



THE OUTLOOK

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ArtNOW Series Hosts Virtual Discussion and Performance

ABIGAIL BROOKS
NEWS EDITOR

Monmouth University's ArtNOW visiting artist series hosted a virtual Arts-Engineering discussion and performance with Sam Cusumano on Monday, Nov 1.

The event was a continuation of this year's theme, Electric Frequencies: Social Progress and Digital Activism. In the first installment of the two-part series, Cusumano discussed his recent work with biodata sonification on plants and fungi.

"It's one of my projects that

I've been working on for a number of years, where I connect electrodes to an organic system, in this case plants, and I use data to create musical notes," explained Cusumano.

In this biodata sonification process, plants and fungi are connected with synthesizers to detect microcurrent fluctuations across the surface of a plant's leaf and generate MIDI notes. Cusumano performed a live demonstration using a snake plant and pineapple top, playing the resulting sounds for the audience to hear.

"I am an audio musician using

electronics. I use synthesizers, electronic hardware and software to create dynamic soundscapes. Understanding sound and different sound parameters allows me the ability to try to craft different frequencies that match up to changes that happen in a plant's environment," explained Cusumano. "When merged together, sometimes the results can be really pleasant. Sometimes they can also be really annoying. The plants here in my office are very active. They're producing lots of

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IMAGE TAKEN from electricityforprogress.com

Cusumano discussed his work with biodata sonification on plants and fungi.

Coach Boggess Talks Upcoming Season

MATTHEW CUTILLO
EDITOR-IN-CHIEF

Head Womens Basketball Coach Ginny Boggess sat down with Eddy Occhipinti, Associate Athletic Director for Marketing & Sponsorships, to discuss her team entering the new season, on Tuesday, Oct 26.

"Time is flying," Boggess said. "It's been an absolute blast those first couple weeks. Getting to know the team before they went home, completing my staff and then hitting the road recruiting."

Occhipinti recited a frequently used word from Boggess' first press conference, "vision." He asked Boggess her idea of the team's vision going forward.

"[Our vision] is to create a team and put a product on the court that is tough, disciplined and really embraces our pace of play," Boggess said. "We talk a lot about our culture,

which is kind of encompassed in an acronym that we created as a staff."

The acronym N-E-S-T stands for navigate, energize, sharpen, and trust. "Those are the things that we talk about every day as we build our culture. How we want to live, how we want to operate on this campus and in this community. Ultimately, I believe that means success on the court."

Boggess then shared her perspective on community, both on campus and in the surrounding county area.

"It's our job as staff to share Monmouth and everything that it can offer to these young women beyond basketball," Boggess said. "It's also our job to bring in women that will promote our community and make Monmouth better on the court. We want to empower these women, lift them up, give them opportunities at this

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University Faculty Hosts Adult Day Habilitation Program

ISABELLA HANNA
ASSOCIATE NEWS EDITOR

The Children's Center Programs LLC (CCP) in Neptune, New Jersey collaborates with Monmouth University faculty and staff to host programs and events for their Adult Day Habilitation Program. It is a leisure and activity-based program for individuals 21 years and older with developmental and intellectual disabilities.

Chief Quality, Strategy Officer of the CCP's Adult Day Program, Alan Fazzari, Ed.D., MBA, M.A., is also a business adjunct professor here at Monmouth. His connections with the faculty of the Leon Hess Business School, other academic departments, and different student-based

associations have provided Monmouth students a bridge into the local community.

Professor of Business, John Buzza, elaborated on some of the activities his students organized for the Adult Day Program. "We put on a musical, facilitated social games, showed the participants how to make pizza—we did quite a few things at the Adult Program," said Buzza. In particular, five of his students stayed with the Adult Program and organized a cooking activity every week of the semester for the entirety of the academic school year.

The students' involvement was not all business-related; rather, Buzza prioritized his students' engagement outside the classroom. Buzza explained, "Social involvement and the act of giving back is so critical, not only for col-

lege but for life in general. Dr. Fazzari and I both agreed that it would be a great opportunity for the students of Monmouth to introduce themselves to the disabled community, along with meeting the needs of the participants."

In addition to Professor Buzza's class, Joe Mosca, Ed.D., MBA, M.A., had his strategic management students coordinate events for the Adult Day Program. For instance, one of Mosca's classes had created and led an entire carnival program as a class project. "The varying projects between different class sections gave the students the sense of community, leadership, and ethics necessary for entrance

PROGRAM cont. on pg. 3



PHOTO COURTESY of Monmouth University

The program is a leisure and activity-based program for individuals 21 years and older with developmental and intellectual disabilities.

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MU Center For American Music Announces Springsteen Exhibit

MATTHEW CUTILLO
EDITOR-IN-CHIEF

The GRAMMY Museum Experience Prudential Center in partnership with the GRAMMY Museum, Bruce Spingsteen Archives, and Center for American Music at Monmouth University have announced a traveling exhibit titled “Bruce Springsteen Live,” beginning Friday, Oct. 1 and running through Sunday, March 20.

The exhibit features artifacts, live performance footage, instruments, stage costumes, exclusive interviews, concert posters, photography, and interactive displays to immerse fans in Springsteen and the band’s creative process.

“As we reopen the doors to our museum and so many of us return to the workplace, it only seemed fitting that we would look to ‘The Boss’ to lead the way,” said Mark Conklin, Director of Artist Relations and Programming at GRAMMY Museum Experience™ Prudential Center. “No musical artist has captured the spirit and resiliency of New Jerseyans in song better than Bruce Springsteen, so we couldn’t imagine a more appropriate exhibit at this moment.”

Notable artifacts include the Tunnel of Love Ticket Booth Stage Prop from the 1988 Tunnel of Love Tour, stage clothing and accessories from Springsteen and members of the E Street Band, as well as a Signed Human Rights Tour Itinerary from the 1988 six-week benefit world tour, raising funds for Universal Declaration of Human Rights and the 40th anniversary of its sponsor, Amnesty International.

The itinerary commemorates the collaboration of music and activism, featuring the signatures of the tour’s various performers that include Springsteen, Sting, Peter Gabriel, Tracy Chapman, Youssou N’ Dour, and more.

Instruments featured include Springsteen’s Born to Run Esquire guitar, a modified Fender guitar featured on the album covers of Live 1975/85 (1986), Human Touch (1992), Wrecking Ball (2012) and most notably, Born to Run (1975). Clarence Clemons’ Saxophone, nicknamed “The Big Man,” makes an appearance as well. The saxophonist played alongside Springsteen for 40 years, and upon his death in 2011, the instrument was passed on to his nephew Jake Clemons who, since 2012, continues to use it in performances as the newest member of the E Street band.

“Few performers embody

the soul and excitement of live rock and roll like Bruce Springsteen and the E Street Band,” said co-curator Robert Santelli, Founding Executive Director of the GRAMMY Museum®, and a longtime New Jersey music journalist. “This exhibit will undoubtedly get fans excited about seeing Springsteen again in concert, hopefully soon.”

A Create Your Encore Interactive kiosk allows for visitors to view Bruce’s handwritten setlists and create their own encores to compare against Springsteen’s original.

“We are honored to work with the Grammy Museum on this unique Bruce Springsteen exhibit,” said co-curator Eileen Chapman, Director of the Bruce Springsteen Archives and Center for American Music. “Opening it here in New Jersey makes it extra special; since so many of Springsteen’s greatest shows happened here.”



PHOTO COURTESY of Grammy Museum
Artifacts include clothes worn by Springsteen and his bandmates.



PHOTO COURTESY of GRAMMY Museum
Springsteen’s modified Fender guitar is on display.

ArtNOW Series Hosts Performance With Biodata Sonification

ARTIST cont. from pg. 1

changes and as they make those changes, I produce a musical note using MIDI.”

Cusumano compared his work with biodata sonification on plants to that of an EKG and a lie detector on humans, noting similarities in the ways that they detect changes in electrical conductivity.

Furthermore, Cusumano went on to discuss how plants and humans aren’t as different as some may think. “When we look at a plant, we often see something that is fairly static and unmoving. In reality, plants are extremely active and dynamic organisms,” said Cusumano. “In my system, I try to detect these microcurrent fluctuations using the leaf of the plant, which is where a lot of this activity happens. It’s very analogous to the human skin. Humans of course are in control of many of our actions, but it doesn’t take much to make someone blush, and then their skin and capillaries fill with blood. When we experience these types of occurrences, the electrical conductivity across the surface of our skin increases.”

“By taking complex data and using sound to represent changes and fluctuations that are happening in that

data, I produce this music to represent what’s going on inside of the plant itself,” said Cusumano. “I tried to use sound as a way of taking extremely complex information, information that’s scrolling across a screen faster than your eyes could potentially see it.”

Cusumano described the process that went into making his biodata sonification

device, explaining changes he made to a basic 555 Timer IC to alter its flash rate to indicate small changes in electrical conductivity. One electrode is used to send a small electric current through the leaf, and a second electrode that picks up this signal as it passes through. Changes in microcurrent fluctuations across the leaf’s surface are used to generate MIDI notes

which can be played through a synthesizer or computer to create sound.

“I wouldn’t necessarily call this music per se,” explained Cusumano. “I prefer something that’s a little bit more raw and accurately represents the changes that are happening. The notes are less important in this system than the timing of the notes as a change happens in the

plant’s system.”

“One of my favorite aspects of biodata is when a human does not get involved at all, when a person simply waits and witnesses what’s happening,” he continued.

“It’s not just the sounds that people get out of this,” said Cusumano. “There is a lot that people bring internally in this process as they take time to sit and listen and watch. We started with talking about pretty plant music, and now we’re over to the epistemological nature of belief and how we perceive systems and how we can judge how intelligent or reactive a system or an organism is.”

“I do not know what the plants perceive, but I do have a system now that helps us hear that there is activity going on and there are changes. When you take time to sit and watch an environment and listen, sometimes we can pick up on what changes have occurred and feed that back into our own experience to understand what the plant itself is perceiving,” he concluded.

Sam Cusumano will return for a second installment of his visiting artist discussion on Monday, Nov. 8, where he will host a workshop in the IDM Research Lab to further explore biodata sonification.



PHOTO TAKEN from electricityforprogress.com
The event was a continuation of the theme, Electric Frequencies: Social Progress and Digital Activism.

Coach Boggess Talks Vision For Upcoming Basketball Season

COACH cont. from pg. 1

university and in this community to grow and be leaders for life.”

Boggess often uses the phrase “trust,” Occhipinti explained. She was asked how that idea has developed throughout her time as a player and coach.

“[With] the elite teams, the best teams in the world, you can just see that they trust each other on and off the court,” Boggess said. “Building that camaraderie and building trust with our team was my number one priority. Getting to know them and their mission, their vision, and their principles for themselves.”

The concept of “beyond basketball” is talked about frequently by Boggess, she explained, as people often ask about her life plans when the ball stops bouncing.

“We spent a lot of time off the court, whether it be doing a Navy Seals Day down at the shore with Bri Rubino, our incredible strength coach, or at my house playing spike ball,” Boggess said. “Getting to know one another’s families and our visions for the future allows an open door to coach them hard and love them even harder.”

Trust is the foundation, and without it, the team can not move forward, Boggess explained.

“We tried to establish that early on,” Boggess said. “The players are learning to trust one another again, [it comes down to] who’s going to show up every day, who’s going to give their best, who’s going to lift each other up and we’re well on our way in that journey.”

Boggess is most proud of the team’s confidence they carry both on the court and around campus.

“Those are the biggest compliments that I get,” Boggess said. “Whether it be from the front staff here at the arena, professors, or faculty, [they notice] the women are happier and they’re having fun,” Boggess said.

Other coaches have been supportive of the team, noticing the rise in both happiness and competitive nature, Boggess said. King Rice, coach of the Men’s Basketball team, always checks in on the women’s team and gives many compliments on the their willingness to “get after it.”

“That’s a huge compliment,” Boggess said. “I don’t have that comparison from the previous season.”

The team’s competitiveness is starting to grow, Boggess said. “Building that trust off the court, having conversations about expectations, and really laying the foundation has allowed them to just play their game and

do what they do.”

Occhipinti asked Boggess if she put any stock into MAC preseason polls, or any other scout evaluation of the program prior to beginning the season.

“I’ve been doing this for a long time,” Boggess said. “I’ve been on teams picked last and I’ve been on teams picked first. It’s a nod to the success of the teams at the top, and that’s deserved, but it really doesn’t mean anything and I hope that it’s motivation for our team in the locker room. I hope it’s a conversation they’re having. Our expectations are higher than where we were chosen and that we’re better than where we were picked, now we’ve got to go out and prove it every night.”

Occhipinti then asked Boggess why she is a perfect fit when it comes to her first head coaching job at Monmouth.

“We have elite facilities here, incredible leadership in our President and our new Athletic Director, and we have champions that I get to pass every day in the hallway,” Boggess said. “My peers make me better every day and we have a history of success. Couple that with a very high level education, intimate class sizes for our women and majors that are attractive to them and they can succeed in. The sky’s the limit really for Monmouth.”



IMAGE TAKEN by Anthony DePrimo
Coach Boggess began her first head coaching job with Monmouth.

University Faculty Hosts Adult Day Habilitation Program

PROGRAM cont. from pg. 1

into the business world,” reflected Buzzza.

Joe Palazzolo, Ed.D., M.A., who currently advises the University’s fraternity chapter as the International President of Sigma Pi, highlighted accomplishments made by the brothers in conjunction with the Adult Day Program. “Community involvement is a core component of fraternity and sorority life. While the organizations on our campus—including Sigma Pi—are social organizations, each of the groups have a unique philanthropic cause that they focus their service and fundraising efforts on supporting,” stated Palazzolo.

Palazzolo continued, “Conducting programming that supports entities like the CCP Adult Program both provides a bit of happiness for the in-

dividuals in the program and their families and also advances the educational mission of the University to help our students become engaged citizens in a diverse world.”

The initial introduction between the Adult Day Program and Sigma Pi was fostered by Vinny Stingo ’16, a then-undergraduate student of the Leon Hess Business School. Stingo said, “When I was an undergraduate, I wanted to do something special—more than raising money for a group without even interacting with them. I started the relationship with the adult center following a tour of their campus, moved by my interaction with the men and women enrolled.” Stingo and others went on to lead and direct numerous fashion shows and honorary fraternity inductions with the participants, a program that lasted several years even after Stingo graduated.

“Well over 1,000 hours of community service has taken place between Monmouth students and the Adult Day Program,” Fazzari said. From graduate nursing students who organized several health and hygiene safety activities, to the athletic department permitting their teams to perform sport drills, to varying other clubs and

associations’ participation—the relationship between academia and the local community has grown exponentially, especially with the CCP’s Adult Day Program. Students, such as Lachalle Wallace ’14, have even continued their commitment post-graduation. Wallace, who led the Women’s Track Team in activities with the

Adult Program, is presently a Room Supervisor. According to Fazzari, “With over six million individuals in the United States having a developmental disability, it is certain each of us will at sometime work with and/or befriend an individual with IDD; nevertheless, remember that people with disabilities are people first and foremost.”



IMAGE COURTESY of Monmouth
Over 1000 hours of community service has taken place between students and the Adult Day Program.

MUPD Crime Blotter

Daily Crime Log Entry: 10/25/2021-10/31/2021

DATE OCCURED 10/25/2021 TIME OCCURED 14:43 LOCATION Telephone CRIME REPORTED Fraud CASE # 21MU07725	DATE OCCURED 10/27/2021 TIME OCCURED 11:05 LOCATION Residence Halls CRIME REPORTED Harrasment CASE # 21MU07795	DATE OCCURED 10/29/2021 TIME OCCURED 22:30 LOCATION Pinewood CRIME REPORTED Harrasment CASE # 21MU07893	DATE OCCURED 10/31/2021 TIME OCCURED 02:00 LOCATION Hesse Hall CRIME REPORTED Theft CASE # 21MU07936
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Editors' Thoughts On Governor Race

EDITORIAL STAFF

The night of the New Jersey Governor race, *Outlook* editors decided to express their input and hopes for the new (or re-elected) governor moving forward. "I hope to see more unity and less polarization between parties," one editor said in response to state-wide cultural hopes. "I'm personally sick of politics being so divisive. If the new or re-elected governor could find a way to satisfy people on both ends of the spectrum, that would be awesome."

A second editor agreed with the first's sentiments. "I hope to see more unity between both parties," they said. "I want to see firm leadership. Obviously lower taxes would be great. I'm hoping to see some sort of improvement there because people have really been struggling."

Thirdly, a new editor stepped in with their own idea of a positive New Jersey. "My hope is that they

tackle the issues that affect those underrepresented communities the most," they said. "Politics always tends to get messy and those that end up getting hurt are those that don't have as much power. Their needs get ignored."

A fourth editor gave their opinion on each candidate. "I have found the election to be a little stressful because there are major pros and cons to both candidates," they said.

"I was appalled by the comment that Murphy made about, if taxes are an issue, then you shouldn't be living here. I also did not like how he handled COVID at all."

"The position he put business owners in was horrific. Ciattarelli makes me nervous, mainly because my Dad is a police officer and Ciattarelli hasn't always been all for pensions, yet says that he defends and supports law enforcement and first responders."

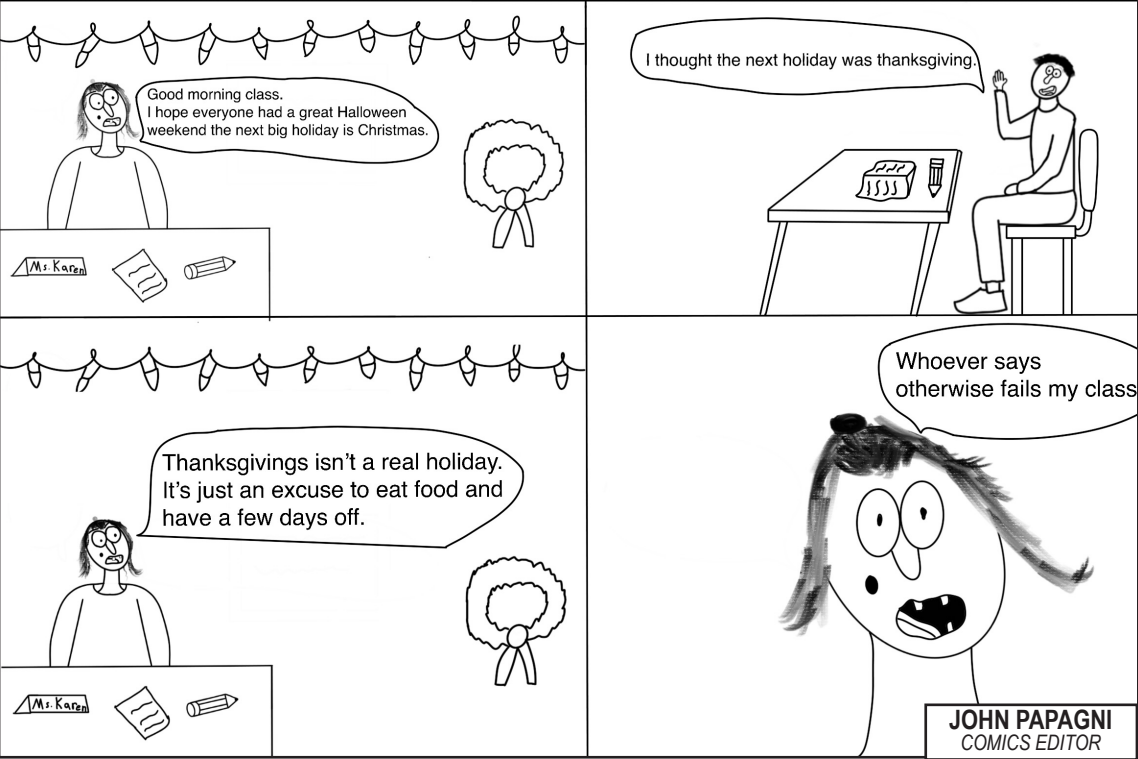
The fifth and final editor stated their opinion on each candidate's advertising strategies.

"Everyone who lives in New Jersey has seen the Ciattarelli advertisements by now," they said. "It's natural for a candidate to have a lot of advertisements, but it feels as though we've been saturated in his perspective only. I'm not sure if the Murphy camp is confident in their ability to win, but I can't recall seeing a single ad from him."

The same editor also gave their opinion on the state moving forward.

"I think regardless of who wins, New Jersey will be okay," they said. "Our state has a history of Republican governors. Murphy would be the first democrat to win re-election in more than 40 years. I believe our state is comfortable with our current standing, but going back to a Republican is something New-Jerseyans are used to."

The Week After Halloween



HOW TO SUBMIT ARTICLES OR LETTERS:

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

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

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Fun Professors or Strict Professors: Which Do Students Like More?

SHANNON MCGORTY
OPINION EDITOR

When it comes to professors, there are definitely many different types. I might even dare to say that finding a professor that is exactly what you want is a nearly impossible task. Not saying that other professors aren't good, but it is rare to find one that has everything you want. Some professors are too strict, some are not strict enough, others only look to make friends with their students, and some will tell you they aren't here for you to like them.

When it comes to what I like in a professor, I don't really know exactly what I am looking for...I have enjoyed strict professors, but not ones whose classes are impersonal. Rather, I enjoy professors who are a nice mix of strict and fun.

I have noticed most students respond to professors who allow you to get to know them as people, who can joke with their students, and take the time to ask about their students' lives. A professor who takes the time to ask their students about their weekend before starting class and, in turn, sharing something about themselves, is what makes a class enjoyable.

I believe that students are more comfortable approaching honest professors. Personally, I do not

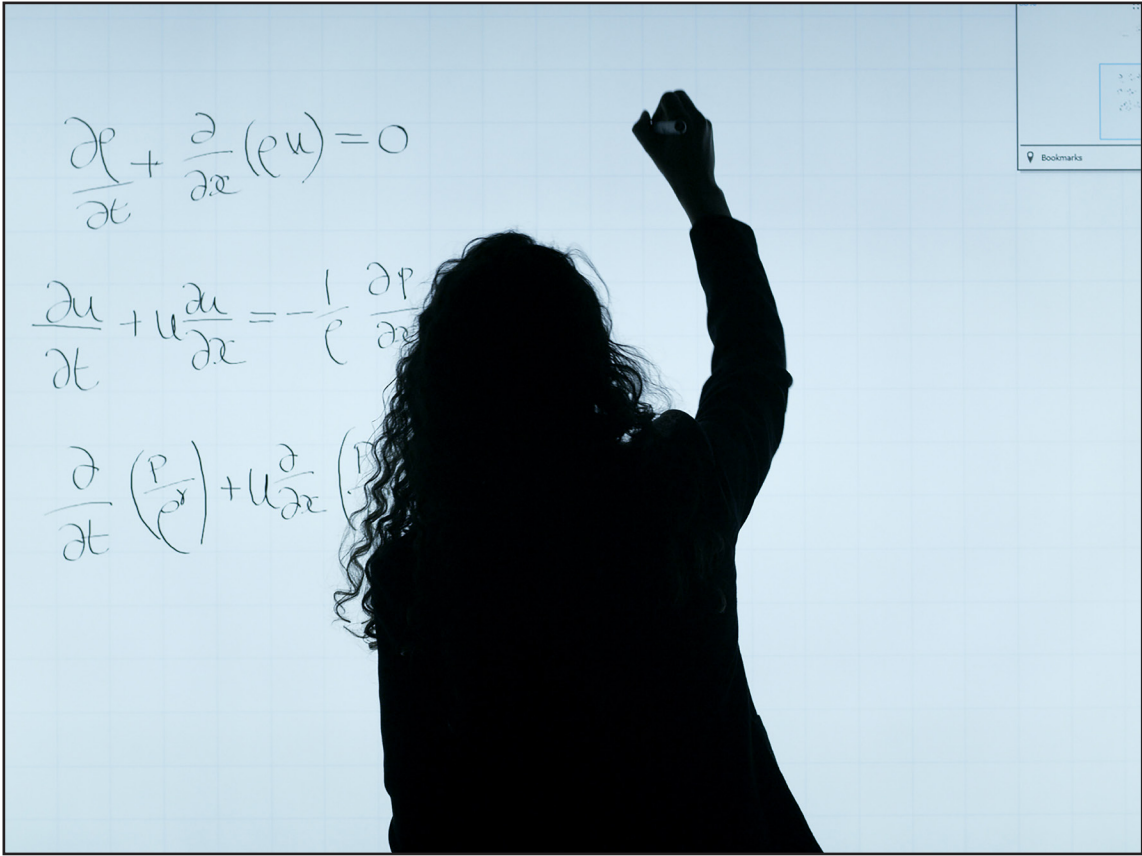


IMAGE TAKEN from Pexels

The way a professor is perceived depends both on the professors attitude and the student they are working with. In either picture the students could love or hate their professors, it is all up to interpretation.

need to know everything about my professors, and most of time I don't care to, but knowing even the smallest of things makes me more comfortable. It's almost as if the professors who don't share anything about themselves or who aren't personable with their students are only here for the check.

For some professors, that might be the case, but that is very rare.

Another aspect that makes a class enjoyable is less about professors' teaching techniques and more about what they have to offer. By "offer," I mean the advice they give, the resources they put me in contact with,

and the life lessons they teach. Obviously, I want to learn the skills that will help me advance my career. However, I feel that if I'm learning from someone who I'm uncomfortable with, I might take away less from the class in the end. Somewhere in my head I think that if a professor cannot com-

municate with their students, then they struggle with that in the workplace as well. It is an illogical thought but I can't help but believe it. This makes me believe that they are low on the totem pole. I look to get advice on life and work from people I believe to be advancing in their careers.

Personally, I understand the thought of not being somewhere to make friends, but I feel it is important to be sociable. No matter where you are in life, you are going to have to work with people and interact with them. You don't necessarily need to like your professors but you need to be respectful and open to different ideas. In the real world, you are going to meet and interact with people you don't like. In the workplace, I might be faced with people who do not allow me to voice my thoughts and that is something I need to get used to.

I know that the people I meet at Monmouth are going to help me in the long run, even if I didn't necessarily like them. I also realized it isn't about liking these professors—it is about the experience and what comes next. I am fortunate to have had some really special professors and I am forever grateful for that.

Making Bucket Lists Positive

SHANNON MCGORTY
OPINION EDITOR

I have always wondered why bucket lists were associated with death. I mean, I get the idea of it being a list of things to do before you die, but why do we wait until we are old or know we are dying before making one? I might be strange, but I think that a person should have multiple bucket lists throughout their lives.

I wish I had thought about trying to dissociate bucket lists and death before I was out of high school, but I am glad I thought about this in college.

The things that people normally put on a bucket list are crazy ideas that might kill you anyway, like bungee jumping and cliff diving, but that does not have to be the only things you put on your list.

My roommate is taking a class about death and dying, and I found it interesting that one of her assignments was to write a bucket list. It was cool that the professor assigned that so early in the semester, but it was focused on before you die in a class about death and dying.

Bucket lists almost always have a negative connotation. They seem

to relate to the end of something. That doesn't necessarily mean that the end of something is always bad, because it isn't, sometimes the end is a good thing. Graduating college is a good ending, for example. The end can be good, but how we start looking at the start and not the end is still in question.

When one thing ends, another begins, and I want to know how to separate the end from the beginning.

In a way, I guess that this could be the symbolization of separating the beginning and the end because it is a sense of closure, but sometimes you don't know when the end is.

I know I won't always be able to check off ev-

everything on my list, but I want to at least have fun trying.

Maybe that's how we separate bucket lists from death or the negative in general. Instead of making a list of things you want to do before you die, make a lists of things you think will be fun to do. Maybe I am wrong and I am the only one who sees the connection between bucket lists and death. From the moment I became aware of what a bucket list was, I was hesitant to create one. That was until I started thinking about using it as a list of what I want to do at a certain time. I use it like a list of goals.

Bucket lists are a great idea, but I'm going to choose to look at it in a positive light instead.

Shannons' Bucket List

- Treat myself to dinner once a month.
- Celebrate the small things
- Go to Hawaii.
- Weekend getaway with Friends.
- Go to Disney.
- Do something that scares me.
- Start a new family tradition.



IMAGE TAKEN by Pexels

Bucket lists are a great tool to evaluate your future.

Student Spotlight: Zachary Dougherty, One of Insider NJ’s 2021 Millennial Leader

DENISSE QUINTANILLA
FEATURES EDITOR

Zachary Dougherty, a junior studying History and Political Science with a concentration in International Relations, has recently been included for the fourth time in a row in Insider NJ’s Insider 100: Millennials list.

Dougherty has always possessed an affinity for public service and government, which led him to pursue this career. He believes his majors are preparing him to be the best leader he can be while strengthening his capacity for compassion and global understanding.

He is a very active member on campus, belonging to several clubs including the Political Science club, Democratic Club, and the Model United Nations Team. He said, “The faculty have encouraged me to explore unique educational opportunities outside of the classroom...[these clubs] have sharpened my cooperative skills while allowing me to meet so many new friends on campus.”

All the work he is doing to create a positive change within his community has landed him on the 2021 NJ Insider’s Millennials List. This list recognizes millennial leaders who are making a difference in their com-

munity, especially during the COVID-19 pandemic. Dougherty explained that in order to make the list, a person is nominated by other experienced groups and individuals who are active in state politics. The editorial team at Insider NJ keeps an eye out for young folks who are influencing public policy, Dougherty said.

He was nominated the first time as a high school student and was ranked within the top 10. Dougherty said, “The first year I made the list, I received a congratulatory notification by the First

Lady of New Jersey. That was a cool way to find out for the first time.”

With his most recent nomination, Dougherty shared his excitement and mentioned how he didn’t think himself worthy of this recognition. “It’s a tremendous honor to be ranked amongst so many inspiring individuals in our state.”

One big project he has been involved with is his work on gun safety reform and civic engagement, and felt it was right to represent his generation especially during this time when this

generation’s voices need to be heard.

Not only is Dougherty involved with gun safety reform, but he is also working on a statewide effort to establish a legislative youth council. “I worked on drafting State Senate Bill 3164, which would provide a forum for the youth of this State to advise the Legislature and its committees, commissions, and task forces on the perspectives, opinions, needs, development, and welfare of the youth of the State,” Dougherty explained. This bill would allow the younger generation to participate in the democratic process and is currently being voted on in the State Senate.

He is also involved in a task force to identify and combat the rise in youth biased hate crimes across the county and is primarily focused in Ocean County. Dougherty is working to create a county-wide, student government-led assembly to address this issue.

Throughout these experiences, Dougherty is thankful for every professor and peer he has crossed paths with so far at Monmouth. “Throughout my formative journey at Monmouth University, I’ve undergone a challenging transition to leadership, but I’ve learned so many innovative ideas from my own

classmates,” he said.

He added that Joseph Patten, Ph.D., is a professor that he can turn to for any advice, and has enjoyed courses like New Jersey History with Richard Veit, Ph.D. When asked about his future, it was simple: continue his passion for state and local politics. The native Ocean County resident aspires to run for the New Jersey State Legislature, and hopes to make this dream a reality after graduation.

Richard Veit, Ph.D., Interim Dean of the School of Humanities and Social Sciences, and Professor of Anthropology, is not surprised to hear that Dougherty made it on Insider NJ’s Millennials. He said, “Zachary Dougherty brought a real passion for the topic to the class and was outstanding.”

How can this student be achieving such great milestones in such a short amount of time? Well, Dougherty follows one great piece of advice—“Don’t be afraid to show up where you’re not invited. No one is going to take you or your generation seriously until you put the work in. You certainly don’t have to be the smartest or the loudest person in the room. Be the leader who brings out the best strengths in everyone.”



PHOTO COURTESY of Anthony DePrimo

Zachary Dougherty was ranked number 69 on InsiderNJ’s 2021 Insider 100: Millennial List and was the Co-Founder/Political Director of New Jersey’s March for Our Lives.

How to Budget your Money as a College Student

JOHN PAPAGNI
COMICS EDITOR

A broke college student. Who hasn’t heard or referred to oneself as that?

It can be easy to spend your last paycheck going out to eat, or shopping, but it’s important to maintain some self-control when it comes to your finances. We all have dreaded bills to pay, so it’s important that you have enough money to cover wants and necessities while also thinking about the future.

The term “budgeting” can be difficult at first, but if you practice the skill now, you’ll be all set once you graduate. Here are five easy steps to help you begin your budgeting journey.

The first step is to calculate your net income. Understanding this is the foundation to knowing how much you can spend. Your net income can include your paycheck from your part-time or full-time job, and monthly allowances from parents, grants, scholarships or loans. If you receive a regular paycheck from an employer, the money deposited to your account is your net income; however, if your hours vary from week to week, try to figure out an average amount that you can count on each month.

The next thing you’ll want to do is make a list of all your monthly expenses, which can include groceries, rent/room

and board, dining, phone, monthly streaming subscriptions, insurance, and other miscellaneous items. Writing your own spending habits down in a book is a very effective method for keeping track of how much money you are spending monthly.

After listing all your monthly expenses, you need to organize them into fixed and variable categories. A fixed expense are those bills you can’t avoid and need to pay, while a variable expense are mostly wants including gym memberships, entertainment purchases, or dining out. If your income were to decrease, you can cut out a streaming service subscription so you have money to cover your needs.

Now that you have your expenses separated into two categories, list how much you spend on each expense per month and adjust accordingly.

Xiao Li, a sophomore chemistry student, said, “I write everything down in a notebook I have specifically for my bank account. Whenever I go out and buy something at the mall or online, I always write it down.”

An alternative way to budget is to use the 50/30/20 technique, in which you spend 50 percent of your income toward your necessities such as food, housing, bills, 30 percent on your personal wants, and the remaining 20 percent on debt

repayments.

Angelica Alayon, a sophomore accounting student, uses a similar strategy that has been very effective in helping balance her needs and wants. Alayon shared, “I always budget my money by splitting my paycheck in half for necessities that I need and the other half is for my personal spending needs.”

P. Jeffrey Christakos, M.B.A., C.P.A., Specialist Professor of Accounting, shared that in a budget it’s very important to identify all sources of income first and then separate them into needs versus wants. He explained, “Needs have to be covered first and then if there are funds available; wants can be prioritized and funded accordingly.”

Christakos also suggested that students find alternative options to cut down their spending. “Look to find economical spending options; you may find that you can be satisfied with cheaper alternatives to your current spending patterns.”

Although budgeting one’s money can be a very difficult task and sound like a very long process, it’ll make a difference in your life and help you learn how to manage your finances. Remember, consistency and persistence is everything. The more you do it, the more it’ll feel natural.



IMAGE TAKEN from Pexels.com

Budgeting is an essential skill to learn in college and beyond.

“Needs have to be covered first and then if there are funds available; wants can be prioritized and funded accordingly.”

P. Jeffrey Christakos, M.B.A., C.P.A., Specialist

Tea Culture Around the World

SAMANTHA WALTON
LIFESTYLES AND PHOTOGRAPHY EDITOR

Tea is the second most consumed beverage in the world, second only to water. The history and culture surrounding tea is so varied and complex it would be near impossible to cover all its preparations and styles. However, this article will attempt to provide a general understanding of some of the most popular tea styles, how they are enjoyed, and what benefits they may bring.

According to the Encyclopedia Britannica, tea is thought to have originated in China as early as 2700 BCE, so, needless to say, the history of tea is a long and complex story. From there, tea growing and processing spread to the surrounding area. The first recorded instructions for planting and harvesting tea were found in Japan and date to around the thirteenth century. The first tea was brought to Europe around 1610 by the Dutch East India Company. Tea was officially a hit, by the 1800s it was present on every continent except Antarctica.

The trade routes that tea was carried along actually led to a very interesting vocabulary shift. The popular language blog The Language Nerds talks about a popular saying amongst the linguist community, “tea if by sea, cha if by land”. This saying is in reference to the way trade routes and who was doing the trading affected the word for “tea” that was incorporated into various languages.

“Cha” root words are the most common because the word for tea in Mandarin is pronounced as “cha”. It is likely that the “cha” pronunciation spread across the land and up through the silk road trading operation as native speakers took their “cha” abroad. However, there is a unique dialect spoken in the coastal Fujian province; their word is pronounced “tea”. Therefore, the “cha” pronunciation in languages such as Arabic, and Russian can be attributed to traders taking a land route across the continent while “tea” pronunciations can be tracked to European sea trading from

the Fujian province. Regional differences are not contained to the language used to speak about tea, there are also considerable differences in the way tea is grown and prepared for steeping.

There are many kinds of tea that are only grown in one specific location and therefore have a unique growing and processing method. For example, some regional varieties include Darjeeling, Dimbula and Enshu from India, Sri Lanka, and Japan respectively.

While each variety has its own growing and processing pattern, all kinds of “true” tea are grown from the same plant; camellia sinensis. The real variation of tea comes into effect with different growing, harvesting, and processing methods once the leaves have been picked.

From plant to mug the steps of processing the ever-popular traditional black tea is as follows, according to Encyclopedia Britannica:

The leaves are harvested and then spread out on trays and left to “wither.” This withering process allows the tea to expend some of its moisture and break down into simpler sugars and caffeine.

The next step is to “roll” the leaves until they release their flavors. The rolling process allows the leaves to release their natural tannins and flavors while serving the dual function for breaking the leave up into smaller pieces.

After the leaf cells have been thoroughly broken open by the rolling process the leaves are left for one to two hours to “ferment”, within this stage the leaves are taking in an immense amount of oxygen which contributes to black tea’s signature brown color.

Finally, the leaves are “dried”. Heat is applied to the fermented leaves to help their sugars caramelize and give the tea its characteristic flavor.

These steps are but one example of the many different ways each variety of tea is made. For example, green tea undergoes a similar process as black tea but are never oxidized, which allows them to keep their vibrant

green color. Similarly, leafed green tea is very different from the Japanese matcha, which is a highly processed powdered form of green tea. The styles and preparations of differing blends of tea are near infinite, as are the methods of preparation.

When Americans think of tea their mind is generally drawn to a refreshing version, iced tea. According to the Tea Association of the USA, “approximately 75-80 percent of tea consumed in America is iced.”

Just because Americans prefer iced tea does not mean their selection is in any way limited. There are several iced tea varieties that are uniquely “American.”

The “Arnold Palmer” is an iced tea variety produced and sold by Arizona that combines iced tea and lemonade, supposedly after the famous golfer’s favorite drink on the links.

Another American classic is southern style sweet tea. The tea is steeped in a large pot on the stove and then granulated sugar is poured in to the maker’s preference. Sweet tea is one example of a regional difference within the same country. If you order iced tea in the south, chances are it will be pre-sweetened; however, if you order iced tea in the north, you’d have to sweeten it yourself.

In other parts of the world, drinking tea has become a bit of a social ceremony. There are the obvious examples like England’s designated “tea time” and “tea snacks,” but one example a bit closer to home is the way the people of Argentina consume yerba mate.

According to Sheree Hooker writing for southamericanbackpacker.com, there are several etiquette rules to keep in mind while sharing a mate. Mate, pronounced (mah-tay), is the national drink of Argentina and sharing the name refers to both the drink itself and the gourd that acts as a container. Mate is a loose tea that is paired with a bombilla, a stainless-steel filter straw, to avoid drinking in the loose leaves.

The mate is prepared by a designated maker who serves the rest of the group. The entire group drinks from the same mate with the same leaves. The first cup is generally drunk by the maker, or the cebador, because it is the strongest and most bitter.

Some general rules for communal mate drinking are to finish your share of the mate quickly so as not to make the others wait and to never move the bombilla as you may accidentally fill it with leaves.

This is simply one of the many tea based social traditions that exist across the world.

Matcha, a green tea variety that hails from Japan, has a similarly complex system of preparation. Ikeda Tea World offers some insight into the ceremony. Like mate, the matcha is prepared by a designated host who leads their guests through the ceremony and passes them the chawan, or tea bowl, to drink from.

There are four essential ingredients in a proper matcha ceremony.

First, an experienced host is the best way to go to have the full matcha ceremony experience, someone who knows and respects the tradition is essential to having a meaningful time.

Secondly, the quality of the



PHOTO TAKEN by Samantha Walton

A china teacup sits ontop of a matchig saucer.

matcha determines the preparation style and flavor of the tea.

Thirdly, you need to have the right tools. The tools required to mix matcha properly are a chawan (the tea bowl), a chasaku (the tea scoop), and the chasen (the tea whisk).

Fourth, you need to have patience and respect for the experience and culture. The matcha ceremony is a slow process that is meant to highlight the beauty of nature and the simple act of brewing tea as a group and sharing it around your group. To fully experience it you must suspend your judgement and be fully present in the moment of the ceremony, focused only on the current moment.

Because matcha is so delicious, the tea has partially left its ceremonial roots and become more mainstream. Even though matcha has moved deeper into popular consciousness, the experience of brewing and enjoying matcha is still a valued and spiritual interaction.

The accessibility of matcha has opened the experience up to people who would have otherwise never been able to try it. One fan of this cultural exchange is English and elementary education student, Mikaela Manarang, who was introduced to matcha because of its rising availability in the states. She routinely gets the iced matcha latte from the Dunkin’ on campus. Manarang said the green tea gives her an added energy boost without the negative effects of too much caffeine, and the taste is an added bonus. She said, “In general, I’d say it calms me. It really smooths out my day.” This exposure to matcha has made her eager to try more authentic matcha in a legitimate tea ceremony in the future.

In this way and others, tea is able to introduce us to new cultures and, in some cases, tie us closer to our own heritage.

Finance student, Tahlia Botha, said that her favorite blend of tea has always been rooibos because it reminds her of the time she spends in South Africa

when she is able to bring some back from her trip. She also has nostalgic memories associated with rooibos, “My grandma had a special way of preparing tea-time for us as kids and I feel at home when I drink it that way when I’m here.” For Botha, the connection to rooibos tea is not only a preference for one type of tea over the other; it is a re-connection to her own familial roots.

Tea is also a growing interest in younger groups. The reverent and cultural experiences people have with tea are of course valid, but seeing tea come into fashion with the youth of the world is fascinating. Recently in America, there has been an increased appreciation for bubble tea (or boba tea, depending on who you ask).

Bubble tea is a sweet transplant from its native Taiwan and is endlessly customizable. In most shops, customers are asked what tea base they want, what flavoring they want, and what kind of boba. The toppings range from the classic tapioca balls to more outlandish options like crème brûlée and cheese foam.

Political science student, YOSHUA Morales, outlined why he prefers the Taiwanese drink to other types of tea available in the states. He said, “I like honey milk tea because the more traditionally brewed types of tea are too bitter. The sweetness paired with the satisfying chew of the tapioca boba provides the perfect refreshing taste of tea, sans bitterness.”

This only scratches the surface of the many types of tea around the world and the endless customizations possible once you become familiar with your personal taste. The selection options are boundless; from complex green, to earthy mate, to youthful boba, you never know what you will find in the world of tea. As this new month begins, try a new variety of tea you wouldn’t have considered before—who knows, you might find a new favorite.



IMAGE TAKEN from Pexels

A matcha chasen is stirring the matcha style green tea.

The Enchanting World of BookTok

SCHARINA BENCOSME
ASSISTANT ENTERTAINMENT EDITOR

Everyone (at least, almost everyone) is familiar with the hugely popular video-sharing app TikTok. It's grown from a small video editing app to become one of the world's biggest communication and social media forums, especially for the youngest generations, though older generations participate as well.

Like most social media apps, TikTok implements what we nebulously call the "algorithm" to determine what content they will include in their members' For You page.

This results in a variety of niches known by such names as WitchTok, AltTok, PsychTok, and even BookTok, for those who enjoy the inside jokes in young adult novels.

"BookTok" is a niche within TikTok that discusses and reviews literature. In my case, the BookToks I see thanks to the algorithm are related to my genres of preference such as historic fiction, young adult, sci-fi, and books popular in my age group. However, BookTok contains niches within itself for any genre of interest, such as Shakespearean literature, Victorian literature, and specific "fandoms" for Jane Austen, Emily Brontë, et cetera.

Many adolescents and even young adults relate reading to a chore, a tedious task in the way of other more pleasant hobbies such as watching the last season of *You*. I too paused everything to watch the last season of *You* which was (in my opinion)

extraordinary, but it is also just as entertaining as many of the recommendations from BookTok. Here I will include some for everyone who might be interested in a ray of genres that they are already drawn to.

Most of these I have read myself, but based on popularity and the reviews (both on TikTok, Goodreads, Barnes and Noble, and the *New York Times*) I will include them here. My attempt will also be to spread the word on books that may not be as popular based on their connection to marginalized groups. Many books contain white, straight, cisgendered characters (who are usually protagonists), though as America progresses, so does our literature.

The first recommendation is *Mexican Gothic* by Silvia Moreno-Garcia. The genre of *Mexican Gothic* can be considered thriller, horror mystery, and it does a wonderful job at keeping the reader on their toes.

Set in Mexico City, 1950s, it follows the story of a young Mexican woman, Noemí Taboada, investigating her cousin's whereabouts, and claiming that her husband is trying to murder her. Based on the reviews, this book is also considered a feminist novel. Though *Mexican Gothic* is a horror novel, it has spread like wildfire among the favorites of romantic, historic, feminist, and young adult readers.

If you have had any BookTok recommendations pop up on your For You page, then you have almost certainly heard of *The Song of Achilles* by Madeline Miller.

This romance and fantasy story is set during the Greek Heroic Age and reimagines or is

considered a "spin off" of Homer's *Iliad*. It follows the love story of Patroclus, son of King Menoetius and Achilles, son of Thetis and King Peleus. Though I have not read *The Song of Achilles* yet, every review contains a warning for heartbreak and a ton of tears.

The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid has been recommended on every platform by practically every book influencer ever. Though it is under the genre of historical fiction, *The Seven Husbands of Evelyn Hugo* falls firmly into niches in the LGBTQ+ and feminist community. The novel is set in Old Hollywood and is a nonlinear narrative of former starlet Evelyn Hugo. Like *The Song of Achilles*, this may be a very emotional, tear-jerking read for some.

As for the lovers of classic lit, they may be surprised to see *Little Women* by Louisa May Alcott make a comeback among young adults.

This is likely because *Little Women* (2019) was recently adapted into a film by Greta Gerwig, starring actors such as Timothée Chalamet, Emma Watson, Saoirse Ronan, and Florence Pugh among others. The movie received many plaudits, reviews, and accolades; so it is no surprise that the book has once again entered the pop culture sphere.

For the uninitiated, *Little Women* is the coming-of-age story of the March sisters and their journey from childhood into womanhood. It is set in Massachusetts during the American Civil War, following their father's fall from wealth and his absence now that he too is a soldier.

It's a heartwarming story of family, female empowerment,

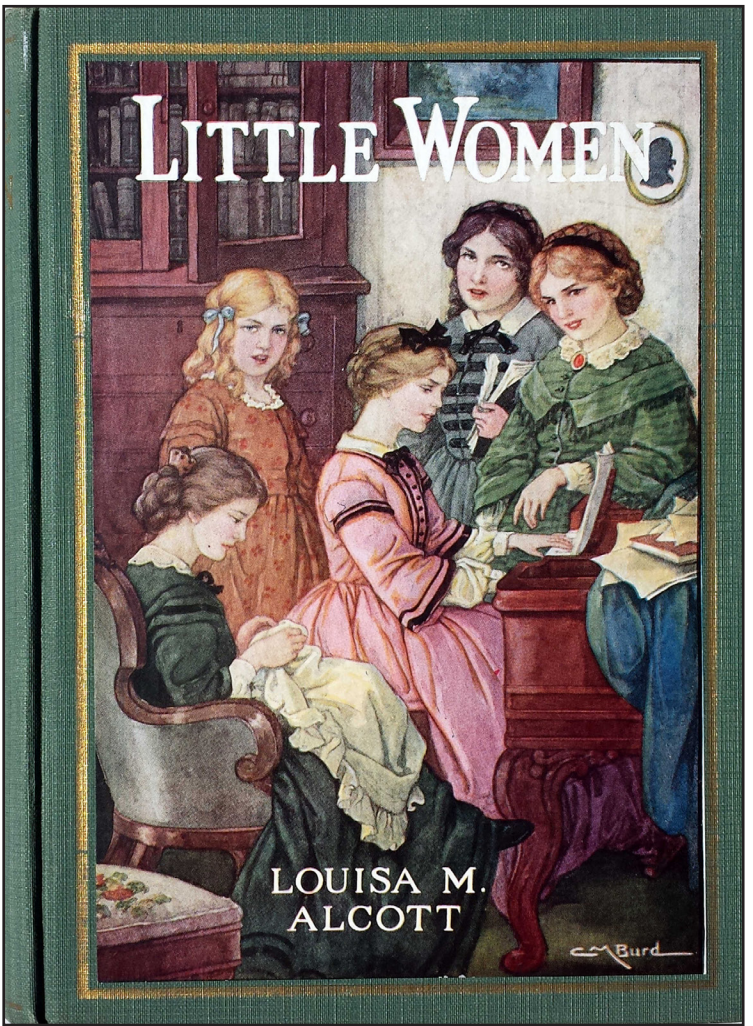


IMAGE TAKEN from Mill Race Books

class and unconditional love. If you too find yourself in a hurry to absorb Louisa May Alcott's most cherished classic, the 2019 film adaptation is (maybe almost) just as great.

By continuing to read and engage with social media entertainment that includes characters and plots outside of the mainstream norm, we elevate marginalized voices. By combining my passion for

literature with an advocacy for human rights, I fulfill my interests and values.

Our consumption of media has a powerful effect on our market and the world we aim to see in the future. Therefore, by reading books of our interest in our spare time, we not only do a favor to ourselves but to what we want to see persist in the future market.

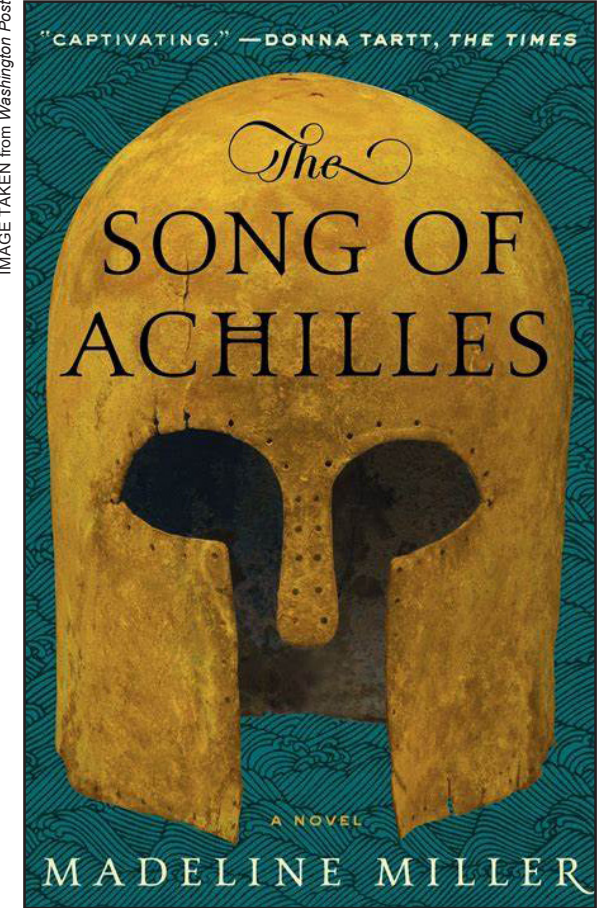


IMAGE TAKEN from Washington Post

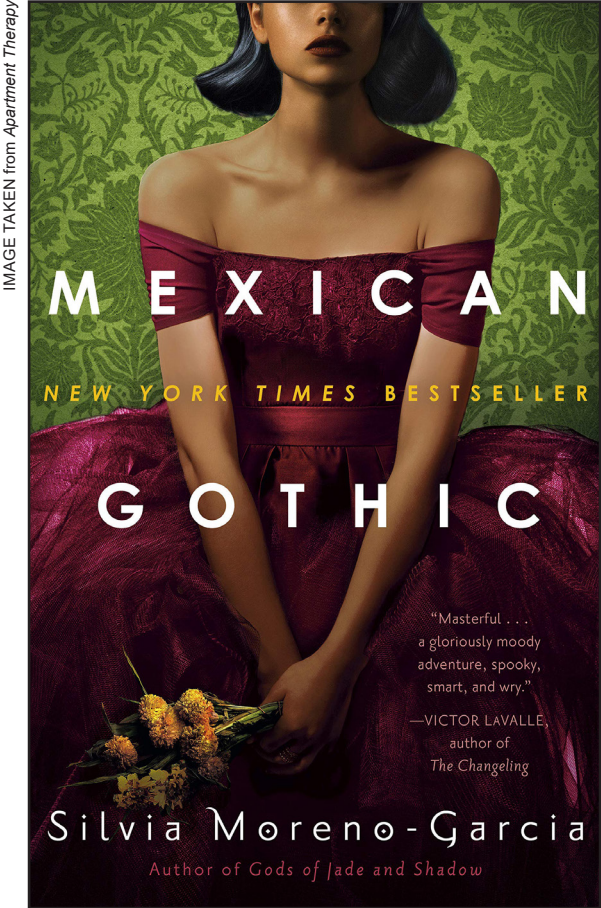


IMAGE TAKEN from Apartment Therapy

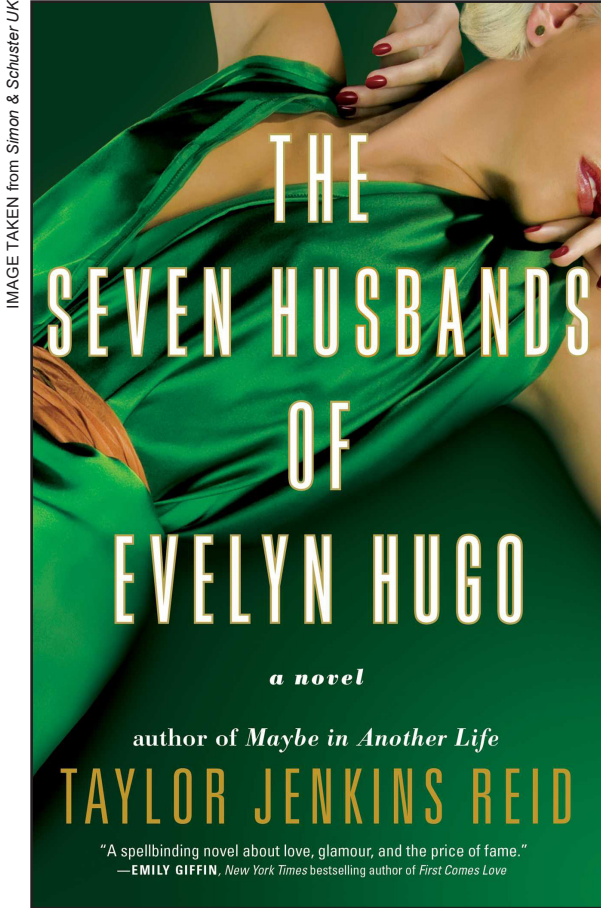


IMAGE TAKEN from Simon & Schuster UK



ALEX DYER
ENTERTAINMENT/POLITICS EDITOR

“It’s not a long album—standard, really, at ten songs in 43 minutes,” I said at the beginning of the semester. I was talking about Chvrches and their dark and horror-movie-inspired fourth studio album, *Screen Violence*, which dropped earlier this year on Aug. 27. And, as if on cue for the spookiest time of the year, Chvrches have released three new songs—“Killer,” “Screaming,” and “Bitter End”—as the “true” ending for the original *Screen Violence*; they call it the “Director’s Cut.”

The standard, red-hued, ten-songed version of *Screen Violence* ends with “Better If You Don’t,” a track driven by acoustic guitar and lyricism (perhaps some of my favorite lyricism on the album) which is gentler than the group’s standard more hyper electronic sound. While this is not inherently a bad thing, as I quite like the original edition with “Better If You Don’t” at the end, it left me aching for a bit more of their signature sound.

Enter “Killer.” Clearly rhetorically inspired by Alfred Hitchcock’s *Psycho*, frontwoman Lauren Mayberry presents the idea of the obsession killer; as her insanity reaches

new heights, she sings: “I turned into a killer/I’m insane/I’ll cry you a river/Down the drain/Are you entertained?”

While “Are you entertained?” is unambiguously a reference to Ridley Scott’s *Gladiator*, the bulk of the song draws on the imagery of *Psycho*’s celebrated shower scene, in which the character Norman Bates’ obsession leads him down the path of murder. However, instead of blood flowing down the drain, the metaphor turns it into a river of her own tears.

“Killer” is a bop, certifiably, verifiably. Following “Better If You Don’t,” “Killer” is jarring, almost a jump-scare when you think all the action has subsided. But once the beat catches your ear, you’ll be singing about turning into a killer too.

The second new track to grace the back end of *Screen Violence* is “Screaming,” which is my personal favorite of the three.

As the faster beat of “Screaming” starts, the doe-eyed Mayberry compares herself to a deer in headlights. However, she immediately challenges this comparison; “Am I the deer?/Am I the headlights?/I know that I can’t slow down.” She actively places herself into these roles, extrapolating from them the central theme of the song; not being able to slow down and gain perspective, she questions whether the pace at which she is living her life is sustainable. If Lauren is the deer, she is facing down



IMAGE TAKEN from NY Morning Star, BANNER from ourculturemag.org
Lauren Mayberry is a Scottish singer and the frontwoman of Chvrches.

something which could indeed hurt or break her. If she’s the headlights, then she risks doing the same to that very deer.

“Screaming” takes words which are familiar to us and spins a yarn with it; that’s a hallmark of Chvrches’ songwriting and production. In the moment, even if one’s life is accelerating too quickly for comfort; is that necessarily negative? Mayberry, with the brand of self-reflection that so permeates *Screen Violence*, admits that she “should probably think less fondly on the past.”

Finally, the “true” ending of *Screen Violence*.

“Bitter End” takes us on a (hypothetical?) tour of Mayberry’s young mind and the thoughts racing through it: “At twenty-four/I fell into the trap door/ Threw a man overboard/As I swam for the shore. At twenty-five/I noticed red in my skies/ Made a bed for his lies/In the whites of my eyes.”

Here we’re presented with a dichotomy in someone’s brain. As she recollects her past mistakes, she allows us to grapple with them as well. At twenty-four, she sacrificed someone emotionally relevant to her in order to save herself; in which way is something we the listener aren’t privy to. Then, a year later, we learn that the narrator had a love, but she “made a bed for his lies in the whites of [her] eyes;” the narrator of “Bitter End” accepted a lover, but she kept every paranoid impulse on the periphery: the “whites of her eyes.”

Much like the classic horror genre that shaped Chvrches’ aesthetic on *Screen Violence*, the “director’s cut” allows us

just a bit longer to take in the project. With a tour on the horizon, Chvrches have so clearly, time and again, proven that they are manifestly great performers; musicians who can take a concept and parlay it into a nouveau-classic take on the horror genre.

Hearing the last trio of songs on *Screen Violence: Director’s Cut* make the album as an electronic, Gothic whole seem even more conceptually tight than it was before. The hit-or-miss nature of rereleases/extended edi-

tions in general makes me feel just as wary as the next person; flying in the face of that, however, is the *Director’s Cut*. “Killer,” “Screaming,” and “Bitter End” cap off the project in a way that makes *Screen Violence* as a work of art feel complete; complete enough that four-and-a-half stars isn’t enough for *Director’s Cut*. It’s really just that good.



IMAGE TAKEN from SpinDizzy Records
The cover for the standard edition of *Screen Violence*.



IMAGE TAKEN from crazyradio.ro
The indigo-colored cover for *Screen Violence: Director's Cut*.

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Get to Know Best Buddies of Monmouth University

LILY HOFFMANN
CLUB & GREEK EDITOR

David Fasolino was a first year student in 2018 when he realized something was missing. Fasolino, a loyal ally of the special needs community, decided to take matters into his own hands. Thus, the creation of the Best Buddies chapter of Monmouth University.

Best Buddies is a non-profit organization dedicated to ending the isolation of the over 200 million people with developmental disabilities. The group does so by aiming to create one-on-one friendships between people with and without special needs.

Fasolino explained that he was involved in Best Buddies at his Long Island high school. His involvement in the club at that time went beyond just having it as a point on his resume. The club was extremely impactful, and so was the bond formed between Fasolino and his Buddy. He explained that his Buddy, and his own experience with having a learning disability greatly motivated him to create a chapter of Best Buddies at the University.

"I have a learning disability myself," he shared. "While it's not the kind of disability that Best Buddies services, just having that disability myself is able to help me with understanding that sometimes it's important to

just be included and be a friend for someone that needs it."

Fasolino added that in addition to his personal connection to the club, he was inspired by the scarcity of Best Buddies chapters in New Jersey. He said, "When I applied to Monmouth I had seen that there wasn't a chapter here, and that in the state of New Jersey alone, there were probably five or six chapters... only two or three of them being at universities." With all of this in mind, Fasolino began the process of chartering Best Buddies at Monmouth.

However, starting up the club did not come without its own set of hardships. Fasolino said, "Challenges is an understatement!" According to him, the process was long and tedious, and comprised many meetings with Student Activities and the University's Student Government Association. He said that many of these meetings included giving presentations that would ultimately decide whether or not Best Buddies would establish itself at the University.

Once approved, the club was able to have several meetings, but Fasolino said, "It didn't really do much...We were supposed to have a partnership and it never got solidified. Then COVID didn't really help it. Between fall of 2019 and the spring and early summer of this year, it was kind

of a stand still. Nothing really happened until [this] summer."

Fasolino shared that this summer, Best Buddies received news from their advisor, Professor Danielle Firth, that word was spreading about the club between faculty and students alike. Fasolino credited one of Professor Firth's graduate students, Lily Occhipinti, who is coincidentally on the board for the New Jersey state chapter of Best Buddies. He said that she was incredibly helpful in organizing a Best Buddies day at Monmouth's football game versus Princeton on Oct. 9.

He said, "At the tailgate, we celebrated Monmouth's chapter and it was just a really fun event with the state director Matthew Fernandes in attendance as

well."

The club's growth and increased name recognition in recent months could not be in better timing. The Best Buddies chapter at the University has finally found a local partner, The Arc of Monmouth, referred to as "The Arc" by Fasolino. He explained that The Arc is a post-secondary organization for individuals with intellectual and developmental disabilities.

Though members of the club are still going through the onboarding process with The Arc, Fasolino anticipates that their partnership will include activities where Buddies can interact. He hopes that the pairs will be able to form relationships by going to movies or even sports games together.

While Fasolino's time at Monmouth may be running out as he awaits graduation in May of 2022, he has high hopes for the future of the club. He shared, "My hope is that we'll have a lot of Buddy pairs and a lot of people understanding that people with disabilities should be included and welcomed in every phase of life. That's what Best Buddies is all about. It's about not just making a friend, but being a friend for those students too."

He explained that too often, people with special needs and disabilities find themselves isolated: whether that be sitting alone at the lunch table, or lacking friendships, which are essential in feeling a sense of belonging and purpose. He said, "Hopefully with this club, people can recognize the points of inclusion with students with disabilities."

Christina Androulakis, the club's Vice President added, "Like David said, people with disabilities are still people, and they deserve friendships and acceptance."

Thanks to Best Buddies, a pathway towards greater inclusion and acceptance of those with special needs is being created. For more information on Best Buddies, check out their Instagram @bbmonmouthu. Club meeting details can be found on the Experience Monmouth app!



PHOTO COURTESY of David Fasolino
Members of Best Buddies pose at the tailgate on Oct. 9.

Blue Hawk Records is "Back on Track"

ELENA WORTON
CONTRIBUTING WRITER

Back and better than ever is the Blue Hawk Records team, with their upcoming release of "Back on Track"! This semester marks Blue Hawk's 19th compilation, and while usually it involves an EP, this is the first time ever that Blue Hawk Records is releasing a full-length, 8-track album!

"Back on Track" captures the essence of a fresh start, and the possibilities that lie ahead. Blue Hawk Records is thrilled to be returning to the studio and even hosting some live events for the first time in over a year.

This new album includes eight completely original songs, by eight incredibly talented artists. Four of these artists are sophomore music industry majors who are no strangers to songwriting. Abby Garcia will be recording with Blue Hawk Records for a second time. Her original song, "Silver Linings" is featured on Blue Hawk Records' 17th compilation album, "Reviver." JADE. is an independent alternative rock artist, and her song "Waste Forever" will be on the upcoming Blue Hawk Records project. Singer/songwriter Danny O'Grady is a musician with experience in playing the piano, guitar, bass, and drums. "Back on Track" will be featuring his song titled, "The Friendzone." Finally, Kid Ace is a singer, rapper, and songwriter who has a remarkable 45 songs (and counting) already released. In addition to these artists, four others are included in this impressive lineup and will be featured on the album.

Though Blue Hawk Records has been working for about half of a semester, things are coming together quickly and efficiently.

General manager Samantha Jordan is very excited about the process so far. "Even though we are only a few weeks in, we've already come such a long way in the creative process, and it's been so exciting to start to see everything fall into place!" Jordan said. "The artists that will be featured were so enjoyable to watch at auditions, and I am confident in the fact that others will see the same ambition, creativity, and raw talent that we saw in them."

All of the artists are unique with their own signature style, making this upcoming album one that can appeal to everyone, from pop fans, to rap fans, to country fans and beyond. Jordan added, "Not only did our artists show these qualities in the audition room, but they have continued to prove themselves throughout the process so far, which only makes me more excited to see the final outcome and response!"

The Blue Hawk team has been working both in-class and outside of class for the past several weeks on this album. They have put together a team of graphic designers, A&R representatives/managers, social media promoters, and more to

contribute to making "Back on Track" the best album it can be.

Coming up soon for the Blue Hawk team is a handful of recording sessions at Lakehouse Recording Studios. The artists, along with their managers and students with music production expertise, have been working to construct demos of each track. With a complete idea of what is required for each song, Blue Hawk Records will be spending a few weeks at Lakehouse to record the album's exciting content.

Blue Hawk Records is half-way through the process of creating their first full-length album, "Back on Track". The team and artists are hard at work perfecting the songs and preparing for time in the studio. It has been over a year since Blue Hawk Records has both met and recorded music together in person, and now is the time for an epic comeback.

Be sure to keep an eye out, because the 19th compilation will be available on Dec. 10. Plus, there will be a live release show (more details to be announced soon)! Blue Hawk Records is "Back on Track", and they are looking forward to sharing this album with the world!



IMAGE TAKEN from Blue Hawk Records
Blue Hawk Records is releasing their 19th compilation on Dec. 10.

Upcoming Campus Events

For more information visit the Experience Monmouth app!

Wednesday November 3

Study Abroad 101, 2:45 p.m.
Fall Fest, 6 p.m.

Tuesday November 4

Majors and Careers Workshop, 1 p.m.
PRIDE Bowling Night, 8 p.m.

Friday November 5

Monmouth Concert Series: Double-camp, 9 p.m.

Saturday November 6

International Nacho Day, 7 p.m.

Monday November 8

How To Market Yourself for Career Success, 7 p.m.

Tuesday November 9

Huddle Leadership Workshop, 2 p.m.

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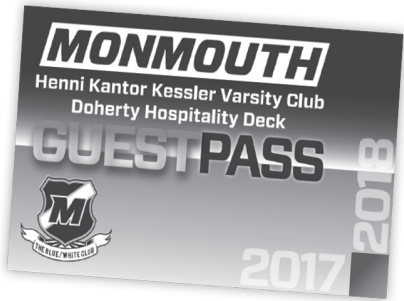
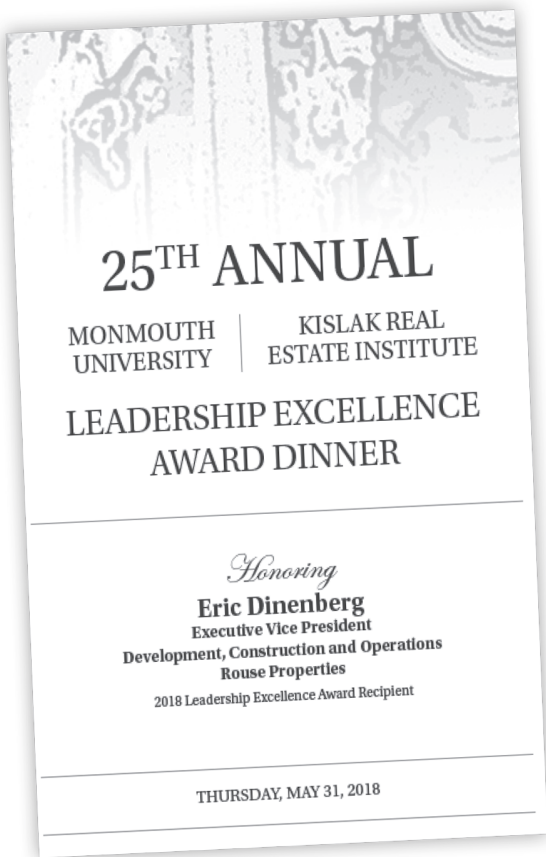
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Women’s Soccer Advances to Semifinal Round

STEPHEN ALDRICH
STAFF WRITER

The Monmouth University women’s soccer team beat the Rider Broncs 3-1 Saturday at Hesse Field on The Great Lawn. The win advances the Hawks to the semifinal round of the MAAC Championship.

Monmouth scored first in the 39th minute of the match. Jesi Rossman won the battle with a Broncs defender for the ball in the box. Rossman was able to cross the ball and Alexis Marino finished it for the 1-0 lead. The goal was Marino’s second for the season and Rossman’s sixth assist.

Senior Lauren Karabin netted her seventh and eighth goals this season in an outstanding performance Saturday. Karabin posted her first multi-goal game this season.

Karabin’s first goal was in the 53rd minute of regulation play. A’Liah Moore took control of a Sarina Jones throw in and passed the ball back to Karabin. Karabin sent a low shot into the net for a 2-0 lead.

Ten minutes later, in the 61st minute of play, Jazlyn Oviedo intercepted the ball and sent a pass to Karabin at midfield. Karabin took the ball down field, out maneuvered the Rider goalie, and put the ball into the back of the net for her second goal of the game and a 3-0 lead.

The Hawks controlled the game and outshot Rider 21-7. In the 78th minute of the game Rider cut the lead to 3-1 but Monmouth was able to hold off the talented Broncs team for the win.

The top seeded Hawks advance to the semifinal round with a 13-4-1 record. Head Coach Turner said, “It was a good win and we got great contributions across the board. We are taking it one game at a time and are looking forward to playing again on Thursday night.”

Prior to the quarterfinal match the Hawks played their final regular season game Wednesday, Oct. 27 on the road against the Manhattan Jaspers. The 3-1 win gave Monmouth women’s soccer a 12-4-1 overall and 8-1-1 MAAC regular season record.

Chloe Ferreira scored her first career goal at the 26th minute of play. Erin Daily earned her first assist of the



PHOTO COURTESY of @MonmouthWSOC
The starters for the soccer team that pose for a picture ahead of their game against Rider.

“My staff and I are super proud of this group for finishing 12-4-1 and earning the MAAC regular season title.”

KRISSY TURNER
Head Coach Womens Soccer

season when she fed the ball to Ferreira and gave the Hawks a 1-0 lead. The Hawks took that lead into halftime.

In the 62nd minute of play, A’Liah Moore found the back of the net for her first goal of the season. Minutes later, Jesi Rossman sent the ball past Manhattan’s goalie for her fourth goal of the season.

The Manhattan Jaspers brought the game to a 3-1 score with a goal in the 70th minute, but were unable to overcome the Hawks by the end of 90 minutes. The Hawks wrapped up the regular season at the top of the MAAC standings.

The women’s soccer team had an impressive season with a regular season tally of 27 goals, 22 assists, and seven shutout games. Three Monmouth players, Lauren Karabin, Jesi Rossman, and Jill Conklin, are in the top ten MAAC standings for offensive play.

Monmouth goalie Rebecca Winslow’s four game shutouts ranks third in the MAAC for Individual Goalie Shutouts. Winslow had 31 saves in regular season play, placing her in the top ten.

“My staff and I are super proud of this group for finishing 12-4-1 and earning the MAAC regular season title,” said Head Coach Krissy Turner. On Monday, Monmouth University women’s soccer team had eight student-athletes named to the All-MAAC teams and a pair of major award winners. Turner was named the 2021 MAAC Women’s Soccer Coach of the Year.

Defender Sarina Jones also earned recognition and was named the 2021 Defensive Player of the Year for the second year in a row and was selected for the fourth consecutive year to the All-MAAC First Team. Teammate Jill Conklin, for the third time, was named to the All MAAC First Team.

Hawks’ Lauren Bruno, Lauren Karabin and Jesi Rossman were named to the All MAAC Second Team. Freshman standouts Olivia Ramiz, Ava Allen and Gabby Allen earned All MAAC Rookie selections.

The preseason favorites will face the 6th seeded Fairfield Stags in the semifinal round on Thursday, Nov. 4. Kickoff is set for 6 p.m. at Hesse Field on The Great Lawn.



PHOTO COURTESY of Monmouth Athletics
The Women’s soccer team huddles up before the start of the quarter.



PHOTO COURTESY of Monmouth Athletics
Chloe Ferreira sets herself up to make a pass to her teammate.

Football Beats NC A&T In Dominant Performance

ERIN MULLIGAN
SPORTS EDITOR

On Saturday, October 30, the Monmouth University football team (5-3, 4-0 Big South) beat North Carolina A&T (3-5, 2-3) 35-16 increasing their Big South winning streak with an outstanding performance from Tony Muskett.

In their away game down in North Carolina, star quarterback, Tony Muskett threw for two touchdowns and ran for a pair of scores. Aside from Muskett, the offense showed up

with Joey Aldarelli scoring his fifth touchdown of the season and Lonnie Moore IV hauling in a major pass for a touchdown.

Aldarelli scored on a bubble screen which gave the Hawks a 7-0 lead with a little over eight minutes left to go in just the first quarter. Then, with a 29-yard one-handed pass, Muskett threw his second touchdown pass to Lonnie Moore IV. Thanks to Moore's show of athleticism, the Hawks increased their lead to 14-0.

NC A&T scored on a quick strike. They went 75 yards on

five plays which started off with a 27-yard run by Jah-Maine Martin. Martin then finished the drive which cut Monmouth's lead of 14-0 in half to 14-7 with just under 15 minutes left in the second quarter.

Jaden Shirden then quickly scored in a brisk style on Monmouth's longest drive of the first half increasing the score to 21-7. The Aggie's then scored nine straight points. One was on a safety and the team then drove 56 yards on seven plays forcing the Hawks to go into halftime with a score of 21-16.

In the second half, the Hawks defense did not allow one point which led to them providing NC A&T their first homecoming loss since 2010. Standout players of the game were Muskett and Justin Terry. The superstar quarterback executed a 15-play, 87-yard drive in the third quarter which ended in a one-yard touchdown by Muskett increasing the lead to 28-26.

A&T drove late in the third quarter when senior Justin Terry committed his second interception in two weeks letting the Hawks set up at their own 19.

Muskett then finished the scoring on yet another long drive resulting in Monmouth's dominant performance of 35-16.

This very win, gave Monmouth its ninth consecutive road conference game, setting a Big South record. Not only did the Hawks set one Big South record, but they set two by scoring 30+ points in 14 consecutive conference wins.

Looking ahead, the boys in blue and white take on North Alabama at Kessler Stadium this Saturday, November 6 at 1 pm.



Quarterback Tony Muskett will looks for his wide receiver after the snap against NC A&T.

PHOTO COURTESY of Monmouth Athletics

XC Teams Get Major Wins in Disney

JOHN SPINELLI
STAFF WRITER

On October 30, the Monmouth University men and women's cross country teams competed in the Metro Atlantic Athletic Conference (MAAC) Cross Country championships at the ESPN Wide World of Sports in Orlando, Florida. This was the first time the conference meet was held in Disney World since 2016.

In addition to the team, Graduate Student Prisca Blamon from the Track and Field team and Juniors Claire Orr and Paige Diecidue from Golf assisted in guiding the championship. The three attended the annual MAAC SAAC (Student Athlete Advisory Committee) conference, which had student-athletes represent all the teams in the conference.

The men's team scored second place out of eleven, a repeat finish from the March 2021 cross country season. The Iona College men and women's team finished first in both races. Senior Lou DiLaurenzio led the team finishing the 8k in 25:21 for 12th place.

"We're very proud of the way we competed today at the MAAC Championships. The men got us started this morning and they executed our race plan to perfection. We wanted to run conservatively early on and then really close strong the last 2k," said Head Coach Mike Nelson.

son.

He noted, "That plan sounds easy to do but it takes an incredible amount of patience and confidence. Each one of them moved up a few spots and that was the difference."

Following DiLaurenzio, Junior Cameron Janovic ran 25:27 for 15th and finishing near him was Senior James Hoffman in 18th. For the later points, Seniors Matt Bodon finished in 25:49 for 26th, followed by Shane Ainscoe in 28th and Carrington Retzios in 32nd.

On the women's side, the team finished fourth out of eleven. Junior Sammi Ragenklint ran a phenomenal 2nd place finish in a 6k time of 21:03. Following her was Graduate Student Mackenzie Jones in 10th and Sophomore Katie Locker running 22:34.7 for 24th.

Monmouth went three in a row for places 29-31st, led by Sophomores Allie Pirentoni, Isabella Leak, and Marisa Kilgariff. In addition, Freshman Rachel Mongeau finished 38th for 23:06 for a personal best.

Nelson noted, "The women also had a strong showing. I'm not sure if we've ever had two runners in the top ten. It was fun to watch Sammi be with the leaders and finish strong over the last mile. We were hoping to finish a little better as a team, but I thought we raced as well as we could on

the day."

After the meet at 7pm, the MAAC hosted a banquet for the teams and reserved a viewing section for the fireworks show at Epcot Theme Park.

At the banquet Lou DiLaurenzio, Cameron Janovic, Sammi Ragenklint, and Mackenzie Jones were honored as All-MAAC for finishing top fifteen in their races respectively. Freshman Luke Miller was awarded rookie of the meet for his performance.

Up next, the Hawks will

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Up next, the Hawks will

compete at the NCAA Division 1 Mid-Atlantic Regional Meet on November 12 at Lehigh University. After regionals, the IC4A Meet in Van Cortlandt Park in the Bronx will be the team's last invitational as the season soon comes to an end.



Cross Country runner following her race in Disney's ESPN Wide World of Sports in Orlando.

PHOTO COURTESY of Monmouth Athletics



THE OUTLOOK

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DISNEY DUBS FOR XC AND SOCCER SEMIS



Men's and women's cross country team place second and fourth respectively in Disney World, and women's soccer makes it to the semifinals.

SEE STORIES ON PAGES 14 & 15

PHOTO COURTESY of Monmouth Athletics