



THE OUTLOOK

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Jeff Stapleton to Become Athletic Director Following Marilyn McNeil's Retirement

MARK D'AQUILA
SPORTS EDITOR

Monmouth University will welcome a new Athletic Director on July 1 after Dr. Marilyn McNeil has held the position for the last 28 years. The name is Jeff Stapleton, the current Deputy Athletic Director who has served the University for 31 years in a variety of roles.

"This job was so attractive because there are so many wonderful people in this office," Stapleton said. "Our coaching staffs, administration, and student athletes are second to none and as good as anybody out there. They make it great to come to work each day."

Stapleton was promoted to his current job in 2015 where he oversees a lot of the day-to-day activity in athletics including facility construction and development. He served an integral role in implementing some of the area's nicest facilities such as Ocean-First Bank Center, Kessler Stadium, and many others.



PHOTO COURTESY of Monmouth University

Stapleton will become the seventh Director of Athletics in program history this 2021-2022 season.

Stapleton also held many roles within Monmouth athletics before that promotion, including supervising the football team, baseball, and men's basketball.

"He is a unique candidate, combining a wealth of experience, a deep institutional knowledge base, and an enduring passion for Monmouth and our student/athletes,"

said University President, Patrick Leahy, Ed.D. "Jeff has been instrumental in developing Monmouth into one of the nation's leading mid-major athletics programs. He is the right person to continue us on this path."

Stapleton will become the seventh Director of Athletics in program history when he begins his job for the

2021-2022 season. The University decided that an external search was unnecessary in this case due to the deep pool of talented people currently working in the athletics department. "Conducting internal searches gives our employees

STAPLETON cont. on pg. 15

Global Fisheries Governance and Social Justice Panel

ISABELLA HANNA
ASSOCIATE NEWS EDITOR

The Institute for Global Understanding (IGU) and Urban Coast Institute (UCI) hosted a panel discussion that addressed the intersection of fisheries governance and social justice around the world on Thursday, Apr. 8.

The panel was moderated by Randall Abate, Director of the IGU, and featured presentations from Yoshitaka Ota, Ph.D., Research Assistant Professor for the School of Marine & Environmental Affairs at the University of Washington; Xiao Recio-Blanco, Program Director of the Environmental Law Institute; and Erika Techera, Professor of Environmental Law at the University of Western Australia.

Together, the panelists discussed the intricacies of environmental law in regard to fishing and its overall impact on marine ecological systems.

Abate gave a brief introduction before opening the floor to his co-sponsor, Tony MacDonald, the Director of the UCI.

MacDonald said, "I really think this issue is of increasing importance as we consider more international activities that underscore how we should go about protecting biodiversity, and more specifically, fisheries...We're pleased that we have reached so far around the globe for today's webinar."

Afterward, Abate introduced the first speaker, Techera. Her specializations include fisheries regulation and marine law, both of which spotlight her discussion of illegal fishing and regional Indian Ocean governance. Although she was unable to make a live appearance due to time zone differences, she prepared a pre-recorded presentation that initiated the event.

"The reason why I think

GOVERNANCE cont. on pg. 3

Panel Discusses COVID-19's Racial Impact on U.S. Education System

ABIGAIL BROOKS
ASSISTANT NEWS EDITOR

The University held a panel discussion of COVID-19's impacts on the education system, and how the virus is furthering the gap in racial equity among students, on Wednesday, Apr. 7.

Panelists included Zaneta Rago-Craft, Director of the Intercultural Center; Walter Greason, Chair of the Educational Leadership program; Markus Rodriguez, Director of the Office of Diversity, Equity, and Inclusion for Long Branch Public School District; and Angello Villarreal, ESL teacher in Long Branch Public Schools and NAPDS Antiracism Committee member.

"We're not just in a

health pandemic," said Rago-Craft. "We're also in the middle of a very long standing but newly heightened racism pandemic."

"It's important to remember that the system of education does not operate outside of systems of other inequities," Rago-Craft explained. "When students are coming to class, they're coming with everything that's happening around them. We cannot remove the academic nature from the emotional nature of being in a classroom."

Rodriguez continued the discussion by speaking about inequity with respect to technology. "Long Branch has made some gains in that regard, and thankfully the relief funding that's coming



PHOTOS COURTESY of Monmouth University

(Clockwise): panelists Zaneta Rago-Craft, Markus Rodriguez, Walter Greason, and Angello Villarreal discussed the disproportionate impact of COVID-19 on students of color.

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Senior DEA Special Agent Visits Guardians Club

MATTHEW CUTILLO
MANAGING/NEWS/LIFESTYLES EDITOR

The Guardians Club hosted a virtual webinar with Jonathan Sullivan, a Senior Special Agent of the Drug Enforcement Association (DEA), about his career path on Wednesday, Apr. 7.

Sullivan worked with the Border Patrol for the first years of his career before transitioning to the DEA.

Border Patrol was difficult to get into in the 1990s, Sullivan explained. The process was very selective, with only 1 in 800 applicants becoming hired. Once an applicant reaches the academy, there is a 50 percent attrition rate.

“1 in 800 applicants are hired, but 1 in 1600 applicants actually makes it through the entire process,” Sullivan explained. “I applied, got hired and went through the academy. It was hard, I’m not going to joke at all. The Border Patrol academy was very difficult back then. Running, pushups, sit-ups, calisthenics, firearms, and academics.”

The academy required applicants to learn immigration law and graduate with Spanish language proficiency.

Fifty-four people were alongside Sullivan in class, but only 35 graduated in May of 1997. He reported a week later to his first assignment in Laredo, Texas.

“Laredo was, at the time and still is, the Wild West,” Sullivan said. “There is an insane amount of undocumented travelers that cross through. It was never anything personal, it was a job. We all understood that they were do-

ing the same thing that we would have been doing if we were in their place. But it was their job to try to get into the country and it was our job to catch them.”

Sullivan spent his first year of Border Patrol doing regular patrol duties. About a year and a half later, he was assigned to the Special Operations Group and worked on a surveillance platform.

“That surveillance platform was a pickup truck with a \$60,000 thermal camera mounted in the back,” Sullivan said. “It had a telescopic boom. The boom would go up about 30 feet in the air above the bed of the truck and we could literally see for miles and miles. My job was to sit and watch. It was a plain clothes job in an unmarked vehicle and I worked on my own.”

Sullivan would identify illegal travelers or drugs crossing through areas and alert marked units to pursue them. He was sometimes required to pursue dozens of travelers at once on his own. “It makes you very confident,” Sullivan said. “It teaches you a lot about situations you can handle. The learning curve is incredible.”

He worked that position for another year and a half before being rotated off to a Border Pa-

tro National Tactical Unit. “That was a great time,” Sullivan said. “While I thought I learned an amazing amount of stuff before, the learning curve just got even faster.”

Sullivan and the unit completed many different kinds of drug interdiction work across the country. He was deployed after the 9/11 attacks to do security work, as well as executive protection work with cabinet level members, he explained.

“I went to Arizona for seven weeks,” Sullivan said. “I lived in a hotel, but I was basically in a desert every night, 12 hours a day, 4 p.m. to 4 a.m.”

Following the tactical unit, Sullivan took the opportunity to teach at the Border Patrol academy. “Teaching for me, being an instructor, helped me re-learn all the things I learned as a basic agent,” Sullivan said. “By re-teaching all the things that I learned to my trainees, I got that much better. It just solidified all those skills in me.”

After 8 years in Border Patrol, Sullivan said he could not picture himself in his 50s chasing illegal travelers through brush. “I needed to be able to use my mind more,” Sullivan said. “I talked to some people that I knew in the DEA and they put me in touch with a recruiter. I talked to a recruiter and next thing I know, two years later I’m in the DEA Academy.”

Sullivan went through the DEA academy in December of 2004. The DEA academy is challenging in a very different way, Sullivan said. “Academically, it’s not ridiculously hard, but the standards are high. You need at least an 80 percent in every class in order to graduate.”

The difficulty of the DEA academy is the professional standards it holds you to, Sullivan explained. “They expect you to act like a professional all the time. In the Border Patrol academy, when you were off, it was very relaxed. In the DEA academy, when you’re off, you’re still on. They want true professionals 24 hours a day. No goofing around, no joking. The reason for that is because when you get hired, graduate from the academy and make it to the field, you have an incredible amount of freedom.”



PHOTO TAKEN from East Aurora Advertiser
Sullivan joined the DEA after years with the Border Patrol, working regular patrol before moving to special operations and eventually the DEA.

Panelists Share Thoughts on Racial Inclusion in NJ Schools

EDUCATION cont. from pg. 1

from the government will almost surely guarantee that every single student in Long Branch will have access to Wifi and a device by September,” said Rodriguez.

“As educators, we need to go beyond the lesson and see how students are emotionally. Having these conversations is really important,” said Villarreal.

“Once or twice a week, I tell my students to put their pencils down and turn their cellphones off so that we can talk about how they’re doing.”

“You have to be ready to listen to the student and ask them probing questions about how they’re actually doing. It adds a lot of opportunities to identify where support could be added,” explained Rago-Craft. “This approach benefits all students, but the pandemic disproportionately affects our students of color and so do the interventions.”

This effort is particularly important on a local scale. “New Jersey is one of the most diverse states in the country. We’re also one of the most racially and economically segregated, particularly within our schools,” said Rago-Craft.

“There’s so much to uncover in New Jersey alone about the way that desegregation

was done in a way that reinforced traditions of white authority in schools and local government that people are clueless about,” Greason.

“I believe that small interactions in the aggregate over time have a tidal effect. They build up into this wave where they become viral and lots of people change what they can afford for themselves and take advantage of.”

Rodriguez went on to explain how April is an important month for Long Branch Public Schools. “In April of 1947, the integration process began in Long Branch.

When Long Branch was established in 1884, there was a school called the Liberty Street School, which was built for the education of African American children,” said Rodriguez.

“Thanks to pressure from the local chapter of the NAACP, the school board integrated that school in April of 1947, and so Long Branch began its long and beautiful journey toward equity and equitable education.”

This motion for desegregation was not entirely positive. In some ways, it was a major setback for equality efforts. “By dismantling places like

Liberty Street School, we never actually replaced the actual effect of how we built places to empower young people and empower their families,” explained Greason. “We’re still struggling with this today.”

“Inclusion can’t mean assimilation. There’s a lot of deficit thinking around difference and a lot of forced assimilation that requires you to lose who you are in order to feel included. Students being who they are is what makes our learning environments so rich,” said Rago-Craft.

“School systems should

be the safe space where students can be who they are,” added Villarreal. “I try to make them feel welcome and give them the best environment I can.”

Students aren’t the only ones struggling. “I’m a big proponent of remembering that you cannot pour from an empty cup. Our educators and administrators also need to take care of themselves in this pandemic, especially if we want to be there for our students,” said Rago-Craft. “Comradery and rest are incredibly important, particularly for our educators of color in this time.”

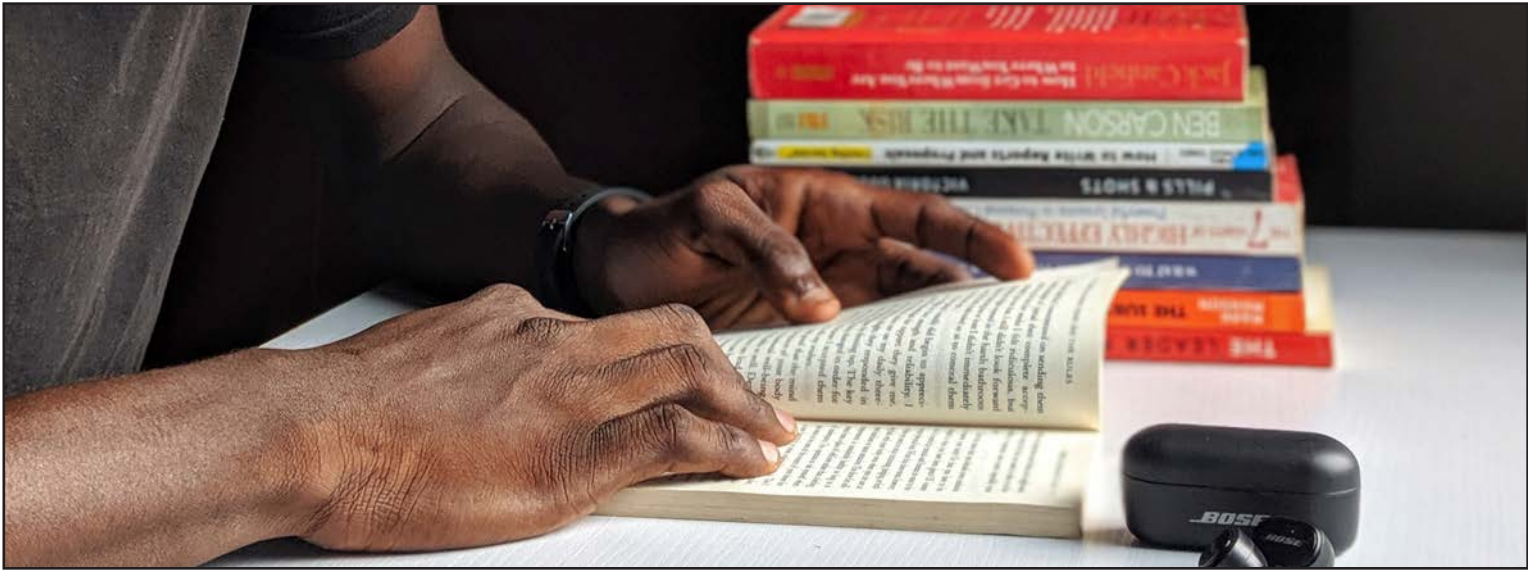


IMAGE TAKEN from Pexels.com
New Jersey is one of the most racially and economically segregated states despite being the most diverse, panelist Rago-Craft explained.

Brooklyn Nets' Executive Assistant to GM Talks Career Path

MATTHEW CUTILLO
MANAGING/NEWS/LIFESTYLES EDITOR

Amanda Bucci, Executive Assistant to the General Manager of the Brooklyn Nets, joined the Sports Industry Club for their virtual speaker series on Wednesday, Apr. 7.

Bucci detailed her job's expectations while sharing her journey towards the position. She grew up outside Boston, attending Union College with a degree in Environmental Science and Policy. "Out of college, I had a consulting job in the environmental field," Bucci said. "My title was literally 'environmental scientist'. I was taking oil samples and water samples and writing up reports."

After a few years, Bucci was looking for a change and began teaching spin classes, a type of bike-exercise meant for a more intense and short workout. Around 2011, a friend at the time told her of a position at Soul Cycle in New York City.

"I took a leap and I worked on the Upper East Side," Bucci explained. "[SoulCycle] is a very hospitable place. As someone who worked there, you're required to know everyone coming in."

In February of 2016, a frequent SoulCycle custom-

er alerted Bucci that Sean Marks, former NBA player, coach, and now newly appointed General Manager of the Brooklyn Nets was looking for an assistant.

Bucci interviewed with Marks and was hired. She credits her time at SoulCycle as the main experience that drove her skills once hired by the Nets.

"[SoulCycle] is a public facing business," Bucci said. "You're having people come in all the time throughout the day, people calling you and you have no idea what they're going to ask you. You just kind of wear a lot of different hats and that translated easily over into the Nets."

This year marks Bucci's 5 year anniversary with the organization. She explained the state of the Nets during her arrival and the organization's eventual evolution to a playoff fighting team.

"[When I began], we won 21 games," Bucci said. "We'd go weeks losing game after game. There was no pressure because everyone knew that we weren't supposed to be good and it was this rebuilding process. We wouldn't just be good overnight, and it's been really cool to watch this whole process [of becoming a playoff team]."

"Sean is a truly amazing person," Bucci said. "Everything you read about him or see in the news is true. Sean

is such a cool guy, so humble and easy going. It makes my job a lot of fun and I think things come from the top down and he's just done such a good job of hiring people with the same values, beliefs and a common goal of working really hard, having a lot of fun and taking care of each other."

At the Nets, Bucci considers herself a catch all. "Any day, I have no idea what's coming," Bucci said. "I know there's certain things to do that day or week, but you never know what's going to come up."

She does administrative work that involves player and

staff on-and-off boarding, handling game day operations and planning events with people's significant others.

"We really try to create a network for them because some people have never been to Brooklyn before," Bucci said. "They get traded, have to come here and don't know anything or anyone. We really try to make people feel at home and let them know that we're there for them, especially when they first move here."

Everyone in basketball operations has a very specific role, whether it be per-

formance, physical training, coaching, videography or analytics, she explained. Bucci specifically handles Human Resources questions, finance questions and direct player engagement such as helping entertain guests who fly in to Brooklyn.

"Me and the other assistant are kind of liaisons between the business side, which is ticket sales, partnerships, sponsorships, legal, HR, and finance. There's only a few people in basketball operations who really deal with those departments, and I'm one of them."



IMAGE TAKEN from Nothing But Nets
Bucci joined the Brooklyn Nets during a roster rebuilding process. The team is now playoff bound and Bucci shared her perspective on the team's newfound success during her tenure.

Panel Discusses Ocean Governance and Social Justice

GOVERNANCE cont. from pg. 1

we should focus more attention on the Indian Ocean is two-fold; firstly, because it is one of the fastest growing regional economies in the world— contributing shipping, transportation, fishing, and tourism," began Techera.

"Second, the sheer level of diversity [as] different continental countries [are] taking an interest in their shared ocean."

However, being a lawyer and a legal academic, Techera explained that the legal diversity surrounding the Indian Ocean is a particularly special interest of hers.

"The challenge and interest come from the attempt to harmonize these different legal frameworks to achieve common goals, in this case, fishing," stated Techera.

"With all of that legal diversity in mind, the one, common feature among them all is the focus of the blue economy," said Techera.

The blue economy is a multi-faceted approach to governance that expands upon sustainable energy and conservation, while maintaining a level of integrity and improvement for humans' standard of living.

Techera's presentation developed this principal idea of sustainable fisheries. She identified opportunities by which these states in the Indian Ocean can use to combat the challenges that accompany this type of endeavor.

"For instances, an archi-

tectural approach, such as a council on fisheries data, and/or regional treaties that surveil law enforcement," continued Techera.

"These are just a few options that may facilitate the level of sustainability we are looking to move forward."

Abate segued, "Continuing on the legal governance theme is our second presenter, who is also the Director of the Environmental Law Institute's Ocean Program, Dr. Xiao Recio-Blanco."

Blanco has lectured on the topic of fisheries and ocean management across the world, in Europe, Mexico, and the United States. His current specialization is in regulatory tools that support ocean governance in Latin America.

"If we want to move towards a truly sustainable ocean management, we need to pay special attention to the governance of the small-scale fishing sector," started Blanco.

The Environmental Law Institute (ELI), of which Blanco represents, is a non-partisan, independent education center. He took most of his presentation to explain the purpose and work of ELI.

"At ELI, we seek to provide the most effective stewardship of the ocean. Because we are a small, educational center, we purposefully do not engage in campaigns or in lobbying; however, we do often partner with larger organizations that use the outcomes of ELI research for their own advocacy campaigns," stated

Blanco.

With ELI's mission in mind, Blanco continued, "Since ELI is a legal analysis center, I want to share why we have decided to prepare regulatory documentation for the small-scale fishing sector."

"The one, basic reason why small-scale fisheries are so poorly regulated is because it is difficult to legally define what and who is characteristically a small-scale fishery."

Therefore, the documentation Blanco proposed is that importance not only has to do with legitimizing the existence of small-scale fishers, but also promoting uniform sustainability.

Following Blanco was the event's third and final panelist, Ota. Along with his role as an educator, Ota is also the director of the Nippon Foundation

Ocean Nexus Center— an international, interdisciplinary organization.

According to Ota, "The Nexus Center is a new research institution [that] specializes in ocean governance that focuses on the idea of bringing equity and justice into ocean governance."

Ota expanded upon Blanco's points about small scale fisheries; however, from the angle of how these fishermen are perceived via the media and other institutional findings that blame overfishing on those who depend on the oceans for their livelihood.

"If fishermen are not getting enough money then we have to give them some alternatives; therefore, comes in the blue economy concept," stated Ota.

Ota explained that it is nec-

essary to revise what is originally understood about the blue economy so that it can better fit the circumstances and needs of others, like the smaller, local fishermen.

To further emphasize his point, Ota underscored the purpose of Ocean Nexus, which is to enhance equity, thereby facilitating social justice. "This process is what governance means to me," concluded Ota.

Upon the three speakers having finished their presentations, Abate then tied panelists together in stating, "A lot of these challenges we cannot necessarily resolve in the span of one panel discussion, but I think we have raised some important questions and resulting suggestions as to how we move forward."



PHOTO TAKEN from Pexels.com
The small-scale fishing sector is important in conversations on ocean governance, panelists explained.

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Happy Days Full of Tasks

GIANNA FERRARO
STAFF WRITER

April showers bring May flowers, but May flowers bring distraction to school and homework. With the seasons quickly changing and school coming to an end, being stuck at a desk all day while the weather is beautiful might impact how and when we get our work done.

Going to class is much harder when it's nice out simply because we want to enjoy the beautiful weather. With the spring bringing life back to our surroundings, our motivation to stay inside significantly decreases. Students do not want to worry about going to class and sitting at a desk for over an hour when it's 75 and sunny outside.

During the winter, it's more natural for us to want to stay inside during these colder months. Being that we are forced to stay inside, we find ways to be productive indoors for the time being. However, as soon as the weather warms up, we want to get outside and class becomes harder and harder to find motivation for.

With having to adapt to virtual learning this past year, most of us have been stuck inside our homes looking at dreary winter weather for months. It has only made things more difficult in terms of cabin fever. With the weather warming up, students want to be outside now more than ever. Although nice weather can be a distraction to school and homework, there are a few ways to enjoy the spring weather and get your



PHOTO TAKEN by Shannon McGorty
Monmouth University is beautiful, even in the rain. You can't have a rainbow without a little rain.

work done.

Instead of sitting at a desk cooped up inside, take your laptop and textbook outside.

Sitting outside offers a change in scenery and change of pace from a normal routine. This can be extremely motivating to learn. A new environment adds excitement and might improve your concentration.

With some classes at Monmouth offering in-person meetings, it is a great opportunity for professors to get students outside. Outdoor classes are a great way to change up the normal classroom scenery. Not only does it get students out in the fresh air and increase their motivation to learn, but it's also easier to follow CDC guidelines and social distance.

In addition to taking your school supplies outside, when

you're in between classes try going outside for a walk and getting some fresh air. Walking can improve your mood, reduce stress, and it's a great form of exercise. While reaping these benefits, you're also enjoying the weather and scenery by going on a walk. Simply taking a break outdoors and getting some vitamin D can increase motivation to finish your work and stay in class. After it's all done, you can go outside and enjoy the weather.

Getting motivated to go to class can be tough sometimes, but especially when it's nice out. Bringing your laptop outside, taking breaks in between classes and going on walks, and suggesting outdoor class to your professor are all ways we can get our work done and enjoy the nice spring weather.

Chivalry Reborn

SHANNON MCGORTY
OPINION EDITOR

You know, it's funny—people say chivalry is dead but really, it was just reinvented. According to the Oxford Dictionary, chivalry is, “the medieval knightly system with its religious, moral, and social code; Knights, noblemen, and horsemen collectively; the combination of qualities expected of an ideal knight, especially courage, honor, courtesy, justice, and a readiness to help the weak.” Many people believe that chivalry is actions taken to make women feel good or impress them. Today that might be true, but that was not always the case.

The Knights of the Round Table are an example of what chivalry used to be. Knights fighting for their kingdom was chivalrous. Today those acts are considered heroic, not chivalrous. Today's society finds actions such as holding open a door or pulling out someone's chair chivalrous.

I don't know if it is ironic or sad that people believe that only men are capable of performing these acts. I do not understand why people put double standards on actions for which anyone can do. Like anyone else, I enjoy when someone opens the door for me, or when someone offers me a jacket when I am cold. These acts make me feel special and noticed. But I too am capable of performing these acts.

Recently, a man held the door open for me at the student center and I couldn't help but think about polite that was. His

simple act made me feel special, but it wasn't the fact that he held the door for me that caught my attention—what I noticed was how he looked me in the eyes and watched me go. He didn't watch me in a stalker way but in a way that made me feel important.

I understand the thought of protecting a woman, but more often than not when a man puts me on the inside when walking so I'm not near the street or fills my gas tank, I feel offended. Acts like these make me feel incapable of protecting myself. I feel degraded, like I am someone's property. I am more than capable of holding a door open. When a woman holds a door for a man, it is seen as emasculating.

Women and men are held to different standards. Men are taught that they must protect women because women are fragile. In truth, I am just as capable as a man but very rarely get the opportunity to prove it. When a man does something kind for a woman, we are supposed to gush and squeal and be thankful; but if a woman does something for a man, there isn't even a thank you most of the time. Usually you just get an eye roll.

People argue that gender is a thing of the past, but is it really? I like being taken care of and knowing someone is willing to protect me, but I don't think that should mean I am incapable. Women need to be given the credit they deserve. Women are just as capable as men and it's time for the world to see that.



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The Freshman Fifteen: Fact or Fiction?

LILY HOFFMANN
CLUB AND GREEK EDITOR

The mecca of college students may not be multi-story brick academic buildings or residence halls where you can hear the near-constant chatter of students. For many students, it's the on-campus dining facilities, where they receive the nourishment they need to power through seemingly endless lectures and all-nighters in the library.

However, nourishment may not exactly be the correct term. Everyone's heard the legend of the infamous and dreaded "freshman fifteen." The rite of passage for first-year students is often a few extra pounds due to unhealthy choices at on-campus dining facilities.

Does this have to be the case? Executive Chef, Steve Roland of Gourmet Dining at Monmouth University, would say no. According to Roland, an array of nutrient-dense, healthy options can be found throughout campus eateries. This includes the Rebecca Stafford food court and Magill Commons dining hall.

Within the dining hall, seasonal fruit, yogurt, and oatmeal are available daily for breakfast, the coined "most important meal of the day." For those looking for a heartier option, egg whites are available at the omelet station. As for lunch and dinner, the "Chef's Table" always has two vegetable options and a starch

that can be paired with the two available entrees. There is even a daily vegan option.

Roland said, "Many of our vegan options are made with grains and legumes." According to the National Library of Medicine, a high intake of grains and legumes is associated with a lower risk for conditions such as heart disease, high blood pressure, stroke, and Type 2 Diabetes. Roland noted that for students who are keeping track of their macronutrient intake, nutrition labels are provided for each meal with approximate calorie and carb counts.

The food court offers some more creative options for those keeping nutritional value in mind. There is a salad station,

where students can build their own salad filled with a variety of veggies, proteins, fun toppings, and dressings. There's even a Mexican-inspired station called Sonos, where students can get an "ensalada bowl." Students have the choice of replacing a bag of chips with a piece of fruit on the side of their meal.

Skylar Paletta is a health studies and exercise science student at the University. She also is a certified personal trainer. As a student who used on-campus dining facilities for two years, she was a huge fan of options in the food court, especially as a way to help her reach her fitness goals. She said, "I found it was easier to eat here as I could control what was going into my salad or burrito

bowl. For example, you can't go wrong with some brown rice, protein, and some toppings."

What helped Paletta stay on track was planning out her meals on a daily basis. For her, this meant looking at the menu to decide what she wanted before she got to the dining facility. "This way, I knew that my eyes weren't going to be bigger than my stomach, and I would stick with the healthiest, most nutritious options to power me through my day," she said.

Stephany Ayoubi is a registered dietician with her master's degree in nutrition and food science. She also teaches nutrition courses to undergraduates at the University. Ayoubi recommends that students include a serving of protein with every meal, whether it be animal or plant-based. She suggests consuming between four and eight ounces of protein at mealtimes, depending on personal needs and body type.

Ayoubi also encourages students to balance their plates by including a vegetable with each meal, as well as a complex carb. She noted that these can be found in abundance at the dining hall's hot bar, usually in the form of rice, quinoa, and potatoes. Complex carbs are a great source of energy for students with a heavy workload and extensive schedule.

Ayoubi also stressed the importance of timing meals. She suggests that students eat

every three to four hours and take their time consuming their food. She said, "Allow yourself about 15-30 minutes to enjoy your meal and catch up with friends when possible. Rushing to eat in a hurry will not give your brain enough time to process that it feels full...it takes about 20 minutes for the brain to release signals of satiety."

Something that both Paletta and Ayoubi stressed was the importance of balance. Paletta emphasized the idea that restriction is never productive when it comes to eating. She said, "My number one tip when it comes to eating is to not be too hard on yourself. It is completely normal to have a huge bowl of pasta one day or an ice cream sundae."

Ayoubi said, "It's all about balance at the end of the day." Something that she enjoys doing as a way of treating herself is keeping a square of dark chocolate in her lunch box as a way to boost her blood sugar and listen to cravings in a "mindful way."

It seems as though the University values the health of its students and works hard to accommodate the needs of those who dine on campus. By practicing balance, mindful eating, and sound decision-making, the freshman fifteen can remain a folktale for students. Paletta said it best, "We are lucky to be going to Monmouth, where there are so many options regardless of your dietary preferences."



IMAGE TAKEN from Gourmet Dining at Monmouth University (Facebook)
The dining hall and food court offer an array of nutritious foods and snacks such as fruits, yogurt, salads, and more.

Knowing the Difference Between COVID-19 and Allergies

DENISSE QUINTANILLA
STAFF WRITER

Just because you are sneezing, or have itchy eyes, doesn't mean you have COVID-19.

We have all been there just because we have one minor cough or headache and automatically think it's COVID-19. However, there may be other reasons. With the spring season in full swing, allergy season is upon us as well.

COVID-19 and allergy symptoms can be quite similar, so how can we tell the difference?

Allergies present themselves as chronic symptoms with them being on and off for days, weeks, months or years. According to the Centers for Disease Control and Prevention (CDC), the more common symptoms of seasonal allergies include itchy or watery eyes and sneezing.

David M. Cutler, M.D., family medicine physician at Providence Saint John's Health Center in Santa Monica, California, told Healthline that, "Allergy symptoms tend to vary with the environment: worsening with exposure to dust, pollen, or animal dander, whereas cold symptoms tend to persist regardless of time of day, weather, locality, or other environmental factors."

Normally with over-the-counter allergy medication, allergy symptoms tend to improve. Other less frequent and less common symptoms include wheezing, those that suffer from asthma may experience shortness of breath, and fatigue due to lack of sleep.

On the other hand, COVID-19 symptoms present

key differences from those of allergies. According to the CDC, some of them include fevers and chills, muscle and body aches, loss of taste or smell, nausea or vomiting, and diarrhea.

COVID-19 is a contagious respiratory disease caused by the SARS-CoV-2 virus, in which symptoms appear two to 14 days after being exposed.

Now, the confusion may arise is the commonalities between allergies and COVID-19.

According to the CDC, the common symptoms for both include cough, shortness of breath or difficulty breathing, fatigue, headache, sore throat, congestion or runny nose.

Jess Pak, Associate Lifestyles Editor of *The Outlook* and junior communication student, explained her personal experience with differentiating allergies from COVID-19.

"As someone who got COVID-19 during allergy season and thought it was just allergies, there are definitely some ways to decipher the two," Pak said. "The first thing that made me think that I had COVID-19 is the fact that I had a slight shortness in breath and a mucus-y cough. Usually, allergy symptoms are more cold-like, and I had no congestion or anything like that, so I assumed it was COVID-19 and not allergies."

She continued, "The second thing I noticed is the fatigue and brain fog that comes with it. It's not common for someone with allergies to develop those symptoms so that was a big indicator as well. If you're

always unsure if you have COVID-19 or just allergies, get tested. Better safe than sorry in my book."

The main difference between the two is that COVID-19 may cause shortness of breath or difficulty breathing, while seasonal allergies do not unless there is an existing respiratory condition that can trigger it by allergen exposure.

If you suffer from seasonal allergies, it is important to track your symptoms, know which symptoms are common, and which ones are new. If you present symptoms that are not typically associated with your allergies, it is important you seek medical attention for further diagnosis. Since COVID-19 and allergies present very similar symptoms, the CDC recommends getting tested to discard the option of it potentially being COVID-19.

MayoClinic says, "The best way to prevent seasonal allergies is to avoid your known triggers. If you're allergic to pollen, stay inside with windows and doors closed when pollen is high."

As for COVID-19, the CDC recommends everyone to wear a face mask, maintain six feet apart, wash your hands for at least 20 seconds, avoid crowds, and get vaccinated if possible.

With the COVID-19 pandemic still far from over, any symptom presented may cause one to worry. However, knowing the different symptoms between both allergies and COVID-19 is extremely useful in reducing panic and stress.



IMAGE TAKEN from APA
COVID-19 is categorized by a shortness of breath, coughing, chest pains and brain fog.



IMAGE TAKEN from Pexels.com
Seasonal allergies are always environmental based, seasonal and can be prevented with over the counter medication.

Alpha Kappa Alpha Sorority Inc. Crowns Mitchell Hendricks Mr. Pink & Green

LILY HOFFMANN
CLUB AND GREEK EDITOR

On Thursday, April 8, the Tenacious Tau Eta chapter of Alpha Kappa Alpha Sorority Incorporated hosted their annual Mr. Pink and Green pageant. After several rounds of the pageant, the hosts of the event determined that Mitchell Hendricks would be named this year's Mr. Pink and Green.

Other contestants who competed for the prestigious title included Brayan Loja, Mitchell Hendricks, and Ebenezer Owusu, who are members of Lambda Theta Phi, C-Sharps, and the Monmouth University men's soccer team respectively.

The first round of the pageant was talent, and the four gentlemen were able to showcase some of their most prized skills. Cooper performed a dance number, and Loja prepared a traditional dish of yellow rice, black beans, and chicken.

Next up, with an astounding vocal performance, was Hendricks. The crowd went wild for Hendricks' rendition of "There's a House in New Orleans." During the performance, Hendricks sang and accompanied himself via video on both piano and guitar.

Owusu closed up the talent

portion of the event with an impressive video compilation of soccer tricks. Owusu, a native of Ghana is a Forward on the men's team at the University.

The next segment of the pageant was all about social justice. During this portion of the event, each contestant got to deliver a speech about a social justice organization or movement that they are passionate about.

First in the lineup was Cooper, who spoke very highly about the Black Lives Matter organization. Cooper, a strong supporter of the movement said, "All lives cannot matter until black lives matter."

Loja delivered a touching speech about DACA and the immigration issue in the United States. Loja spoke about the way DACA helps undocumented immigrants achieve better wages, obtain driver's licenses and pursue higher education. Loja is a child of immigrant parents, so the cause hits close to home.

Hendricks used his time to promote LGBT rights and spoke about "love, respect, and appreciation" for people of all genders and sexual orientations. Following Hendricks was Owusu, who denounced gun violence in the United States.

The interview portion gave contestants even more time to talk about important topics

such as education, service, politics, and even personal challenges. For Cooper, this meant having a platform to talk about the importance of higher education.

He said, "Higher education is the bottom line, specifically for everyone because knowledge is power. You can lose everything in life but no one can take away your knowledge or education... [it] gives you tools and skills. Education will prove you are more capable than what people think you are."

The women of AKA are huge supporters of community service, something that has positively impacted Loja throughout his life.

He said, "Community service is needed. I benefitted a lot from different outreach programs. I know the benefit of getting help from different community services. Small contributions can make a really big impact."

Hendricks, a political science student, had the opportunity to reflect on what he would do if he were president during his part of the interview round. For Hendricks, a term in office would first and foremost include abolishing the two-party system.

He said that the "fundamentally flawed" system would be replaced by a parliamentary or runoff system, as a way to "ac-

curately and fairly represent Americans and their wishes."

Finally, Owusu was able to reflect on the challenges he faced as a result of moving to a new country for college. Owusu, a family man, said that besides missing his mother, adapting to a new culture was very difficult for him.

Finally, the formal section gave each contestant an opportunity to talk about their goals and achievements, while dressed in tuxedos, in true pageant fashion.


After much deliberation between the judges of the event, which included sisters and alumni of AKA, the winner of the pageant was decided, and Mitchell Hendricks was named this year's Mr. Pink and Green, with Cooper coming in second place.

For more information on the sisters of Alpha Kappa Alpha, be sure to check them out on Instagram, @tauetas_aka.



PHOTO TAKEN from Mitchell Hendricks

Mitchell Hendricks, a political science and music student, is AKA's newest Mr. Pink and Green



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A Conversation with SM6: The Family Band that Became a TikTok Sensation

MELISSA BADAMO
EDITOR-IN-CHIEF/FEATURES EDITOR

The six Jones siblings—George (21), Isabel (20), Adam (18), Emily (16), Eliana (14), and Jack (13)—grew up in the suburbs of Geneva, Illinois, just an hour away from the Windy City. It was here that they began pursuing music, going to piano lessons, taking performing arts classes at their local community college, playing in their school talent shows, and ultimately starting a family band. Originally called Summer Monkeys, the band has since changed their name to SM6.

About seven years later in 2021, they amassed 1.6 million followers on the popular social media app TikTok from a viral video called the “Don’t Flinch Challenge.” On TikTok, you can find the band posting light-hearted videos like challenges and “squad walks” to trending songs, collaborating with other TikTokers, posting music covers, and ultimately just being themselves. The band also posts everything from vlogs to music videos every Friday on their YouTube channel.

On March 26, they released a pop-rock EP titled “Perfect,” around the time they relocated to Los Angeles to pursue music even further.

“We started with piano at a very young age. I was eight,” George, the eldest of the Jones clan, told *The Outlook*. “Eventually, after many years of doing piano, we expressed interest in other instruments.”

Today, in their music videos, you can see George slamming on the black-and-white keys of his red keyboard; Isabel belting lead vocals while playing bass; Adam

and Jack playing slick chords and solos on their guitars; Emily singing backup vocals behind her drum set; and Eliana dancing to the beat with her blue tambourine.

The “Perfect” EP is comprised of five of the first songs the band ever wrote: “Perfect,” “Too Young,” “Never,” “New,” and “Overboard.” They originally released the music in a 2018 album, but have since removed it from streaming platforms and re-recorded the songs.

“We wanted to bring it back because there’s something special about having some of the first music and hearing the differences in all the songs,” said Isabel, the main lyricist of the group.

“We have an emotional attachment to it,” Adam added. “[The EP] was us exploring our musical interests. We were trying to figure out who we are as musicians.”

While the band members have different favorites on the EP, they all have special memories tied to the meaning of the song “Perfect.”

“We wrote [Perfect] all together because we’ve all had bullying experiences in middle school and high school. We wrote it off that and how bullies make you feel insecure about things that you wouldn’t have before. It’s really showing that nobody’s opinion should matter; it’s all about self-love and accepting who you are,” Isabel explained.

The “Perfect” music video features fans holding up signs that indicate things they are insecure about, and then flipping it over to reveal the words, “I’m perfect.”

“I think I hold an attachment to ‘Perfect,’” Isabel said. “Every time I watch that video, it almost bring me to tears.”

Prior to the EP, they released three other singles in 2020: “Oddity,” a Twenty-One Pilots-esque



IMAGE TAKEN from @SM6Band on Instagram

From left to right: Eliana, Adam, Isabel, George, Emily, and Jack make up the family band SM6.

song about feeling out of place in society; “MIA,” about being cut off from friends unexpectedly; and “LA,” a feel-good song about having fun in Los Angeles, the place where their success has brought them. They also released a Christmas song in December called “Light Up Like a Christmas Tree.”

The band revealed that it took loads of hard work and persistence to overcome hurdles—such as playing empty gigs and not being taken seriously as musicians—to finally get to where they are today.

“Before TikTok took off, it was hard getting people to take us seriously because we were kids,” George said.

“We originally released an album and we didn’t do social media at all,” Isabel said. “We were

trying to get into it but we didn’t have anyone who would listen to our music, and it was hard mentally playing so many empty gigs. And now it’s so much easier because we have an audience that wants to listen to it. We’re just so grateful for that.”

“It was a long journey to get to where we are,” Adam added.

After they were thrust into the public eye with their newfound TikTok popularity, the band continued to receive thousands of hate comments on the platform, which was the inspiration behind their song “Oddity.”

“You can say you’re not going to take those things to heart, but it’s hard when you see one comment like that, let alone thousands,” Adam said. “We just ignored it the best we could and we just kept posting our content.”

“We didn’t want to let other people define who we are. We wanted to keep going despite everything and continuing to be our true self,” George said.

“There’s always going to be those silly comments,” Eliana mentioned.

“I think it also helped that we all had each other instead of being alone and going through that,” Emily added. “We had each other to talk to and support each other.”

The members of SM6 commented on the experience of being in a band with their siblings.

“It’s awesome,” Emily and Adam answered simultaneously.

“The hardest part about being in a band with your siblings is no one focuses. We’re so comfortable with each other that we don’t care, so it’s hard getting everyone to focus and actually buckle down and work on something,” Adam said.

A day in the life of SM6 consists of waking up at 4:30 a.m. to eat breakfast and work out, conducting band rehearsal, and making content for social media. The latter half of the day is always different, whether they are collaborating with other influencers, getting demos together for new songs, or hopping on Zoom meetings.

While producing content requires lots of time and effort, the band’s passion for music is their main driving force.

“We’ve had this vision since we were young—we just want to be performers, we want to be on stage,” Adam said. “That’s the end goal for us, so that’s always what we’re aiming for when we wake up every day.”

The band believes that their work ethic is the reason for their success. “It doesn’t matter how naturally talented you are as a musician if you don’t have the work ethic. You have to keep working at it, and I think that’s the main reason we’re where we are today,” Adam said.

Although the band can’t reveal any specific details yet, they do have plans to tour in the near future. Soon enough they’ll be back on stage, performing for crowds full of fans.

We won’t be seeing the end of SM6 anytime soon—the band has about 70 more unreleased songs, and will continue to produce music and social media content. This is just the beginning for this wholesome family band.



IMAGE TAKEN from @adamjones_sm6 on Instagram



IMAGE TAKEN from @isabeljones_sm6 on Instagram



IMAGE TAKEN from @georgejones_sm6 on Instagram



IMAGE TAKEN from @jackjones_sm6 on Instagram



IMAGE TAKEN from @elianajones_sm6 on Instagram



IMAGE TAKEN from @emilijones_sm6 on Instagram

In the Heights Coming in June

DENISSE QUINTANILLA
STAFF WRITER

Prolific composer, lyricist, actor, and award-winner Lin-Manuel Miranda is perhaps best known for the hit Broadway musical Hamilton, which he created and starred in.

His other smash Broadway musical, *In the Heights*, is receiving the big-screen treatment, coming to theaters and HBO Max on June 11 for everyone to enjoy.

When Miranda first pitched *In the Heights*, he was questioned on exactly what he was selling.

In an interview given to *Variety*, he said, “They wanted the young female protagonist Nina, who drops out of Stanford, to have a more dramatic reason for leaving school than the pressures of being the first in her family to go to college.”

He continues saying, “Because the pressure of leaving your neighborhood to go to school is f***ing enough. I promise. And if it’s not dramatic enough, that’s on us to show you the f***ing

stakes.”

In the Heights is partially based on Miranda’s own personal experiences of growing up in the Washington Heights neighborhood in New York, while realizing that there were limited Broadway roles for members of the Latinx community.

He wrote the songbook as a mix of salsa and hip-hop, paying tribute to this tight-knit community who strives to make it big in New York City and beyond. Ultimately, in 2008, the musical opened on Broadway, leading to four Tony awards, including Best Musical and Best Original Score.

The movie was directed by Jon M. Chu, who was also in charge of the 2018 blockbuster *Crazy Rich Asians*. *In the Heights* could not have been released in a more perfect time due to the message it spreads. After almost a year and a half stuck at home, this movie provides escapism to the life we hope to get back to very soon.

“The characters have an uninhibited zest for life, dancing in the streets, across

fire escapes and through city parks,” Chu told *Variety*. “This is a vaccine for your soul.”

The story centers on a bodega owner, Usnavi, who’s working for enough money to retire and return to the Dominican Republic. However, he has doubts about leaving as the people on his block have become like family. Some of the characters include Nina, played by Leslie Grace, Benny, played by Corey Hawkins, and Vanessa, played by Melissa Barrera. These characters are layered well, in that the conflicts are actual problems and don’t bend to stereotypical Hollywood portrayals of the Latinx community.

Initially, Universal Pictures was to the produce *In the Heights*, but they stipulated one condition: they wanted a Latinx artist like Jennifer Lopez or Shakira to be the protagonist. The studio did not want to risk 37 million dollars to feature unknown actors in a major motion picture.

Warner Bros. Pictures Group quickly made a compelling case and both

parties closed the deal with a 55 million dollar budget. Toby Emmerich, chairman of Warner Bros. Pictures Group, told *Variety*, “It felt like something fresh and new, but it’s a classic story about people and their dreams and losses. It touches on relatable themes for anyone who is human.”

One word of the script had to be changed due to a reference to Donald Trump that may not have resonated well with the Latinx community.

The line is as follows: “I’ll be a businessman richer than Nina’s daddy; Donald Trump and I on the links, and he’s my caddie!” Instead, the new line replaces the former President’s name with “Tiger Woods.”

Miranda said “When I wrote it...he was an avatar for the *Monopoly* man. He was just, like, a famous rich person. Then when time moves on and he becomes the stain on American democracy, you change the lyric. Time made a fool of that lyric, and so we changed it.”

The movie was filmed during 2019, and was ready to be released in summer

of 2020. However, the COVID-19 pandemic put a halt to those plans; Warner Bros. postponed the film’s release by a year.

Whereas Miranda was upset by this development, Chu made him view this delay in a more positive manner.

Miranda said “Jon’s argument to me...is, we can release it now and people would feel good to have it in their homes...Or we can release it with the right push next year, and then we create a lane of Latinx stars so that I never have to sit in a meeting and hear someone say, ‘Do they test international?’”

In the Heights is set to be a movie that embraces Latinx culture and provides a way for others to see the reality that this community faces. As a Latina myself, it is so empowering to see a story with a portrayal of characters that represents this culture in a way that does not hurt them.

This movie is expected to be one of the main events of the summer. *Latinxs presente!*

TIKTOK AND THE MUSIC INDUSTRY: HOW AN APP AFFECTS THE CHARTS

JASMINE RAMOS
STAFF WRITER

About two months ago, an internet trend called the “Silhouette Challenge” stormed every platform. People ran to make videos with red backdrop lights to a mash up of Paul Anka’s “Put Your Head on My Shoulders,” which smoothly transitioned into Doja Cat’s “Freak” and “Streets”. This unlikely pairing of songs, one being a classic pop song from the 1950s and the other from a rapper’s album in 2019, blew up because of TikTok.

The videos and song for this trend were everywhere, with even celebrities joining in on the fun. About a month after the initial videos, Doja Cat herself tagged along by including the “Silhouette Challenge” in her new music video for “Streets.”

TikTok is full of dancing trends, random tutorials, DIY videos and a little bit of an “Owa Owa” on the side. It has taken over everyone’s phones and can easily be considered one of the top trending social media apps of the year. With nothing to do during the beginning of the pandemic, it seemed as if everyone turned to TikTok to fulfill the boredom.

However, what seems like a wacky guilty pleasure app has made a huge impact in pop culture. People aspire to start trends on TikTok

that can then get passed onto Instagram or Twitter; the app has become a legitimate pathway to fame. Some people have even quit their jobs to post full time, and successfully so. But what’s interesting to look at is significant influence on the music industry.

Artists are thriving on using the TikTok to expand their audience. Smaller artists post their songs frequently to attract new fans, while bigger musicians interact with admirers or gain inspiration for their own content by looking at what is hot.

But how does this app do this exactly and what makes it different from other social media platforms?

TikTok takes content creators to a place that Instagram, Snapchat, or other apps have never done before. When you immediately enter the app, whether you are new to it or not, there is content available to you. As you continue to explore, their algorithm is constantly learning what you like or don’t like to see.

Although that sounds creepy—and don’t be scared—the algorithm has changed the game. You don’t need to follow anyone to view videos, or, if you’re a content creator, you don’t need a following to be seen. TikTok throws your videos out there for people to view and essentially does the

work for you.

From there, TikTok and its users have been able to influence what songs are trending, to the point where it has even affected the *Billboard* charts. Consequently, artists no longer necessarily need the help of big record labels; they just need that one viral hit.

For instance, actress and musical artist Olivia Rodrigo featured a video with a snippet of the song “Driver’s License” back in January. TikTok viral sensation, Charlie D’Amelio, later reposted a video including that song to her millions of followers. After that, the rest was history for Rodrigo. “Driver’s License”

has officially been the first song of 2021 to reach one billion streams worldwide, and it was all thanks to TikTok.

The app doesn’t only work for new or unreleased songs. In the summer of 2020, a remixed version of Taylor Swift’s “Love Story” was used for a viral trend on TikTok. Although she had released 16 new songs, the song, first released in 2008, has been in millions of videos. Not only did Swift benefit from this, but so did the creator of the remix.

22-year-old music producer Disco Lines posted the song to YouTube in the attempt to make the song go

viral on TikTok. From there, he gained recognition and was even interviewed by Rolling Stone.

As for Doja Cat? The “Silhouette Challenge” had not been her first time dabbling with trends on TikTok. Her hit song “Say So” took over the app with a dance challenge started by roller-skating TikToker Haley Sharpe. Doja Cat later paid homage to the trend by using the song in her video, as well as having Sharpe in some of the shots at the end.

It’s clear to see that there is a push for the use of TikTok within musicians. However, many fear that this could create a new musical generation of one-hit wonders.

In an interview for *NPR*, *LA Times* pop music critic Mikael Wood explained, “You’ve got folks who made a really cool song that resonated with people, and then you sign them up. And you’re sort of putting them into the chute of, like, major-label pop stardom, but they haven’t developed the kind of grassroots following that will actually see them through when their next song isn’t maybe a viral smash.”

It’s not clear yet as to where TikTok can take its power or what it can influence next. However, for now, a lot of us simply look, scroll, and let the algorithm do its thing.



IMAGE TAKEN from *Billboard*
Haley Sharpe, renowned roller-skating TikToker, landed a cameo role at the end of the video for Doja Cat’s number-one hit “Say So.”

Georgia's New Voting Law

GEORGEANNE NIGRO
SENIOR/POLITICS EDITOR

Republican Governor Brian Kemp signed Georgia's 98-page election law at the end of March, according to CBS News. This new voting law has caused a debate between both republican and democratic parties.

The new voting law in Georgia will contain the following: ID must be required for in-person voting and mail-in voting, there will be at least 17 days of early voting, new rules for absentee ballots require shorter time frame for requesting and returning mail ballots, the results of the election will be made much faster, food and drink being distributed to voters by non-poll workers is now banned, and the state election board now has power.

According to *USA Today*, President Joe Biden called the new law "un-American" and said that it is a "blatant attack on the Constitution and good conscious."

USA Today also reported that supporters of the new law found that it will make elections much more secure.

Hettie V. Williams, Assistant Professor of History and Anthropology, said that the law should be contextualized within the framework of U.S. history in that there has been a long history of African American voter suppression from the era of Radical Reconstruction to the present.

"There were a series of tactics used by southern states to disenfranchise Black voters

including racial terror lynching, poll taxes, and literacy tests during the height of the Jim Crow Era in the early twentieth century that led to the rise of the Civil Rights Movement in the mid 1950s," said Williams.

Williams continued, "The 2013 Supreme Court decision in *Holder vs. Shelby County* has eviscerated the Voting Rights Act of 1965, a major achievement in Black voting rights securing during the height of the Civil Rights Movement, and the special protections afforded African Americans in terms of voting rights. Since this decision was made, southern states have found new ways to disenfranchise Black voters as reflected in this new law."

Sam Maynard, Instructor of Political Science, said that as much as he knows, fraud is very rare in this case. "It does not seem necessary now to clamp down this type on voting restrictions in the name of preventing voter fraud. It seems to be an out of scale response," said Maynard.

He said that some states are already following in Georgia's footsteps and that Texas is already pursuing a law that is very similar to Georgia's.

"I think at the heart of the issue it is sort of whether you see it as preventing, primarily, voters of color from accessing the poles and things like that. It is not just voters of color, though; there are poor voters, working

class voters, and things like this," said Maynard.

He also said that if one sees this as a politically motivated issue, one is inclined to acknowledge that this coalition of voters is likely to vote against republicans.

"The politics of the situation seem more or less clear. I mean this is sort of the line of the last five years. It's been a staple of the GOP and their platform to sort of clamp down on voter fraud in the name of security. So, I think that is the controversy," said Maynard.

Ken Mitchell, Ph.D., Political Science Department Chair and Professor, senses that these new electoral provisions are designed to suppress the over-

all turnout in Georgia elections.

"Republicans believe they benefit from lower turnout elections in swing states such as Georgia. Obviously, such measures are not designed to increase voter turnout. And as the public record shows, there is no evidence of meaningful voter fraud in Georgia or any other state in the country," said Mitchell.

There has been a lot of controversy regarding having the ID present for mail-in voting as well as in-person voting.

Jasmine Ramos, a senior communication student, said that due to the pandemic, a lot of voters resorted to using mail-in voting to feel safer. She said that it is historically known that mail-in voters tend to be democratic and in-person voters tend to be more republican.

"And because of this, the hard work done by Stacy Abrams and others might have resulted in the state turning blue. This new voter law is just another form of voter suppression to ensure that this doesn't happen again," said Ramos.

She also said that during this year's run-off election, the state gained two democratic seats and the democrats now have control over the Senate. Ramos continued by saying that this is another form of voter suppression.

"As a college student, it's important to be informed about these things since we are going to be voting in the future. Noticing these things is what's going to help stop situations like this and just try to create a better voter system overall, where all voices are heard," said Ramos.



IMAGE TAKEN from Newsweek

The new voting law was signed at the end of March by Georgia's governor, Brian Kemp.

Arrests Still Happening Months After Capitol Riots

ABIGAIL BROOKS
ASSISTANT NEWS EDITOR

On the afternoon of Jan. 6, rioters stormed the Capitol building as electoral college votes were being counted in the House of Representatives chamber. Three months later, arrests are still being made.

Many of the Capitol rioters came directly from former President Donald Trump's "Save America Rally" that began hours earlier on the Ellipse, a park near the White House. Trump spoke for more than an hour at this protest, urging attendees to walk to the Capitol afterward, "We fight like hell, and if you don't fight like hell, you're not going to have a country anymore. So, we are going to walk down Pennsylvania Avenue—and we are going to the Capitol."

"The idea that a federal position like the presidency could be used to incite such an incident slammed my idea of the institution of democracy hard into the ground," said Eleanor Prescott, a sophomore political science student with a concentration in international relations. "It began to drill home the idea that I've been processing ever since—that violence caused by misinformation, mistrust, hatred, and weaponization of people's emotions and beliefs can happen anywhere, including a country that has historically stood against this kind of



IMAGE TAKEN from ABC News

Due to the Capitol riots on Jan. 6, arrests are still being made and some rioters are now facing charges.

violence."

Steven Chapman, Ph.D., Assistant Professor of Political Science and Sociology, explained when the event turned into something more than just a protest. "January 6 became an attempted insurrection the moment a mob descended on the Capitol Building with the sole purpose of halting the peaceful transition of power. It has become clear that at least some of the groups involved were coordinating with one another, and were seeking out specific lawmakers in the process," said Chapman.

"The capitol riots served as a reminder to the United States, and the world itself, that the idea of democracy

is only as successful as the masses make it. It launched an attack on the idea of democracy, a symbol that the United States had stood for so long," explained Prescott. "America is supposed to be a place where the people speak their mind, and whether or not you agree with that person, you respect their opinion and their right to vote accordingly. This concept, outside of the physical damage, is what was attacked in the riot."

In wake of the events that occurred on Jan. 6, many rioters are now facing charges for their actions. "There's hundreds of people who have been arrested, and the charges vary on what acts

they committed," explained Joseph Patten, Ph.D., Associate Professor of Political Science and Sociology. "There are different charges ranging from trespassing and probably going as far as sedition, which is a very serious crime."

"There were some people who were part of militia organizations that were intent on organizing violence and targeting the U.S. Capitol at a time when the electoral college votes were being counted. Along with acts of sedition, there's a police officer who died, so some might be charged with murder," continued Patten.

Public opinions about the Capitol riots still vary. "I

think this is an excellent example of how people filter things through their ideological lens. Most objective scholars would label it an attempted insurrection. However, how a person views the events of January 6 is largely dependent upon their ideology," explained Chapman. "There are clear partisan gaps in opinion on what it was, who is to blame, and what should be done in the aftermath."

Despite the ongoing investigations into the events of Jan. 6, conversation about the riot has largely declined. "This is a good example of how quickly memories fade in the mass public. No one is really talking about the event all that much. It's reminiscent of what scholars call the issue attention cycle—something happens, public attention increases, then steadily fades over time. Think mass shootings and gun control."

"News of the riot has died down, at least it seems, since the inauguration of President Biden. Many have simply accepted that this is how democracy goes, that a candidate is voted in. Some people are happy, and others upset, but the ball keeps rolling and the world keeps turning. Of course, it still appears from time to time in the news, and sometimes feels like a bad dream, but overall seems to have processed through the attention cycle of many U.S. citizens," said Prescott.

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STUDENT EMPLOYEE APPRECIATION WEEK

Athletics- Athletics Academic Resources Center-A big thank you to Sierra and Molly for keeping the Athletics Academic Resources Center quiet and safe to ensure effective study time for our student-athletes!

Athletics- Monmouth Athletic Communications would like to thank all of our student employees for their continued hard work this past year. The Monmouth Digital Network wouldn't be a leader in the MAAC and FCS without your efforts! Thank you to Addie, Azalia, Caroline, Cassidy, Cory, Danielle, Deangie, Dom, Jack, Jacob, Janelle, Joe, Josh, Karlee, Manny, Marissa, Mas, Matt, Micah, Michelle, Nick, Scott, Sean, Seante, Steve, Taylor and Taylor. FLY HAWKS!

Biology Department- Anne Marie and Tricia would like to thank Emma Gould and Briana Beverley for their hard work and dedication in supporting the Biology Department especially during a pandemic!!!! They both always arrive with a smile on their faces and a positive attitude! The third floor of Edison shines with your creative touches! They are our Rocks Stars and we could not have made the Biology labs happen this year without them!

Biology Research Laboratory- Erin and Caroline- Thank you both for all your hard work and dedication to our lab! You are both such integral parts of our team! Your contributions are truly appreciated!

Bruce Springsteen Archive & Center for American Music- Alissa Golman* Annalaan LeMay* Connor Rupp* Gillian Demetriou* I'd like to take this opportunity to thank you for your unrelenting enthusiasm for your job. You're appreciated for more than just your hard work. I also celebrate your dedication, insight, and motivation. Thanks for being so awesome!

Career Services- Dear Jessica, Nayeli, Jackie and Daniqua, Thank you for your hard work and brightening up the Center for Student Success.

Center for the Arts To our all of our ROCK STAR students, we adore you and value your time here with us at the Center for the Arts! You know who you are - Fradely, Kathy, Amanda, Kailyn, Jessica, and Ray!!!! We are lucky to have you on our team, THANK YOU!

The Department of Chemistry & Physics THANKS YOU for your dedication and hard work!

Chemistry Lab Assistants: Roxy Aguilar, Chloe Bryan, Abbe-Gayle Burton, Kayla Celiberti, Ivy Chance, Haley Cichon, Luke Collier, Victoria Costa, Hannah Craft, Michelle Daniels, Anastasia Efimenko, Olivia Enny, Jacqueline Ferro, Angelina Ireland, Samantha Lobasso, Arlene Lopez, Nimra Nadeem, Kadie O'Byrne, Alyssa Piesco, Amanda Prascsak, Emma Prusak, Caroline Reverendo, Gabby Schnur, Isaac Seruya, Emily Vasquez, Gina-Marie Verrone, Johanna Vonderhorst, Noelle Zweidinger

Laboratory Stockroom Assistants: Kevin Leon Appelgren, Brianna Miller, Angelina Sawicki

NMR Assistant: Nicole Martir

The Department of History and Anthropology, Asbury Park Project thanks Lissette Peña for creating informative maps of COVID-19's impacts on Asbury Park and Monmouth County.

Information Support- STAP STARS – We appreciate all that you do, our computer labs would not be what they are without you, so thank you again: Chelsea, Destiny, Felipe, Genesis, Ginelly, Jaileen, Mona, Nicholas, Priya, Shadiyah, Teniya, Xiao, Zorayah and our GAs Martin and Theresa!

Mailroom Student Help – Thank you to Abdoul, Alexandra, Alexis, Emily, Giulia, Geiona, Jacey, Jessica, McKenzie, Morgan & Vanessa for all your help in the Mailroom. We appreciated your dedication, hard work, and commitment to serve the University. It is a real pleasure working with each of you. “Nothing can dim the light which shines from within.” – Maya Angelou.

The Outlook- Alex, Angela, Jessica, Joseph, Katie & Yosef: Thank you for all of your hard work and dedication to The Outlook. We are lucky to have each of you as part of The Outlook Family!

The Parker Homestead-1665 Inc. would like to shout out Denisse Quintanilla for all her contributions! We cannot thank you enough for your hard work and dedication!!”

Polling Institute- Alanna, Evan, Natalie and Sabrina – You are a group that always goes above and beyond what is asked. We truly appreciate the dedication and enthusiasm you show each day and are so grateful for all of your hard work. Each of you is a valuable member of the Polling Institute team. Thank you! – Patrick, Tina, Carolyn and Vicky

To the Production Services crew; Nicole, Dan, Jared, Azalia, Jenna, Jenna, Austin, and Alyssa, your creative inspiration, hard work, and dedication is markedly appreciated. It is evident that all of you have bright futures ahead. Thank you! Thank you! Thank you! Now stop reading this ad and get back to work!

SGA & Bette- Thank you Kailee Forlai for 4 years of kindness, hard work and dedication to SGA! You have been such a pleasure to work with and we wish you the best of luck in your future endeavors! You will be missed!

The Speech-Language Pathology Department-To Kaitlyn Dunn, Kaitlyn Hogan, Gina Raccuglia Thank you for your hard work and dedication to the Speech-Language Pathology Department. We truly appreciate everything you have done for us this 2020-2021 school year!! Yours Truly, The Speech-Language Pathology Department Trish Bartlett Dr. Erik Raj Professor Cathleen Givney Professor Brittany Khan Dr. Kathleen Scaler Scott Dr. Yao Du

Student Activities: Thank you to all of our Student Workers in Student Activities. We appreciate your hard work and dedication throughout this year.

Building Managers: Chibuzo Amonu, Danielle Steff, Joseph Falzini, Juan Bazante, Montel Johnson, Nicholas Salcedo

Information Desk Attendants: Cassandra Salas Corrine, Carbone, Daniel Schwartz, Jasmine Garcia, Madelyn Altman , Shadiyah Belton

Event Assistants: James Daley, Evelyn Moncayo, Ivy Norton, Dimitri Virdic

Graphic Designer: Hunter Beides, Office Workers: Bianca Soricello, Aidan Hague

Social Media Content/Strategy Assistant: Gianna Piroso

Graduate Intern: Domenic Nalbandian

Student Employment – Our workers help us and the program constantly. Thank you for your great ideas and your positive attitudes and helpful publicity. Thank you Sam for helping us this year with our social media post, you have become our go-to Instagram guru ! Welcome to our team Eva, looking forward to working with you in the years to come! We cannot thank you all enough. You make our office shine!

Transfer Services – Evan and Shannon – thank you for all of the hard work and creative ideas you contribute to our team. You two are the best and we wouldn't be able to make the office run without your support! Best – Anthony, Angela, & Lori

Turner Syndrome Foundation- Thank you to Kierstyn, Annabella, Kayla, and Ameka for being part of Team TSF! Each of you approach your role with enthusiasm, creativity, and passion for our mission. We enjoy your unique backgrounds and skillsets that make us stronger as a team. Your hard work makes a difference in the Turner Syndrome community!

Tutoring Services would like to recognize and express sincere gratitude for all of those students who have served as peer tutors for this department over the past year. You have all amazed me at your ability to meets the needs of other students, be flexible, creative, and accountable. You are a caring and compassionate group, willing to problem solve and do what needs to be done to help your fellow Hawks. Therefore, you have my sincerest thanks and appreciation. Sincerely, Dorothy Cleary, Director of Tutoring Services.

Undergraduate Admission (Student Ambassadors) I cannot say THANK YOU enough to all of my fabulous Student Ambassadors for everything they do for me, as well as for Monmouth University as a whole. Families are able to learn so much from you when they visit campus, and so many students say that their tour experience is what made them realize Monmouth was the place they wanted to call home for the next 4 years of their lives. I feel really lucky to have a staff full of all-star students! Keep up the good work – you make me so proud every day! #MoreThanATour

WMCX- Victoria, you are the best student employee and we are lucky to have you. Thank you for being so dedicated to WMCX.

2021 SUPERVISOR OF THE YEAR

KATHY KUMKE, Chemistry & Physics
Nominated by: Luke Collier, Student Employee,



Favorite Student Employment Memory:

My favorite memory is a memory that replays itself over again with each graduating class. That is the growth in knowledge, confidence and ability of our students during their time at MU.

Please share what your job has given you:

I have the opportunity to work with amazing students, faculty and staff in an environment that motivates me to learn new things every day, and to teach others by sharing my own knowledge and experiences.

Supervisor of the Year Nominee-
Dr. James Mack - Biology

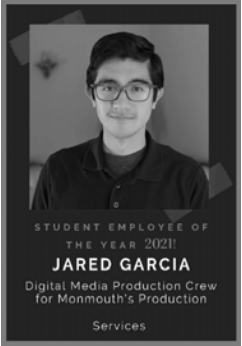


My favorite memory is a memory that of training, motivating and supporting many student lab assistants in my Anatomy and Physiology 1 and 2 classes which prepares them for their future careers in the health professions. Serving as a role model for their development of honesty, dependability, and punctuality has produced lasting memories

Please share what your job has given you:

My job as supervisor of my lab assistants and research assistants (Summer Research Programs) has enabled me to use my experience to help provide direction, structure and constructive feedback on their career goals of medicine, dentistry, physician assistant and graduate school which I thoroughly enjoy.

2021 STUDENT EMPLOYEE OF THE YEAR JARED GARCIA, PRODUCTION SERVICES



Monmouth University Student Employment Office announced Student Employee and Supervisor of the Year awards virtually on April 12th in celebration of National Student Employment Week held April 12-17th.

Jared Garcia, a senior communication major, won Student Employee of the Year for his work in the Production Services. Garcia went on to compete at the state completion and also captured the New Jersey State Northeast Employment Administrator Student Employee of the Year award, this will be the third time Monmouth has won at this level. Jared also placed in the top three students for Northeast Region, which encompasses 17 states.

Jared's favorite student employment memory: My fondest memory here involved learning the Ronin-S, a handheld gimble created for DSLR cameras. I recall the hours I spent inside an edit suite, first trying to understand how each gimbal piece came together. Then, I had to go the extra mile to understand the art of "balancing" this gimbal with the DSLR camera I was given. Though the task was arduous and required me to do copious amounts of research (over a 1-year period), finally having all these moving parts operating cohesively was such a rewarding experience.

Please share what your job has given you: Production Services has given me the space to learn in an inclusive, educational environment. Over the years, I have collaborated with co-workers from different communities and socio-economic backgrounds, being influenced by new ideas of filming and editing that I wouldn't have thought of independently, had I not worked here. The videos I've been able to work on through Production Services have also exposed me to a wide range of societal complexities and social activism. One such project I participated in, HABCore (a non-profit, housing organization) allowed me to engage with disenfranchised men and women working to get back on their feet. Participating in this project allowed me to explore, through interviewing volunteers and program participants, the positive changes an organization can have within an existing system. All these elements have helped shape a worldview for me, one where new ideas influence the way I think.

Supervisor Erin Fleming description of Jared: Not only is he an indispensable member of our team, in his spare time he has managed to direct and edit his own feature film. We just received word that it has been selected for the Garden State Film festival as well as others. To put it simply Jared is a "Phenom". We will remember the name Jared Garcia, whether he is the Monmouth University Employee of the Year 2021 or picking up his Oscar years from now. He is also just a genuinely nice person. Another interesting fact about Jared: Work ethic, dedication & professionalism runs in the family, his brother Julian Garcia was also a past recipient of Student Employee of the Year 2017. Congrats to the Family!

2021 Student Employee Nominees:
Farah Hamid- Peer Learning Assistant -Biology
Jessica Fraller- Lead University Ambassador for Undergraduate Admissions
Sean Gerhard- Communications Assistant for MU Office Athletic Communications
Connor Rupp- Student Archivist for the Bruce Springsteen Archives & Center for American Music
Taylor Ramiz- Athletics Marketing Assistant for the Monmouth Athletic Department

The Monmouth University Student Employment Office thanks all the businesses that made our 25th Annual Student Employee Appreciation Week such a success!

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BEACH BUM EATONTOWN	FIVE GUYS BURGERS AND FRIES SHREWSBURY	MCLOONE’S RESTAURANTS LONG BRANCH	SILVERBALL MUSEUM ASBURY PARK
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COSTCO OCEAN	HUMAN RESOURCES MONMOUTH UNIVERSITY	NELLY’S RESTAURANT LONG BRANCH	TURNING POINT LONG BRANCH
DEAN’S NATURAL FOOD MARKET OCEAN	INAILS EATONTOWN	NIKKI’S HAIR STUDIO OAKHURST	10 TH AVENUE BURRITO BELMAR
ESCAPE THE PUZZLE LONG BRANCH	JACK’S GOAL LINE STAND LONG BRANCH	PANERA BREAD OCEAN	THANK YOU!

Football Wins Second Consecutive Big South Title

JACK MURPHY
ASSOCIATE SPORTS EDITOR

The Monmouth Football team secured their second consecutive Big South Championship on Saturday with an overwhelming victory of Kennesaw State by a score of 42-17 at Kessler Stadium.

The Monmouth defense did a great job of limiting the second-ranked rush attack in the nation as they only allowed 161 on 48 total attempts.

They also were able to pressure the opposing quarterback a ton as they recorded six sacks as a team. Because of this dominant defensive play, the Hawks did not allow a touchdown until the fourth quarter when the game was already in garbage time.

Senior defensive lineman Erik Massey led the defensive unit with nine tackles, one of them being a sack while junior defensive back Tyrese Wright added eight tackles to his total as well as a fumble recovery. Fifth year defensive lineman Kahari Scarlett led the squad in sacks with two.

The offensive performed just as well in this one, being led behind freshman quarterback Tony Muskett who earned many honors for his Saturday performance, including FCS National Freshman of the Week and Big South Freshman Player of the Week.

“We have talked about him before week one and what he’s been able to do as a true freshman, playing in only his third collegiate game right now,” said head coach Kevin Callahan. “When you take a game that is of the magnitude of this one, playing for a conference championship, an undefeated season at home and for a bid to the NCAA playoffs. For him to come out and go to work



Monmouth football defeated Kennesaw State by a score of 42-17 to win their second Conference Championship in as many seasons.

“I could not be happier with the performance our guys out forth.”

KEVIN CALLAHAN
Head Coach

take what is given to him and not get rattled and make some big plays while he’s doing that, I think that speaks a lot to his maturity and also his talent.”

Muskett did not disappoint

with his performance against the Owls as he threw for 290 yards as well as four touchdowns while not committing a single turnover. The true freshman also completed 18

of 22 passes which is good for 82 percent. Muskett also has a passing efficiency of 170.4 which is good for 2nd in the NCAA.

Graduate student linebacker

Eddie Hahn also earned himself Big South Defensive Player of the Week Honors for his efforts in Monmouth’s victory. He recorded eight total tackles and a sack. Hahn also forced two turnovers in the contest as he was a problem all game for the Owls offense.

Redshirt sophomore Juwon Farri ran for 178 yards and also had two scores, including a 48 yard TD that put the game out of reach. He averaged a tremendous 8.1 yards per carry in a dominant showing. His performance was enough to notch him Big South Offensive Player of the Week Honors.

The Hawks also had two receivers eclipsing 100 yards. Junior wide receiver Terrance Greene Jr. as well as senior wide receiver Lonnie Moore racked up 119 yards and 124 yards respectively.

“I could not be happier with the performance our guys put forth. I thought it was a dominating performance in every phase of the game,” said Callahan.

The Hawks were ranked 20th coming into the contest but after their overwhelming victory against Kennesaw State, the Hawks were ranked 11th in the Athlon Sports poll.

With Saturday’s victory the Blue and White automatically qualify for the 2021 Spring NCAA Playoff. They will learn their opponent in the first round of the playoffs on Sunday April 18 during the selection show.

Monmouth is now 18-1 at home ever since Kessler Stadium opened in 2017; their only loss came at the hands of Kennesaw State that year.

As the Blue and White’s next game against Robert Morris was cancelled, the Hawks finished regular season play with an undefeated record of 3-0.



Freshmen Quarterback Tony Muskett and Redshirt Sophomore Juwon Farri led the Monmouth offense and earned themselves Freshman and Offensive Big South Players of the Week respectively.

Women’s Soccer Advances to MAAC Championship

ERIN MULLIGAN
STAFF WRITER

On Saturday, April 9, the Monmouth University Women’s Soccer team defeated Niagara in their MAAC Quarterfinal match at Hesse Field on the Great Lawn.

Under the bright lights, the Hawks took control from the very start of their 5:00 game against the Purple Eagles of Niagara with junior forward, Lauren Karabin scoring in the 69th minute of the game. Sarina Jones pursued a throw in which Karabin settled and turned on the bounce, beating Niagara’s sophomore goalie, Clara Borner.

Throughout the entirety of the game, Borner was forced to make 11 saves in the game since Monmouth built a 30-4 advantage in shots. The ladies in blue and white had 12 corner kicks, eight of which occurred after halftime, to the Purple Eagles’ one.

Midway through the second half, the Hawks took ahold of the game with Lauren Karabin’s goal assisted by senior defender, Sarina Jones making it her second assist of the year and seventh of her career. Monmouth won 1-0.

Jones spoke on the win saying, “This is the first time since I have been at Monmouth that we played away as the lower seed in the MAAC tournament and the win honestly feels better than winning at home. This year

has been a battle with all of our injuries and COVID, so it feels amazing to be able to show the MAAC that we are still in it to win it.”

The 2019 MAAC Championship Most Outstanding Player added, “In today’s game, we knew that we had to give it our all and it was going to be a battle, but the support from the bench was a complete game changer! Playing away is always a challenge, but our bench brought so much energy and excitement to the game that I know every player on the field felt.”

Following their Niagara game, the Hawks (5-1-2) travelled to Hamden, Connecticut to take on Quinnipiac (5-2-1) on Monday in the MAAC Semifinal and won 2-0.

The game was scoreless within the first 45 minutes until Monmouth’s offense put all the pressure on the No. 2 seed Bobcats with Lauren Karabin making her name known once again. Karabin scored her second goal of the tournament after turning the corner on her defender. From the edge of the penalty area, the star forward, pummeled a left-footed shot into the far side of the net.

After a corner kick in the 59th minute, Quinnipiac nearly tied the game but Bobcat midfielder, Fleur Corder’s shot hit the crossbar and the Hawks were in the clear. As the game came to a close, Karabin found sophomore

midfielder and forward, Alexa Correa who after side-stepping a defender, scored from 15 yards out making it her first goal of the season and third of her career. Freshman goalie, Rebecca Winslow, also made a significant impact, making three saves, earning her third career shutout.

With the Hawks win, they have advanced to their fifth consecutive MAAC Tournament Championship and have improved to 14-2 all-time in the MAAC Tournament. Looking ahead, the blue and white will face No. 1 seed, Siena in an away game on Friday.



PHOTO COURTESY of Monmouth Athletics

Women’s Soccer will face No. 1 Seed Siena in the MAAC Championship in an away game on Friday. This is the program’s fifth time competing in the Championship game.

Jeff Stapleton to Become Athletic Director

STAPLETON cont. from pg. 1

opportunities to develop their careers,” said Dr. Leahy. “If no suitable person had emerged from an internal search, then I would’ve expanded the search to include external candidates, too. In this case that wasn’t necessary.”

Stapleton first began his Monmouth University career in 1990 as an Assistant Athletic Director. However, he also took on the hiring coordinator role for the department where he helped land two of the program’s most established coaches, Head Football Coach Kevin Callahan and Head Baseball

Coach Dean Ehehalt. Before Monmouth he had several different jobs including Field Promotions Manager for an athletic footwear company and several assistant basketball coaching gigs.

As a four-year graduate and member of the Hobart College men’s basketball team in the early 80’s, Sta-

pleton has been surrounded by athletics his entire life. With firsthand experience being a student athlete, as well as coaching at the college level at both Hobart and Colgate, his ability to relate to athletes is obvious.

“He knows all of the issues surrounding intercollegiate athletics today and has earned the deep respect of the coaches, other athletics staff, board members, donors, and, of course, me,” said Dr. Leahy. “Also, he, like Dr. McNeil, is deeply committed to equity in intercollegiate athletics.”

To this day Stapleton serves as the supervisor to three of Monmouth’s most successful sports teams with ten National Collegiate Athletic Conference (NCAA) Tournament appearances between football, baseball, and men’s basketball during his time here. Success on and off the field has always been important to this program during Dr. McNeil’s legendary tenure. Stapleton is ready to fill the big shoes that led to 119 regular season conference championships with a total of 38 NCAA championships.

“I am very pleased with the appointment of Jeff Stapleton as the next AD for Monmouth,” said Dr. McNeil. “Jeff has been my dep-

uty throughout my tenure, and he has been very loyal and wise. He was a part of every major decision and I always sought his important counsel. He was a humble, thoughtful Deputy and I have every confidence that he will lead this department forward and upward and wish him nothing but the best.”

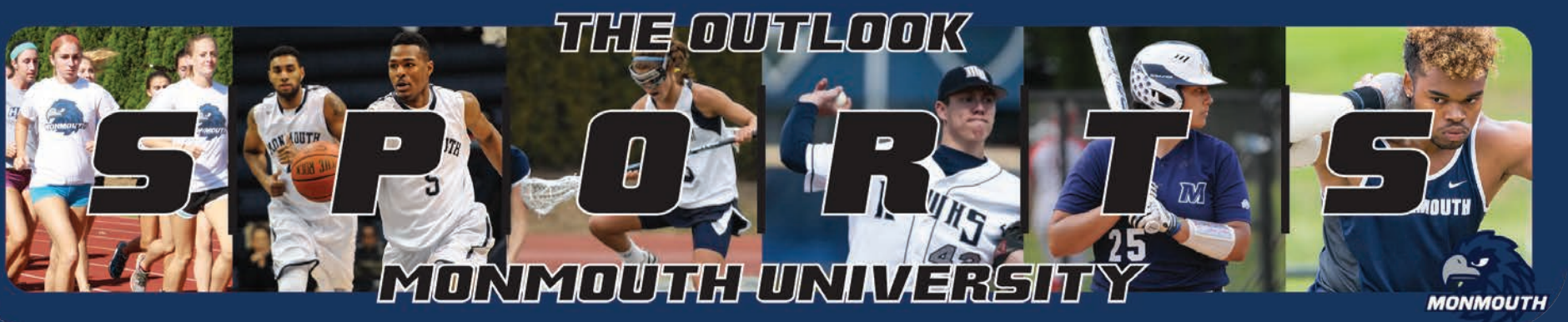
Stapleton and Dr. McNeil will be working closely during the following months to help create as smooth of a transition as possible for the program. “Marilyn (McNeil) is an icon in this business, she has done so much for not only Monmouth athletics but nationally,” said Stapleton. “She has been a tremendous mentor for me throughout this time and I am looking forward to stepping into her shoes.”

Along with taking on new responsibility, Stapleton is looking most forward to building a stronger relationship with his players and staff on a personal level with this promotion. “I am most excited about working with these student athletes closer and helping them achieve their goals of not only graduating but their next step in life,” added Stapleton. “I am looking forward to meeting these athletes in a different light than I do in my current role.”



PHOTO COURTESY of Monmouth Athletics

Stapleton serves as the supervisor of three of Monmouth’s most successful sports teams.



What do the MAAC and the Big South Have in Common?



Monmouth football won their second consecutive Big South title on Saturday beating Kennesaw State 42-17, while women's soccer is headed to the MAAC Championship on Friday after beating Quinnipiac 2-0.