



Monmouth Community Reacts to Upsurge in Anti-Asian Racism and Violence

MELISSA BADAMO
EDITOR-IN-CHIEF / FEATURES EDITOR

Atlanta, Georgia, March 16. Eight people were killed in a series of mass shootings at three Asian-run spas, including six women of Asian descent, as reported by news outlets across the globe.

Many people have linked this incident to recent surges in Anti-Asian racism and violence since the beginning of the COVID-19 pandemic, including President Joe Biden and Vice President Kamala Harris, as per an official statement by the White House. According to a study based off police data by the Center for the Study of Hate and Extremism at California State University San Bernardino, hate crimes against Asian-Americans increased 145 percent in 2020.

People flocked to social media to express their frustration towards anti-Asian hate crimes, trending the hashtag #StopAsianHate. And, as the Wall Street Journal reported, protests are surfacing around the nation to push for an end

to anti-Asian violence. Monmouth students of Asian descent have also voiced their thoughts on the recent incident and its implications on race and discrimination in the United States.

"Racism and violence have been a long problem. It's unacceptable to see the hate crimes against Asians being excused as some mass murderer 'had a bad day,' said Yancy Hu, a graduate student of computer science and President of the Chinese Student Association. "We all have to stand up and do our work to prevent this senseless violence inspired by hate and racism from happening again."

Jessica Pak, a junior communication student of Korean descent, shares a similar sentiment. "It honestly made me so distraught," Pak said. "I was really shocked and almost mad at the world after hearing about [the shootings]. I wouldn't want that happening to my parents, because they used to own a dry cleaners together. Right next door our friends, who are also Korean, owned a nail salon. I pictured my parent's business and the business next to them

experiencing the same exact thing. I was like, 'that would be awful if that happened to me.' And it could have happened to me."

Pak said that her mother, who immigrated to the United States in the late 1990s, has experienced microaggressions due to her race. Merriam-Webster Dictionary defines microaggressions as unintentional prejudice towards culturally marginalized groups.

"I've noticed that people are racist by accident," Pak said. "[My mom] has a bit of an accent, and I notice that when we're out in public and she is trying to communicate with someone, sometimes people will make fun of her and undermine what she's saying. It's those subtle acts of racism that get under my skin."

Jennifer McGovern, Ph.D., Assistant Professor of Sociology, offered insight on the roots of this recent violence. "One of the things that sociologists have studied is that often times when there are problems or hardships in a society, people often look to blame other groups as a scapegoat,"



PHOTO COURTESY of Yancy Hu

Yancy Hu, President of the Chinese Student Association, is one of many students of Asian descent protesting for an end to anti-Asian hate crimes.

she said. "Sometimes, problems are really complex and it's hard to understand where they're coming from or find out where to solve them. Right now, times are hard. There's a lot going on in the world and I think that Asians have become a target because the Coronavirus originally started in Chi-

na. If people don't know how to make sense of this problem that's affected their lives but know it started in China, it's almost easier for people and that's why over the past year

VIOLENCE cont. on pg. 6

University Applies to Become Point of Vaccine Distribution

ABBY BROOKS
STAFF WRITER

The University has applied to be a point of distribution for the COVID-19 vaccine and is awaiting approval from the state of New Jersey.

Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, mentioned the application in an email sent to University students on March 4. "If you are eligible to receive the COVID-19 vaccine, please consider getting it," Nagy wrote. "Monmouth University has applied to be a point of distribution, but we do not know when that approval will be given so if you have a chance to get a vaccine, please do."

This is not the first time

that the University has applied to administer a vaccine. "In the past, Monmouth has been able to apply to be a vaccine distribution site when there was the avian flu H1N1, so we thought it might make sense for us to once again apply to become a distribution site for the campus," said Nagy.

If the University were to be approved as a distribution site, it would not be open to the general public. "We would be what they call a closed POD, or a closed point of distribution. Only Monmouth University people and those that are directly affiliated with us would be able to be vaccinated within our site," explained Nagy. "So we wouldn't become a mega-site for people in the local community to be able to be vaccinated here on campus."

"We actually applied some time ago, when we knew that the vaccine was going to become available. Right now, we continue to wait to hear whether or not we will

be approved," said Nagy. "There's obviously a certain amount of resources that are available, and the

VACCINE cont. on pg. 3



IMAGE TAKEN from Pexels.com

"PODs," or points of dispensing, are community locations in which state and local agencies dispense medical counter-measures during a health emergency.

Suspicious Male Arrested on Campus

MATTHEW CUTILLO
MANAGING / NEWS / LIFESTYLES EDITOR

A suspicious male was observed on campus and arrested by the Monmouth University Police Department (MUPD) on Wednesday, Mar. 17, according to an email from MUPD's Captain of Police Dean Volpe.

The previous day, MUPD was made aware of multiple instances of the suspicious male interacting with female University students off campus, at their private residences. The University students contacted the Long Branch Police Department to report the individual, who is their neighbor.

"This neighbor was seen knocking on their doors and banging on their windows," Volpe wrote in a statement to the University

ARREST cont. on pg. 3

INSIDE:

NEWS

President Leahy Interviewed by Award-Winning Journalist Jack Ford

Pg. 2

FEATURES

How to Choose a Major if You're Undeclared

Pg. 8

SPORTS

Monmouth Softball Begins the Season 3-1

Pg. 15

INDEX

News	2
Editorial	4
Opinion	5
Features	6
Lifestyles	7
Entertainment	8
Club & Greek	10
Politics	11
Sports	14



@theoutlook



@muoutlook



@muoutlook

Journalist Jack Ford Holds Interview With President Leahy

ISABELLA HANNA
ASSOCIATE NEWS EDITOR

Emmy and Peabody Award-winning journalist, Jack Ford, held an exclusive interview with Monmouth University President Patrick F. Leahy Ed.D. on Tuesday, Mar. 16th

The American television news personality asked Leahy about a series of varied topics, curated by both Ford himself and those belonging to the general Monmouth University community.

Before the interview took place, Amanda Klaus, Interim Vice President for University Advancement, introduced the evening's events. She thanked everyone for their attendance and highlighted the event garnering participation from across the country.

Upon this introduction, Ford led with a question that brought the audience to the beginning of Leahy's time as a scholar and

leader in higher education, well before his time as President of Monmouth University.

"Has your path to Monmouth always been intended," Ford asked.

"Yes and no," Leahy stated. "I always tell people it was in my first year of college when I took a class with the President of Georgetown that showed me the meaning he took from his work."

"Nonetheless, I finished my degree and went into the traditional line of business, and it would take me about ten or twelve years before I found myself in the scholastic field," Leahy explained.

Building upon his first question about Leahy's time in higher education, "What was it that drew you to the notion of coming to Monmouth since you had contributed to much of Wilkes University's success during your term as president?" Ford asked.

Leahy explained that while he was happily serving the Wilkes community, it was during a sleepless night on vacation that he reflected on the professional opportunities awarded to him.

The following morning, Leahy received an email from a search consultant asking that he take a look at the opening at Monmouth University.

"Maybe it was meant to be in some respects," Leahy said. "Coincidentally, my daughter was also looking at colleges, and it didn't take us long to fall in love with Monmouth."

Ford followed up on Leahy's narrative by asking what he had not anticipated, or expected, when he decided on Monmouth.

"Other than the global pandemic," Leahy laughed, "I think I generally knew what I was getting into—I don't think I learned things I wasn't expecting; rather, as I got to know Monmouth, it only further confirmed my deci-

sion."

"Speaking of the COVID-19 pandemic, let's discuss your experience with having to start your term during a global crisis," Ford continued. "What did you initially anticipate, what did you fear, and what actually happened?"

"Just a couple months before the shutdown, ironically, we were discussing our five-year strategic plan as to how we intend to separate ourselves from the market," Leahy started. "That was quickly put on hold as we had to prepare for the reality that COVID-19 was not only here in our community, but potentially on our campus as well."

Leahy went on to explain that the administration had decided fairly early to take a few days off prior to students leaving for their spring break. This gave the University time to prepare the faculty for the likelihood of teaching virtually, at least for a couple of weeks.

"When did you come to grips with the notion that we weren't going to have a normal rest of the semester?" Ford asked.

"We held on to the hope of reopening, but we realized mid-April that the prohibitions would not be loosened any time soon," Leahy said. "By that time, we just wanted to give our campus community the clarity they needed to move forward for the rest of the semester, as well as the summer."

Moving past the current state of affairs, Ford asked what Leahy believes the campus will look and feel like in the coming academic year.

"We are going to operate under the assumption that we want to get back to normal as soon as possible, and work backwards, if necessary, according to health regulatory guidelines," Leahy proclaimed.

Expanding upon this hope for Monmouth's future, Ford asked, "How do you plan to separate Monmouth from the rest of universities within this market for higher education?"

"The galvanizing principle of our strategic five-year plan is to integrate academic excellence alongside affordable access," Leahy explained.

Leahy went on to underscore that by improving the University's rankings and attracting students who are increasingly diverse, both demographically and socioeconomically—that is how the University intends to marry and implement those ideologies for success.

Ford spotlighted the quality of the University's teaching staff, stating "The heart of the matter is what happens in the classroom, which separates a good academic institution from a great one."

Leahy agreed, stating, "They continue to amaze me with their knowledge and commitment; it is the heart of the matter, and exactly why we can in fact separate ourselves from other institutes of higher education."

As they wrapped up their discussion, Ford concluded stating, "It is always a pleasure and now the Monmouth University community knows how very fortunate they are to have you at the hilt."



Leahy recieved questions from both Jack Ford and the University campus community.

New Jersey Devils Coordinator Visits Sports Industry Club

MATTHEW CUTILLO
MANAGING/NEWS/LIFESTYLES EDITOR

Allison Spencer, Corporate Partnerships Activation Coordinator for the New Jersey Devils joined the Sports Industry Club for their virtual speaker series on Wednesday, Mar. 17.

The reoccurring program aims to allow students with an interest in sports-related careers to engage with tri-state professionals and alumni. Spencer detailed the current NJ Devils' procedures during the COVID-19 pandemic and shared her journey leading up to her current position.

The New Jersey Devils have allowed fans back in their stadium at 10 percent capacity, according to Spencer. "I had the chance to go to some games before we had fans back and it was just so odd," Spencer said. "I definitely feel much more rejuvenated and I feel a whole new sense of energy with having fans back in the building."

Priority access has been provided to season ticket holders, with leftover available tickets being offered to the public, according to Spencer. An amount of suites are open as well. "We can't have them at the full capacity of like 16-20 people," Spencer said.

Spencer was part of a Sports Management and Exercise Science Club during her undergraduate years at Rutgers

University. She stressed the important opportunities that can come from involvement with your University's organizations. "It's just great to have something where you can network with your peers," Spencer said.

One of Spencer's first internship roles involved working in ticket operation for Rutgers' athletics department. The job included stuffing envelopes and selling tickets at will-call. "I quickly realized that it was not for me," Spencer said. "Like a lot of other sports management majors, I was just taking something to get my foot in the door and get some experience in athletics to start out with and have something that would lend me a really cool internship or job in the future."

Spencer then took on a promo-team role for the New Jersey Devils as a junior. She was an event staffer, doing things like helping set up events, handing out items to fans and operating the t-shirt gun.

"I sometimes wore a headset and communicated with the people upstairs who were running the scoreboard," Spencer said. "That kind of experience was huge for me and what led me here today. I also did an internship with the East Coast Hockey League (ECHL). They're headquartered out of Princeton so it was local."

She worked under the

league's Director of Business Development, helping the director with different content for the league's platforms. She coordinated multiple large partnerships with Nickelodeon, Geico, and "some other big partners for the overall league."

"That was a really great experience and not only did I get to work on the business development side, but with hockey operations, ticket sales, and marketing," Spencer said. "I got to have my hand in everything. If you ever have the opportunity to intern for a minor league, I highly recommend it because you get to wear a lot of hats and get a lot of experience out of it. It is a grind, but like

I said, a great learning experience."

While pursuing her undergraduate degree, Spencer also took on an event staff role with the Jets football organization and the New York Yankees baseball organization as a guest relations operator. Upon graduation, she took a role with Topgolf as a Platinum Memberships Manager in charge of overseeing premium level memberships on an individual and corporate basis.

Now, Spencer is the Corporate Partnerships Activation Coordinator for the New Jersey Devils, overseeing a client base of large partners such as Bud Light, Investors Bank and Heineken.

"I oversee all of their marketing assets," Spencer said. "Any signage that you see in the arena or any activities that are happening on the concourse."

"Right now is a little bit tough because of COVID-19, and I feel for all of you guys starting a career and trying to get experience during this time when sports have been at a halt," Spencer said. "With that being said, I've been telling anybody who's reached out to me what you can do is not sit back and idle. Don't wait for things to get better; keep learning and find ways to learn. There's webinars and speaker-series left and right. Just keep learning and educating yourself outside of your school."



The New Jersey Devils are allowed up to 10 percent capacity for their home games.

President Leahy Shares Summer and Fall University Plans

MATTHEW CUTILLO
MANAGING/ NEWS/ LIFESTYLES EDITOR

President Patrick F. Leahy Ed.D., delivered an update on upcoming fall and summer University plans on Monday, Mar. 22.

“Just one year ago, the World Health Organization declared COVID-19 a global pandemic, and the state of New Jersey announced a public health emergency in response to this growing threat,” Leahy wrote in the introduction to his community-wide message. “This has been a year that tested our resolve, but together, we have faced these unexpected challenges with great patience, flexibility, and fortitude.”

The University has been encouraged by the increased surveillance testing, widespread vaccination efforts, and the “overwhelming desire of our students to return more fully to campus,” as plans are made for the summer and fall semesters.

“We are confident that these strengths, coupled with the resilience of the Monmouth spirit, will help us successfully navigate through the next several months and transition into a post-pandemic reality that more closely resembles our pre-pandemic learning environment,” Leahy wrote.

The University’s plan is to offer a predominantly online summer schedule, “with ap-

proximately a quarter of our courses delivered in hybrid or in-person formats.”

“Even prior to the pandemic, we had been working to increase our summer online offerings in response to student demand,” Leahy wrote. “We have found summer online courses to be a very convenient and effective way to serve our students, and we plan to continue to offer a robust selection of online courses in upcoming summers.”

The University’s objective for the fall 2021 semester is to resume in person classes and student activities “to the fullest and safest extent possible.”

“We are planning a fall semester that is primarily in-person,” Leahy wrote. “[We] look forward to opening our campus more fully, if not entirely, for the start of the 2021-2022 academic year. We recognize that COVID-19 will present ongoing challenges, but we are preparing for a safe return to in-person activity at Monmouth and are eager to welcome our community back to campus in the fall.”

Plans are tentative and revolve around current and prevailing public health guidance. The University plans to make decisions based on recommendations issued by the CDC and state of New Jersey, Leahy wrote.

“We hope to have more up-

dated plans about instruction and campus life as we receive those guidelines,” Leahy wrote. “If changes to public health restrictions impact our plans for the fall semester, we will immediately share updated information with you.”

Answers to specific questions regarding living and learning opportunities during the fall semester will be communicated as detailed plans form over the coming weeks, Leahy explained. “We have persevered through an unprecedented year in modern history, and if we remain vigilant in our efforts to slow the spread of COVID-19, then we can hope for a safe return to near-normal operations in the fall.”

In a recent episode of the “Monmouth Mondays” podcast, Leahy explained his commitment and willingness to offer in-person graduation ceremonies for seniors and graduate students in a similar fashion to last year.

“It is yet another example of how we’re trying to put students first,” Leahy said. “We know that this is what they want and we know that’s what their parents want. We will do everything we can to try to deliver it for them.”

The state of New Jersey has not provided the University with needed guidelines to plan ceremonies, Leahy explained. Last week, Governor Phil Murphy announced a slight

increase to 25 people allowed for indoor gatherings and 50 people allowed for outdoor gatherings.

“Somewhere between that relaxation.... We think there is an opening for the Office of the Secretary of Higher Education to hopefully give us some guidance that if we do it well and responsibly, we will be able to offer in-person ceremonies again,” Leahy said.

“We may need to offer a whole series of [ceremonies] like we did last year. Remember, we did nine last August. We may need to do a whole series of them, but we’re committed to doing it because we know it’s what our students want.”



IMAGE TAKEN by Anthony DePrimo

Leahy hopes the upcoming fall semester will fully resume in-person classes to the safest extent possible.

University Hopes for Campus Vaccine Distribution

VACCINE cont. from pg. 1

state could decide that there’s enough sites and that people from Monmouth can go there instead.”

Even if there are other distribution centers locally, having a site on campus could be beneficial. “We think that the easier we make it for people to get the vaccine on campus, the more likely people are to get one,” explained Nagy. “Students would literally be able to walk out of their residence hall and over to where we are thinking of doing this, which is in Boylan Gym, so we can continue to do our testing in the lobby of the OceanFirst Bank Center.”

Nagy went on to explain the importance of getting the CO-

VID-19 vaccine, whether it be Pfizer, Moderna, or Johnson & Johnson. “The vaccines seem to be extraordinarily effective at helping manage the COVID-19 pandemic. It doesn’t mean that you can’t get COVID, but the likelihood of dying or being hospitalized is minimized,” said Nagy.

She continued, “We many not be able to prevent people from getting COVID-19 altogether, but I think we can do an awful lot to help by taking the vaccine, wearing a mask, washing our hands, staying appropriately distanced from people, avoiding large crowds, all those kinds of very basic things that we’ve been doing for the past year. I think that the vaccine is one of the most effective ways for us to really begin to move forward as

a campus, as a state, and as a nation.”

“We have every intention to return to as normal of a fall semester as we possibly can. We’re working hard to try to make that happen, but we also have to follow whatever regulations the state of New Jersey requires,” said Nagy. “This past fall, the state required us to de-densify residence halls as much as possible and close open lounges for public use. We had to minimize visitation in residence halls and switch to entirely take-out food at the dining hall. Whatever the state says we have to do, Monmouth University will obviously follow that.”

“Hopefully we will be able to have some kind of loosening of these restrictions. I think we’re starting to see a little bit of that now. Just recently, restaurants

were allowed to open at 50 percent capacity. Indoor gatherings increased from 10 to 25 people,” said Nagy. “I know it’s small increments, but I think it’s a positive step forward. Our hope is that we will have a much more open campus by the upcoming fall semester than what we experienced this fall.”

“President Biden has indicated that he expects every American adult will have access to the vaccine by May 1. Whether you have access to the vaccine here on campus or at a local pharmacy or other distribution center, if you have the opportunity to take the vaccine and you have an inclination to do so, don’t wait for Monmouth to be named a point of distribution,” said Nagy. “Get it whenever and wherever you can.”

Campus Arrest

ARREST cont. from pg. 1

community. “He also approached at least one student in the street and invited her to come over to his house for a party. He has been described as seeking companionship of Monmouth University students along with other young women of the local community.”

The suspicious male was observed on campus the following night and was immediately arrested by the MUPD, the individual being banned from campus. If the individual were to return to campus after his ban, he will be subject to “defiant trespassing,” Volpe explained in a statement to *The Outlook*.

“Defiant trespassing is when a person enters a place despite having been given notice not to do so,” Volpe wrote. “If the subject returns to campus, he can be charged with Defiant Trespass. This is a petty disorderly persons offense, and is punishable by up to 30 days in jail and a possible fine of upward to \$1,000.

Volpe also clarified the definition of harrasment, being “when a person makes, or causes to be made, a communication or communications anonymously or at extremely inconvenient hours, or in offensively coarse language, or any other manner likely to cause annoyance or alarm.”

Harassment can also be considered a petty disorderly persons offense and may have the same penalties as mentioned above that maybe include community service, Volpe wrote.



IMAGE TAKEN from Los Angeles Times

If the University were to become a distribution site, it would not be open to the general public, Nagy said.

DISCLAIMER: All articles appearing in the Op/Ed section of *The Outlook* are solely the opinions of the authors and do not reflect the views of *The Outlook's* editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. *The Outlook* reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, *The Outlook* will no longer print anonymous articles.

My Money is on the Little Guy

JOHN SPINELLI
STAFF WRITER

Monmouth Athletics this spring will be one of the most unique in school history; almost all sports will be playing at once. This might be the only time we will see basketball, football, golf, softball, field hockey, baseball, lacrosse, tennis, cross-country, track and field, soccer, bowling, and swimming all in one semester!

With teams here at Monmouth and across the country starting up again, it begs a question I often ponder: why hasn't legal gambling caught on with the less popular sports? Whether it be collegiately and/or professionally, the smaller revenue sports in my opinion have potential to expand their product.

As a cross-country and track athlete here at Monmouth, I think legal betting would only benefit my sport. It was a joke last year when the pandemic first hit that outdoor track should continue because no fans attend anyway. I certainly appreciate my family and friends coming to the meets; but if my sport could attract large crowds, it would only benefit universities and the sports industry more.

I have run since elementary school, and throughout my time as an athlete I sometimes get annoyed when people say my sport is not important. Unfortunately, I do know it is true that we do not bring in revenue like football or basketball. Even on the professional level, the only time you will see track and field on television is the Olympics. Don't get me wrong—I love watching our football and basketball team play as well as the Giants and Mets, but I wish my sport had a better



IMAGE TAKEN from WakeForestLawReview.com
Sports betting, although controversial, may help the economy and motivate players.

seat at the table.

Sports Gambling in the United States has an interesting history. Since most of the Western World have already legalized it, I have heard a joke that America is the “uptight” land of the free. Since 1992, the activity has been illegal due to a federal law in all states except for Nevada, Delaware, Montana, and Oregon where it was grandfathered in.

In 2018, the Supreme Court revoked this law in *Murphy vs. National Collegiate Athletic Association* and said that states can regulate this industry if they decide to. Before this law was litigated in court, it has been pushed for decades mainly by New Jersey's State Government, Atlantic City, and Monmouth Park in nearby Oceanport.

As I mentioned earlier, sports betting helps the economy. In 2021's Super Bowl LV, it was estimated that four billion dollars were wagered. This expanded market could provide plenty of new job opportunities and tax breaks for the average citizen.

I am aware there are some problems with sports betting. One of the main arguments

you will hear against sports betting is, understandably, addiction. Unfortunately, not everyone plays for fun, and sometimes people will chase their financial losses. It is important that mental health and counseling resources are still being supported. However, we should not ignore the fact that products like alcohol and cigarettes are addictive for some but still legal to buy and use.

I am also 100 percent against all forms of cheating with this industry (point shaving, match-fixing, etc.). Protecting athletes from coercion and punishing those who cheat still must be lawfully enforced. As someone who works hard to run faster times and win, it is disheartening to know that everyone does not compete with integrity.

There are many reasonable concerns, but I think this market, especially for track and field and the other non-revenue sports, has a lot of potential. People already bet on horse and car racing, so why not expand it? It would be an honor if someone put money on me to run a phenomenal race!

The Importance of International Women's Day

ADRIANA ZEFUTIE
CONTRIBUTING WRITER

Since the beginning of time, women have been tasked with a multitude of very taxing responsibilities—bearing and caring for children, fighting for equality, and obliterating unrealistic stereotypes. Even today, women are still working to empower their daughters and fellow female figures to urge change for a better future.

While International Women's Day lands on March 8, the whole month is designated to embrace and celebrate the vast achievements of women. Each year, a theme is provided to outline the unique issue, and 2021 brings about the theme “Choose to Challenge” to inspire the world to both recognize and challenge inequality. The remarkable day was first celebrated in March of 1911 by over a million women spanning Austria, Denmark, Switzerland, and Germany, as a means to fight for their ability to work, vote, and gain equality. Over 100 years later, women are still working towards the bettering of society for their conditions.

Nowadays, you can list off the women who are in powerful positions, who are successful and acting as an example for future generations. Despite this, there is always work to be accomplished around the world in areas where this female status normality is an oddity. Even America can continue to improve the circumstances that women are born into by providing equal pay and more positions for women in the workforce.

As a woman myself, I've dealt with an abundance of unwanted and unnecessary statements regarding my unwillingness to abide by the stereotypical female life-

style. I've always dreamed of working for my Ph.D. in psychology to become a professor and researcher one day. Before I receive any form of encouragement, I've instead been asked how I'd be able to juggle a family with my career. Prior to even earning my bachelor's degree, I'm already being plagued with the maternal responsibilities I may hold ten years from now because of the stereotypical concerns of others. This is why we need to pave the way for the future as women, to rid of these detrimental belief systems.

Women should not have to orient their lifestyles, specifically their careers, to suit the expectations of existing stereotypes. Even without the issue of stereotypes, women are trained to protect themselves physically in this world. How many females that you know carry pepper spray, a taser, or some other form of protective tool? Too many. How many men can you list off that endure the same potential fear and hold the same items? Odds are, very little to none. There is always progress to be made.

Upon writing this article, I have come to the realization that there is a great deal of information about the advances of women since the beginning of International Women's Day that is new to me. Women who are privy to this information should spread the word, to educate everyone and anyone. One great source for more knowledge on the importance of the day, the history, and donations can be found on internationalwomensday.com.

International Women's Day should be a celebration worldwide. However, every other day of the year should serve as time to note the amazing women in your life and the struggles their status may have brought.

Statement on the Recent Escalation in Anti-Asian Violence

PROFESSORS UNITED FOR A SAFE HAVEN (P.U.S.H.)

We, the members and supporters of Professors United for a Safe Haven (P.U.S.H.) and the Program in Gender and Intersectionality Studies (PGIS), stand against anti-Asian racism and violence. Although racism and violence towards the Asian community are not new, now more than ever we must work together to break the silence surrounding these tragic events. There is no space for indifference. The Asian community requires allyship, recognition, and support.

The targeted violence that took place on March 16, 2021 in Atlanta is a tragic event. The nature of the attacks is a hate crime against Asian women. Sadly, it is one of

many violent acts that have been on the rise in the United States and globally towards Asians, Asian Americans, Desi, and Pacific Islanders. This violence has been especially targeted towards women and elderly people and has increased since the beginning of the COVID-19 pandemic.

As a group of faculty and allies, we are again reminded that universities must protect and defend the communities that are being targeted by racism and bigotry. As educators, we condemn anti-Asian racism and violence. To embody anti-racism work, we must educate ourselves to learn about the events and historical violence against the Asian community and understand their impact on our world today. Further, we must include anti-racism work in the education that

our University is providing to our students.

We recognize the systemic nature of these issues, understanding that it is systems and institutions that have created the conditions where people and groups of people are seen as less than human. We also understand that silence perpetuates the conditions of this system.

The Next GenAsian Organization urges us to take action in raising awareness, amplifying Asian voices, providing space for experiences to be shared and listened to, and reflecting on biases within ourselves and our communities. We invite you to join us in condemning this rise in racism and violence towards the Asian community and pledging to incorporate anti-racist work into our University spaces.

Resources to be aware of and to share:

- The Next GenAsian Organization (<https://nextgenasian.carrd.co/>)
- **Anti-Asian Violence Resources and ways to support the APIDA community broadly:**
- <https://anti-asianviolenceresources.carrd.co/>

Monmouth University Resources:

- Professors United for Safe Haven (P.U.S.H.) (<https://www.monmouth.edu/gender-studies/p-u-s-h-back/>)
- The Intercultural Center at Monmouth University (<https://www.monmouth.edu/intercultural/>)
- For students interested in course work related to social justice, power and oppression, please reach out to The Program for Gender Intersectionality Studies (<https://www.monmouth.edu/gender-studies/>)



IMAGE TAKEN from NAACP

In solidarity,
Professors United for a Safe Haven (P.U.S.H.) members
Program in Gender and Intersectionality Studies (PGIS) faculty and members

Undeclared: How to Decide on a Major

DENISSE QUINTANILLA
STAFF WRITER

“What do I want to do for the rest of my life?”

That is the question many first year students ask themselves when coming to college. Some people may know what they want to study, but for others, it is not that easy. 164 of 921 freshmen, or approximately 18 percent, are undeclared.

Such is the case of Naomi Louis, a freshman undeclared student. Louis thought this was the best choice for her, as she was unsure what would be the best major. “Upon entering, I had multiple majors I was contemplating and still am. I did not want to waste time on a major when I wasn’t even sure I would really like it,” she said.

Louis is an EOF (Educational Opportunity Fund) scholar and received guidance during her summer academy from EOF counselors. “The EOF counselors eased my nerves on going in undeclared amongst students who seemed like they knew what they wanted to major in,” she said. “People change majors all the time, they said. EOF recommended that I experiment and use my tools to gain a better understanding of what I want.”

Lori Lichter, a Student Development Counselor at Monmouth, works with undeclared sophomores and new



PHOTO COURTESY of Casey Trautwein, Monmouth University

Meeting with your advisor is a good way to figure out which major is best for you based on your interests and career goals.

transfer students. “It is NOT a bad thing to come in as ‘Undeclared,’” she agreed. “Most students change their minds at least once anyway. Exploration of one’s interests and values and all that is offered at Monmouth University is actually quite positive. Being ‘Undeclared’ also allows for researching the ties between the many majors offered and what can be done with them career wise post-college.”

Lichter also said that general education courses can help students fig-

ure out where their interests lie.

Already halfway done with her freshman year, Louis has made some progress in her curriculum and is on the right track. As part of her academic journey of exploring different paths, she took general education courses such as archaeology, historical studies, nutrition sciences, psychology, and English. Out of these classes, Louis has enjoyed historical studies and psychology the most.

“Psychology 101 gave me the foundation for child development, which

is by far my favorite class that I’m taking this spring,” Louis said. “I’m currently enrolled in health strategies as an introductory course to the health studies major. I also am taking an introduction to social work to see if I would want to be a social work major.”

Louis said that Monmouth has been helpful in offering resources to help guide her to choosing a major. “When talking with my first-year advisor, we picked up classes that mirrored majors I was considering: health studies, social work, and psychology. As a result, we can cross off majors from my list that I now know I don’t like. I’ve been putting my time to good use and reaching out to learn more about specific majors and career paths.”

Thanks to the various introductory courses, she has an idea of what she may want to pursue.

“Currently, my aspiration is to become a speech-language pathologist, but I’m not sure which major would be most beneficial to me,” she said. “Health Studies as of now looks like the major that will prepare me the most for graduate school with its background in the sciences. However, psychology and even education are still on the table.”

Not only is she deciding on a major, but she is also looking at poten-

tial minors. “Since I know I want to minor in both childhood studies and communication sciences and disorders, I want to choose a major that will complement both—and possibly one that overlaps, so I don’t have to take extra classes,” she said.

Louis is also a member of the Council for Exceptional Children, an activity that has helped narrow down what she wants to do. “I one day hope to work with children, as that’s where my passion lies,” she said.

Lichter advised to keep an open mind when it comes to choosing your major. “Use resources available to you, and don’t be afraid to ‘test the waters.’ Experiential Education also helps—internships, volunteer experiences, community involvement, clubs, Study Abroad programs—all help to expand one’s horizons and help search for passions,” she said. “It is also recommended to get involved with campus clubs and activities, as these can help to develop interests, make connections, and rule out things that you thought you would like, but don’t enjoy as much as you thought you would.”

Knowing what you want to do for the rest of your life is no easy feat. There are many factors that can be considered when choosing a major. However, there’s one that dominates them all: passion.

Anti-Asian Violence: A Growing Concern

VIOLENCE cont. from pg. 1

it’s lashed out.”

Junior communication and theatre student Nicholas Sewell, who is of Korean descent, expressed his opinions on the recent incident in Atlanta and its implications on the Asian-American community. “I’ve been trying my hardest to distance myself from it all—not because I don’t care or think it’s unimportant, but because it’s too much,” he said. “I’m taking 18 credits, I have an internship, and I’m performing for MU players. If I focus on every incident that’s happening, I wouldn’t be able to give myself the time to focus on my academics. It infuriates me that I have to do that to get through the day and school.”

Sewell, who was adopted by Caucasian parents, also spoke about his experiences growing up in the predominately white neighborhood of Millbrook, New York.

“I was raised by an Italian mother,” he said. “I never really had rice growing up as a kid, or Asian foods in general. I grew up ‘white,’ which makes me almost feel like I don’t deserve to talk about this stuff sometimes because I know Asians are considered the model minority and I see that through how I’m treated vs how other people are treated. Even though I’ve had my fair share of racist experiences, I shrug them off. I know I shouldn’t, but I decided to say it’s not worth it.”

He continued, “When it comes to these movements, I hope my mom says, ‘I have an Asian son, maybe I can be more attentive towards this.’ But at the same time, I don’t want it to be that the Asian movement matters more than the Black Lives Matter movements because frankly, I think those are more important. They came up first and are more prevalent and need to be addressed just as much. I hope society doesn’t sweep the Blacks under the rug.”

Pak and McGovern also noticed a parallel between the At-

lanta shootings and the murder of George Floyd in June 2020 after a white police officer knelt on his neck.

“It’s a shame that a lot of acts of racism, not only towards Asian people, are circulating the world constantly even with the Black Lives Matter movement,” Pak said. “Even though I’m not an African-American person, I feel for them because racism is a lot more prevalent than people view it to be.”

McGovern said that while Asian people and Black people experience racism differently, they are both a part of the same system that shows that some lives and people are valued more than others. “Instead of saying, ‘We’re Asian, so we experience racism this way,’ or ‘We’re Black, we experience it this way,’ students and people can join together and say we all want to be seen in our humanity and treated as equal. And that means Black Lives Matter shouldn’t compete with Asian Lives Matter. They want to work together because they’re all facing issues,” McGovern said.

McGovern offered ways that individuals can work together to end the issue of racism and violence towards minority groups. McGovern said that on a big level, individuals can vote in local and state elections for politicians who can alleviate these issues through policies such as harsher penalties for hate crimes and programs that help protect marginalized groups.

“I think it’s hard because ending racism seems so big and so that’s why people don’t always want to take steps to do it,” McGovern said. “One of the reasons I think Asians in particular have been easy targets is because we have this cultural narrative of them as almost weak and submissive. Asians are the butt of a lot of jokes. Sometimes when we have those ideas circulating a society, it becomes easy to target that group. On a small individual level, we can examine our language and our jokes. Maybe we can think a little more closely and make sure that we make an effort to human-

ize Asian-Americans as we would want to humanize any group.”

McGovern also said that she would like to see more courses and programs offered at Monmouth University that enable the community to learn more about how racism affects all groups. “I think a lot of the programs that the University has done in the past year has been hyper-focused on Black/white racism given what was going on in the news. I think we as a University can be a little more expansive in how we think about racism,” she said.

On March 17, President Patrick Leahy sent an email to the Monmouth community condemning the Atlanta shootings. “In keeping with our commitment to building a more antiracist community, Monmouth University firmly denounces racially motivated and xenophobic acts of harassment and violence, and proudly stands in solidarity with our Asian, Asian American, Desi, and Pacific Islander community members,” he wrote. “I want to encourage all members of the campus community to intervene as active bystanders when you witness bias, to continue to stay informed about the world around us, and to listen authentically to one another across lines of difference about our lived experiences and shared humanity.”

Sewell, however, is not optimistic that racism can be ended so quickly. “At the end of the day, we as citizens cannot do anything. And that’s infuriating, but it’s the harsh reality of how our society works,” he said. “Black Lives Matter is the biggest revolution and outrage that our generation has had. The fact that nothing has changed for Black Lives Matter is very telling of how little [society] cares. The only real change that can be made is a drastic change. The Stonewall [riots] were in 1969, and same sex marriage was in 2015—that’s 46 years of nothing. I don’t want to be 70 and find that we just took one small step towards stopping Asian violence. It needs to be one giant step.”



IMAGE TAKEN from @meena on Instagram

Asian people and their allies have been advocating for an end to acts of racism that escalated due to the COVID-19 pandemic. Studies show that hate crimes towards Asians increased almost 150 percent since the pandemic.

Pak and Sewell also commented on the social media advocacy that is prevalent among college students. “I really enjoy the social media activism that’s been going on because it shows to me who actually cares about this issue and who actually doesn’t,” Pak said. “A lot of my friends who are Asian as well don’t enjoy the social media activism because most of the time it doesn’t actually reflect [people’s] true thoughts and actions towards Asian people. There’s a huge difference between posting on social media that you’re not a racist and actually not being a racist in real life.”

“Social media advocacy is a good start, but I don’t think it does anything at the end of the day,” Sewell echoed.

Outside of social media, Pak said that becoming more aware of and expressing interest in differ-

ent backgrounds and cultures is a big step towards equality. “Empathy and kindness towards another one’s culture, although you may be different, is very important. Everyone should do that for everyone regardless of whatever culture they are,” she said.

Meanwhile, Hu calls for the AAPI (Asian Americans and Pacific Islanders) community to continue fighting for an end to racism and violence. “We’ve seen many racist talks, Tweets, and blogs defended as freedom of speech by government officials, media, etc. We should at least have a sense of the boundary between racism and freedom of speech,” she said. “To the AAPI Community, stop being quiet and get our voice heard, because being quiet get you nothing but systematical and long last discrimination.”

Dopamine-Driven Feedback Loops: What Are They?

MATTHEW CUTILLO
MANAGING/ NEWS/ LIFESTYLES EDITOR

Do you ever close an app on your phone just to open it again two seconds later? Or rather, do you find yourself going through the same systematic motions throughout your phone’s different screens over and over again? You’ve likely fallen into a dopamine feedback loop.

A dopamine-driven feedback loop is a “self-perpetuating circuit fueled by the way the neurotransmitter works with the brain’s reward system. Feedback loops, in general, are circuits that return output as input to a given system to drive future operations and, in this case, behaviors,” according to WhatIs.com.

Chasing after dopamine involves completing tasks that we suspect will bring us some type of rush, even if on a very small level. The pull wheel on social media timelines like Twitter and Instagram is reminiscent of a slot machine where you pull down the lever out of the expectation of receiving something back. Whether the result is good or bad, at least on social media it’s free. Pulling it as much as you want means it becomes normalized, and searching for that piece of content you were afraid you’d miss out on is an endless journey.

For months and months on end, you could be stuck

in a particular loop where you open Instagram, pull the refresh tab, open Direct Messages, pull that refresh tab, then close the app. After about a half hour or so, you feel the sensation to open the app and complete the loop again.

You know well that you didn’t have any new messages. If you did, you’d receive a buzz from your phone and a notification from the homescreen, yet for whatever reason you’re stuck committing this loop over and over, constantly throughout the day.

I personally broke a dopamine-feedback loop while it was time for me to update my phone and I received the new one in a different size. It felt funny in my hand, and I noticed my thumb was in a slightly different position when I tried to complete the loop. My apps were also completely jumbled and mismatched compared to their old locations on my previous phone.

This lit a spark in me, and I vowed to resist the urge to complete the loop. After consulting back and forth with the brain and resisting the urge to satisfy the temptation, I was able to break the loop.

Chamath Palihapitiya, former Vice President of User Growth at Facebook, admitted to an audience of Stanford students that they felt “tremendous guilt” for their role in affecting users’ brains and thought

patterns. “The short-term, dopamine-driven feedback loops that we have created are destroying how society works.”

“Tech companies understand what causes dopamine surges in the brain and they lace their products with ‘hijacking techniques’ that lure us in and create ‘compulsion loops,’” *The New York Times’* columnist David Brooks wrote.

“Snapchat has Snap-

streak, which rewards friends who snap each other every single day, thus encouraging addictive behavior,” Brooks continued. “News feeds are structured as ‘bottomless bowls’ so that one page view leads down to another and another and so on forever. Most social media sites create irregularly timed rewards; you have to check your device compulsively because you never know when a

burst of social affirmation from a Facebook like may come.”

It seems these issues will only persist as social media growth continues. All once can hope for is that real life will simply get in the way, slowly removing people from the services. Eliminating social media use, the root of these feedback loops, piece by piece is necessary to take full control of your cognitive temptations.



Feedback loops trick the brain into continually using social media. IMAGE TAKEN from Pexels.com

Adorable Adoptables



LOUIS



Male!

Fourteen years old & loves to be pet!

Buster



Male!

Three years old & loves to play!

Please contact the Monmouth County SPCA for more information at [732-542-5962](tel:732-542-5962) or adoptions@monmouthcountyspca.org

Second Wind: Pokémon Card Collecting in 2021

JASMINE RAMOS
STAFF WRITER

The *Pokémon* franchise has taken over pop culture yet again, with the possibility that it can make you rich. Yes, you read that right: the show and game that you loved so much as a child now has the ability to make you money. The key to this success? The trading cards.

In the last year, *Pokémon* trading cards have evolved into a money-making machine. The shelves cannot stay stocked for anything longer than 10 minutes. On restock days, stores like Target, Best Buy, Walmart and GameStop have lines out the door before they are even open.

And it is not only for the typical *Pokémon* fanatics. Celebrities have also jumped onto the hobby. YouTuber Logan

Paul bought a rare Charizard card for \$150,000, while other celebrities like Justin Bieber were on the hunt as well. DJ and producer Steve Aoki dedicated an entire charity event to him opening exclusive trading card boxes.

Like any other collection, the idea of holding on to something and hoping it gains value over time applies to the trading cards. The rarer the item, or in this case the card, the more value it is going to hold up. In the video that Logan Paul has on YouTube, he explains that on an episode of *Pawn Stars*, a *Pokémon* collector by the name of Gary—better known as “King Pokémon”—came into the shop asking for \$500,000 for his collection. Now, the collection is worth \$5,000,000.

But why necessarily *Pokémon*? The fascination of *Pokémon* has been around since it

first came out in the late ‘90s. Satoshi Tajiri, the creator of what we know now as the *Pokémon* Universe, developed the game in hopes to create a video game that would generate success. Working with Nintendo’s Gameboy, he wanted to create a video game that would allow players to not only play but interact with other players, a first of its kind.

Many news outlets refused to cover the story of the video game since they thought the Gameboy fascination had died out. However, the game built up fans quickly, gaining more success for Nintendo as one of their top selling video games, and becoming one of the biggest franchises in pop culture history.

From there, the franchise has developed into shows, movies, games and is a part of many of our childhoods. It isn’t a surprise that when anything *Pokémon* related comes out, there is going to be a huge following.

For example, in 2016, the viral sensation *Pokémon GO* dominated all over the world, with people in the streets trying to collect and expand their Pokédex. Players would meet up in parks, street corners, and coffeshops to meet other fans and interact. According to *ScreenRant*, “*Pokémon GO*’s new region was the real world, and it changed how players interacted both with the game and with other fans.”

The trading card game is no different. The nostalgic feeling of our childhood is ingrained within these cards. In a YouTube video, Gary reminisces on when his son had his first card when he was younger. “In 1999, when it started, my son,



IMAGE TAKEN from *Pokémon Blog*

The *Pokémon* trading card game continues to attract child and adult competitors alike, creating a lasting intergenerational sensation.

going to bed, he kept staring at that Charizard, first one that we ever pulled. And then...the next morning, still having it in his hand. And that was it.”

But there has been a recent push in the trading card sphere. According to eBay, there has been a 60 percent surge on *Pokémon* card sales in the last year. Calvin Foley, a 34-year-old enthusiast, wanted to buy a rare Vmax Charizard during an auction, and saw the card start at \$100 and end at \$550.

Certain specialists have said that the recent jump on these trading cards could be due to people picking up hobbies during the pandemic and stimulus checks allowing some people to have extra money in their pockets. And it helps that content creators and influencers have also showed interests.

Four months ago, video game streamer and YouTuber NoahJ started an additional YouTube channel dedicated solely to *Pokémon* trading cards. AmericanDad, a Twitch streamer, just this week showed his audience an entire wall dedicated to so-called “Elite Trainer” card boxes.

Jesus Garcia, an assistant operations supervisor at Heritage Actions, explained to Marketplace that this push goes back

to people yearning for nostalgia. “People my age are finally in their late-20s, mid-30s, and they can afford the stuff they liked when they were kids.”

This idea of buying items and reselling them for a higher price isn’t anything new. Almost everything has now turned into a retail/resale wormhole: sneakers, clothes, even gaming systems get bought out completely to later be resold to consumers at a much higher price. It allows people to have additional sources of income come their way, but it adds frustration to other consumers. And the pandemic has only expanded on phenomenon.

According to Boston Consulting Group, a survey they conducted suggest that “the global secondhand market will likely grow over the next five years by a compound annual growth rate (CAGR) of 15 to 20 percent. Developed markets may see even greater gains, and some online resale players could potentially experience 100 percent year-on-year growth.”

For now, we just have wait and see where this *Pokémon* trading card eruption can take us, in hope that we can “catch ‘em all.”



IMAGE TAKEN from *Business Insider*

Pokémon trading cards were recently featured in McDonald’s Happy Meals, leading to a brief frenzy at the restaurant among ardent collectors.

New Horizons: One Year Later

ALEX DYER
ENTERTAINMENT EDITOR

For a great many of us, video games have been a refuge to lean into over the past year, when isolation has become all too normal.

But one game series takes the idea of an imaginary refuge to the next level, and March 20 was the first anniversary of this series’ newest installment.

Animal Crossing: New Horizons came out almost exactly a year ago. Its release date unknowingly was aligned perfectly with the start of the COVID-19 pandemic; just as it was setting in that isolation could be our new way of life, at least for a time.

To the uninitiated: Animal Crossing is a series of life simulator games renowned for allowing the player great flexibility in what they can accomplish.

But the main draw of Animal Crossing and its newest edition, in my

opinion, is the villagers.

The player, a human, is dropped in the middle of a deserted island. Through developing the island into a veritable paradise, the player can coax a variety of adorable anthropomorphic animal friends (a big variety; over 400 villagers exist!) into living as their neighbor on their island.

What makes these villagers special is a combination of their unique attributes: each villager has a different temperament, different hobbies, different species, different designs, and even different décor in their little houses.

The endurance of this type of leisurely sim game has only been strengthened by people’s desire for interaction in our world which has been crippled by loneliness and sickness. New Horizons is a shining example of a game that can be picked up at any time, be enjoyed for any amount of time while likewise giving a sad heart

a much-needed boost of unadulterated friendliness and cuteness.

The beauty of New Horizons lies in its relative simplicity: there truly is no “end” proper to this game. The tasks go on for as long as you’re willing to keep completing them, and you are encouraged to play and explore at your own pace. Time moves by like it does in real life. But the escape to a tropical paradise that New Horizons offers up is so cathartic in the wake of a year under the yoke of coronavirus and its devastation.

It’s been a long 12 months. As of late, whenever I haven’t had a great day; whenever it’s rainy and gloomy outside; whenever I need a break from the bustle of real life and the stress of my responsibilities; I know, at least these days, that I can simply turn on my trusty Nintendo Switch and say “hey” to some of my deer friends.



IMAGE TAKEN from Amazon Marketplace; banner from USGamer.net

This card, a second edition holographic Charizard, is known as one of the most valuable *Pokémon* cards in existence; some have known to sell for upwards of \$50,000.

SELENA GOMEZ: Revelación = Revelation

DENISSE QUINTANILLA
STAFF WRITER

Selenators, the wait is over. On March 12, Selena Gomez, 28, released her anticipated Spanish-language EP, *Revelación*. The EP includes seven songs with two well-known Latinx artists including Rauw Alejandro and Myke Towers. *Revelación* was released on Friday March 12.

Gomez, a former Disney actress, has sung in Spanish before for her hit songs “Who Says” and “A Year Without Rain,” released a decade ago.

Gomez has been teasing a Spanish-language album since 2011. She tweeted, “Can’t wait for y’all to hear the Spanish record ;) it’s sounding so cool.” Ten years later, in January 2021, she added to the tweet, “I think it will be worth the wait.”

With *Revelación*, Gomez goes back to her roots, embracing her Mexican heritage and creating soft ballads with a Latin kick. The EP was produced by Tainy, a Grammy-nominated producer responsible for hits of renowned artists including Bad Bunny, J Balvin, Justin Bieber, and most recently Dua Lipa. He collaborated with Gomez over video calls.

Tainy told the *Los Angeles Times*, “Selena can be very humble, but she knows the culture, she knows the sound

and she has the range.” Although Gomez grew up surrounded by her Mexican heritage, she never recorded songs in Spanish.

In the past, she has collaborated with Latinx artists, such as on the 2018 hit “Taki Taki” with Cardi B, Ozuna, and DJ Snake; she was also featured on Benny Blanco’s track “I Can’t Get Enough,” with Tainy and J Balvin.

She had previously shared that she was not ready to make music in Spanish. Gomez was fluent until age seven. However, since she did lose contact with her Mexican heritage, she hired a Spanish-language coach for this EP.

As she told the *Los Angeles Times*, “There’s a lot of slang that I needed to learn...Spanish changes generationally as well as [geographically]. Sometimes I was like, ‘Wait! Hang on! I need to understand!’”

She even thinks that she sounds better in Spanish than in English.

The opening track of the EP, “De Una Vez,” explores the vulnerability of Selena yet emphasizes her strength. The lyric “De una vez por todas/ Soy más fuerte sola (Once and for all/I am stronger on my own)” reiterates this message of self-empowerment contrasted against sensitivity. Some fans state that the red heart she wears in the music video pays homage to her old Disney days.



IMAGE TAKEN from *Vulture*
In the video for “De Una Vez” (“At Once”), Gomez sings about emotional sensitivity and empowerment.

The next song, “Buscando Amor,” is the complete opposite; *Rolling Stone* said “Gomez sounds like she’s having the most fun taking over the club.”

“Baila Conmigo,” featuring Puerto Rican artist Rauw Alejandro, was the second single released previous to the release of the *Revelación*, which has over 69 million views on YouTube.

“Dámelo To” includes another well-known Puerto Rican artist, Myke Towers. *Rolling Stone* described the song as “hypnotic.”

The next track, “Vicio,” takes on a slower tempo, but with the same catchy, rhythmic beats. According to a review published in *NPR*, “In sweet notes of devotion backed by metronome ticks, we are launched back to a Selena who sang of a forever love drenched in reckless abandon...gently ask[ing] her Spanish listeners to do the same.”

“Adiós” is the classic song one would sing when a relationship is over. The *NPR* article also stated, “‘Adiós’ embodies the general middle-finger energy of any good power pop. She is simultaneously cognizant of the world’s gaze and actively working to subvert it.”

She ends the EP with “Selfish Love,” a bilingual track featuring DJ Snake. This song does not fit with the other songs, but adds her authenticity to the record. Through the release of a bilingual song, Gomez acknowledges she does not originally write songs in Spanish, but is proud of her roots.

Although she has received praise for her album, some have taken to Twitter to dish their dissatisfaction. Some are accusing Gomez of conveniently releasing a Spanish-language EP right when Latinx music is at its most recent peak, while others are saying she is just looking to profit from the

Hispanic audience. Gomez has yet to respond to these claims.

The album takes its listeners through a ride of heartbreak, empowerment, and love. With the Latin beats, Gomez gives her personal touch to an album that accomplishes her goal: honoring her Mexican heritage. This EP is just a taste of the many great

things I think she can accomplish in the Spanish market.

If you haven’t heard *Revelación* yet, I recommend you stop what you are doing and get ready to be amazed. Whether you understand the Spanish lyrics or not, don’t let that stop you from letting the music carry you away!



IMAGE TAKEN from *Genius.com*
Selena Gomez made a return to music with the release of her Spanish-language EP *Revelación*.

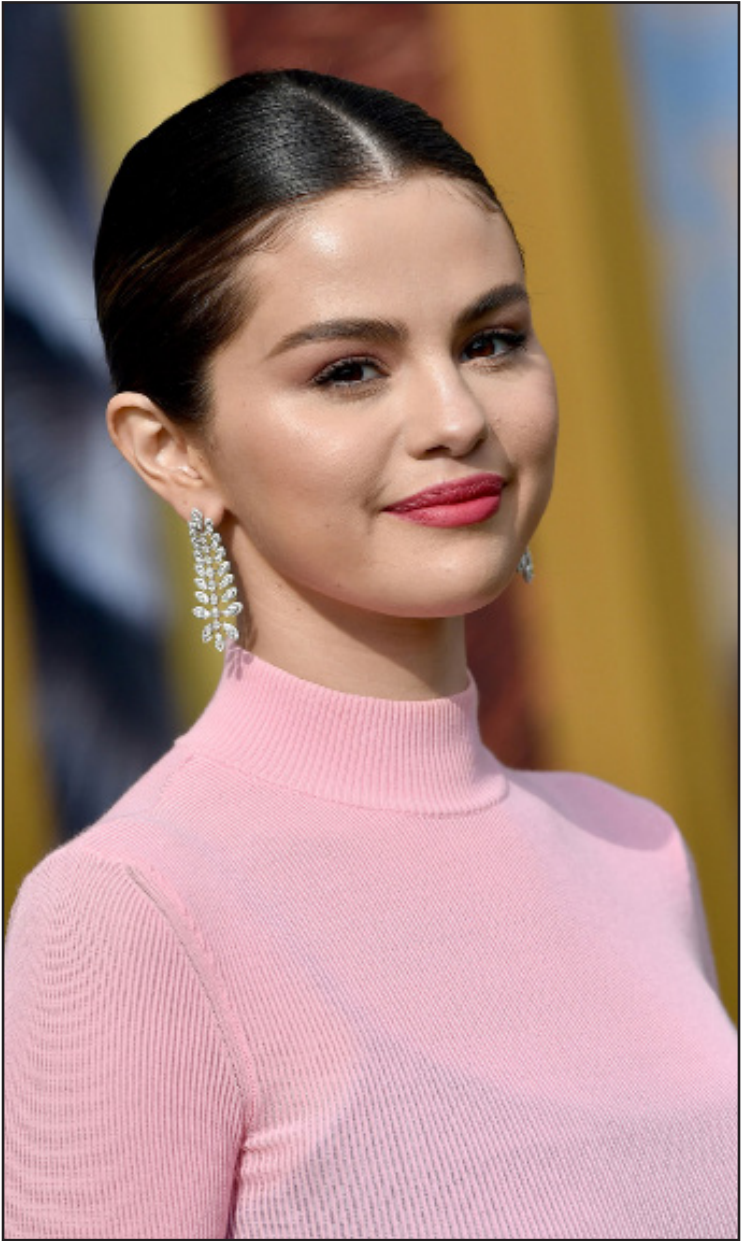


IMAGE TAKEN from *Time*
With the release of her first Spanish-language project *Revelación*, Selena Gomez focused on embracing her Mexican heritage and doing justice to Latin music by developing fluency in the language and her accent.

Governor Cuomo Under Sexual Misconduct Allegations

ALEX DYER
ENTERTAINMENT EDITOR

New York Governor Andrew Cuomo (D), in his third term in office, is under fire following a recent slew of allegations of sexual misconduct.

In late December 2020, the *New York Times* reported that former gubernatorial aide and current Manhattan Borough Presidential Candidate Lindsey Boylan came forward with accusations of sexual misconduct against Cuomo. Boylan claimed initially that Cuomo had created a toxic work environment; she went on to explain how he allegedly forcibly kissed her in 2018 and, further, how he had tried to coerce her into having sex.

Since Boylan's allegations arose, eight other women—Charlotte Bennett, Anna Ruch, Ana Liss, Karen Hinton, Jessica Bakeman, Valerie Bauman, Alyssa McGrath, and one anonymous complainant—have also levied allegations of misconduct on the part of Cuomo.

Claude Taylor, Monmouth's Director for Academic Transition and Inclusion and member of the Program in Gender and Intersectional Studies, said that this alleged pattern of impropriety is symptomatic of the balance of power in play between Cuomo and these women.

"I can't speak on behalf of women," Taylor said, "but as a thinker of political behavior, this is a signal to me of the fact that this type of power that leaders have wielded both in the past and present can be a conduit for these patterns."

He continued, "What I appreciate about this story thus far is that the speaking-up about this kind of misconduct means that women are having the courage to rise up against people who abuse that power. In the past, this sort of issue likely would've been pushed to the margins."

Over 100 representatives and social advocacy groups at the federal and state levels have condemned the Governor for his apparent conduct. New York City Mayor Bill de Blasio, also a Democrat, has repeatedly slammed Cuomo for these allegations, saying in a March 11 news conference, "It is deeply troubling. The specific allegation that the governor called an employee of his—someone who he had power over...to a private place and then sexually assaulted her is absolutely

unacceptable." He has since called for Cuomo's resignation. "It is disgusting to me," he said, "and he can no longer serve as governor; it's as simple as that."

Taylor expressed his agreement with Mayor de Blasio.

"My sense is that his political dexterity—how he is able to negotiate and invoke his elected authority—is in question," said Taylor, "and I do believe it's untenable for him to continue for the rest of his term under the shadow of these circumstances, whether he resigns, which is unlikely, or is removed by the state legislature."

Jennifer McGovern, Ph.D., Assistant Professor of Sociology, explained that the pattern of abuse suggested by the allegations is not uncommon, especially in the workplace.

"...[W]omen are often sexu-

alized more than men are. This means that women are judged on their physical appearance, viewed as objects for men's pleasure, and not taken seriously for their other qualities, such as intelligence," McGovern said. "Research shows us that views like this are especially prevalent in male-dominated spaces, such as politics or certain business settings."

She further explained what effects these patterns of sexual harassment can have on women within their places of work. "...[It] can lead to work environments where women's sexual qualities are discussed more than their contributions to the workplace, making women feel undervalued," she said. "This problem can be exacerbated when men are in positions of power, such as Cuomo. Often-

times, women feel like they have to go along with these types of behaviors because they don't want to 'rock the boat' or be seen as someone who can't succeed in those spaces."

Jasmine Ramos, a communication student, also commented on how these behaviors impact women.

"Women see these types of patterns all the time, whether it be at work or on the street or even in our homes," Ramos said. "We should always feel safe and not have to worry about any harassment or assault being thrown our way, especially at work: we are there to do a job, to support ourselves, and to live our lives. I am glad women—and some men—have started this revolution of calling these actions out and saying 'enough is enough.' Hopefully, we are on the path to making the world a safer place."

Ramos agreed that this is unacceptable behavior for anyone, especially an elected official, saying, "With these allegations, his reputation is tarnished. You see him in a different light. The people that govern should be set to a certain standard and this isn't it."

"Regardless of whether he resigns," Taylor said, "this will be damaging for Cuomo's political career. We are in a time and a place where these behaviors often lead to political jeopardy."

"I think it's really disappointing and sad for New York State to have to go through this in a time when they've already endured a lot of trauma related to COVID regarding loss of life and livelihood," Taylor said, "and my heart is with the people of New York."



IMAGE TAKEN from Healthcare IT News

Governor Cuomo's former gubernatorial aide, Lindsey Boylan, came forward with accusations of sexual misconduct against Cuomo.

Kim Yo Jong Warns United States

GEORGEANNE NIGRO
SENIOR/POLITICS EDITOR

While President Joe Biden prepares to release his Korean policy, the sister North Korean Leader Kim Jong Un, Kim Yo Jong, warned the United States to not "cause a stink," on Tuesday, March 16.

The state news agency KCNA has reported that Kim Yo Jong said, "If it wants to sleep in peace for the coming four years, it had better refrain from causing a stink at its first step." Kim Yo Jong has also criticized South Korea and the United States for running linked military exercises.

KCNA reported that the North Korean leader's sister made a reference to gunpowder when she said that North Korea apparently took "this opportunity to warn the new U.S. administration trying hard to give off powder smell in our land."

Saliba Sarsar, Ph.D., Professor of Political Science, said that Kim Yo Jong's warning the U.S. not to cause a stink with North Korea emanates from decades of distrust toward the U.S., which North Korea views as "its biggest enemy."

"The military exercises that the U.S. and South Korea have conducted over the years, now done as computer simulations, are perceived as provocative by and cause great concern in North Korea," said Sarsar.

Sarsar said that the Biden Administration is aimed to reenergize its special relationships with its allies, South Ko-

rea and Japan.

"It is no surprise that the first international trip for each of U.S. Secretary of State Antony Blinken and U.S. Defense Secretary Lloyd Austin was to Seoul and Tokyo," said Sarsar.

"The U.S. concern is North Korea's nuclearization and threat to its allies in the region and elsewhere around the world. According to the Council on Foreign Relations, North Korea is believed to have 60 nuclear weapons, chemical and biological weapons, and 1.2 million active troops, making it the world's fourth-largest military force. In addition, it continues to test its ballistic missiles."

Sarsar also said that the Biden Administration's calls to North Korea about its nuclear weapons and ballistic-missile programs have not been answered, and South Korea's outreach to North Korea to continue their military dialogue has also not been reciprocated.

Kevin Dooley, Ph.D. Associate Professor of Political Science, said that the government of North Korea makes these statements to other countries for a variety of reasons.

"First, it needs to project a sense of power. Of course, it lacks the kind of power it is projecting, but it needs to appear that it is willing to stand up to the United States," said Dooley.

He said that the second reason is that North Korea has benefitted greatly from its relationship with China. "China has invested a lot of time and



IMAGE TAKEN from Moneycontrol

Kim Yo Jong has warned the United States not to "cause a stink" and criticized South Korea and the U.S. for running linked military exercises.

money in North Korea. As a result, it can make these kinds of statements, because the United States continues to rely on trade with China," Dooley said.

He continued by saying that the Biden Administration will conduct military exercises and the government of North Korea will continue to condemn them. Dooley said the reasoning for this is that it allows all sides to demonstrate power and therefore save face with their respective audiences.

Sarsar said that while North Korea is no match for the U.S., it behooves the U.S. to rethink its approach toward North Korea. He said that economic sanctions have not convinced Pyongyang to denuclearize or stop its ballistic-missile program.

"U.S.-South Korea military exercises close to North Korea's borders have only rankled the Kim Jong-un regime. While remaining vigilant, the U.S. should do its utmost to stabilize conditions in the Korean Peninsula," said Sarsar.

He said this can be achieved by re-engaging North Korea, setting realistic goals with reciprocal steps and measurable outcomes, consulting with allies in the region and beyond, and asking China to assist in moderating the ambitions and plans of Kim Jong Un.

"For example, a halt in U.S.-South Korea military exercises in return for a halt in North Korea's nuclear and strategic missile tests," said Sarsar.

Matt Filosa, a junior political science student, believes that the Biden Administration will

take a cautious, but not weak approach to North Korea. He believes it will be less threatening than former president Donald Trump, but no friendly meeting with Kim Jong Un. Filosa feels that it will be similar to the Obama era policy on North Korea.

"The U.S. always needs to maintain a careful eye on North Korea since tensions seem to rise and fall. The usual thing tends to happen each time so it's just a cycle," said Filosa.

Filosa said that if he had to put North Korea in an analogy, he would describe them as a "bratty little kid."

"For our own security and that of the Asia Pacific region. Keeping them in line and having them stick to themselves is best," said Filosa.

“Disparaties in Health Care Amongst Different Cultures” Hosted By Chi Upsilon Sigma

LILY HOFFMANN
CLUB AND GREEK EDITOR

On Thursday, March 18, the sisters of Chi Upsilon Sigma’s Gamma Beta Chapter hosted a virtual event called “Disparities in Health Care Amongst Different Cultures.” The informative event sought to educate those in attendance about the many ways in which different cultures treat illness and variations in access to health care. According to the moderators, Paola Reyes-Duran and Yarlyny Mejia, accessibility and quality of health care are often dependent on demographic factors such as gender, age, class, and ethnicity. This can harmfully impact less fortunate patients and lead to a greater risk of illness, injury, disability, and mortality. To illustrate just how detrimental this can be, an interactive “true or false” activity allowed participants to test their knowledge on the topic of unequal access to healthcare. Interestingly, the activity highlighted the fact that Native Americans and Alaskans are frequently less likely to receive colorectal cancer screenings. This is due to the fact that many Native Americans and

Alaskans must travel beyond the borders of reservations to access traditional American health care systems, and that many health insurance policies cause them to have reservation-specific healthcare, due to laws and ways of living. What really intrigued participants was the fact that, unlike traditional American medicine, many cultures rely on the use of natural and herbal remedies. For example, the Chinese often rely on remedies made from deer antlers, rhino horns, and turtle cells. This opened up discussion

among participants, some of which wondered if medical professionals are taught to be cognisant of these medicinal preferences. Duran-Reyes, who is a nursing student at the University, said, “There is a class that is provided within the nursing program, called Transcultural Health, and we actually spent the whole semester learning about the cultural differences between each demographic...how they perceive health and illness.” Mejia added, “I took Alternative and Complementary Health. The whole class is about holistic healing and methods in different cul-

tures.” Another interesting conversation during the event was concerning illnesses that are not caused by natural occurrences or the physical world. Both Mejia and Duran were able to testify to spiritual instances of sickness and healing, like “Mal de Ojo,” and using egg tapping. Duran said, “My mother was not feeling great, so she decided to have an egg tapping performed on her, which allows people to know if there is an evil eye attached to the person’s soul or spirit. My mother knew she had been given evil eye be-

cause once the egg tapping was performed, the egg was cracked and came out completely black.” Mejia had a similar experience with an evil eye, or “Mal de Ojo,” as well. She said, “When I experienced “Mal de Ojo,” I was a newborn who almost passed away because someone did Mal de Ojo onto me. Luckily, my mother was close friends with a nurse who was able to cure me and is the reason why I am still alive today. Mal de Ojo is very real, so always remember to protect your energy.” The final discussion that took place during the event was about higher incidences of conditions like tuberculosis, malnutrition, cancer, diabetes, and lead poisoning within Spanish families. This by and large is due to socioeconomic class, living conditions, and access to affordable health care. This event was eye-opening and inspiring for attendees, who were previously unaware of the differences in access to health care, and ways of healing across cultures. For more information on future events that Chi Upsilon Sigma will be holding, be sure to follow them on Instagram, @cus_gamma-beta.



PHOTO COURTESY of Chi Upsilon Sigma, Gamma Beta program.

Curly Hair Beauty Event Hosted by NJ Chapters of LTA

LILY HOFFMANN
CLUB AND GREEK EDITOR

Monmouth University’s Tau Chapter of Lambda Theta Alpha Latin Sorority, Incorporated sponsored a “Curly Beauty” program on Monday, March 22. The sisters of the University’s Tau chapter partnered with other New Jersey chapters from Kean, Rutgers, and Seton Hall University to deliver the virtual beauty event. The aim of the program was to discuss the history of natural hair and to facilitate discussion between sisters about their own natural hair journey, as well as beauty tips and tricks. The event was moderated by Marialis Vasquez Pena, a sister of the Alpha chapter of LTA, located at Kean University. Vasquez Pena is an expert on the topic, as she is the founder

of a natural hair care brand called MARI, whose goal is to provide users with a selection of products that will contribute to a healthy hair journey. Vasquez commenced the program by providing an overview of the history of natural hair, as experienced by women from African American, Caribbean, and Latinx communities. While many women from these communities today are able to embrace their natural textures, Vasquez Pena noted that many women were forced to conceal their hair by shaving their heads or practicing head wrapping. She said, “That is something I personally can’t imagine.” Many sisters of LTA shared their own hair care journeys. For Amanda Lopez of the Alpha chapter, her journey began in college when she didn’t have access to services like Keratin

straightening. She said, “It was a struggle. I was forced to go natural really. I did my own research and looked at YouTube videos.” Fortunately for Lopez, this paid off well, as she was able to get her natural curl back. Now, she runs an Instagram blog dedicated to spreading “curly hair positivity,” and motivating others throughout their journey. Some “tricks of the trade” that were shared by sisters include moisturization, which is the first and most important step when tending to textured hair. This can come in the form of water, leave in conditioner, cream, or homemade masks. Vasquez Pena said of homemade masks, “They are so essential. You don’t even have to spend money.” Other ways to care for curls include occasional trims to bring back bounce, scalp massages, and the use of protective hairstyles like box braids, twists, and puffs. In all, the program inspired sisters in attendance to break free of beauty standards and to embrace their natural hair textures. Vasquez Pena said it best, “Everyone’s process is going to look different. That’s the beauty of it!” For more information on Lambda Theta Alpha and future programs, be sure to follow them on Instagram, @lta_tau.



PHOTO COURTESY of Lamda Theta Alpha Tau

Upcoming Campus Events

(More information on the Experience Monmouth app)

Wednesday March 24

-Campus Catholic Ministry Bible Study, 7 p.m.

Thursday March 25

-Active Minds Meeting, 7 p.m.
-“Breaking The Glass Ceiling,” hosted by DPHIE and LTA, 8 p.m.

Monday March 29

-“A Conversation with Olivia Nuzzi: The Future of American Politics and the Press” 6:30 p.m.
-“What’s Your 5 Year Plan,” hosted by AKA, 8 p.m.

Tuesday March 30

-“The Meaning of Dance” hosted by AKA, 8 p.m.

MONMOUTH
UNIVERSITY

TUTORING *and*
WRITING SERVICES

NEW FOR SPRING 2021

TUTORING SERVICES

VIRTUAL
"DROP-IN"
TUTORING

No appointment needed!

Every Wednesday from 2:45 pm-
4:00 pm starting Feb 3, 2021

Available courses include
BY109, BY110, CE111, CE112,
CE241, SC100, SC110, PY220,
BE201, MA126

Schedule and links at
<https://my.monmouth.edu/OfficesServices/tutoring/Pages/default.aspx>

MU Health Services COVID-19 Testing

Need a COVID test?

Go to the Ocean First Bank Center Lobby!

- 🦠 Walk up, no appointment!
- 🦠 Check-in first at the Box Office
- 🦠 Testing is a self-swab nasal PCR test
- 🦠 Prior to testing, set up account on:
<https://workflow.jcmworks.com>

Hours: Mon to Fri 10am to 4pm

Cost for pooled testing covered by the university.

Cost for individual testing (symptomatic or direct contact) billed to the person's insurance.

- 🦠 Results available in 24-48 hours
from time specimens are received in lab.
- 🦠 View results on JCMWorks account!

Hawks Baseball Springs into Action Winning 3-of-4

ERIN MULLIGAN
STAFF WRITER

On Saturday, Mar. 20, the Monmouth University baseball team earned a split against Quinnipiac University after a win in the second game with a score of 8-5. Quinnipiac took game one with a score of 5-0.

Monmouth scored very early in game two with a RBI single hit by fifth year student, Johnny Zega. The Bobcats soon retaliated by tying the game in the bottom half. The Hawks then scored three runs in the third with a single turned run in from senior outfielder, Jalen Jenkins. He was then followed by sophomore infielder and rookie of the week, James Harmstead, who slammed his first career home run which was a two-run homer, making the score 4-1.

Quinnipiac went on to score pairs in the fourth and fifth innings, taking the lead until Monmouth tied the game in the eighth after a run-scoring single hit by Padden. After getting into the ninth inning, sophomore left-handed pitcher, Alex Barker, led off with a double and was put in scoring position after senior infielder, Dennis Filipovski, increased the lead with a sac fly.

Padden then hit a two-run triple in the ninth prior to fifth year right handed pitcher, Regan Dombroski, pitching four shutout relief innings to secure the win.

On Sunday, Mar. 21 in Hamden, Connecticut, the Monmouth University Baseball team dominated in their doubleheader against Metro Atlantic Athletic Conference (MAAC) preseason favorite, Quinnipiac University.

The Hawks were able to



PHOTO COURTESY of Monmouth Athletics

Sophomore infielder James Harmstead won Metro Atlantic Athletic Conference (MAAC) Rookie of the Week after driving in five runs and hitting his first collegiate homer in his second at-bat.

“We battled all day and were able to grind out two wins. It was a total team effort, we had outstanding contributions from many and our energy was excellent.”

DEAN EHEHALT
Head Coach

secure their first win of the day thanks to their stellar pitching. Barker, threw six major innings and it just so happened to be his first start for Monmouth.

The Hawks took the lead in

the second inning following senior outfielder Jake Catalano’s RBI single. Quinnipiac (1-3, 1-3 MAAC) soon stole the lead making the score 2-1.

The game went back and

forth in the fourth inning. After trailing, the Hawks scored in their final at-bat ending the game with a win by a 5-3 score.

Game two came around and once again, Monmouth

took the lead during their last offensive chance. Sophomore right-handed pitcher and infielder, Joey Ventresca, notched a base hit for his first collegiate hit.

Next up on Monmouth’s menu was a walk, a sac bunt, and an intentional free pass loading the bases. Next, the Hawks tied the game thanks to pinch runner, freshman outfielder Lorenzo Repack, who scored on a wild pitch.

Following Repack’s scoring was a two-run sacrifice fly by Harmstead. Senior left-handed pitcher, Ryan Steckline, then struck out the side for the win.

Barker continued his wonderful performance into the first inning of the second game after slamming a three-run homerun. Sophomore infielder and outfielder, Harry Padden, scored in the third followed by Jenkins smacking a triple in the fourth, a part of a two-run inning making the score 6-0.

Quinnipiac then put up four in the fourth creeping up on Monmouth’s lead, making the score 6-4. The Hawks came right back with sophomore right-handed pitcher, Dante Ciaramella, pitched 3.1 shutout relief innings, sustaining the lead at two.

Monmouth then scored on a bases loaded walk and hit by pitch in the eighth in addition to an error, extending the lead to 10-4. Quinnipiac scored three runs in the final two innings but were ultimately held off when Steckline’s pitching ended the game on a successful note with a series win.

For the first time since 2017, the Hawks opened up 3-1 in the MAAC and opens its home schedule with a doubleheader against Manhattan next Saturday at 1:00.



PHOTO COURTESY of Monmouth Athletics

Fifth year right-handed pitcher Regan Dombroski hurled four shutout innings in relief of game two of the doubleheader against Quinnipiac on Saturday to earn Monmouth’s first win of the season.

Monmouth Softball Begins the Season 3-1

JACK MURPHY
ASSOCIATE SPORTS EDITOR

Softball won three out of four games this past weekend against Metro Atlantic Athletic Conference (MAAC) rival Canisius, starting the season with an impressive 3-1 record. They played two double headers on Saturday and Sunday. In their first game

since March 2020, Monmouth defeated Canisius by a score of 5-4 in nine innings. They followed that with an 11-0 loss in six innings that ended early due to the mercy rule. In the opener, freshman infielder Julia Thuer hit a walk-off home run that sent home the Hawks with their first victory of the season. She would finish the game going 3-for-4 with three RBIs

and two runs. Senior catcher Erika Coreth also had a great performance going 2-for-4 while launching a solo home run. Senior pitcher Alyssa Irons threw a complete game and earned the win for her performance on the bump. “In game one, I thought Alyssa did a very nice job of settling in and keeping their hitters off balance as

the game went on,” said head coach Shannon Salsburg. “We had some timely hits, and I was pleased with our approach offensively.” After a triumphant victory, the Hawks fell to the Golden Griffins in game two of the Saturday double header in six innings by a score of 11-0. The Hawks had trouble getting anything going in this matchup as they could only muster two hits the entire game. “In game two, I thought Canisius came out more aggressive and we had a couple of costly mistakes,” said Salsburg. “This is a game to really grow from and understand that we have to make adjustments sooner. We look forward to get back on the field tomorrow.” They took the field the following day and swept the double header they had against the same opponent. In game one, Monmouth reigned victorious after a low-scoring affair that ended in a result of 2-1. Sophomore infielder Riley Riendeau reached on a fielder’s choice giving Monmouth a 1-0 lead. Junior utility player Lindsey Baron would then put the Hawks up by two with an RBI single in the third inning. In game two, Monmouth already fell into a 5-0 hole by the middle of the second

inning. However, the Hawks tied the game thanks to a rally in the bottom of the second inning, which included a grand slam from senior catcher Tommi Showers. In the bottom of the seventh, the Hawks found themselves trailing by one run. However, Thuer drew a walk with the bases loaded to tie the game and senior outfielder Katie Harington was hit by a pitch. This was certainly one of the more bizarre ways to earn a walk-off win. Irons came in to relieve in the fifth inning and pitched three shutout innings. Irons pitched a total of 12 innings on Sunday, and only gave up two earned runs. She now has three wins already on the year and 40 in her career as a Hawk. “I’m proud of our grit today. It was very Monmouth Softball,” said Salsburg. “Alyssa threw well in game one and our defense played solid behind her. We got the key hits. In game two, we got ourselves in a bit of a hole, but our team really fought back.” The Hawks are now 3-1 on the season and will head to Hamden, CT this weekend, as they will face off against Quinnipiac four times. The blue and white will be playing double headers on both Saturday and Sunday against the Bobcats.



PHOTO COURTESY of Monmouth Athletics
Women’s softball played their first game since last March as they were victorious against Canisius by a score of 7-6.

Cross Country Finshes Up, Track Season Begins

JOHN SPINELLI
STAFF WRITER

The Cross-Country team recently finished up their brief season at the Metro Atlantic Athletic Conference championships (MAAC) on March 5 at Seaview Golf Club in Galloway. Both the men and women broke expectations, earning some of the lowest scores ever as a team in Monmouth history. The men placed second as a team with 77 points, marking

the first time as a team they got second in the MAAC conference. The women also had an outstanding performance, earning fourth place with a new school team record low of 83 points. Junior Lou DiLaurenzio led the men, placing 10th overall with an 8k time of 25:12.59. Following him was sophomore Cameron Janovic, placing 14th in 25:24.67 and junior James Hoffman running a time of 25:35.42, coming in 18th place. For the women, freshman

Allie Pierontoni dominated the field placing 6th with a 6k time of 22:15.70. Fellow freshman Katie Locker came in 13th with a time of 22:36.05. Closely following Locker was junior transfer Mackenzie Delahunty, in 16th and running 22:39.64. On March 20, only 15 days later, the Hawks opened their outdoor track and field season at the United States Military Academy in West Point, New York. The Monmouth Hawks only competed against the

Army Black Knights. This was the team’s first meet since the conference cancelled the season last year due to the COVID-19 pandemic. Head Coach Mike Nelson shared his thoughts on the dual meet, “I’m just very thankful we had the opportunity to get on a bus and compete,” said Nelson. “A lot of teams around the country are struggling to even find opportunities.” “It was good conditions: we had nice weather and competed at a beautiful facility near the river. We also had some really great performances; I could not ask for more,” Nelson added. The throwers had a strong showing; Senior Montel Johnson won the hammer throw with a mark of 57.48 meters. Fifth-year senior Dan Gilligan won the shot put in 16.24 meters while sophomore Mujeeb Ali got first in the discus with 49.09 meters. In the Javelin throw, senior Chris Putnam threw close to his personal best with 64.68 meters to get third place. On the women’s side, senior Chibuzo Amonu won the shot put in 12.87 meters. Amonu, in addition, earned third in the Hammer throw with a mark of 50.02 meters. Senior Danielle Steff came in second in the Javelin throw, with a mark of 46.16 meters. The team also did well for the jumps segment. In the high jump, junior Derek Vander Woude won with a height of

1.96 meters. In the men’s long jump, fifth year senior Khalid Slocum won with a distance of 7.05 meters meanwhile junior Mohamed Diagourga finished first in the triple jump in 14.47 meters. In the pole vault event, the two juniors clinched victory. Randy Showmaker jumped 4.65 meters to win, while Lauren Saifi won in 3.31 meters. The sprinters also opened their season in good terms. In her college debut, freshman Isabelle Warren won the 100-meter hurdles in 15.18 seconds and the long jump in 5.47 meters. In a similar event, junior Naeem Green won 110-meter hurdles with a time of 14.89. In the 1500m, Louis DiLaurenzio came in second with a time of 3:51.65. Following him was James Hoffman in third place with 3:51.96. Last, but not least, in a thrilling 4x400 meter race the Hawks ran a close second place to Army. Senior Tim Jacoutot led the first leg, while junior Jalen Jones and sophomore Daniel Fenton worked the middle race. Sophomore Micah Wood anchored the team with a time of 3:15.48. Next weekend on March 27, the Hawks will face Lehigh, Colgate, Binghamton, and the host team at the Lafayette Invitational in Easton, Pennsylvania.



PHOTO COURTESY of Monmouth Athletics
Men’s Track and Field’s 4x400 team finished in a close second place just behind Army with a time of 3:15.48 at West Point.



SWINGING INTO SPRING



Hawks baseball took three of four games in their opening weekend against preseason #1 Quinnipiac led by MAAC Rookie of the Week, James Harmstead.