for seaweeds as food products can only be adequately met by cultivation, and the high production and cultivation costs are offset by the higher market prices achieved for [seaweed]."

Though not in attendance, James Nickels, a Marine Scientist for the UCI, echoed Prall's sentiment. "On a small scale, seaweed harvesting has been done at various places around the world for centuries with very little impact," he explained. "As you try to ramp up to large-scale commercial operations there are always pluses and minuses."

"Seaweed farms can help reduce toxic nutrients in the water, fix large amounts of carbon dioxide, and provide habitat for other organisms," Nickels continued. "On the negative side, though, you face possible entanglement issues for large animals, noise from operations, potential introduction of non-native marine species, and habitat damage."

"There could perhaps be some environmental consequences if the commercial seaweed industry reaches a very significant size in federal waters," Prall said of these possible negative implications, "but it's not even clear yet that we know what that size would be. Plus, aquaculture harvest in pens and enclosures can minimize effects on other species like fish and turtles."

"None of the negatives are insurmountable and with proper regulatory oversight and continued research this could definitely be the wave of the future," said Nickels.



PHOTO COURTESY OF PEXELS.COM

Prall believes there can be a range of significant environmental benefits from commercial seaweed fisheries.

Climate Change Now Required For NJ Schools

CLIMATE cont. from pg. 1

classroom setting. Marchesani discussed a lesson plan suitable for third graders that would focus on student reflection upon the topic of climate change. The first lesson would touch upon what causes climate change and its effects, followed by a second lesson that focused on ways to reduce personal consumption, and finally a school assembly where students would present their personal action plan to inform their community.

Brielle Sadowski, a student majoring in Interdisciplinary Studies For Elementary Educators, presented a curriculum for a fourth-grade class tending to the English Language Arts (ELA) and Math integration aspect. Sadowski explained that the ELA lesson plan would include learning vocabulary related to climate change. Books such as *The Magic School Bus* and *The Climate Change* would also be read to students to illustrate different actions that have an effect in the environment. As for the math aspect, Sadowski discussed how mathematical operations would be used to calculate carbon footprints for each student and to formulate a class bar graph with the data.

Presenters were asked for their thoughts regarding educators who were opposed to teaching climate change in their classes. "[Some] of the instructors do not want to

include it because they feel it is not their job and not a part of their curriculum," replied Schpakow. "New Jersey standards are changing; even if teachers are not for it, they have to stick to the standards. Activities can be adjusted, but you have to stick to the discipline."

Associate Dean of the School of Science, Catherine Duckett, Ph.D., weighed in on the question. She said, "[From] my perspective as a teacher, I think to most of those that say climate change isn't important, what part of climate change are you afraid of? What part of climate change makes you uncomfortable? Discussing climate change may help relieve those [people]."

"The climate crisis is going to change all of our lives; but younger people will live longer with the consequences of climate change, so they need to know more about how their future will change, and how it might be improved by climate mitigation," Duckett said. "We also have the responsibility to teach students that although climate has changed in the past, when it has changed very rapidly, biological species have not been able to adapt quickly enough and there have been many extinctions... it is totally unethical to not teach children about the climate crisis. It is a huge problem and mostly they will have to make their way in a world where the patterns for problem solving of the past—those established by my generation and previous genera-

tions—just do not work."

On the issue of climate change, Duckett said, "I accept that it is a crisis, and that many humans will die from [climate change] even if we address it seriously now. If we do not address the cause of climate change, carbon dioxide and methane emissions seriously and vigorously, the natural world is going to change beyond all recognition in the lifetimes of current MU students."

John Morano, Professor of Journalism, is the author of an environmental book series that uses endangered species and imperiled habitats as his main characters and primary settings. He visits schools of all levels regularly to discuss issues of climate change. "I would strongly agree with Dr. Duckett that teaching climate change is a moral imperative. We are in the midst of a mass extinction, largely driven by human activities. For serious educators not to bring the discussion into their classrooms, regardless of discipline, is short sighted, to say the least," Morano said. "When I visit schools to discuss my books, I'm often bounced from English classes to environmental science classes to journalism classes. The one thing all these visits have in common, is that we are discussing the effects of climate change. This issue demands an interdisciplinary approach."

Presenters were also asked of their thoughts on how they felt about the University's contribution to climate change. "I would

want more teachings to be implemented into Monmouth University's classes because personally, I know some students who do not believe climate change is real. This is truly upsetting because climate change is real, and it negatively affects every human on Earth," said Marchesani.

In response to the same topic, Schpakow said, "I think climate change instruction is vital to younger students in NJ because they are already growing up in an environment affected by climate change, and they will need to know how to respond to problems it produces in the near future. This instruction should be continued through the college level, including classes at Monmouth University."

Along with seeing an increase in awareness within Monmouth, the presenters were generally seeking an inspirational impact from the teach-in. "More recently, climate change has been denied and rejected by many even though those individuals are being affected by climate change as we speak," Marchesani said. "Therefore, as an education major, I want to inform younger generations about the facts of climate change and that climate change is real. Thus, this will eliminate wrong opinions about climate change and will only focus on the scientific facts."

Schpakow added, "I think the main take-away should be that climate change instruction is a

shared responsibility and we all have to do our part. The changes to the standards are the first step toward reminding teachers that the crisis affects everyone and therefore needs to be addressed across the board rather than ignored under the assumption that 'someone else' will teach it eventually."

Associate Professor of Social Studies and Foundations of Education, Jiwon Kim Ph.D., is preparing for a new course called, "Educating for Sustainability" to teach students sustainable development goals and train them to educate such goals. She said, "[The] School of Education is launching a conference, 'Sustainability Education Week,' inviting educators, students, schoolteachers, and environmental education experts. I anticipate this will contribute to a collective action by our University and community."

Kim said, "NJ is the first [state] in [the] nation that requires climate change and prompts action in curriculum across grade levels and subject areas. This is a very important and inspiring step, but successful and meaningful implementation in all classrooms should follow. I hope our presentation could give awareness and knowledge to all the attendees who are educators somewhere, whether in college, future K-12 classrooms, workplaces, or community."

Kristen Bluemel, Ph.D., Awarded Newcastle Professorship

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EDITOR

Kristen Bluemel, Ph.D., a Professor of English, was recently awarded the Leverhulme Visiting Professorship at Newcastle University, where she will undertake projects focused on the impact that 18th century wood engraver Thomas Bewick had on British book printing.

Her proposed projects will transcend disciplinary bounds, culminating in the emerging field of rural humanities. “I have for the last few years been at the forefront of defining rural modernity for literary scholars, and I hope now to extend those ideas to Newcastle University scholars working in various rural institutes devoted to rural economic, business, music and art studies,” she explained.

To this effect, Bluemel will undertake several public initiatives. She will work to initiate youth programs with the curators at Bewick’s Homestead in the Tyne Valley, Cherryburn, run by the National Trust, and restore their printing program for adult patrons. She will also deliver a series of lectures at Newcastle University and local museums, as well as facilitate internship and research opportunities for Newcastle graduate students in the Bewick archives of the Natural History Society of Northumbria at the Great North Museum.

Bluemel is the Wayne D. McMurray Endowed Chair in the Humanities. Rich Veit, Interim Dean of the School of Humanities and Social Sci-

ences, said of Bluemel, “She is one our star faculty members and a renowned teacher and scholar.” The position she won as a Leverhulme Visiting Professor is a “distinct honor and speaks to her considerable talent as a scholar,” he added.

The English Honors Society Sigma Tau Delta wrote in a statement to *The Outlook*, “We would like to congratulate Dr. Bluemel on winning the visiting professorship... She is truly deserving of this opportunity. We know her exceptional teaching abilities will be appreciated by her future students.”

Bluemel will coordinate a graduate student-led confer-

ence on modern children’s literature, editing a journal issue of the conference papers the following year, and lead graduate workshops on children’s literature and rural modernity.

Veit concluded, “Her research will also help her move her book *An Ideal Modernity: Rural Britain, Women Artists, and the Twentieth-Century Wood Engraving Revival* towards completion. We are very proud that Professor Bluemel has received this honor.”

Bluemel’s book explores 20th century women wood engravers during the new British nature writing movement. These engravers led Bluemel

to discover Bewick, who inspired their work through his contributions to print culture.

Bewick, Bluemel explained, is regarded as Northumbria’s greatest artist for his transformation of illustration and book printing. He was a silver engraver’s apprentice at 14-years-old but began experimenting with his engraving tools on wood blocks. The carved illustrations were inked and printed in math textbooks. “This proves that a powerful imagination can transform even the driest of artistic projects. He invented a new way of creating detailed pictures for books that made possible cheap quality repro-

duction of beautiful images,” she said.

“You have to keep in mind England is very small and very old and that London dominates all cultural life. For someone like Bewick, a working-class artisan from the north, to make an impact on people in the south, in London, and then on all the print culture of Europe and America, is astonishing,” Bluemel added.

Bluemel hopes to change the way English academics at Newcastle think about rural Britain by introducing her work on British rural literature to existing work. She hopes children’s culture becomes part of the discourse through her work with graduate students, as well as connect contemporary rural humanities to more historical studies by encouraging students to use the Bewick archives surrounding them.

“I never could have won this Leverhulme Visiting Professorship without Monmouth’s energetic support,” Bluemel said. “The University supported my years of scholarship on seemingly obscure British literary figures and artistic movements, trusting this work was all somehow important and meaningful.”

“I’d like to add that in the future I hope to be a resource for any Monmouth students hoping to study abroad in England. Maybe I’ll be able to set up partnerships at Newcastle that would lead Monmouth students to study in Northumbria, simultaneously one of the most romantic and industrial areas of England,” Bluemel concluded.



PHOTO COURTESY of Monmouth University

Bluemel will undertake several public initiatives, such as initiating youth programs.

Michael Salvatore, Ph.D., to Become Kean University’s Senior Vice President for Administration

LUCIANA SILVA
CONTRIBUTING WRITER

Michael Salvatore, Ph.D. is headed to Kean University as the Senior Vice President for Administration. Salvatore worked on the development of the Educational doctoral program at MU a year before it was created in 2017 and has consistency served as a teaching fellow since the inauguration of the program. He also served 22 years as an early childhood educator, principal, district administrator, assistant superintendent and most recently, superintendent of Long Branch public schools. Dr. Salvatore will continue as superintended until January 31, 2021.

According to Salvatore, one deciding factor for his decision to accept this new journey is the opportunity to influence a larger group. “This new journey will be a complete change of lifestyle but still allows me to influence the field of education. In fact, through research and executive leadership in higher education, I will have the opportunity to influence an international audience, which hopefully leads to the much needed changes in education,” he said. “Working in the doctoral program gave me the opportunity to serve as a teacher again, which was my first love in education. It was so rewarding to watch future leaders analyze contemporary issues in education and life knowing they would apply this knowledge with-

in the context of their profession.”

Walter Greason Ph.D., an Associate Professor and Chair in the Department of Educational Counseling Leadership, said that Salvatore is an outstanding educational leader, who will shape the future of higher education in New Jersey in his new role. “His work with the School of Education helped to make its initiatives in educational leadership into one of the most unique and prominent doctoral programs in the nation. As one of the key faculty in the School of Education’s doctoral program, he and I have talked about many issues facing the future of higher education. He leads through compassion, placing a priority on the teaching of values like social justice to inspire the next generation of leaders,” said Greason.

Tracy Mulvaney Ed.D., Assistant Dean of the School of Education, said that she is on several committees that Salvatore is also on such as Superintendents Academy Steering Committee, Educational Leadership EDD Advisory Committee, and Partnership Committee. She also stated that he is a thought leader and innovator with a passion for teaching and learning. “As a Superintendent, he has led his district through enhancing the strong partnership between MU and Long Branch Public Schools. He has presented at several administrative academies, clinical educator seminars, and other events,” she said.

Mulvaney said that Salvatore

is a committed educator and enthusiastic supporter of Monmouth University, who is extremely lucky to have Salvatore as a teaching fellow. She said, “He has been a strong partner and is always willing to try new innovations. He has included MU in district led activities such as their Future Ready Summit.” Mulvaney also said that Salvatore adds a dimension to its doctoral program that emphasizes innovation, social emotional leadership, and trends in P-12 education.

Tina R. Paone, Ph.D., a Professor in the Department of Educational Counseling & Leadership, has known Salvatore for approximately 10 years. She described her experience working with him as minimal but always positive, upbeat, and supportive. Paone said that she began working with Salvatore through the Central Jersey Consortium for Excellence & Equity (CJCEE). “I coordinate the program and he is a superintendent of Long Branch Public Schools, which is and has always taken part in the CJCEE. Dr. Salvatore is very friendly and engaging. In my interactions, always positive,” she said.

Nicole Trainor, Ph.D., a graduate of the University’s doctoral program in Educational Leadership in August 2020, said that Salvatore had an immense impact in her life as a professor. She said, “He gave me the gift of confidence. He helped me believe in myself and my abilities. He exposed me to so many educational concepts and ideas that I was able

to internalize and use to help myself be better at my job and to benefit the students in my district.”

Trainor also described Salvatore as a professor who challenges students to think about things differently and helps them get out of their comfort zone in order to truly grow. “Monmouth is extremely lucky to have Dr. Salvatore as a professor. He is shaping the minds and hearts of teacher leaders. His impact and passion are funneling through his students at Monmouth and are reaching so many districts, educators, and students. What a gift that he has been able to share his knowledge and talent with so many leaders and future leaders,” she said.

Long Branch Mayor John Pallone said he has known Salvatore for about a dozen years. He added that they have worked on many projects and initiatives together such as the community THINK TANK, bi-weekly meetings for COVID-19, the Future Ready Program, and financial budgets. “Dr. Salvatore is an incredible superintendent. He started as a student teacher and rose all the way through his career to superintendent. Dr. Salvatore is a genuine, fair, and overall good person who cares for his community. He has done a great job unifying our community and advocating for the best resources and technology for the Long Branch School System,” he said.

According to Pallone, Salvatore improved the quality of schooling at LBPS by bringing the commu-

nity together, bettering technology in the school system, focusing on diversity and inclusion, and putting the whole well-being of the students and their families first. “Overall, he makes sure that each and every student counts,” Pallone, said. Salvatore described his experience working at the University and Long Branch Public Schools as extremely humbling and rewarding. “Each role that I have had the opportunity to serve in has provided challenges that have allowed me to grow personally and professionally,” he said.

According to Salvatore, the diversity among staff and students offers tremendous value to those seeking to lead and learn with empathy. “Both places intersect in my personal and professional career. As an undergraduate student at Monmouth, I was placed in the Long Branch Public Schools, where I gained first-hand experience that led to my future employment. Both Monmouth University and LBPS have a special place in my heart and I plan to remain closely connected to both as I navigate this new journey,” he said.

President Patrick Leahy, Ed.D. said that although he met Salvatore, he never had the chance to work directly with him. “It’s great to have him as part of our outstanding full and part-time faculty,” he said. “I think it’s great to have one of our professors as a senior Vice President of Kean University, and I wish him well in his new role.”

Goodbye College, Hello Reality

LAUREN SALOIS
OPINION EDITOR

I have been the Opinion Editor for about a year now and it has been the best decision I have made throughout my time here at Monmouth. However, sadly, my time here is drawing to an end and I have to pass on the baton. It does not even seem real; I feel like I just moved into Mullaney Hall and walked into Plangere for my first journalism course.

Graduating is super scary. I have been going to school for basically my entire life; I had a set schedule every weekday and now that is coming to an end. I am excited about this newfound freedom but I am more scared about the anxiety of not knowing what to do with myself each day. I hope that the job market is kind to me.

I am sure many 2020 graduates are in the same boat as me, struggling to find a job and just feeling lost after finishing school. I have not even finished yet and I am stressing out. But putting my anxiety and stress aside, I am super proud of what I have accomplished and in just a short few weeks, I can officially say that I am a college graduate.

Let us hope all of us seniors get to walk in May and celebrate this momentous achievement. 2020-2021 seniors will get the honor to say they graduated during a pandemic and I hope that, the 2022 seniors will get to have a normal final year.

I am so thankful for all that *The Outlook* has taught me about journalism and the amazing first-hand experiences it has given me in the world of journalism that a classroom (especially a virtual one) could never teach me. I also loved collaborating with all the fellow editors and, sadly, I will not be doing my last layout from the office.

I encourage all students, especially communication students, to join *The Outlook*; trust me you will be better for it and it looks great on your resume. After this issue, I will be passing the Opinion section over to Shannon McGorty. I wish her the best of luck.

To all the college students out there, do not take any of your time here for granted; college truly is a fun and educating experience so cease the moment it will be over before you know it.

Locking Down and Vaccinating

JOHN SPINELLI
STAFF WRITER

Founding Father Benjamin Franklin, famously said, "Those who would give up essential liberty, to purchase a little temporary safety, deserve neither liberty nor safety." Today in the United States, this quote is unfortunately very relevant as winter approaches and COVID-19 cases spike and safety restrictions are being renewed. When I watch these governor news briefings and see police officers bully small businesses that do not comply with the "rules," I wonder does anyone else think we are living in 1984 during these uncertain times?

If you have not read it, *1984* is a dystopian political fiction novel by British author George Orwell in 1949. In summary, it is about a totalitarian society in the near future where there is no freedom, censorship is everywhere, and the truth is negotiated to the citizens as alternative realities... sound familiar? One quote in the book is strikingly familiar, it says, "Everything other than working was forbidden: walking in the streets, having fun, singing, dancing, getting together..."

Lockdowns and restrictions are not a good idea for society. We need to focus on assisting the vulnerable and allowing the young and healthy to live. We learned from the spring that lockdowns are not beneficial for people suffering from mental illnesses. Sadly, because of the stay-at-home orders, there has been a reported rise in suicides, domestic abuse, drug usage and gambling. In addition, psychologists have found that reduced sunshine during the



GRAPHIC TAKEN from *The Economist*

With cases spiking across the world people are fearful of another major lockdown and mandatory vaccinations.

wintertime is another factor for depression. As we approach winter a second lockdown is a recipe for disaster.

In addition to lockdowns, I am not a fan of mandatory vaccinations. I was not pleased by Monmouth University's decision to mandate flu vaccinations for all residential and athletic students in order to return to campus in the spring. Students were notified of this mandate in an email from the Director of Health Services Kathy Maloney on Nov. 16. I am not against vaccinations, nor the school encouraging it; but shouldn't that be the individual's choice to make? There are plenty of students who have ethical and religious objections to vaccines. I think they are overlooking the wider picture.

Our country since its very beginning was founded on freedom and self-determination. Today I think we are losing a sense of who we are. We are heading in a bad direction with this increased dependence on government and disregard for the constitution.

I do not trust New Jersey's government because they allowed the liquor stores to be open while the churches were forced to be closed in March. Recently even Supreme Court Justice Alito, in a rare speech to the Federalist Society, warned Americans about their constitutional rights slowly being taken away!

I am not saying we should take the virus lightly. I just think the people know what is best for them more than the government does. It is your choice if you want to stay home and wear a mask.

I have had to adjust too, since I live with my parents and brother, I was not able to see my off-campus friends because I did not want to carry the virus home from school. On the negative side, I have felt some of the mental health effects of these new campus rules. It is not logical to be cocooned in our homes forever, I say let us live our lives as it should be. Today, it will be our decision as Americans if we are going to stand up to this "new normal" or allow dictatorship to be invited in.

Ways to Give Back This Holiday

JOHN PAPGNI
CONTRIBUTING WRITER

The holidays are right around the corner! While this holiday may be celebrated differently than years past, it is still a time of year to appreciate what you have, and to give back to your community.

Now more than ever the community you know could be in danger of change because of COVID-19. Since the quarantine, small businesses have had difficulty getting back on their feet, and some have had to go out of business. Many local thrift stores, coffee shops and sporting goods stores are going out of business because they were deemed nonessential places of work during the quarantine period and now do not have the funds to remain open.

While there are a few local stores that have been fortunate enough to stay open, many local business and restaurant owners fear for the upcoming winter and the possibility of a second quarantine in the new year.

With the rise of COVID-19 cases across America, it may cause another lockdown which could be detrimental for small businesses.

Restaurants have been limited to mostly outdoor dining and take out. Restaurants are not allowed to have indoor dining, and with the weather becoming colder by the day there have been fewer and fewer people



GRAPHIC TAKEN from Lily & Val Living

The best way to give back this holiday season is to shop and eat locally to support your local economy.

going out for dining and choosing to order take out instead.

While it is very unfortunate that locally owned businesses and restaurants are going out of business, our support might help.

Though these are still scary and uncertain times it doesn't mean you can't give back to your community and spread positivity in a time of negativity.

Some ways that you could give back to your community are by spreading the word about a locally owned businesses or restaurant.

You can donate clothes that don't fit you or that you don't wear to thrift stores or to the goodwill. You could go to a local soup kitchen and help the homeless and less fortunate. Although going to a soup kitchen during the COVID-19 pandemic can be risky think

about the people who don't have a home, money, or anything to eat for the upcoming winter. If being on the streets wasn't bad enough coronavirus doesn't make circumstances any easier.

If you care about your community and the people apart of it the least you can do is try to help them any way you can.

This year has certainly been a crazy one, and who knows what will happen after this upcoming winter but as long as we have each other and help one another, we will make it through this upcoming winter and this pandemic.

Remember everyone is tackling coronavirus in their own way. This holiday season please give back to your community because it could change drastically after this upcoming winter, and your community needs you now the most more than ever.

Dear Me...

LAUREN DEMARCO
STAFF WRITER

If I were to write myself a letter to my future self it would consist of all the events that have taken place during this year. I know just like me, everyone has had to deal with a lot, some more than others. No matter what, everyone has something that they are battling. As my mom would tell my brother and me, you never know what someone else is going through.

For me personally, this has been a hard year and one that I will never forget. With that said, I have dealt with some personal things as well as trying to make sense of this pandemic.

To my future self, First things first, I have made it all this way. When the pandemic hit, I was just finishing up my spring semester of senior year. The pandemic was everlasting, and schools had to shut down for the rest of the year. I never would have imagined this was how my senior year would end. It was very upsetting for all.

We both know I do not like change at all and this was a major cultural shock. My last semester at Monmouth University was the same as the spring, all classes were done remotely. It was a bummer to end the final months of college this way, but we did it. I could not be on campus or really see any of my classmates. The schoolwork part was very difficult for me to juggle especially having to work while tak-

ing four classes. Thankfully, my professors were very supportive and helpful with assignments and classwork.

It was challenging for me to be able to manage my time wisely between all of my classes. However, I made it out on the other side and graduated by January from Monmouth. Living during a pandemic and being a college student was not easy, but I did it. Living through a global pandemic definitely opened my eyes. Seeing firsthand how this pandemic went, many people suffered, and some ended up dying. I was very worried about what would happen and what was going to happen going forward with the pandemic. I realized my family and friends were all healthy and that there was one big takeaway from the pandemic. The takeaway was how lucky and grateful I was for my loved ones' wellbeing.

The pandemic came out of nowhere and no one was prepared. However, I think it showed us at the time the true meaning of how life should be spent. One day things can change, people you never thought would be gone, passed away in just a quick instant. The pandemic led to realizations for some people, just like myself. Life should be cherished each day because you never know if you will see it tomorrow.

I am looking forward to seeing now what the future will hold for me and everyone else. I hope our world gets back to some form of normal one day.

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A Quarantine Christmas

EDITORIAL STAFF

As the fall semester comes to an end, the *Outlook* editors discussed their plans for the holiday break and what they think will happen over time. There is no doubt that many holiday celebrations planned for this year will be impacted by COVID-19 restrictions.

The majority of the editors will be spending their holiday with immediate family, and for many, the holidays will look much different this year. "As much as I would like to see other people such as my extended family and friends, there is always going to be risk involved in doing

This brings into question if another lockdown will be put in place.

"I do fear that cases will spike over winter break with people celebrating the holidays with their friends and family outside their immediate household," said one editor. "I do believe another lockdown can help slow the spread, but it might not be well-received by a lot of people."

"Obviously more people will have to do things indoors, which means getting rid of outdoor seating and things like that, but people are also just giving up on the virus in general," said another editor.

professionals and disregard safety measures by not wearing masks, not social distancing, and attending gatherings, I feel like the vaccine is really the only thing that can get us back to normal," said another editor.

However, the vaccine will not take the virus away completely, and it will need to take some time before we reach herd immunity.

One editor said, "The vaccine is not expected to see general use until the spring, so people's casual attitudes as if they will be getting it tomorrow is going to lead to more cases."

President Leahy has declared that spring semester

"As much as I would like to see other people such as my extended family and friends, there is always going to be risk involved in doing that."

that," said one editor.

"My holiday plans are to just stick with my immediate family, meaning my parents and my brother. We live together currently," said another editor. "We won't be seeing our extended families because we had a discussion that it's too risky with asymptomatic carrying."

Gov. Philip D. Murphy and the NJ health commissioner, Judith M. Persichilli, stated that cases could continue to spike as the weather gets colder, and shifting activities indoors could make the risk of spread even worse.

The majority of editors agreed that cases will begin to spike during the winter, especially during the holidays when people are seeing family and friends.

One editor also said, "Another lockdown would save a lot of people from contracting the virus, but people are still going to see their loved ones for the holidays no matter what."

US News and *BBC* state that the COVID-19 vaccine could be ready as early as Dec. 11. The first ones to receive the vaccine will be healthcare workers, essential workers, and high-risk people including the elderly.

"This is good because they are the most vulnerable, but normal 'healthy' people need to realize the estimated general vaccine use period in the spring is further away than they think," said one editor.

"Because of the many people who ignore health

will remain similar to this semester in that classes will be a mix of online, hybrid, and in-person. Students are still hopeful for more in-person classes near the end of the spring semester, and that the vaccine will offer more opportunities for such classes.

"I hope that some of my classes will be in person and clubs can meet in person again. Any kind of real-life socialization at this point is needed for people's mental health," said one editor.

"My hope for the spring is that the vaccine is actually available for casual injection around April and they are not overestimating how fast it can be distributed to make us feel better," another editor said.

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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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An Analysis of Biden's Plan for Higher Education

MEGAN RUGGLES
SENIOR POLITICS ASSOCIATE NEWS
EDITOR

President-elect Joe Biden's plan for higher education boasts more accessible post-secondary instruction as well as a thriving middle class by wiping away student debt for millions of Americans. However, faculty have differing opinions on the extent of its social and economic benefits.

Randall Abate, J.D., a Professor of Political Science, explained that the plan is not likely to gain bipartisan support in today's political climate, and that the Republicans in Congress are extremely opposed to major government spending initiatives including government-funded free higher education.

Still, the shift towards free higher education might boost the economy in the long-term. "Republican opposition to the initiative will be accurate in that it will likely cause a short-term hit to the economy," Abate recognized. "Investing in the future generations of Americans through government support of higher education in this initiative will promote growth in the U.S. economy, but it may take decades to realize those gains," he added.

According to Biden's "Plan for Education Beyond High School" on his campaign site, community college should be free to attend because 30 million jobs with starting salaries of \$55,000 do not require bachelor's degrees.

Twenty-five U.S. states already offer free community

college for two years for qualifying families, and programs like NJ Stars offer it for students explained Robert Scott, a Professor of Economics, Finance, and Real Estate. "I think offering free community college education for all students is a decent idea. Many [community colleges] offer vocational-style training in bookkeeping, IT, etc., which is a good option for students that do not want or can't afford a traditional four-year college experience/degree," he said. "Today many [community college] courses transfer to four-year schools, so if students want a less expensive option to getting a four-year degree then [community colleges] are a sensible option."

While economic activity might increase slightly, Scott finds it unlikely that many more people will attend community college because it is tuition-free. "[Community colleges] are already very inexpensive compared to four-year schools (and many already offer free or reduced tuition), so I don't think cost is a major obstacle to attending [them]. But for some people this might make a difference, which is something I support."

Biden's plan further specifies that the federal government will partner with states to ensure that students who want to attend 4-year institutions can do so debt-free: with the federal government paying 75 percent of tuition and the states handling the remaining cost.

Scott said, "It seems unwise that the government simply pay whatever colleges are going to charge. This could get very expensive, which will lead to either higher taxes or a larger government deficit. This also only covers tuition. On-campus living costs have increased the most at colleges, so students will likely still incur significant expenses to attend a residential school."

However, Scott speculated that private schools that do not receive subsidies will find it difficult to attract students since costs are higher, potentially encouraging private universities to reduce costs by spending more efficiently.

The plan makes the case that greater access to skills without debt will give Americans the opportunity to "join

or maintain their place in the middle class" and ensure they don't have to sacrifice security nets such as retirement to pay off debts, according to his campaign site.

"The plan certainly is grounded in sound logic," Abate said. "It is in the best interest of society, both economically and socially, to enable citizens to pursue their chosen professions without concerns about educational debt factoring into their decisions." He explained that the cost of higher education served as a barrier for young adults pursuing their desired career paths. Educational debt has also led professionals to pursue careers unaligned with their skillset to make ends meet.

Dissimilarly, Eric Schwartz,

a senior political science student, believes the plan will have two long-term effects. "On the positive side, it'll help more people get degrees and eventually join the workforce. On the other hand, it'll further decrease the value of associates and bachelor's degrees which are already meaning less and less to employers as more people get them."

Still, Abate believes that increased government funding of higher education is vital to promoting economic stability and social equity in America. "Biden's initiative is one of many possible options to promote these goals. At a minimum, it will spark much-needed policy discussion on the future of higher education in this country."



IMAGE TAKEN from ABC20

Student debt is a complicated issue, and Professor Abate is optimistic that Biden's plan could open the floor for debate.

Supreme Court Lifts Restrictions on Church Gatherings Amid Pandemic

GEORGEANNE NIGRO
ASSOCIATE POLITICS EDITOR

The Supreme Court's judges made the decision on Nov. 25th to lift the COVID-19 restrictions on N.Y. houses of worship. It was in a 5-4 ruling and was put in place by Governor Andrew Cuomo.

The request came from the Roman Catholic Diocese of Brooklyn and two Orthodox Jewish synagogues. The request also claimed that the free exercise of religion from the First Amendment was being violated in the executive order.

Randall S. Abate, J.D., a Professor of Political Science, said that the Supreme Court ruled lifting the restrictions of N.Y.'s places of worship were necessary because the restrictions infringed the constitutionally protected free exercise of religion protected by the First Amendment.

"I disagree with the decision because we are now in the most dangerous phase of this pandemic and there are reasonable alternatives to conducting worship, for example online, that do not involve assembling in houses of worship," said Abate.

He continued, "When protecting public health requires the cooperation of all citizens, exceptions should only be made at the discretion of the state based on public health data. All constitution-

al rights are subject to time, place, and manner restrictions."

Abate then discussed how the First Amendment's protection of religious liberty has two components: The Establishment Clause, which concerns the need to maintain separation between church and state, and the Free Exercise Clause, which protects one's freedom to express and practice their religious beliefs. He then said that this case involves the Free Exercise Clause.

Abate said the proper test in addressing free exercise challenges requires the Court to

consider whether regulation at issue is neutral and of general applicability. He said that the restriction here is neutral, therefore the Court should have upheld the restrictions.

He said, "The decision was politically motivated and reflects the views of the new conservative majority on the Court. Justice Amy Coney Barrett's vote swung the majority in this direction in contrast to the Court's recent decisions on this issue that had reached the opposite outcome when Justice Ruth Bader Ginsburg was on the Court."

Abate described his approach on protecting the free

exercise of religion that has always been pursuing one's religious beliefs cannot be used as a trump card to disrupt a state's interest in maintaining public health, safety, and welfare.

"The irony is that Governor Cuomo, who imposed these restrictions, respects the importance of religious practice in society. Yet I believe that he struck the right balance with these restrictions," said Abate.

Joseph Patten, Ph.D., Associate Professor of Political Science, also discussed how this case falls under the Free Exercise Clause which allows Americans to pursue their religion versus the right of the state to regulate it. He said that there have always been strong protections carved out with respect to the free exercise of religion, but there are limitations to that.

Patten also said that the original purpose of the law is not to enhance or prohibit.

"There is a lot of case law on this and the court has decided different ways on it because you are talking about the right of the state to pass laws, in this case it is COVID against the right of the individual to practice their religion. So, this goes to free exercise rights," said Patten.

"This particular court is a conservative court and leans more toward protecting religious freedom than the stage right to pass laws," Patten added. "It is kind of a limit-

ed ruling of a sense of making an exception for religious practices. It did not strike the sense to pass this law."

Patten continued that this particular area has strong constitutional Free Exercise roots and there is a lot of case precedent that favors the right of an individual to practice their religion over the right of the state to enact laws that inhibit the practice.

Matt Filosa, a junior political science student, said that he does not agree with the Supreme Court ruling because there is a crisis that is underway in the country. "The constitution gives police powers to the states, and with emergency powers utilized by governors, they have authority to impose restrictions as long as it is not a blatant violation of the constitution," he said. "Under the constitution, it is also a power of the states to promote the health and welfare of its citizens, this being a public health crisis deals with promoting the health of the public."

Filosa also said that the restrictions on religious gatherings are the closest to rights in the constitution as opposed to limits on public gatherings. "I can't say litigation won't be attempted to challenge these restrictions, it's very possible," he said. "But I do not see a single case reversing all restrictions across the country, states are afforded broad power under the constitution."



IMAGE TAKEN from CNN

The Supreme Court has ruled to lift restrictions on religious gatherings in New York.

PR Professor Mary Harris Conducts Awareness Campaign for a Recently Published Book

DENISSE QUINTANILLA
STAFF WRITER

Mary Harris, a Specialist Professor of Public Relations (PR), has been working non-stop this year to create an awareness campaign for a cookbook written by physician and *New York Times* bestselling author Dr. Michael Greger, M.D., FACLM. The book, titled *The How Not to Diet Cookbook*, was published on Dec. 8.

"The book offers nourishing and affordable whole food plant based recipes designed for anyone looking to make healthy changes to their lifestyle," she explained. Harris works as the Media Director of the science-based, non-profit website NutritionFacts.org founded by Dr. Greger.

Harris' vast experience in the public relations field has helped her in the creation of this campaign. "I have worked in public relations and marketing for the past 14 years in both the nonprofit and for-profit sectors, so my experience with past promotions and campaigns has guided my work," she said. She is also the co-advisor of the Public Relations Student Society (PRSSA) and the Shadow Public Relations Firm.

Harris defined an awareness campaign as "a planned series of efforts to bring awareness to a cause."

Leah Frain, a senior communication student with a concentration in public relations and journalism,

first had Harris as a professor in her Intro to Public Relations course. Frain said, "From the very beginning, it was evident that Professor Harris cares deeply about what she does and passing that knowledge onto her students."

As the Vice President of PRSSA, Frain has worked closely with Harris to develop events for those who are part of the organization. She said, "Professor Harris, along with Professor Nulle, has been a great advisor for PRSSA. She encourages us to think creatively and work hard for all of our clients."

Frain has briefly heard about this campaign Harris has working on. "I think that it is so cool and correlates to her passions that she shares with us in her courses," she said.

Another former student of Harris is Courtney Ur, a senior communication student with a concentration in public relations, and President of PRSSA. Harris was Ur's professor for the course Social Media in PR, and considers her a great mentor. Ur said, "Harris has been nothing but a role-model to me and has helped me by encouraging me to be the best PR student possible throughout my college years."

Ur continued, "As the PRSSA advisor, Professor Harris has been nothing but helpful in making our chapter strong. She promotes our club by encouraging her own students to join, helps in our events by giving advice and participating."

Ur was not aware that Harris was creating an awareness campaign

but is excited to see what she does. "Professor Harris has been one of the best professors I have had and met at Monmouth University," she said. "She encourages and leads her students to work hard."

As Harris is an expert in this field, she was excited to take on this project and is very passionate about embarking on projects that help people achieve a healthy lifestyle.

"Our health is vital to the functions of our everyday lives, so my passion for educating others about lifestyle medicine is because of my desire for this important information to reach more people," she said.

The process of creating this campaign has been going very well. Harris said, "People are generally very interested in learning how they can improve their health, especially during the pandemic."

She continued, "I work with a dedicated team of professionals to create a vision and plan for outreach and achieving a successful book launch. It is our goal to reach the public through various social media, content creation, interviews with media outlets, and collaboration with other organizations."

Harris said that Dr. Greger donates the proceeds from his books to charity. He has authored four other informative books, including *How to Survive a Pandemic* in August.

Harris hopes individuals take a



IMAGE TAKEN from NutritionFacts.org

Aside from teaching public relations at Monmouth, Professor Harris serves as the Media Director for the website NutritionFacts.org.

lot away from the book, as it offers readers a variety of options for following a healthy lifestyle.

"The vast majority of the leading causes of death can be prevented through improvements in diet and lifestyle and that fad diets are not a sustainable or healthy way to lose weight," she said. "A better approach backed by scientific evidence is centering one's diet on

whole plant foods, and following Dr. Greger's Daily Dozen and 21 Tweaks recommendations."

Harris continued, "The book boasts 100 recipes inspired by culturally diverse cuisines and utilizes healthy whole plant foods, while encouraging healthy weight management. The cookbook would be a unique addition to any cookbook collection."

Blue Hawk Records Artist of the Week: Charlie Krause

MELISSA BADAMO
EDITOR-IN-CHIEF/FEATURES EDITOR

Singer and multi-instrumentalist Charlie Krause transferred to Monmouth this semester, after studying at The University of the Arts and Philadelphia Community College. Now, the junior communication student has found his way into Monmouth's music scene, having written and recorded an original song on Blue Hawk Records' 17th compilation album.

He described his song on the album, titled "Those Green Eyes," as having an early '70s, soft rock, acoustic vibe, reminiscent of old-school artists like Jackson Brown, Elton John, and Neil Young.

"It sounds like your standard rock/pop song about somebody's eyes. I mostly chose green because it seems like all the other one syllables were taken, so that's what I was left with," he chuckled. "The theme I'm running with is the idea that a lot of people will end up being with the type of person they think they deserve. It's like a case study... It's not even a love song as much as it is observing what people are doing and why they choose certain types of people to be with."

Although Krause has been dabbling with all kinds of instruments for about ten years, including bass, guitar, and even the flute, he picked up piano about two years ago after mak-

ing the decision to leave the jazz program at The University of the Arts in Philadelphia.

"It wasn't exactly what I wanted. It was a really intense program," he said. "After about a year of that, I decided to pick up some gen eds from Philadelphia Community College. I really just wanted to be a piano player. I had all this free time when I wasn't doing homework, so I just spent time practicing. Here we are two years later, I'm mostly a piano player now...I decided that's going to be my instrument."

It was also around this time that Krause joined forces with sophomore business administration student, Ross Owen, and his band, The Ross Owen Tribe. In fact, Krause described joining Owen's band as a pivotal moment in his musical career.

"When I had gotten back from community college in Philadelphia... I really had a point when I was done with

music," said Krause. However, it wasn't until he reached out to Owen, asking if he needed a piano player for an upcoming set at Café Artiste in Ocean Grove, that he got back into music.



PHOTO COURTESY of Charlie Krause

Keyboardist Charlie Krause was chosen as one of the artists on Blue Hawk Records' 17th compilation album.

"I hadn't played piano with a band up to that point, because I separated myself from music," Krause explained. "After that night, I was like, 'Man, I'd like to do that again.' From that

point on, one thing sort of led to another, and I suddenly just really enjoyed music again."

"He's the only musician who's reached out to me to accompany me," said Owen. "I gave him some songs of mine that were released and he showed up at my house with a book of all the songs written out. His work ethic was insane coming and knowing all this stuff and having analyzed all my music. I've never met another musician like that."

Aside from the song on Blue Hawk Records' album, Krause is also working on a full-length album with Owen, which will be released on Owen's record label, *Virtually Atomic*, in early 2021.

"While [Owen] is trying to get his name out there, he wants to help out his friends and musical acquaintances," said Krause. "It's nice to be a part of this communal type of music where everyone's really helping each other out and pulling

strings for each other, no pun intended."

"He's down to earth and a very knowledgeable musician," Owen said. "He knows what he's doing and can interpret things with his ear really incredibly."

Last month, Krause brought in Owen and his band to Lakehouse Recording Studios to record "Those Green Eyes."

"I gathered people from Ross's group, and the entire band ended up being on the song. I'm not really an experienced leader when it comes to bands, I've always been a sideman. Being a leader, I was really out of my comfort zone," Krause said of the experience at Lakehouse. "It was a learning experience, for sure. And I enjoyed it. It was nice to be able to spend our free time doing something like this that is rewarding and productive... That's one of the perks of being a musician."

"The best part of recording at Lakehouse was that we did it as a band," he continued. "There's this raw power that comes with recording as a band, as a unit, and capturing that live energy."

The song will be released with the rest of the Blue Hawk Records album on Wednesday, Dec. 9. Moving forward, Krause hopes to continue improving at his craft, and is looking forward to where music will take him.

"I just hope I can find a way to keep doing it," he said.

Student Spotlight: Payton Collander

MELISSA BADAMO
EDITOR-IN-CHIEF/FEATURES EDITOR

From 6 p.m. to 6 a.m. on Election Day, Payton Collander sat in front of her computer, working for the *Associated Press* as a Vote Entry Operator. She counted votes for all races in four of the New England states—Vermont, New Hampshire, Maine, and Massachusetts.

Collander, a senior double majoring in criminal justice and political science, explained the process of vote counting, “We logged into the *Associated Press* database, which was filled with safety precautions. You would either get a call or a fax from clerks or stringers, the people that are at the polls. We did all the votes by county. By the end of the day, you were counting a couple hundred thousand votes.”

“I ended up pulling an all-nighter, but it didn’t even feel like it,” she continued. “There was so much adrenaline. It’s a pretty tedious task, but it went by pretty fast.”

The *Associated Press* has counted votes and called races in all 50 states for over 170 years, according to the global news organization’s website.

“I was nervous because you are doing a big thing; you’re a part of something a lot bigger than yourself,”

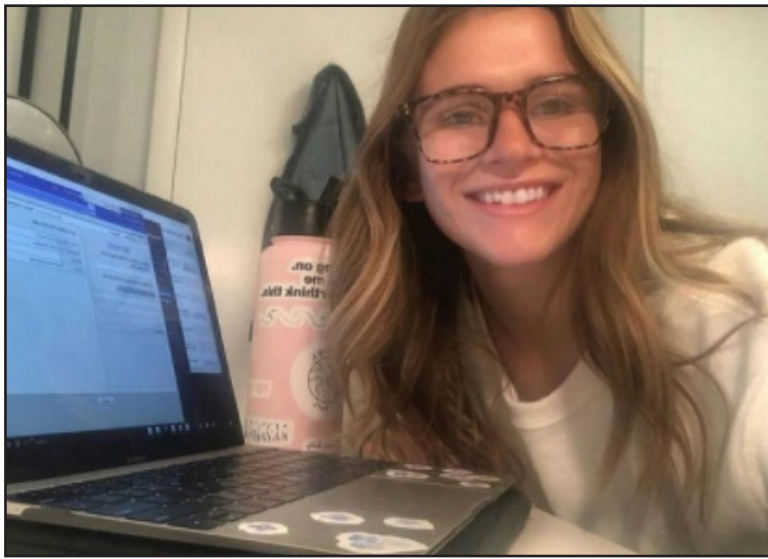


PHOTO COURTESY of Payton Collander
Political science student Payton Collander worked with the *Associated Press* to count votes on Election Day.

Collander said. “However, it was also really cool because this is something that I’m going to be able to talk about for years to say that I was part of probably one of the most divisive election that I’ve had in my lifetime, and probably my parents’ lifetime as well...It ended up being one of the best experiences I’ve had in 2020 so far.”

Collander said that she considered the position an internship, because the training period lasted about two months, where she was trained on safety precautions to prevent fraud and miscounting.

This past summer, she also

completed a virtual internship at the company Selective Insurance as a part of their agency development department, which she will return to over winter break.

She said, “I got to see a lot of that contract work that they were doing between agents, and I got a lot of access to resources in terms of the legal department and the claims department, which is very law heavy because the insurance industry is so regulated. In any department there’s some legal facet, so I just happened to go to agency development. That kind of gave me the platform to understand how that type of law works and how contract law

works.”

Collander also competes on the University’s debate team and serves as captain for the Model United Nations team. Ken Mitchell Ph.D., Chair of the Political Science Department and Advisor for the Model UN club, described Collander as a fantastic student.

“Encouraging students to see themselves as potential leaders and mentors on campus is a priority of the Political Science and Sociology Department. It’s part of our strategy to build an effective academic culture in our department. Payton embraces this challenge,” he said. “Besides her individual accomplishments at Model UN contests (there have been many) I am especially pleased with her leadership energy and skills for the impact she has on other students.”

He continued, “Last year (2019-2020), Payton as Captain lead by example (hard work, tireless preparation, relentless effort at contests, etc.) and as a mentor, guiding a large group of first-year students and expanding the pool of successful, competitive Model UN students at MU. Our Model UN program has never been stronger, thanks in large part to the efforts of Payton.”

Collander said that while counting votes was a big commitment, it wasn’t too overbearing that it interfered

with schoolwork or extracurriculars such as Model UN and the debate team.

She said, “I would definitely do it again depending on where I am in my career. It does require a decent amount of your time. If I were to do the next election, I would probably go to the swing states because I would be considered ‘experienced,’ but there’s still a lot of pressure because you don’t want to mess up.”

After graduation, Collander plans to take a gap year before applying to law schools in New York such as Columbia, NYU, Cornell, and Fordham

Collander said that she chose to major in both criminal justice and political science because of the many different avenues it can take students. “You can be a researcher or a poll counter, or you can go into law because it provides a great foundation for that especially if you do a concentration in legal studies,” she explained.

“Criminal justice has always been a contentious issue in our country, especially right now, so I wanted to learn how that process works,” she continued. “Eventually I want to make an impact on this world, and I felt that those two majors combined prepared me most and gave me the best chances to eventually make that impact that I want to have.”

How to Have a Safe Holiday Season

HOLIDAY cont. from pg. 1

over Zoom or FaceTime. Social distance as much as possible. An elbow bump instead of a hug means, “I care about your safety.”

While some students are avoiding gatherings altogether, others are limiting who they see during the holidays. “My mom’s family is super small (eight people), so we are having a normal Christmas,” said Shannon McGorty, a senior English and communication student. “But my dad’s family is not having Christmas.”

Traveling is also a concern as winter break approaches, especially for out of state students. Thanksgiving travel rates hit a new high of over 100,000 people in one day, according to TSA checkpoint travel numbers from tsa.gov, a trend many are worried will continue into the holiday season.

“The NJ governor has issued a travel advisory to avoid essential travel,” said Kathy Maloney, Director of Health Services. “If travel



PHOTO TAKEN by Melissa Badamo
Having a cozy holiday in can help students remain safe and healthy this winter, as COVID-19 can spread with large, indoor gatherings.

is unavoidable, it is recommended that persons get COVID tested before and after travel.”

Maloney urges students to follow CDC and state guidelines on safe traveling. Specifically, travelers should consider getting tested one to three days before the trip and three to five days after

the trip, according to nj.com, the official site of the state of New Jersey. “If travelers test positive, they should self-isolate for at least 10 days and should postpone travel during that time. If travelers test negative, they should quarantine for a full seven days after travel,” the website states.

Maloney recommends maintaining the same safety guidelines this holiday season that the public has been expected to follow since the beginning of the pandemic in March—wearing a mask, washing your hands, and avoiding social gatherings. She also recommends getting plenty of sleep, eating a

balanced diet, getting exercise, engaging in stress-relieving activities, and getting a flu vaccine. In fact, the CDC urges the public to receive a flu shot before traveling.

“If someone is positive for COVID, they will become more susceptible to contracting influenza,” said Maloney. “The reverse is also true. If someone has influenza, they can become more vulnerable to COVID. In addition, it is possible for people to have both viruses concurrently. That would amount to a tremendous attack on the person’s immune system increasing the probability of the individual becoming gravely ill.”

If travel is avoidable, staying inside and spending the holidays with only immediate family members comes with the lowest risk of spreading and contracting the virus, based on advice from health experts. Students are still finding ways to stay connected with family even if they cannot see them in person, whether it’s a virtual dinner or a virtual Secret Santa.

Wrapping Up the Fall Semester: Students and Faculty Reflect Upon Course Delivery

VICTORIA DOWD
CONTRIBUTING WRITER

As the fall semester comes to a close, students and faculty are preparing for the spring semester and the possibility of more in-person classes. Conducting a review of the successes, failures, and lessons learned from courses that were held in-person this fall can assist with planning strategies heading into a new semester.

Gabriella Nasto, a junior communication student, did see benefits of in-person instruction this fall. She said, "I think my in-person class benefited me more because I was able to focus better than I did in my on-line classes." Nasto also felt that communication was easier with her professor when meet in person rather than through Zoom meetings like her other classes. Nasto believes that Zoom classes can make it difficult to find the right time to ask a question or make a comment.

Senior communication student Alyssa Abatemarco feels that on-line courses are just as effective as in-person courses. She said, "My online teachers have been great with interacting with us, and I really don't see a difference." However, she does think that some professors teaching online may be assigning 'busy work,' just because they aren't meeting in person.

For some students, in-person classes bring back a sense of normalcy to college life. "The good thing about going to an in-person class was it made life still feel a little normal with everything going on, and my professor is more understanding because he knows the circumstances," said Nasto.

Both Abatemarco and Nasto pointed out that being on campus after the quick exit in March has been a nice change. Even though the campus is pretty empty, it is nice to at least spend a little time there," Abatemarco said.

Various departments have executed different methods of course delivery. For example, planning in-person classes for the spring semester is critical for the School of Science due to lab work.

Steven Bachrach, Ph.D., Dean of School of Science and Professor of Chemistry, said, "Certainly, our biggest efforts over the summer were towards delivery of our laboratory classes. We had to plan for the full gamut of possible delivery means because the decision of how the fall would proceed did not come until August, and even after that decision was made, we had to be prepared for campus closure due to the virus."

Social distancing requirements have also prevented team break-out work in labs, eliminating one of the key elements for many science courses. Bachrach continued,

"Wearing masks has meant a more subdued class we're missing the feedback from seeing faces, voices are muffled, speaking just the physical movement is more difficult with a mask."

While the School of Education has conducted in-person classes, the entire curriculum required adjustments, according to Ruth Morris Ed.D., Chair of the Department of Curriculum and Instruction and Lecturer of Early Childhood Education.

"This was necessary, since the traditional and online classrooms are two different things," Morris said. She also noted that professors rely on communication tools like body language and gestures with in-person classes, but with online courses, she said they have to "Create the curriculum and delivery in a manner that directly emphasizes how the concepts are communicated."

Morris said it is not a matter of what is better—in-person or on-line classes—explaining, "The art of teaching is understanding the instructional tools that are successful in the traditional classroom and the online classroom...One major lesson that I learned from teaching in-person this semester was underestimating that every member of the classroom would be careful and honest about COVID-19 adherence to safety protocols."

Her motive to teach in-person



PHOTO TAKEN by Melissa Badamo

Students and faculty remain hopeful for a successful spring semester as the fall term comes to a close.

classes was to contribute to the traditional classroom learning experience. However, she recalled, "There were several incidents that created an unsafe environment for me and my students... I was now responsible for everyone's learning and health." She noted that this places a higher demand on classroom objectives.

Safety remains a concern for both faculty and students, who must consider the potential of exposure by attending in person classes and spreading it to family members and/or roommates. Professors face higher exposure from meeting with several groups of students.

Bachrach said that he has not

heard of any complaints or problems with the safety precautions that are used in labs. He did add, however, that some conference rooms and study rooms had to be closed because students were violating rules related to mask wearing and bringing food and drinks into the rooms.

With course delivery methods for the spring semester closely resembling those offered this fall, sharing information and updates remains an important component to maintaining a structured educational experience.

"The campus consistently communicated with everyone to provide clear guidelines as we navigated this semester," Morris said.

VIEWPOINT

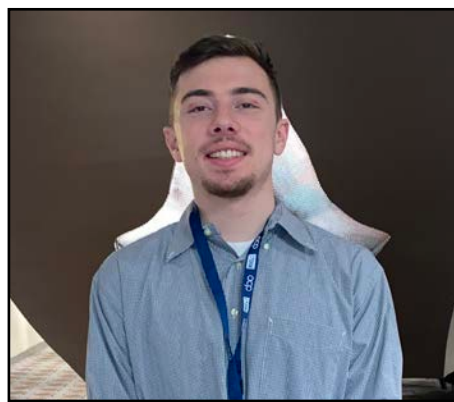
Campus Viewpoint

How has the COVID-19 pandemic changed you?



Melissa Badamo
Editor-in-Chief/Features Editor

"I've learned to appreciate the things I take for granted, like my health and my family."



Mark D'Aquila
Sports Editor

"[It] taught me a lot about what should be a priority in life and that spending time with loved ones is more important than we realize."



Lily Hoffmann
Club & Greek Editor

"It has inspired me to get off my phone and have real conversations with people."



Georganne Nigro
Co-Politics Editor

"It has taught me to be less selfish in my actions, and think about how my actions could affect others."



Megan Ruggles
Senior/Politics/Associate News Editor

"COVID-19 has made me more appreciative of my family, since they live across the country and in Europe."



Lauren Salois
Opinion Editor

"I have been setting goals and trying to carve out time for myself each day to better my mental health."



Jessica Pak
Associate Lifestyles Editor

"It has taught me that nothing in life should be taken for granted since we are all experiencing this strange, volatile world together."

Student Government Association: Making a Difference

NICOLE BENWELL
CONTRIBUTING WRITER

The Student Government Association is facing adversity, such as gathering limitations, in light of the social distancing guidelines placed on extracurricular activities this semester.

The Student Government Association is still functioning even through the highs and lows of COVID-19 regulations. They have been meeting once a week via Zoom throughout the semester. They are still meeting at their regularly scheduled time at 2:45pm on Wednesdays. SGA President Naser Haroon said, "We will continue to do so until it is safe to have in person gatherings."

One major change happening to the organization has been its inability to host its wide range of events that they normally put on throughout the semester. SGA's Director of Student Affairs, Cameron Gaines said, "We usually do significant programming and have been unable to because certain things just can't take place virtually. We have postponed our part in Homecoming and our day of community service, the Big Event."

According to Haroon, the

SGA is planning to have their postponed events towards the end of the upcoming spring semester if restrictions allow it. The problem, he feels, is that these events usually draw in large gatherings.

Members of the SGA Executive Board pointed towards organizational challenges with communication. When discussing her position, Gaines said, "I hope to communicate with as many students as possible, but not being able to physically invite them to our meetings makes it difficult."

Haroon agreed, "The biggest challenge has been engaging with one another as an organization. Not being able to do in-person meetings and events is definitely the biggest factor."

Things that are being done to combat this issue include reaching out to members.

Gaines said, "Two of the committee chairs I oversee made emails for students to communicate their specific issues with us."

An idea that SGA Vice President Jenna Lee came up with is having a lunch with small groups comprised of members. "For example, one day go out and have a lunch with one committee and catch up on all they're doing. This will give us the same face-to-face experience while avoiding big social gatherings," said Haroon.

Vice President of Student Life and Leadership Engagement Mary Anne Nagy said that she regularly meets with Haroon to address any concerns the organization has. "Sometimes we meet via Zoom, but honestly sometimes we meet in person. He is 6 feet plus away from me and we are both in masks. It's what works best for his schedule since he is on campus," said Nagy.

Lee said, "I feel that the administration is doing a phenomenal job with meeting our needs. Although we all can't be perfect and not everyone will be happy, the administration has been working a lot behind the scenes along with doing their best with making this semester as smooth as possible."

The SGA oversees getting students involved on campus. Dr. Vaughn Clay serves as Director of Off-Campus and Commuter Services, as well as advisor to SGA. He said, "SGA has been meeting regularly with leaders from the University since we left campus this past March, in an effort to discuss ideas, concerns and opportunities as it relates to the student experience." He added, "SGA has also taken a lead in communicating with Monmouth students about the need and importance of adhering to the COVID protocols through their social media

platforms and through meetings with club and organization leaders."

One thing that many members agree on is the satisfaction of "The Nest," or food pantry, located at the Student Center with a few citing it as the organization's biggest accomplishment this semester. The Nest was established as a way for the SGA to provide for students in need. Clay, Nagy, Haroon, and Gaines all spoke on how the pantry has been operating without interruption.

Gaines said, "Sarah Dill and Elisa Villa are doing an amazing job as the co-chairs of the Nest this year. We have more food than we've ever had, more

hours, and tons of students!" Hours have been changed to the current schedule of Mondays from 4 to 6 pm and Thursdays from 2 to 4 pm.

The SGA has learned how to adapt to a virtual environment during these unprecedented times. As the spring semester approaches, the SGA is hoping for the best. Clay said, "SGA is definitely looking to the future; however, they are also trying to be realistic and staying focused on the work that they are currently undertaking. Much of what we hope to do in the weeks and months to come will be dictated by what happens with the pandemic."

PHOTO COURTESY of @MonmouthSGA Instagram

SPORTS INDUSTRY CLUB HOSTS BLEACHER REPORT'S JEN ZUDONYI

SEAN EMERSON
CONTRIBUTING WRITER

On this past Wednesday, the Sports Industry Club held a meeting with Bleacher Report's Director of Brand Marketing and Monmouth Alum, Jen Zudonyi. Her talk provided detailed insight of her job and her history getting to the prominent position she is in today. She talked the audience through the importance of Marketing and how the metrics influence the decisions she has to make in her job.

At *Bleacher Report*, one of her biggest responsibilities is how to model a campaign and connecting with target audiences. From creating original content to overseeing the design of *Bleacher Report's* app, Zudonyi's hands are in it all. Her job is comprehensive. She admitted in the meeting that she has to "be part of the creative team and learn to incorporate other factors," when making decisions for her and the company.

Bleacher Report has had countless accolades since its inception. From *forbes.com* recognizing *Bleacher Report* as one of the leaders in sports reporting, to getting a Sports Emmy Award nomination for their work on their "Game of Zones" online production, they have been in the forefront of the industry.

Zudonyi's job is a position that requires a great

deal of responsibility, heightened by BR's influence in the sports world. Over past couple of years, *Bleacher Report* has helped broadcast the UEFA Champion's League, the world's most watched soccer tournament. This has grown *Bleacher Report*, and having to market the event requires a campaign that is artistic, culturally fluid, and wide reaching. All of these elements factor into Zudonyi's daily operations when processing how to approach projects.

Before working for *Bleacher Report*, Zudonyi was a Senior Manager of Brand Marketing for Major League Baseball. Her efforts helped launch memorable campaigns that are still recognizable. These campaigns include, "Let the Kids Play," and "Shred Hate," which was a collaboration with *ESPN*. Cam-

paigns like that she said, "requires a good amount of planning and can be stressful." She recalled seeing artists upset when their work was not chosen for a project. She said that despite the challenges, "the end results are rewarding".

Zudonyi's experience enlightened the audience with a good understanding of what goes into a marketing campaign and how to effectively polish a brand. From creating original content, choreographing live music and art during All Star weekend, merchandise customization, and creating exclusive items for them, Zudonyi has done it all. With her giving students a glimpse into her field, the audience could envision what is possible in the Sports Marketing industry.



PHOTO COURTESY of Bleacher Report

Bleacher report is a leader in the Sports Industry.

Club Spotlight: MU Outdoors Club

LILY HOFFMANN
CLUB & GREEK EDITOR

It is no secret that this semester has not been your average semester. With classes mostly remote and clubs being restricted to virtual meetings, it's safe to say all Monmouth Hawks are hoping for some normalcy in the near future.

One of the clubs that have been hit hard by the effects of the pandemic and all of the havoc it has wreaked is the Outdoors Club. Erin Oscar is a leader within the campus organization, and she provided *The Outlook* with some insight on how the club is hurting as of late.

Oscar recalled, "During a normal school year involvement in the MU Outdoors Club includes going on weekend camping trips, hiking day trips, white water rafting, horseback riding, snow tubing, kayaking, and many other outdoor activities."

According to Oscar, her favorite trip has been the "Wharton State Forest camping trip where members camp in tents outdoors, cook great food, kayak through the Pine Barrens, and swim if it is warm enough at the end of September."

Not shockingly, these types of outdoor activities are nearly impossible to experience virtually. Oscar said that the club has been holding virtual events occasionally throughout the semester. In addition,

they were able to host an in person socially distance yard game. Above all, they encourage members to experience the great outdoors on their own.

Though some may view this as a setback, Oscar said that this has also been an opportunity to plan virtual events and prepare to come-back in "full force whenever it is safe to do so."

This has also affected membership of the organization. The Outdoors Club was able to attend the virtual involvement fair and recruit some new members, but Oscar said, "We plan on planning more virtual events soon so that we can continue to get new members."

If you are interested in becoming a member of the MU Outdoors club, check out their Instagram page, @monmouthoutdoorsclub!



PHOTO COURTESY of MU Outdoors Club Instagram

Taylor Swift to Re-Record Classic Albums

MELISSA BADAMO
EDITOR-IN-CHIEF/FEATURES EDITOR

2020 has been a big year for Taylor Swift, having released her eighth studio album *folklore* in July, directing and producing the documentary concert film *Folklore: Long Pong Studio Sessions* on Disney+ for November, and even posing casually with Paul McCartney on the cover of *Rolling Stone's* December issue. Now, she is hitting the studio to re-record her first six albums.

Swift left her old record label, Big Machine Records, in 2019. Legal issues occurred when record executive Scooter Braun purchased the label that year, thus also purchasing Swift's master rights and prohibiting the use of her old music, as *Billboard* reported.

Following this copyright issue, Swift wrote in a Tumblr post that, "Scooter has stripped me of my life's work, that I wasn't given an opportunity to buy. Essentially, my musical legacy is about to lie in the hands of someone who tried to dismantle it."

"For years I asked, pleaded for a chance to own my work," the post said. "Instead I was given an opportunity to sign back up to Big Machine Records and 'earn' one album back at a time, one for every new one I turned in. I walked away because I knew once I signed that contract, [founder] Scott Borchetta would sell the label, thereby selling me and my future. I had to make the excruciating choice to

leave behind my past."

She also Tweeted that Big Machine Records was prohibiting her to perform her old music at the American Music Awards last year, where she was awarded Artist of the Decade. The label denied this claim in a public statement on Twitter.

Swift signed with Big Machine Records in 2005 at the age of 15, and moved to Republic Records for her last two albums, *Lover* and *folklore*. "Thankfully, I am now signed to a label that believes I should own anything I create," she wrote on Tumblr.

This November, she was legally allowed to re-record her first six albums released with Big Machine Records. This will allow her to perform her old songs and feature the re-recorded versions in commercials, TV shows, etc.

While she has not completed the re-recording process yet, a snippet of the remake of "Love Story" was featured in a Match.com commercial written by Ryan Reynolds, *Deadpool* actor and a friend of Swift's.

The commercial takes listeners through the bridge and key change that occurs during the last chorus, arguably the best part of the song. Upon first listen, the remake sounds the same as the original recording. But after listening closely, the new version sounds more mature, reminiscent of the vocals found on Swift's newer albums. However, it lacks the

passion and charm found in her younger voice from the original recording 12 years ago, when she was just shy of 19 years old.

Some fans are also speculating that Swift will record the ten-minute version of "All Too Well," the most heartfelt track off her 2012 album *Red*. Fans have been waiting to hear the ten-minute version for eight years, with the original being about five and a half minutes long.

I'm especially looking forward

to hearing the remake of her self-titled first album, which was defined by her country accent that mostly comes out in "Our Song" and "Pictures to Burn." Now that she's lost the country sound that was associated with the "Old Taylor," it's going to be interesting to hear how she decides to remake those songs 14 years later—if she will stay true to her country roots or change the sound to reflect her newer, mature voice.

When I first heard "Love Story" on my car radio in 2009, I immediately became a fan of Taylor Swift. Because this song has always held a special place in my heart, I was incredibly excited when I first heard the sneak peek of the remake. I feel like I grew up with Taylor's music, so I'm eager to hear all the re-recordings in full. As she Tweeted with the Match.com commercial, she is working hard to get the music to us soon.



IMAGE TAKEN from New York Times
Taylor Swift recently re-recorded her song "Love Story," after a lengthy battle with producer Scooter Braun over recording rights following her departure from Big Machine Records.

AMONG US:

How One Game Is Killing Boredom

ALEX DYER
ENTERTAINMENT/ASSISTANT NEWS
EDITOR

This lockdown, we have been constantly searching for and craving respite from our increasingly monotonous lives.

Until recently, indie multiplayer game *Among Us* remained a relatively untouched title on Steam's Store. The game, which is played with up to ten people (locally or long-distance, with friends or strangers), features a cast of differently-colored little spacemen whose goal is to resolve all their ship's issues

(or "tasks").

However, these tasks are made ever more difficult as one to three "Impostors" run around sabotaging and killing their other "Crewmates."

In the fast-paced and minimalist action of the game, people are able to report dead bodies or other suspicious (or "sus") behavior, which leads to arguments in the chat about who the impostor is.

The real fun begins when a body is reported: players must convince the other crewmates who they think should be ejected out into the void. Friendships can be made, alliances can be forged, and bonds can be broken in a

matter of seconds as players hone their lying skills and flex their charisma.

But what is it that makes *Among Us* such a phenomenon? The answer is multifaceted.

For one, the design of the game is simplistic and the rules are incredibly easy to learn. For Crewmates, the goal is to finish all your tasks. For Impostors, the goal is to either prevent your quarry from finishing all their tasks or make sure you are the last ones alive. These rules never change, and this easy design allows for pretty much anyone who is interested to try their hand

at joining the crew. During quarantine, these types of minimalist games with compelling objectives have been so wildly popular due to their accessibility. According to InnerSloth, the developer of *Among Us*, the game reached over three million players in late September.

But the accessibility isn't the only reason people like this game. One theory I have is that the mechanic of lying—which, essentially, the game encourages the player to do—is just so fun.

The satisfaction gained from killing a crewmate and subsequently lying to get away with it is such a refreshing concept. We don't often get to feel good about lying in our

personal lives, but *Among Us* subverts that, instead imploring Impostors to lie to one another in order to survive. With such sparse mechanics, the trajectory of each round is essentially decided by the players and their chemistry. I feel that this is a hallmark of truly successful multiplayer online games: not holding the player's hand throughout the course of the game, but rather letting the players determine the course.

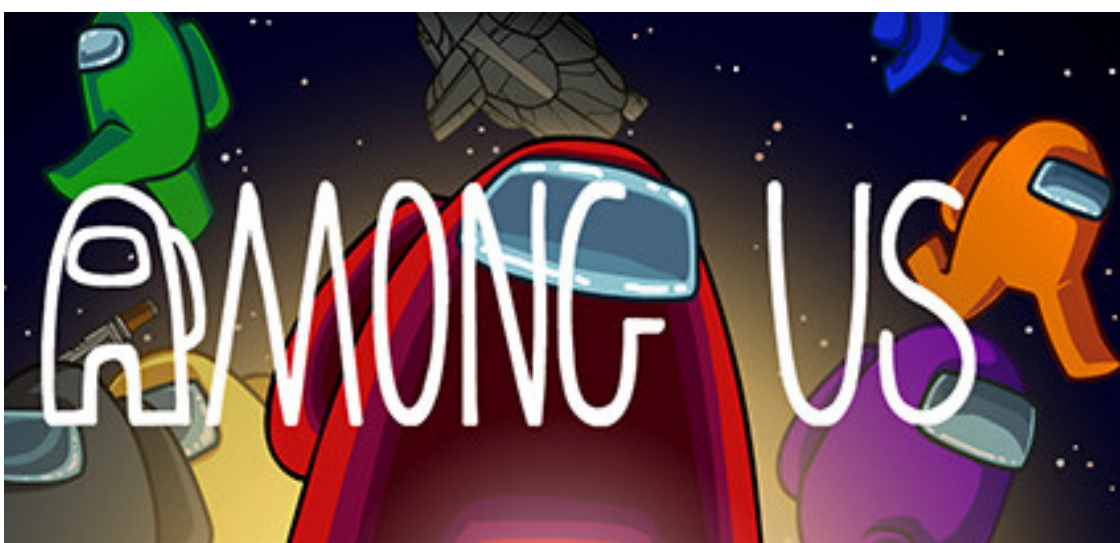
Ultimately, though, the

real joy of *Among Us* comes from the sheer camaraderie engendered by completely ganging up on someone.

Sure, it sounds mean. I can't count the number of times I've been falsely accused of impropriety in this game and, thus, ejected. However, this simple little indie game has really had an impact on our culture in such a short and tumultuous time of our generation.

The game and the endearing little guys featured therein have inspired various memes, works of art, music remixes, etc. The phenomenon continues, with a reported over 200,000 daily users, according to InnerSloth. Even

though there is not a whole lot to take artistic inspiration from, the game's growing cult following has become one of the United States' most fervent fandoms. As the time in lockdown (or, pseudo-lockdown) goes on, so does our need for a brief break from the hectic nature of our daily lives as of the past few months.



IMAGES TAKEN from Steam (above), CityPNG (right top), and ImgFlip (right bottom)

Among Us pits up to ten players against each other in a quest to be the last crewmate alive on a ship of impostors.



Jay Electronica's Act II: A Project Ten Years in the Making

SEAN EMERSON
STAFF WRITER

For ten years, *Act II: The Patents of Nobility (The Turn)* sat in Jay Electronica's hard drive, remaining an illusive project that teased fans since his groundbreaking single "Exhibit C" was released.

Throughout that decade, the reclusive Jay Electronica did very little, and anything that hinted at an album release made the hip hop community talk. Only a small number of artists could've made the initial impact Jay Electronica did. His rise from homeless backpacker to hip-hop's lyrical savior was meteoric, which gave him quite a brand to live up to. When a picture of *Act II*'s tracklist leaked on the internet in 2012, people started to murmur that an album was soon to be released. Over the years, it never was released and the buzz dissipated; ultimately the album was largely forgotten.

In the years since, his personal life—rather than his art—has become the focal point of his persona. Sequestered in London with the heiress to the Rothschild fortune from England, he was no longer a rapper, but a tabloid figure. The exposure was a departure from his previous nomadic way of life. Then, after their break-up, his focus seemed to shift back to music.

This year he finally released, to positive reception, an album—*A Written Testimony*—which also acted as an exposé of his experiences from his hiatus. However, it was a different direction than what was expected from Jay Electronica when he first released music. The beats were synthy and distorted; still catchy, but mainstream-sounding from an artist who's never shown an interest in attempting to sound like that. Considering his track record, it was hard to imagine that we would see another Jay Electronica release in such a short span.

That changed, though, when an unnamed entity bought it from a group of hackers for \$9,000 and released it to file-sharing sites around the internet. Jay Electronica initially attempted to block the release, but it seems like had become more comfortable with *A Written Testimony*, his previous effort; in turn, the public got to see *Act II: The Patents of Nobility* released on Tidal a few hours later.

Raw and unfinished, *Act II* tells the listener what Jay's perspective was like back in 2010. He was a nervous up-and-comer, anxious to deliver an album that lived up to his initial hype. His introspective and deep wordplay is evident in every song of the album. His mystifying and enigmatic nature is "felt" as opposed to "heard" whenever he speaks. This is most likely a testament to his rootstock poetic approach to his songwriting. In his song "Better In Tune (with the Infinite)," he raps, "It's frustratin' when you just can't express yourself/ And it's hard to trust enough

to undress yourself/To stand exposed and naked in a world full of hatred/Where the sick thoughts of mankind control all the sacred." A beautifully written phrase of a person dealing with self-doubt and artistic insecurity, the track captures the fears of Jay Electronica, his instability navigating through the music business, and the public exposure that comes with it all. The ennui is obvious in most of the album and we get a snapshot of his mentality throughout his emergence.

Musically, it's slower, and there is a more familiar attitude to his songs than before the release of *A Written Testimony*. In *Act II: The Patents of Nobility*, Jay is extremely verbose and knows how to use mindful meditation to fit the song's tempo and general feel of the beat.

In songs like "Real Magic" he's less of a rapper and more of a wordsmith, and the music is downtempo: tailored to his cadence and flow. There's also more room for just the music, which is different

from his earlier album in 2020. In his song "Life On Mars," which uses the same sample Kanye West used in his song "Bound 2," the classy piano riff captures a feeling of love and admiration for Erykah Badu, his love interest before dating Kate Rothschild, and gives us an insightful look at his viewpoint before all the attention from the British tabloids.

All in all, it's a solid effort. It was refreshing to hear the music of Jay Electronica from what seems like so long ago. It has everything that a vintage Jay Electronica album was expected to have: audio clips from movies, sound effects, and lyrics that make you remember what it means to hear somebody rap. It's a must-learn lesson for any hip-hop fan. If there's ever a body of work that can tell you about an artist's delusion, self-examination, and self-doubt, it's this one.

IMAGE TAKEN from Pitchfork.com (background)



PHOTO TAKEN by Alex Dyer

My parents' Christmas tree is decked with plenty of musical ornaments.

The Importance of Christmas Music

ALEX DYER
ENTERTAINMENT/ASSISTANT NEWS
EDITOR

As I lay in my bed at night, final exams and the holidays approaching like a festive freight train, nothing calms my nerves quite like Spotify's "Christmas Cocktail Jazz" playlist.

There's something simple and beautiful about Christmas music. Almost every single Christmas song revolves around themes of gratefulness and joy. But hasn't 2020, for lack of a better word, been pretty bleak?

Definitely. And it's no secret that the holidays are the source of great anxiety and depression for many; this year, perhaps exceptionally so. So, to say that these bad vibes are understandable is an understatement.

This season is different, and a lot of people aren't able to do the things they normally would; people can't be home for Christmas, halls will be more sparsely decked, and it just doesn't feel holly jolly. What is it, then, that makes Christmas music have that almost mystical feeling of happiness?

Take Mariah Carey's "All I Want for Christmas Is You." Most people could probably identify that song from the first two notes on the glockenspiel. From the very first time we hear "Twinkle, Twinkle, Little Star" as children, twinkling bells like these are automatically, in our minds, associated with stars and lights. Even though it's a secular piece, the song drives home themes of togetherness, love, and gratitude; "I don't want a lot for Christmas/ There is just one thing I need/ Don't care about the presents/ Underneath the Christmas

tree."

At first, the lyrics seem somewhat commercial, almost shallow. And they are. However, commercial as they are, we can still analyze it as a piece of art related to Christmas; that's what it is. To that end, as a Christmas song, "All I Want for Christmas Is You" is one of the archetypal examples of the themes these songs try to get across, and I think it's beautiful, in a way.

Carey, though known as a diva in showbiz, clearly made something special when she recorded her Christmas hit. But the song has a beautiful, anti-commercial message at its core: that there isn't any material possession I'd rather have than the presence of my loved one.

In fact, it echoes the sentiment of plenty of other carols; even religious ones. I am not a religious person by any means, but I think that Christmas hymns are very similar to secular carols when it comes to their scopes.

Most of these Christmas songs center on worship, but at their cores, songs like "Silent Night" and "Little Drummer Boy" are about a bigger umbrella concept that is often mentioned around this time of year, gratitude. Like Ms. Carey, the authors of these traditional Christmas carols intended to convey the gratitude they had. However, the object of this gratitude is where they diverge in their themes.

In the traditional piece "Angels We Have Heard on High," the Latin phrase "Gloria in excelsis deo," which means "Glory to God in the highest." While the objects of gratitude change, that feeling permeates the holiday season regardless of song content does not.

Finally, imagine the song "We Wish You a Merry Christmas." The lyrics are supremely simple, and the point of the song is that the "carolers" aggressively wish good tidings and cheer to the listener. It's a simple song, but effective; and it follows the thread of gratitude and goodwill towards all people that runs through the Christmas song canon. More than anything, we could use a merry Christmas and a happy New Year.

This year hasn't been extraordinary in any positive ways; there's really no way around it, and I like to be as honest of a human as possible. Entertainment has saved us this year as far as keeping ourselves occupied. And I'm grateful for that and all the other opportunities I've been afforded. This Christmas won't be the best ever, but if we can harness our gratitude and listen to some really great music at the same time, well, I think that's pretty amazing in itself.

A friend of mine taught me a word recently: *hygge*. It's a Danish word, and it refers to a specific kind of coziness and warmth that leads to contentment. I like to imagine that an inherent quality of Christmas songs is *hygge*; these songs are meant to make us want to snuggle up together like two birds of a feather and embrace the season, not shun it. Even with all the brutality COVID-19 and lockdown have brought us, and even with the cold setting in, I like to think Christmas music, in all its simplicity, can at least provide us that sense of comfort and joy that it feels like the past year has been lacking.

Happy holidays, everyone.

How to Deal with Favoritism at Work

MATTHEW CUTILLO
MANAGING NEWS/LIFESTYLES EDITOR

One of the most awkward experiences you'll have in a workplace is living alongside favoritism. Maybe the favoritism comes from an equal or a higher-up, but you start to notice someone getting special treatment that others don't. Their mistakes are brushed under the rug, and it seems they can do no wrong despite clear evidence they're an issue. How does it happen? Higher-ups have a lot of reasons for using favoritism amongst their employees, but more often than not it's to gain something. It's about what the coworker represents.

Suzanne Lucas, a freelance writer who has worked in corporate human resources for a decade, discussed favoritism in the workplace for thebalancecareers.com.

"Nothing good happens when a manager shows favoritism towards an employee," Lucas wrote. "The non-favored employees begin to feel that their accomplishments are not recognized. They get discouraged at the lack of correlation between hard work and success."

The higher-up wants them to succeed because in some way it reflects positively on the higher-up. Regardless of how destructive the workplace becomes, the higher-up does not care so long as their reasons for committing favoritism are fulfilled. Maybe the higher-up envisions themselves shaking hands one day in a photo-op after the employee wins an award, or their reasons began small but snow-

balled into a hole that can't be dug out of.

There are two perspectives on the issue: from the favorite, and from the person doing the favoring. From the higher-up, this occurs because of self-fulfilling desires taking priority over the function of the workplace. The higher-up sees personal success as a result of the coworker doing well, and the favoritism allows the coworker to create an environment where they can work as they please.

For the coworker, they'll likely be keeping their head down. Who would say no to having special privileges, being taken under the wing of someone who can shape whatever reality they can picture? It may seem like the easy road to take, but the

coworker will suffer when it's all said and done. The higher-up's desire to fulfill their own needs hurts the coworker in the long run, as they won't learn the skills needed to succeed outside of the higher-up's wing. The higher-up aims to use the coworker for a period of time, as their immediate success reflects highly on the higher-up. But what happens when the coworker moves on? They're destined to fail, but the higher-up had likely fulfilled their own goal by then.

Travis Greenberg, a senior anthropology major, considers favoritism to be a rising issue.

"It hurts to feel like someone is playing by a different set of rules than you," Greenberg said. "You even see it in

class. All I want is for everyone to have an equal chance without influence from someone in charge helping them along."

You can deal with this by telling yourself it's not your business. I know, I know, it actually is your business since the coworker is negatively impacting the office by skating by on everything. But it's not your business in the sense that it's out of your control. There's no sense in making yourself upset over situations you can't control. All you can do is just go with the flow and hope your higher-up's selfishness doesn't put too many problems on your plate.

Favoritism, above all else, is a sign of weak leadership. You are a bad leader if you prioritize your own desires above the

health and functionality of the workplace you were meant to lead. You are a bad leader if you gaslight your workers into thinking someone they see routinely misbehave is not affecting overall performance. You are a bad leader if your own selfish agenda leaks into the workplace, whatsoever. When it's all said and done, nobody wins. The coworker is now unprepared for the real world away from the higher-up's wing, and the higher-up loses all respect from their workers. It doesn't matter how great you lead in the past, all your workers know is the stressful moments they wade through every day. Adding to that stress instead of working to take it away... makes you an awful leader.



PHOTO COURTESY of Pexels.com

Higher-ups will often use favoritism to fulfill their own desires, separate from the functionality and health of the workplace.

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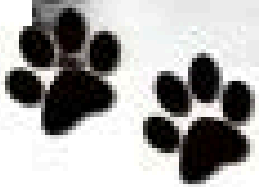
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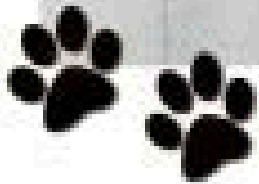
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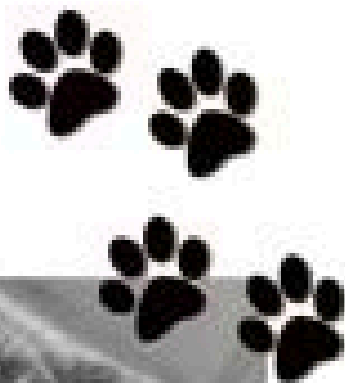
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Social Justice Leader: Prisca Blamon

SEAN EMERSON
CONTRIBUTING WRITER

This week Monmouth University women's track and field student-athlete, Prisca Blamon was granted a position as part of the Metro Atlantic Athletic Conference (MAAC) SAAC Social Justice Committee. The committee is designed to eliminate racial inequality, and also promote gender equity. The goal to make a compendious setting for the schools playing in the conference.

The committee's job is strengthening the voices of the minority student-body, specifically student-athletes. The MAAC-SAAC Social Justice Committee will look to evaluate ways to curb social injustice. This will require the help of coaches and administrators around the conference. Other conferences like the Atlantic Coast Conference (ACC), have also taken similar steps in order to understand minority athletes, to foster open conversations about athletes, and ensure a positive environment for them to play in.

The way the Social Justice Committee is set up is that a student from each of the conference's schools is selected. Each will cycle through the other institutions in order to discuss issues and topics all around the conference. The meeting will be held every



Senior Track & Field thrower Prisca Blamon will serve as Monmouth's representative in the MAAC-SAAC Social Justice Committee to help tackle racial injustice in society.

PHOTO COURTESY of Monmouth Athletics

month, with the purpose to present different ideas and findings throughout the MAAC.

Blamon has found that the position is powerful and that it gives a voice to a voiceless section of the student body. "It allows me to give a voice to those who felt as if they haven't had one before, myself included. While educating others on the experiences of their peers, I hope to force non-minorities to gain new perspectives on common issues," says Blamon.

Blamon is looking towards the bigger picture she does not want to limit herself to just changing things for colleges but beyond it as well. "This issue is important to me because racial discrimination is not just an issue within the college campus but also in the workforce reminding all of us that we are more than our uniforms," said Blamon. "In my times as Social Justice Chair, I hope to educate, bring awareness, and be a part of a generation to end racial injustice."

Blamon's appointment is one that is indicative of a national conversation taking place. Having a committee like the MAAC-SAAC Social Justice Committee, will facilitate a future where injustices like racial and gender inequity can be mitigated.

"It allows me to give a voice to those who felt as if they haven't had one before, myself included."

Prisca Blamon
Women's Track & Field Thrower



The MAAC-SAAC Social Justice Committee looks to curb social injustice with members of each of their colleges participating in monthly meetings.

PHOTO COURTESY of Monmouth Athletics



Prisca Blamon is a Senior Track & Field thrower from Cinnaminson, New Jersey who participates in events such as shot put, discus, hammer, and javelin throw.

PHOTO COURTESY of Monmouth Athletics

"While educating others on the experiences of their peers, I hope to force non-minorities to gain new perspectives on common issues."

Prisca Blamon
Women's Track & Field Thrower

Changes to Football Practice Amid the Pandemic

SOLOMON MANNING
STAFF WRITER

Monmouth University - The Monmouth Hawks Football team is ready to anticipate a season this upcoming spring in replacement of the cancelled fall season due to COVID. Players and administration have taken measures to balance social distancing and develop a successful team simultaneously.

Prior to COVID, players and staff had one designated locker room and players could use the training room at any time prior to practice. Due to social distancing concerns, the structure altogether has been altered.

Kenneth Marsaglia, Head Football Athletic Trainer / Sports Medicine, explains how things have changed as a result of COVID. Marsaglia said, "We have split the team up into three locker rooms to create more space rather than having 100 players all in one room."

Taping/bracing for practices have also been split up into groups of three rather than having a rush of people all coming into the athletic training room at once. We have also made another taping area to use to decrease the number of people in one area at once." Although there is no longer one set locker room where teammates can spend time together and hang out, it is a measure the Hawks are taking to ensure their safety and the safety of other students on campus.

Coach Lewis Walker, Defensive Backs Coach said, "I per-



Monmouth Football will compete this Spring as the Big South cancelled college football for the fall season.

sonally feel like the team loses the entirety of brotherhood bonding that would normally happen in a closed space like the locker room. There is no longer contact between players and coaches on a daily basis in meeting rooms, which is where we get to know more about our player outside of football."

Due to the team being split up into separate groups, developing the team as a whole becomes more challenging. Coach Walker explained how COVID alters the way coaches can teach their players. Walker said, "Coaches are not allowed to meet with the entire position group in person if there are more than 10 student-athletes, and even when

you meet you have to be spaced out and wearing face masks. This complicates the learning of the entire group because certain players don't get to hear the same questions they would if the entire group were together. Secondly, practice has been altered for spacing when on the field so logistics have been changed from the normal operating systems. Another thing that is affected by COVID in terms of practices are the strength and conditioning side of things. We are to operate with smaller groups during the workouts. For a football team, this is where leadership shows up big time with guys holding others accountable."

Personally being a player I

found that it was easy to meet up with a coach and go over

any confusion from practice but due to COVID it is a bit more complicated because players benefit from in person coaching and there is a stronger understanding rather than over a zoom call where coaches are limited to a screen to coach a player or explain what a player did wrong.

Coach Andrew Kirkland, Linebackers Coach said, "It is harder to develop players under the circumstances COVID has made in the traditional sense. It is more difficult because lifting and meetings have changed as well as team bonding but I do think that it is still possible to still develop players. Before COVID started,

recruiting became more about social media than in person. I believe that the younger generations have more of a handle on social media and we as coaches have to utilize that. Now more than ever we watch more and more film via online film and people are posting more drill tapes on social media to allow kids an opportunity to get better at a craft. It may be harder to get bigger, faster, stronger together but in order to develop players we must develop other parts of their game even more."

The effects of COVID have not been a complete loss, the effects have helped the team.

The process of preparing for practice is more organized. Trainers now have more one on one time with each individual player and can fully focus on each of their needs to get players

properly ready for practice. Marsaglia said, "The different structure of taping/bracing players for practice has been much more efficient than in the past, we are able to spend more time with

each player who needs to be taped or requires a shoulder brace or knee brace or hip wrapping, etc., due to the extra time that is being given to us from eliminating position meetings in the morning and by splitting up the team into groups of three for taping sessions."

Trainers have found the measures taken due to COVID are beneficial to the team as a whole. The Hawks test for COVID weekly to make certain everyone is clean on the team and will continue to do so to ensure the safety their school and season.

Women's B-Ball Drops Consecutive Games

JACK MURPHY
ASSOCIATE SPORTS EDITOR

Women's basketball dropped both of their contests this week falling to La Salle on Wednesday at home by a score of 64-46 and Drexel on Saturday with a final score of 61-50.

Monmouth's matchup against La Salle was their

first home game of the young season. Junior forward Lucy Thomas led the Hawks as she scored a team high 11 points while bringing down eight rebounds.

The blue and white showed their defensive presence early as they held La Salle to 1-of-9 shooting and 0-of-8 from three-point range and were

able to build an 8-2 lead but the Explorers scored six unanswered points to tie the game up.

The Explorers closed the second frame by making a lay-up and hitting a free throw as La Salle took a 25-18 lead into halftime.

La Salle began to pull away in the third quarter, they

drilled six three-pointers and outscored the Hawks 27-11. They shot 80 percent on ten total shots throughout the quarter. La Salle had a healthy 52-29 lead going into the final 10 minutes of play.

Monmouth was able to outscore their opponent in the fourth, however it was too little too late as the Hawks fell to La Salle to drop their second game in a row.

"It was a disappointing showing tonight," said head coach Jody Craig. "Our tunnel vision is killing us because of all the turnovers. Until we get that problem under control, we will not be a competitive team."

The Hawks were sloppy with the ball as they committed 31 turnovers as a team compared to La Salle's 16. The Hawks however did win the rebounding battle as they collected 43 boards. The Hawks home opener record dropped to 17-22 in the loss.

The Hawks then faced off against the Drexel Dragons on Saturday. While they were down for most of the game, the Hawks clawed their way back as they tied it up in the third quarter thanks to an 11-0 run. Drexel would answer with their own 10-2 run.

With only five minutes left in the game Monmouth cut the Dragons lead to just six before Drexel answered with a 6-point run to fortify their lead and help them ultimately win the game.

Leading the Hawks was red-shirt junior guard Jen Louro as she finished the game with a total of 15 points. She also added six rebounds and three

triples to her tally.

Freshman guard Jania Hall also filled out all components of the stat sheet. She scored double digit points for the first time in her collegiate career with 13 while also notching four rebounds and four assists in 35 minutes of play.

Another freshman, center Belle Kranbuhl, registered a new career high scoring eight points for the Hawks.

"Today was a more competitive effort on both ends of the floor," said Craig. "We showed a lot of fight from being down at half to tie the game. Their consistency on offense was the difference. We had too many lapses in our scoring to keep pace."

Louro is now leading the Hawks averaging 9.7 points per game and a total of five three balls. This is the eighth game of her career where she reached double digits in points. It is also the most points she collected in a game since dropping 24 on Purdue Ft. Wayne.

With their loss against Drexel, the Hawks start the season 0-3 going into conference play.

Next up for the blue and white is a matchup against conference opponent Iona on Friday, Dec. 11. This game marks the Metro Atlantic Athletic Conference (MAAC) home opener for the Hawks.

The all-time series between these two squads is knotted up at 11 wins each.

In their last meeting, Monmouth outlasted the Gaels knocking them out of the MAAC tournament. Tip-off is set at the Ocean First Bank Center at 5:00 pm.



PHOTO COURTESY of Monmouth Athletics

Junior guard Jen Louro finished Saturday's matchup against Drexel with a team high 15 points as well as six rebounds.



SOCIAL JUSTICE LEADER



Women's track and field thrower, Prisca Blamon, displays strength in her events and strength of character after earning a position on the Metro Atlantic Athletic Conference (MAAC) Social Justice Committee.

SEE STORY ON PAGE 18

PHOTOS COURTESY of Monmouth Athletics