



THE OUTLOOK

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Pandemic-Era Socialization: A Student Perspective

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Technology has played a large role in students' experiences with classes and socialization during the COVID-19 pandemic. While

it offered broad horizons and significant opportunities in terms of online learning and staying connected with friends via social media, some students have found that excessively plugging in had a detrimental effect on their overall college experience.

Nick Kowalski, a sophomore homeland security student, narrated his experiences with online learning, citing that it had both advantages and disadvantages. "Online learning was very convenient because you could be anywhere and

just pop into a class, not having to worry about being late or walking to a class, especially if you have it early in the morning or late at night," he said. "However, it feels more rewarding when you are in the classroom with your other peers and professor teaching you something face to face."

Tyler Gennaro, a sophomore computer science student, said

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PHOTO TAKEN from Pexels

The COVID-19 pandemic pushed students to live online, but their socialization suffered significantly as a result.

MU Community Gifted Free Access to Wall Street Journal

ISABELLA HANNA
ASSOCIATE NEWS EDITOR

Monmouth's Leon Hess Business School and Guggenheim Memorial Library recently announced their conjoined partnership with *The Wall Street Journal* in providing free, digital access to all Monmouth community members starting Friday, Dec. 3.

This initiative was made possible by the generous donation of two community members, one of whom is an alumnus from the University's Business School.

Pamela Scott-Johnson, Ph.D., Provost and Senior Vice President for Academic Affairs, sent a mass email to the University's faculty sharing the news. "Through this partnership, members have full digital access to WSJ.com and the app—including curated career content at students. wsj.com and The Journal podcast. In addition, this complimentary benefit program gives Monmouth

University students, faculty, and staff access to virtual events and offers, such as invites to talks and a free e-book each month," elaborated Scott-Johnson. She later went on to explain the circumstances as to how this partnership came to be.

"The WSJ complimentary access was made possible through a gift that was recently made by Bryan Koslow, who earned his MBA at Monmouth in 2004, and his wife, Jennifer, to the Leon Hess Business School. Mr. Koslow, President of Clarus Financial, is the newest member of the Dean's Advisory Council of the Leon Hess Business School," said Scott-Johnson.

In a press release developed by the Leon Hess Business School, the School mentioned that it was a collaboration between the Koslows and Dean Raj Devasagayam, Ph.D., that precipitated this partnership in

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Faculty Reflect On The COP26 Climate Summit

ABIGAIL BROOKS
NEWS EDITOR

Monmouth University hosted a virtual discussion panel with Tony MacDonald and Randall Abate to explore their impressions of the UN's COP26 climate change summit on Thursday, Dec. 2.

MacDonald, Director of Monmouth University's Urban Coast Institute (UCI), and Abate, Reznitz Family/UCI Endowed Chair in Marine and Environmental Law, attended the conference in Glasgow as observers in the "Blue Zone." MacDonald submitted an application on behalf of the university's Urban Coast Institute to become an official observer at the convention in fall of 2020, and the university was offered two spaces to participate in the meeting.

"They reduced the number

of people they could send this year because of the Covid protocols," explained MacDonald. "We were a little bit skeptical with everything going on, but when we got reassured that the meeting was being organized well we made plans and were fortunate enough to go. It was really a great experience."

Abate described the intensive Covid testing protocols that were in place at the convention, which required everyone to conduct daily self tests and produce a negative result before entering the venue. "We were tested to death, but it was all for a good purpose," he joked.

"More specific to the experience at the actual event, the Covid protocols just delayed things and restricted access in a way that was frustrating," he continued. "The number of people allowed in the rooms was severely restricted. I had at least three or four sessions that I really wanted to attend but the door was shut and I was on a wait list that I was not able

to get off of. I was literally running from event to event trying to avoid that, and it was unavoidable."

Many developing countries were unable to send representatives to Glasgow to attend the conference in-person due to Covid travel restrictions. Participation was further hindered due to technical difficulties experienced during the first few days of the convention that limited their ability to participate remotely.

MacDonald described COP26 as "a big convention for climate nerds" and admired the networking opportunities it presented. Abate, however, had a very different networking experience and expressed that he often felt that the environment was overwhelming. "It was a landscape that was very different for me, having primarily attended academic conferences in my career," he said.

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PHOTO TAKEN from COP26

MacDonald and Abate attended the conference in Glasgow as observers in the "Blue Zone."

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MU Policy Debate Team Moves to Quarter Final Playoff Round

MATTHEW CUTILLO
EDITOR-IN-CHIEF

Monmouth University's Policy Debate Team's co-captain Catherine Melman-Kenny and Alexander Mykulyn made it to the Quarter Final Playoff round at a debate tournament hosted by the University of Wyoming, running from Friday, Dec. 3 through Sunday, Dec. 5.

The team of co-captain Nicholas Yalch and Sabria Smith received a team award for reaching the octa-final round.

MU had eight teams of two compete at the tournament, which included two rounds on Friday evening, four rounds on Saturday, and playoff rounds on Sunday.

"Congratulations also to the teams of Matt Filosa and Anthony Calamari, Tom Rosta and Eric Machnicki, Brianna Palmer and Angel Valerio, Claire Gaston and Lauren Bruno, Aaron Nitzberg and Gianna Tandari, and making their debating debut Maria Ortega-Lopez and Alexa Zupkay, all of whom scored impressive victories at the tournament," Joseph Patten, Ph.D., coach of the MU debate team, wrote to The Outlook. "And a very special thank you to MU alum

(and all former debate captains) Emely Diaz, Gregory Harpe, Landon Myers and Sabrina Saenger for helping coach the team and for judging at the tournament."

The Policy Debate Team competed against teams from other universities, including George Mason University, James Madison, New York University, University of Minnesota, University of Texas, Cal State Fullerton, and more. The debates were hosted on Zoom due to COVID-19 restrictions.

The team's next two tournaments will be in person at the University of Texas (Austin) in early February and in person at Emory University in Atlanta, Georgia in late February. This year's debate resolution is: "Resolved: The United States Federal Government should substantially increase prohibitions on anticompetitive business practices by the private sector by at least expanding the scope of its core antitrust laws."

"When on the affirmative, most of our teams are running a case on the negative impacts of factory farming," Patten wrote. Patten urged those interested in learning more about the debate team to contact him, regardless of experience level.



IMAGE TAKEN from Monmouth

The MU Policy Debate Team won big at the University of Wyoming.

Pandemic-Era Socialization

SOCIALIZATION cont. from pg. 1

that he preferred online learning for two reasons—the workload was more manageable, and the tests were less stressful. "I didn't feel the stress of being in a classroom with other people, seeing people complete [exams] before I did, and making me feel subconscious," he reflected.

While some students felt that online learning was significantly more convenient, many did not feel as if they were fully learning the material presented. "Though online schooling was a lot less pressure, and more convenient, it didn't feel like I was learning anything," Kowalski said.

The social aspect was another big problem as well—during the heart of the pandemic, students' connection to the outside world was diminished as the state began to implement stay-at-home orders to limit the spread of COVID-19.

"I was on campus last year, and it was very restrictive with where I could go and who I can hang out with; since then, I'm happy that I can see my friends more often, but it was annoying to be told that I was too close to my friends," Gennaro said.

While students were stuck inside their homes or dorms, they turned to their phones as an avenue for socialization while their physical proximity was compromised.

Nicholas Testa, a senior history student, reflected on his experience with communication with friends throughout the pandemic ever since quarantine first began his sophomore year.

"Having to communicate with people via social media during COVID hasn't exactly been the best because I missed having the social interaction in person," he said. "Having to contact people

via social media has been more difficult because you can't see them in person like you're used to on campus and you can't really tell the emotions behind their response. For example, you can get a response that may come off as snide, but it was actually meant to be taken a different way."

Students like Testa, who experience these barriers in communication, may have lost friendships either because of miscommunication or simply due to loss of contact.

"It didn't make me feel good, losing people," he said.

This lack of socialization and physical proximity has led to dips in mental health for young adults in college as they experienced an elongated period of physical isolation. According to data from a KFF (Kaiser Family Foundation) Health Tracking Poll, the average share of adults reporting symptoms of Anxiety Disorder and/or Depressive Disorder jumped from 11 percent from January-June 2019 to 41.1 percent in January 2021.

Testa narrated his own experience with mental health during the peak of pandemic isolation, "I absolutely felt isolated. Being alone in my house for two years really took a toll on my mental health. I just felt lonely, didn't have social interaction, and I missed seeing other people that weren't my family."

However, now that students are back in person and connected not only through phone screens, things are looking up. "I definitely feel a lot better," Testa said. "It's nice seeing actual human faces on campus now."

A student's social life outside the classroom is a major component to the college experience, and while some students found it tough to communicate via little

rectangular screens, it kept them afloat during a time of social isolation.

The pandemic resulted in significant changes to the way students interact with work as well. As seniors steadily approach their graduation, they face a job market that has been oversaturated with remote positions. Some students consider this a blessing, while others consider it a curse.

Travis Greenberg, senior anthropology student, had trouble adjusting to the idea of doing internships remotely.

"I'm just not that kind of learner," Greenberg said. "I need hands on with things. Doing an internship online that involved doing nothing except messaging people in the Slack app was incredibly weird for me. I had a hard time paying attention to the Zoom calls and everything just felt like smoke and mirrors."

A key issue Greenberg had with his remote internship was his employer's ability to message him whenever they wanted.

"It didn't matter what time of the day it was, they would still message you," Greenberg said. That part, I absolutely hate."

While many students have struggled with the barriers of living life through the world wide web, technology has allowed students to stay somewhat connected in regards to school, work, and social life.



IMAGE TAKEN from Pexels

Students felt disconnected from one another during the pandemic.

COP26 Reflection

COP26 cont. from pg. 1

MacDonald and Abate also had different perspectives about the successes and shortcomings of the conference, with Abate tending to have more pessimistic views about what he felt was unsubstantial progress.

"I'll try to say this with as little cynicism as I can – I would characterize the positive outcomes as seizing the low-hanging fruit. They're far better than not moving forward on these issues, but they are baby steps in the grand scheme of things," said Abate.

Specifically, he referenced agreements among over 100 nations to reduce methane emissions by 30 percent by 2030 and commitments from countries with 90 percent of the world's forests to halt and reverse deforestation in that same time frame. According to Abate, these agreements were already being discussed prior to COP26 and were merely confirmed during the conference.

"I'm a little bit less cynical than Randy even though I agree with everything he said," commented MacDonald. He went on to explain general changes in attitude and high ambitions he observed at the conference that he believed were indicative of progress, specifically noting increased engagement from the private sector and commitments made by the U.S. to decarbonize the shipping industry and electrify vehicles.

Adding to the conversation about U.S. involvement, Abate commented on the nation's recent role in the climate crisis and the influence politics has had on climate engagement. "One thing to take away from the U.S. and its engagement on climate change for the past three

decades is that regardless of whether we've had a Republican or a Democratic administration, it's been well below where it needs to be," he explained. "The U.S. needs to be the leader that it was on international environment issues in the 80's. We were a leader, and then we became part of the problem for the next three decades."

Still, the U.S. has taken steps in the right direction to better address the climate crisis. Notable progress has been made since the Trump administration, reengagement in the COP process being one of the most prominent improvements thus far. Still, Abate pointed out that the Biden administration can only make so much progress without Congressional support, which has remained largely divided when it comes to implementing climate legislation.

Youth engagement was also cited as another avenue of progress at COP26. Abate noted the importance of involving youth activists in climate change regulation because "it's the future they're going to inherit," but was still critical of what he described as participation opportunities that were "better than nothing, but certainly not at the level that it should be."

Upon their return to Monmouth, Abate and MacDonald have been looking for ways to keep the conversation about climate change moving and incorporate it into different curriculums on campus.

"I think there are more opportunities than people recognize," said MacDonald. "This is really an issue that will affect everybody, so there's a role for anyone at Monmouth who's interested in this whether it's their career or not."

Undeclared Student Eric Nolan to Fight Live at Hard Rock Casino

MATTHEW CUTILLO
EDITOR-IN-CHIEF

Eric “Night Time” Nolan, Monmouth University Student, is preparing for a Welterweight fight against Shane WhiteEagle at the Hard Rock Hotel & Casino in Atlantic City, New Jersey, on Friday, Dec. 17.

The fight will be broadcasted live on the UFC Fight Pass App and streaming service as part of the “Cage Fury 104” Fighting Championships.

Nolan has an amateur MMA record of 6-0-0 (Six wins, no losses, and no draws). He is the 1st ranked

of 21 active New Jersey Amateur Welterweights, as well as the 6th ranked of 204 active US Northeast Amateur Welterweights. His six wins are currently on an undefeated streak.

He is affiliated with the Dante Rivera BJJ gym located in Freehold Township. Nolan has notable wins on Marcus Chin, Obinna Edgebike, Taj Blair, Ibrahim Simreen, James McTear, and Lawrence Hunt.

WhiteEagle has an amateur MMA record of 3-3-0 (Three wins, three losses, and no draws). He is fighting out of Oregon and his last bout was in 2019.



IMAGE TAKEN from Eric Nolan's Instagram

Nolan has an undefeated 6-0-0 record.



IMAGE TAKEN from UFC

Nolan's fight is available on the UFC Fight Pass app and streaming service.

Monmouth Community Gifted Free Access to Wall Street Journal

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particular. According to Janeth Merkle, MBA, Assistant Dean of the Leon Hess Business School, “Dean Raj presented this idea as he is aware of the value of Wall Street Journal content to our faculty and students.” Merkle explained, “To ensure that this new access did not conflict with the Library’s present resources, we contacted our Librarian, Kurt Wagner, and consulted him. As a result, WSJ complimentary access will be housed in the Library.”

After consultation with the Library, the Business School conducted an informal dialogue to first gauge students’ interest about the idea prior to its launch. One student involved in this conversation, sophomore business student,

Emily Finnegan, stated that “A subscription to The Wall Street Journal is essential for understanding the global business world and allowing me to connect what I learn in the classroom to real-world events.” Nevertheless, this access goes beyond the undergraduate level since all Monmouth University students, faculty, and staff are now privy to this resource. Graduate MBA student, Christine Kelly acknowledged that this access is invaluable for all community members. “Throughout our college careers, we sharpen our skill of applying theory to real-life business situations, and this requires a thorough understanding of the latest news and events. The ability for students to stay informed through a free subscription to The Wall Street Journal

will only help us succeed both inside and outside the classroom,” said Kelly.

In Dean Raj explained that this membership is especially beneficial to business students. “The Mission of Leon Hess Business School promises to grow students into “contributing members and future leaders in a global society.” Devasagayam stated, “Leaders are expected to contribute from a place of knowledge and understanding that enhances human welfare. Access to the Wall Street Journal provides opportunities for students and faculty to engage with real world events and opinions that enrich our teaching-learning endeavors in the classroom and encourage interdisciplinary intellectual discourses outside the classroom.”



PHOTO TAKEN by Wall Street Journal

The membership is said to be especially beneficial to business students.

MUPD Crime Blotter

Daily Crime Log Entry: 11/29/2021 - 12/04/2021

No Crimes Reported to *The Outlook*

Matthew Cutillo's Senior Goodbye: EIC Signing Off

MATTHEW CUTILLO
EDITOR-IN-CHIEF

I walked into *The Outlook* years ago and jumped right to Assistant News Editor because of my experience as a Staff Writer for the University of South Florida's newspaper, *The Oracle*. As time went on, I eventually took over News, became the Lifestyles Editor, then the Managing Editor, and one day, the Editor-in-Chief. I also met my long-term girlfriend on the first day, so there's that.

I have been lucky enough to write about a ton of topics I can be truly proud of during my time at *The Outlook*. I was able to report on the COVID-19 pandemic when only a few hundred cases were known in China, and I was able to meet Senator Cory Booker face to face and ask a few questions. The journalistic opportunities *The Outlook* presented me with were unmatched. As a result of my experience, I was able to snag multiple internships and writing opportunities outside of school.

During my time as EIC, I worked with our advisor to revamp the old, outdated *Outlook* website into a modern Wordpress iteration. Finally, for the first time, our articles actually appeared in a Google search. It wasn't embarrassing anymore to send an article to family or a friend, as our new mobile site actually worked and didn't crash every time you opened it. Reworking our website is one of the proud-

est legacies I could leave behind.

I also helped budget new changes for *The Outlook*'s office space that will take place after I'm long gone. There'll be a hangout area with couches and an HD-TV, as well as the replacement of dozens of computer chairs and office supplies for the new generation. Making the office and overall *Outlook* experience better than it was before is all I could have asked for with the position I was given.

I have a lot of faith in the new generation of *Outlook* editors and writers that'll follow me. I could not have asked for a better group of people during my time as Editor-in-Chief. Each editor was amazingly professional. I never had to tell someone to pick up any slack or do something more efficiently. Everyone cared about their own parts that led into an overall amazing product every week.

New editors who I will never get to see blossom next semester, I got to know briefly as writers. I'm sure they'll do an incredible job. One of the most rewarding parts of *The Outlook* was meeting someone as a writer with no experience, helping them on their path, and then watching them become an editor who's shoulder to shoulder with me. Words can't explain how rewarding that is. Thank you to everyone, for everything.

- Matthew Cutillo



My Home Away From Home: Thank You, Outlook

DANIELLE SCHIPANI
GRADUATE ASSISTANT

Life is all about choices. You can choose one direction over another, you can choose to change course or keep moving forward, hoping you made the right decision. In 2014 I was a sophomore who had written a few articles for the school paper but I wasn't sure I had what it took to be an editor. That fall semester, I awkwardly stumbled into *The Outlook* newsroom, hands shaking and face all red, asking if I could get more involved. I'm truly grateful I made that choice.

The Outlook has provided me with a safe place to practice journalism for all these years, as it has for so many students before me and will for many years to come. As my time at *The Outlook* comes to a close, with over 160 issues behind me, I have been reflecting on the wonderful opportunities that *The Outlook* has provided me. This newsroom has introduced me to some of the most generous and kind people, and has provided me with experiences I will carry with me all my life.

I've learned everything I know about journalism in this newsroom, and that is all thanks to the guidance of Professor Morano. Prof—you have been the most incredible mentor I could have ever asked for. Thank you for always supporting me and



helping me navigate life, both personally and professionally, throughout my entire journey at MU. It has truly been an honor being a Graduate Assistant for *The Outlook* and I couldn't have done this without you. Thank you.

Dr. V—thank you for your guidance and support this semester! I'm not sure if I ever told you, but I first heard about *The Outlook* while I was taking your first year seminar class my freshman year in 2013. You have been such a warm and friendly presence in the office this semester. The students are lucky to have you, and I can't wait to see

all the wonderful things you and the students have in store for this spring and the years ahead!

I could be a biased source, but in my humble opinion, *The Outlook* is the best organization at Monmouth University. If I had one piece of advice for any undergraduate student, it would be to get involved on campus, make the most of your time at MU, and never underestimate yourself. There are fantastic people on this campus and a world of endless opportunities at your disposal. *The Outlook* has become my home away from home, and I am so thankful for this incredible experience.



Homesick for the Holidays

HALEY CURTIS
CONTRIBUTING WRITER

When choosing a college, one of the biggest factors I considered was the distance away from home. I wanted to go to a school that was far enough from my hometown, but no more than two hours away. I achieved a perfect one-hour drive when I committed to Monmouth University, and this meant I could still easily connect with high school friends. Or at least that's what one would think.

I was the person in the graduating class who was over the moon when high school ended. I was sick and tired of my village in Bergen County New Jersey and wished to explore and grow as a person. The idea of a new environment and new people excited me so much, and I honestly never wanted to look back after I left.

Not too long after I went to college, however, did I find myself missing all my best friends from my hometown. The beauty of leaving the toxicity of my high school clouded the fact that I would also be leaving some of my favorite people. To go from seeing them nearly every single day for years, to now only getting to see them a few times a year, is a drastic change that I was not entirely prepared for.

Attending different universities, having conflicting schedules, and starting my brand-new life, all played crucial roles in what made the transition most difficult. My first two school years at Monmouth, I was awful when it came to keeping good communication with my friends

from back at home. Now that I am a junior who has officially navigated her way through college life, I have found the proper balance in my schedule to dedicate time to those I miss most. I have become closer with them than ever because of this.

It is, often, difficult when you're sitting in your off-campus college house and all you want to do is invite your best friend Ava over to watch movies on Netflix, but she lives an hour away and is working full time. It is hard to go to Playa Bowls without my typical companion, Claudia, because she goes to college in Washington D.C. At times, I wonder if Colleen and Rafaha would enjoy a tour through the Great Hall but must remember Colleen goes to college in New York and Rafaha goes to India majority of each year to see family. Mostly, I cannot begin to understand how I go so long without seeing Eli and Anthony, who I consider my brothers.

I find myself homesick very often recently, so I am especially excited for the upcoming holidays and winter break since I will get to see all these friends and more. Until then, I will continue to make phone calls to them out of the blue, send good morning texts, write letters in the mail, make bracelets for when I see them next, and continue to send pictures to update each of them on my life. No matter how hard it gets being apart from them, I always know they will be there waiting for me with open arms when I arrive back home.

Christmas Time Once Again

SHANNON MCGORTY
OPINION EDITOR

My favorite holiday is Christmas, but not for the reasons you may think. I do not care about the gifts. To me, Christmas is about the joy you get from enjoying the simple pleasures like the lights on the tree, kisses under the mistletoe, and building gingerbread houses. My favorite part of Christmas is giving to others.

On any other day, you could ask me what my favorite thing is and I would tell you that it's being with the ones I love family and friends alike. Don't get me wrong, that doesn't change at Christmas, but Christmas is one of the few times I know exactly how to make some people's lives a little bit better.

Every Christmas, I volunteer to help throw a Christmas party for special needs kids. I help decorate, prepare and serve food, dance with guests, give dessert, act as Santa's security, and hand out gifts and candy bags. This is my favorite part of Christmas because seeing the joy on these people's



PHOTO TAKEN by: Shannon McGorty

An 18 foot tall Christmas tree and event hall decorated by Shannon McGorty is a holiday must.

faces is what I think Christmas is all about.

Christmas seems to be the only time I see people getting along. It's almost as if people stop fighting for the holidays. It is nice to see people getting along. To me, the joy in the air is what makes Christmas so special.

I don't like New Years because it means the end of something. On Valentine's Day, I am frowned

upon for being single. Halloween is for kids. Thanksgiving is all about food I don't eat. However, Christmas is about spreading cheer.

To me, Christmas is about making other people happy, not ourselves. I enjoy giving gifts, but most of the time I don't enjoy receiving gifts.

For me, getting a gift from someone is the most awkward thing in the world. I never know how fast or slow I should unwrap the gift. Am I supposed to go slow or rip the paper off at superspeed? I have no idea whether or not to make eye contact. And if someone gives me a gift and we didn't say we were exchanging or I don't have their gifts on me, I feel guilty and like I need to reciprocate.

Christmas to me is not about the gifts. It is supposed to bring people joy. For me, it is almost like the air changes and all of my problems disappear. Christmas is a time where I look at the good in the world. Even when the world seems to be falling apart, I seem to appreciate the little things a lot more around Christmas.



PHOTO TAKEN by: Shannon McGorty

New York City is one of the best places to be during the holidays because every corner you turn is full of magic.

It's the Most Wonderful Time of the Year. NOT!

SHANNON MCGORTY
OPINION EDITOR

It is supposed to be the most wonderful time of the year, but for me it is the most stressful time of the year. I have never been a good test taker. I have always stressed myself out more than necessary and I thought that would change when I got to college, I was wrong. In the classes I take, it is rare to take an actual test. I am given papers and projects instead, two things I enjoy, and still, I find myself stressing.

For some unknown reason, my stress has been exceptionally high this semester. I don't know if it is because this is my last semester at college, if I piled too much on my plate, or if it is actually stressful. While talking to some of my friends and other people in my classes, I learned that they too find this semester to be extremely challenging. Maybe it is because this is the first semester back after the pandemic and we are experiencing the changes that come with that, or because we are trying to cram as much of the



PHOTO TAKEN by:Shannon McGorty

One of the only times you will see students spending day and night in the library willingly.

learning in as we can just in case we go back online, but this semester has been quite overwhelming.

It feels like just last week we were on fall break. I seemed to blink and we are at the end. I am both happy about that and nervous because I am done with this part of life while I still don't know what will be at the end.

Preparing for finals is not an easy task, and everyone has their own way of doing that. For my classes that require papers or projects I try to get them done early not only to double and triple check them, but to also get a professor's thoughts. When it comes to tests, I have what

one would call a unique process. First, I take out all the material I will need to study and think about how much is going to be on the test. Then I cry a little bit, because really what else can

you do? After I am finished crying and I convince myself it isn't as bad as I thought it would be, I make quizlets, rewrite my notes in blue, and make sure I take breaks.

Taking breaks when studying, at least to me, is almost just as important as actually reviewing. For every hour I spend reviewing, I allow myself to take a half hour break. I learned after my first semester freshman year that without taking a break, my brain gets overwhelmed. It's like circuits cut in my brain when I overwork it. I forget everything I studied because I try to cram way too much in there at once.

Avoiding stress can be hard to do during finals, but it isn't impossible, and it is easy to find ways that make you feel better. For me, the sure-fire way to fix stress is as simple as a phone call with my nieces and nephews. Whenever I am feeling overwhelmed, I call them because their innocence and lack of real-world problems instantly dissolves my stress. Just talking about their days and finding out all the "drama" going on in their second and pre-k classes makes me forget about my problems for a little while.

Stress is a real thing, and you have to find a way to handle it that works for you.



PHOTO TAKEN by:Shannon McGorty

I would much rather be reading the books of my choosing but during finals that is almost impossible. I can look forward to reading what I want once final exams are finally complete.

THE OUTLOOK

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Editors' Hopes For Spring Semester

EDITORIAL STAFF

As the fall semester nears its end, *The Outlook* editors sat down to reflect as well as discuss their hopes for the spring semester.

"I do hope the spring semester has no masks, although I would understand if it did," the first editor began. "I'm hoping cases will be significantly lower by then and there will barely be any hospitalizations. The new Omicron variant only gives people mild symptoms, so maybe the COVID pandemic is finally mutating and breaking up."

Another editor agreed with the first's opinion. "Maybe things will change," they said. "I'm hopeful the cases will trend in a healthy direction. That being said, I guess as students we just have to wait and see."

The editors then began to discuss their memories of the fall semester. "It was a weird, transi-

tional time," the third editor said. "We all had this sense of hope that maybe COVID would magically go away, but it never did. From an administrative perspective, Monmouth has the responsibility to protect their students and faculty, so I'm not shocked by the masks. Every other school wears them too. Yes, you don't have to wear them in stores, but these classrooms have dozens of young people who travel from all over the state to be together. It makes sense."

The fall was "transitory" in the sense that the previous spring semester had COVID regulations, and this semester did as well, despite cases lowering slightly and vaccines becoming readily available.

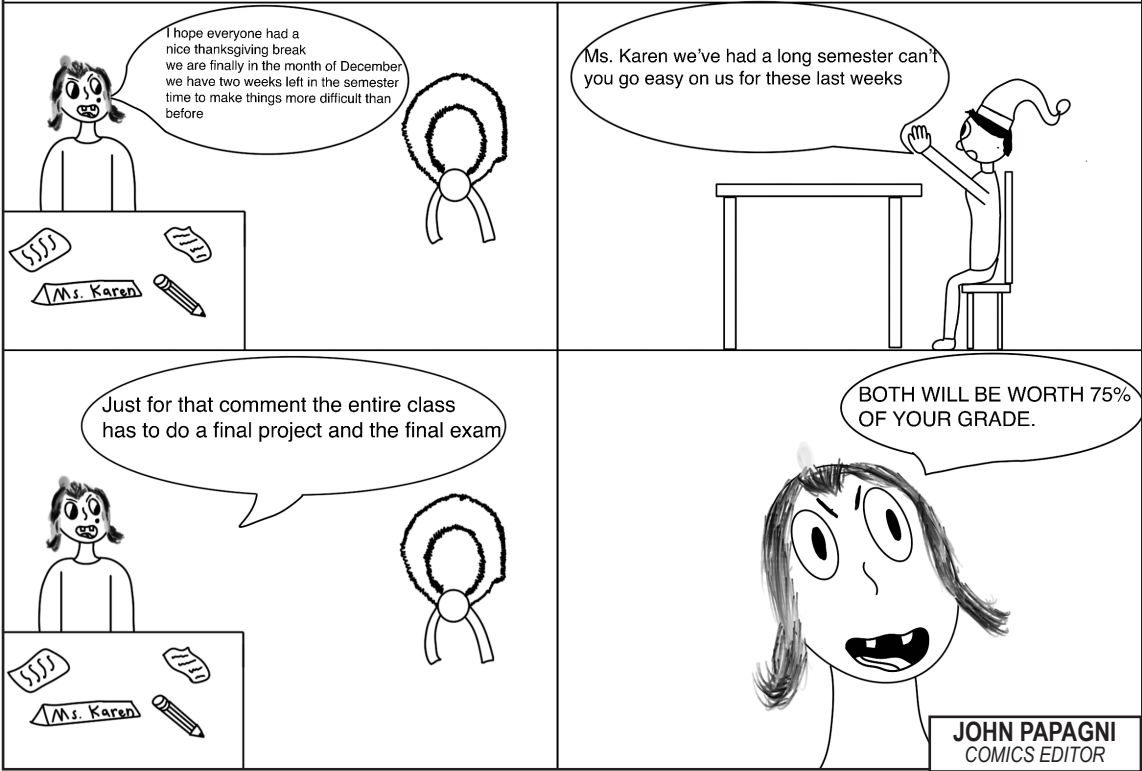
"I think we all thought once the vaccines came, things would be different," the original editor said. "The school even required them. You can

still transfer COVID even if you're vaccinated, so I suppose that's why. Once the spring semester comes and the warmer weather hits, in conjunction with booster shots and a less dangerous variant, perhaps there will be significant changes in on-campus procedures. It may depend on what other schools do. Nobody wants to be the first."

All editors agree that safety should be the top priority for both students and faculty. As long as COVID cases are still in a dangerous form, it makes sense to wear masks in high-compact areas surrounded by young people.

The spring semester is bound to bring warm weather, and in turn, a reduction in COVID cases. "Hopefully," one editor began, "the spring will signify a significant turn in the fight against COVID and allow for a more relaxed approach to on-campus activities, for both students and faculty."

The Adventures of Ms. Karen



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Russian Forces Gather on Ukrainian Border; Biden and Putin Hold Virtual Meeting

RICHARD PITTS
ASSISTANT POLITICS EDITOR

Tensions between Russia and the West have been greatly exacerbated lately, with concerns of conflict on both sides becoming a dominant fear.

US intelligence agencies warned their European and NATO counterparts that the Russian Federation has deployed a force of roughly 94,000, with expectations of it massing to a soaringly high figure of 175,000. The deployment is concentrated in four main regions, including Russian-occupied Crimea. The Russian deployment includes 50 “tactical groups,” tank and artillery brigades, air assets, alongside the establishment of near border logistics depots and field hospitals. The latter deployments are of significant concern, as it differentiates this build up from the previous Russian military buildup this past Spring.

US Intelligence has also stated that it believes Russia will take military or destabilizing actions against Ukraine by January, with Ukrainian President Volodymyr Zelensky holding an alarming press conference earlier this month discussing how Ukrainian intelligence unveiled a coup attempt in the works amongst members of Ukraine’s oligarchy and interior ministry.

This past Wednesday, Russia accused Ukraine of deploying half of its military forces on the border of the Donbas, a region of Ukraine where armed conflict between the Ukrainian Government and Russian separatist rebels has been present since



The image above provides rough estimations by US Intelligence concerning the locations of Russian force buildup on the border of Ukraine and in occupied Crimea.

IMAGE TAKEN from Washington Post

2014. Substantial evidence is present that elements of the Russian military itself are also operating in the Donbas in support of the rebels.

Western reaction has been largely diplomatic. On Dec. 7, Russian President Vladimir Putin and US President Joseph Biden held a virtual meeting. As of writing, not too many details are known, however the Kremlin made it clear that no de-escalation

concerning Ukraine was going to be possible. Regardless, Biden made it clear he was going to warn Putin on taking action against Ukraine, threatening harsh economic sanctions on top of pre-existing sanctions as a response. NATO, the military alliance between the US and several dozen European states, warned Russia of “serious consequences” in the event of any action taken

against Ukraine.

In the background of all of this, the US State Department and Pentagon recently began investigating ways to evacuate US citizens out of Ukraine in the event of conflict, a step that is usually reserved for the direst of crises.

So, what has caused the sudden buildup on the Ukrainian border? The answer is not 100 percent clear, however there are a variety of factors that have contributed to Russian concerns over the status of Ukraine.

In the wake of the Euro-maidan protests in 2014, where a pro-Russian government was ousted and a pro-West one installed, Russia took immediate action to secure its interests in Crimea via invasion and annexation, while also supporting the aforementioned ethnic Russian separatists who opposed the new government.

In more recent times, Ukraine has acquired US made Javelin anti-tank guided missile systems, alongside the Bayraktar TB2, a Turkish drone that Ukraine used against Donbas’ rebels last month.

While the weapon system acquisitions may be minor, it has caused concern in Russia that NATO could deploy more sophisticated systems in Ukraine, such as Aegis missile defense systems or offensive platforms such as ballistic missiles. While these ideas have not been publicly entertained by the West, Russia would not wish to risk a miscalculation and allow further Western buildup on its im-

mediate border. This can be seen as the rationale behind the Russian deployment, especially when taken into consideration Russia’s recent demands that NATO guarantee it will not expand eastward into Ukraine.

Many foreign policy experts in the West subscribe to the view that Russia sees Ukraine as a strategic buffer state between it and NATO - and therefore will take any means necessary to defend this arrangement.

The Ukrainian position on the matter is one of significant concern. Ukrainian officials can be quoted as saying that the Russian military buildup and exercises this past Spring were essentially a rehearsal of an action invasion.

On the topic of exercises, Russia and its ally Belarus, Ukraine’s northern neighbor, held military exercises this November and announced a new set of exercises slated to begin “in the medium term” roughly a week ago. The exercises will be held on the Belarusian-Ukrainian border.

The Ukrainian military has also prepared ad-hoc beach defenses in certain regions, however, these defenses consist of solely barbed wire and tank traps.

Overall, anxiety is prominent across Europe and its governments over what will happen in Ukraine. A conflict in the region has the potential to rapidly spiral out of control, while also destabilizing a region of the world that has seen relative peace since the end of the Second World War some seven decades ago.



IMAGE TAKEN from US News

Russian President Vladimir Putin, pictured above, held a virtual conference with US President Joe Biden on Tuesday.

New Year's Resolutions: Are they Worth it?

HAYLEY CURTIS
STAFF WRITER

With 2022 just around the corner, many are already making plans for the new year. It's considered a tradition to create a New Year's resolution and hopefully get it in done in 365 days. For some the idea of creating a goal to enter into a New Year's exciting, however, others don't see its value.

Rebecca Seubert, a junior social work student, said, "Most people make unrealistic resolutions and do not actually follow through on the resolutions...Why wait until a new year to start doing something you want to do? Just start now."

Communication Professor Lisa Allocco-Russo shared similar views, stating that she does see the value in New Year's resolutions. "It's never too late to work on our personal growth. Our new beginning doesn't have to start on January 1. It can commence on one's birthday or any day we wake up and say, 'Today's the day!' Being hopeful is always a winning strategy."

On the other hand, some find beauty in New Year's

resolution and what it can symbolize.

Junior communication student, Mackenna Anderson, said that her New Year's Resolution is to focus more of her time on self-care. "I work way too much and too hard and barely leave any time for myself." After a year full of such hard work and ded-

ication to her responsibilities in life, this resolution is her way of having a fresh start in 2022.

The same goes for Gabrielle Eyrich, a junior social work student who wishes to focus more on herself after the busy year they had. Along with self-care, Eyrich explained that her New Year's Resolution is,

"To put [herself] first, to not let people walk all over me and use me, to stand up for myself, and to not let others dictate how I feel or what I do."

It is no lie that 2021 presented itself with many challenges, and it's important to take some time to reflect about things in your life that were great

and others that were not so great. Whether you decide to make a resolution or not, analyze what was missing in your life this year so that next year it'll be much better. For example, if self-care was not your strength this year, decide to practice it in 2022 so that you give it your all throughout the semester. Going on walks, exercising, journaling, or even sleeping are some of the many ways to practice self-care in the new year.

Another "resolution" that can be made is to focus your energy into spending time doing things you love and hanging out with those people that make you the happiest. If there is anything these past two years have taught us, it's that life is too short. Don't waste time doing things you don't like or spending time with people that don't value you; rather, jump into the new year with the mentality to do everything you that have in mind.

Whether you believe in New Year's Resolution or not, go into 2022 with the mindset that you'll accomplish whatever you set your mind to, and work hard for it. You have the power to write your own future, so make it a good one.



IMAGE TAKEN from Pexels.com

New Year's resolutions are a tradition that many people follow, but others don't see the value in them. Whether you make a resolution or not, make the best of the new year.

Blue Hawk Records Artist of the Week: Jeanine DeLuca "JADE."

SHANNON SMITH
STAFF WRITER

You are going to want to remember this name: Jeanine DeLuca, better known by her stage name "JADE." She is a sophomore majoring in music industry, and is working with Blue Hawk Records both recording original music mixed with another passion of hers—photography.

DeLuca first got into music at a young age, starting with the piano at just three years old. She began writing her own lyrics just three years later at age six and started to play guitar at 11. She has been actively releasing music since 2019 and can be found under the name JADE. on all streaming services.

While she did get into music at a young age, she got her start from attending a Mayday Parade concert in 2019. Since then, she has met artists such as Blake Roses, a vocalist of the band Oh, Weatherly, which opened for the concert she attended. She describes her experiences writing songs over FaceTime with him and getting her start in recording her first EP at 16 years old. She later on began working with the guitarist from Mayday Parade, Brooks Betts, who mentored her with songwriting. She soon began playing shows and recording her second EP with Roses and Betts.

DeLuca described her experience working with such big names in alternative and rock music, "That's such an important part of being in music today. The connections that you are able to make."

Blue Hawk Records has been pivotal in Jeanine's development as an artist and at Monmouth University. "Working with Blue Hawk Records has been a great way for me to get my music to a whole different group of people," she said. Since the pandemic, Jeanine has been used to promoting her music online since she hasn't been able to perform live music like usual. "I feel like being a part of Blue Hawk Records is a way for it to be more personal and to connect with more musicians and get my music out there," she said.

Joe Rapolla, Specialist Professor and Chair of the Music and Theatre Arts Department, has been a great influence on Jeanine, especially in her Record Label Strategies class. Learning about the business side of music has helped her in being able to promote her own work and understand the industry. Her experience with both her classes and Blue Hawk Records have helped her develop her music in unimaginable ways, especially in the midst of a pandemic.

Rapolla said that DeLuca has the skills necessary to

thrive in any function within the music industry. "Jeanine brings a degree of experience and a get-it-done mindset to Blue Hawk Records that adds real value to the team and really helps to move our projects forward," he said.

When listening to JADE, you can feel the influence that rock music such as Green Day and Incubus have, as well as Jeanine's songwriting inspirations such as Taylor Swift. Rock music isn't the only genre DeLuca can suc-

cessfully perform, but can do the same with pop. Rapolla said, "The song she contributed to this semester's compilation, 'Waste Forever' is as catchy and driving as any good song on the current Pop charts."

Not only is she able to pull off such a unique musical style, but she also works a lot with other art forms such as photography. A big part of promoting her music has been through visual content. In high school, she

took a video editing class that helped her improve how she is able to showcase her other artforms. Not only this, but DeLuca finds that her audience can feel more connected when she is releasing visual content alongside her music. She is also working with Blue Hawk Records by starting the Artists Spotlight series, creating reels of artists on the upcoming album to get a feel of the artists behind the music.

If you are looking to get into music production and or even just making your own music, DeLuca advised, "Just go for it but also do it on your own terms. Try not to give in to the pressure of anyone who is telling you to release music in a certain time frame. I feel like you should take advantage of your own creative freedom and really do what you want with your music. Have confidence in it because everyone has their own strengths."

Check out JADE. on all social media platforms (@jadetheband) and Blue Hawk Records (@bluehawkrecords) on Instagram to stay in the loop of the artists and the upcoming album release. Rapolla encourages any student who is interested in any aspect of the music industry, whether it's as a songwriter, content creator, or in promotions, to get involved with Blue Hawk Records.



PHOTO COURTESY of Jeanine DeLuca

Jeanine DeLuca, also known as "JADE." is one of the artists featured in Blue Hawk Record's 19th compilation album "Back on Track."

Almost Five Years Later and I'm Saying Goodbye

SHANNON MCGORTY
OPINION EDITOR

Five years ago, I never would have thought I would be where I am today. Coming into college, I was convinced I was going to go to medical school and become a doctor. I was wrong. Very wrong.

I learned in my first semester here that I did not have a science brain but didn't accept that fact until the end of my second semester. I changed my major about four times before I was completely satisfied. I had always loved reading and writing, but everyone I knew told me that unless I became a teacher, I wouldn't make it. Through my time here at Monmouth, I learned that wasn't true. I became an English major to pursue my passion, but I learned quickly that I was missing something in order to be completely satisfied.

During my freshman year, I attended the involvement fair. I saw so many different clubs and activities that I had no idea existed and I wanted to join everything. When I saw the table for The Outlook, I knew I had to sign up. I have always loved the idea of writing for a newspaper, especially while in college. I dreamed of starting my own advice column and can admit that putting that into action did not go as I planned. Apparently, college students don't seek advice as much as they should.



major communication. When I did this, I learned that there was so much more I could do to make myself happy. I could do the job I had always thought was a dream. I have decided to pursue a sports relations job, and although I do not yet have a job, I know attending Monmouth has prepared me for my future.

My time here at Monmouth has been the craziest ride of my life. Just like any good rollercoaster, these past few years have been filled with a bunch of ups and downs. I grew up as an only child. Other than sleepovers. I never had to share my room. That was a major shock to me. Don't get me wrong, I knew I would be sharing a room, but I did not expect it to go the way it did. Some of the roommate experiences I had were out of this

have gotten elsewhere.

There are a few people I want to thank starting with my mom: the woman who raised me on her own, taught me about life, and, most importantly, dealt with me when no one else wanted. She didn't question me when I called her crying because I was stressed for no reason; instead, she told me that there was nothing I couldn't do.

I want to thank my uncle, who was the dad I always needed, a sounding board for all my crazy ideas, and the person I could count on for a good lecture. He was always there when I needed him whether it was a ride to campus or a few dollars to buy the week's groceries, my uncle al-

was destined for greatness. I will never forget that. Just like I will never forget them or the impact they had on me. Thank you for teaching me how to be me.

Lastly, I want to thank the EOF department here at Monmouth because for those of you who don't know, without them I would not have been able to get the education I have. Coming from a unique background, EOF provided me with opportunities I never thought would be within my reach. EOF was more than just a scholarship to me. It was a second family I am so glad I got to be a part of.

I want to thank Elizabeth O'Brian, the EOF director, for taking a chance on me in the



ways had my back. He was the person who told me I could do something even when the rest of the world doubted me.

Then there are all of my nieces and nephews. My inspiration, my distraction, and the ones who could make any bad day better. Whenever I was freaking out over assignments or exams, with one phone call, they made me feel as if I held the whole world in my hands. I instantly felt better talking to them about the little things. I wanted to show them that I could make it in a field people thought I never could, and they can too.

To my professors, thank you for taking the time to teach me. But there are two professors in particular that I want to thank. I met Noel Belinski, a Professor in the English department, the summer before freshman year during my EOF summer academy. It is because of her that I became an English major. In high school I was told I wasn't a good enough writer, but she read one of my creative pieces and told me I needed to be an English major. Of course it took me over a year before I listened. She taught me that I am constantly going to be given people's opinions, but it is who I choose to listen to that matters.

Then there is professor Shannon Hokanson. Like Professor Belinski, I met

her during my EOF summer academy, and she changed my life. I would often go see her in her office just to chat or vent about my classes. I never thought to be a communication major, mostly because I didn't know what people who majored in that did in the real world, but she showed me it is more than standing on a stage and talking, and I quickly fell in love. Professor Hokanson is known for her kindness and endearing names, but she truly changed my life when she changed the way I saw myself. I have never thought I was good enough, and she told me one day that I needed to stop thinking that way because I

first place. For sticking it out and being the only person left from the EOF team I entered with, and pushing me past what I didn't want to face. It is also important that I take a minute to thank Cassandra Figueroa, my EOF counselor. Cassandra provided me with much needed advice and conversation, validated my feelings, and always provided me with a good laugh. She always made sure to remind me to take time for myself, something I often forget to do, and she believed in me when I was too nervous to believe in myself.

I cant believe this is the end, but it sure has been a pleasure.



I thought students would send more questions that I could answer, but even opening up the questions to faculty, I got nothing. Freshman year, unlike other editors, I did not write for The Outlook. Not because I didn't want to, but because I never received an email or anything that would connect me to them.

When I finally started writing for The Outlook, I was still only an English major. I loved what I was doing. Being able to tell a story, whether it was my opinion or a features story, was something I looked forward to every week.

The beginning of my junior year, I decided to add a second

world, and I don't mean that in a good way, but I have also been blessed with roommates as well.

I met some of my best friends here. Some in classes, some as roommates, and some by chance. I have had some friends that turned to enemies, and friends that are now strangers who share a few memories. Some professors that I was lucky enough to experience class with have become more than just professors. Some have become mentors, some have become friends, and some I like to think are the reasons I am here, graduating with two degrees and memories I couldn't



“She Believed She Could, So She Did.”

LILY HOFFMANN’S SENIOR GOODBYE

LILY HOFFMANN
CLUB AND GREEK EDITOR

I have loved writing ever since I was a little girl. I would spend hours a day writing and illustrating picture books on printer paper. When I learned how to use a computer, I would type up stories of my own.

When I got to high school, I knew it was time to start building up my resume for college applications. My best friend Erica and I decided to join our school newspaper and teamed up together to write our first article together on the 57th Annual Grammys.

As I grew more comfortable with the writing process, I began taking on bigger articles, and by the time my senior year had rolled around, I had several awards under my belt and earned the title of Editor in Chief. At that point, I was in the thick of the college admissions process and intended to study international business.

It wasn't until I arrived at Monmouth University that studying journalism even crossed my mind. When my advisor at freshman orientation suggested it, I jumped on the opportunity to pursue something that I loved doing so much.

During my first semester, I tried to get involved in The Outlook. I was kindly invited into the office, but I felt like a small fish in a big pond. However, when I sat in Professor John Morano's Intro to Journalism class in the spring of 2020, I knew it was time to start taking things more seriously.

Since that first day of Intro to Journalism, so much has changed. I started writing for The Outlook and grew my rapport as a student journalist. When I was given the opportunity to become Club and Greek editor, I didn't think twice. To this day, I feel incredibly humbled to have had this role. I've been so fortunate to make connections with so many members of the Monmouth community because of this position, and for that, I am eternally grateful.

Mom: Thank you for being my rock, and teaching me everything that I know about life. I said it at high school graduation, and I will say it again. My diploma is just as much yours as it is mine. You've been the first person I tell my good news

to, and the first person I'd call when I needed help or advice over the last three and a half years. While I am sad to be leaving Monmouth, I am excited that you and I will be roommates until I get my life together after graduation.

Dad and the gang: Thank you for passing down to me the "Hoffmann" sense of humor. College can be tough, but throughout all of the hard times, I chose to focus on the good and even managed to crack a few jokes in the meantime. I'd like to think I've acquired that trait from you guys, and of

course, Grampy, who I wish was here to celebrate with us.

Caroline: My best friend through it all. It feels like just yesterday that we were in high school together fighting like cats and dogs and now you are my favorite companion. Even though you may not realize it, you've taught me so much over the last three and a half years. The way you go through life not caring what anyone else thinks, and always doing so with a smile on your face is an inspiration. I'm so lucky to have been blessed with such a free-spirited little sister.

Brian: You are one of the biggest blessings to come out of my time at Monmouth, and our story is one of my favorites to tell. You were there from the start: freshman orientation (red squad, best squad!), and we even sat next to each other in class months before we even formally met. Who knew we'd be here now, three years later?! You've been by my side through it all, and I am going to miss life in WLB with you. However, this isn't the end. Our story is far from over, and I can't wait to see what the future has in store!

My AOH Family: My

girls! Each and every one of you has had an impact on me and has inspired me to be better and do better. Chess, Dianelys, Gab, and Alex: you guys are my family in every sense of the word and I am so blessed to know you guys. We are stuck together forever, and I can't wait to visit all the time! Ladies of 111: Thank you for taking me under your wing and helping me make some awesome memories during my senior semester. One last ride at Johnny Macs? ALAM!

My Bagel Guys and Gals: I refuse to believe that I'm ever going to stop working here. I'm so glad that I got to become friends with such a great staff. Thank you for all of the laughs and of course, the good eats. I'll be back for a PEC before you know it, I can promise you all that!

The Outlook Staff: What an incredible group of young journalists. I am so thankful for the time that I have spent working alongside such a talented group of writers. Thank you for showing me grace when I was still learning the ropes, and always being on my side when things didn't quite go as planned. I'll miss seeing your faces every Tuesday afternoon. I know you all have really amazing futures ahead of you and I look forward to cheering you all on!

Professor Morano: You are the real deal. I cannot thank you enough for the way that you have inspired and pushed me to seriously pursue journalism. You have taught me so much, and I know that wherever this field takes me, I will surely have your voice in the back of my head guiding me along the way. I am lucky to have been in your classroom throughout the last few years. Thank you.

Professor Novek: I wish it didn't take me until my junior year to take one of your classes. Not only did I learn a great deal about being a good reporter from you, but your kindness and compassion have been an inspiration through challenging times. Thank you.

So, I think that's a wrap on my time at Monmouth University. I am eternally grateful for the time I spent here, and the people I have met. I don't think I'd be the person I am today if it weren't for this University. In the wise words of Winnie the Pooh, "How lucky I am to have something that makes saying goodbye so hard."



“HOW LUCKY I AM TO HAVE SOMETHING THAT MAKES SAYING GOODBYE SO HARD.”
-WINNIE THE POOH



Phi Sigma Sigma Hosts Annual Mr. Phi Sig Event

LILY HOFFMANN
CLUB AND GREEK EDITOR

On Sunday, Dec. 5, 2021, the Delta Phi chapter of Phi Sigma Sigma hosted their annual philanthropy event, “Mr. Phi Sig.” The event was hosted to raise money for the organization’s philanthropy, The Phi Sigma Sigma Foundation.

The dazzling event was emceed by the vibrant Kass Ketcho of the University’s track and field team, and Sabrina Mero-la, a sister of Phi Sigma Sigma. Ketcho and Mero-la kicked off the event by introducing the seven male contestants competing for the title of Mr. Phi Sig 2021. These handsome young men competed in three different categories and stole the hearts of the judges and the audience in doing so.

The first category allowed the guys to introduce themselves and share some of their best (and maybe worst) pickup lines. While some contestants like Mark charmed the ladies in the crowd with adorable lines like, “Are you an electrician? Be-

cause you’re definitely lighting up my day and night,” others shocked the audience with more X-rated phrases.

An immediate favorite among the crowd and judges alike was senior contestant Vito. During this portion of the contest, he walked across the stage clad in an all-black outfit and Gucci belt. Bianca Martino, a judge representing Delta Phi Epsilon said of his catwalk, “The tighter the pants, the higher the score!”

After the men introduced themselves to the crowd the

talent portion commenced. This segment allowed the guys to express themselves creatively. The first contestant to perform was Austin, a running back for the University’s football team. Austin serenaded the audience with an impressive rendition of Chris Brown’s ballad, “With You.” His smooth voice hypnotized the audience, who responded with roaring cheers and applause.

Next up was Ryan, who solved a Rubik’s cube for the audience. While he didn’t

finish it in 20 seconds as he declared in his pick-up line, the judges were (somewhat) impressed by the fact that he completed it in just several minutes. Rachel Snyder, a judge representing Alpha Sigma Tau exclaimed, “At least we know he’s good with his hands!”

Also showcasing musical talents were Thomas, Marc, Mike, Eric, and Vito. Thomas, who is “everything you want in a man,” according to Ketcho sang along to Frank Sinatra’s “Fly Me to the Moon.” Mark followed with a performance to Lil Uzi Vert’s “XO Tour Llif3.”

Perhaps bringing the most energy was Thomas, who presented the audience with a musical mashup to songs like “It’s Getting Hot in Here,” “Soulja Boy,” and “All I Do Is Win.” Thomas, clad in a green superhero cape cartwheeled across the stage, ran through the audience, and even did the worm. All of the judges were astonished at how lively this performance was. Bella Lainez, a host representing Alpha Omicron Pi said, “I have to say, he really brought the energy!”

Following Thomas’ act was Erik, who sang and danced

in a bright blue crop top to Olivia Rodrigo’s hit, “Good For You.” While many of the guys performed songs from hit artists, Vito performed an original song called “Mixed Signals,” which he says has over two million streams on Spotify. Accompanied on stage by his friend Gene, the judges loved everything about the performance, from his turtle-neck to his tight pants, and of course, the tune!

The next and final segment of the event was the Q&A, which allowed each contestant to answer serious questions about mental health, philanthropy, and education. With all of the contestants’ answers and performances in mind, the judges discussed who the winner of the competition would be.

At the end of the event, it was announced that Vito would be crowned this year’s Mr. Phi Sigma Sigma!

This event was certainly one for the books, and the best part of all was that it was for a great cause! For more information on the sisterhood of Phi Sigma Sigma, check out their Instagram, @phisigma.



PHOTO TAKEN from Phi Sigma Sigma - Delta Phi
Phi Sigma Sigma’s Mr. Phi Sig event is held annually, and benefits their philanthropy.

Blue Hawk Records to Release “Back On Track” This Friday

ELENA WORTON
CONTRIBUTING WRITER

As the end of the semester quickly approaches, Blue Hawk Records is gearing up to present their 19th compilation, “Back on Track”, to the world. This brand-new LP features seven songwriters performing their completely original songs.

The artists have had a long and exciting journey since September. Every artist went through an audition process, whether it was via in-person presentation or digital submission, and their music stood out to the Blue Hawk Records team. Then the artists moved on to communicating with their managers and creating demos of their songs before eventually heading to Lakehouse Recording Studios for sessions that occurred over the course of three weeks.

Both the artists/musicians and the people working behind the scenes had a blast at the studio. Blue Hawk artist JADE’s song “Waste Forever” will be featured on “Back on Track”, however it had already been previously recorded and released. Therefore, JADE. had the chance to visit Lakehouse and got to view things “from an outsider’s perspective.” She said, “I’d never not been the one recording at a studio,

so to see these musicians working so hard on perfecting their songs, and some of them even recording for the very first time, was so cool. I’m so glad I was able to be a part of those moments and capture them in photos!”

Monmouth University provides a very unique experience for those looking to appear on a Blue Hawk Records album. Abby Garcia, a second-time Blue Hawk artist, said, “Having the opportunity to go to Lakehouse is my favorite thing about Monmouth’s music program. Being at the studio inspires me to keep working on my music because hearing my songs go from a voice memo on my phone to the final product we make is so rewarding.”

As part of Professor Joe Rapolla’s Record Label Strategies class, students who were producers, musicians, or just eager to witness the recording process were also invited to join the recording sessions. Nick Ruiz-Garrecht was part of a band on one of the album’s tracks. When recalling his experience at Lakehouse, he said, “Playing in the studio is both an exhilarating and fun experience that requires a great deal of concentration. Danny [O’Grady] played his guitar while singing in the vocal booth and he

was great. Mikey [Sanchez] was on bass and laid down some pretty cool lines. I’d never heard Mike [Viani] on drums before, but he was really, really good too. On the last take, Mike asked me to play the softer guitar picking part first and then do the main riff I had come up with, and then we all ended together after that buildup with me playing the unison bend and Mike with the four hits on the snare.” From the producing to the mixing to the singing, everyone involved in “Back on Track” has been putting in a substantial amount of effort to make it the best LP it can be.

Over the past couple of weeks, “Back on Track” artists have been appearing on the Blue Hawk Talk radio show, which airs Wednesdays from 10 p.m.-12 a.m. and is hosted by Elena Worton. Worton has been interviewing the artists on their upcoming songs and will also be joined by special guests for the final show on Wednesday, Dec. 8. Just a couple of guests on the show so far have been Olivia Melfi, a long-time songwriter who is sharing her music with the world for the first time, and Samantha Spano, a country artist who has been seen on both

New Jersey and Nashville stages. Just recently on Blue Hawk Talk was an exciting announcement about a live event being hosted on the night of the album release.

On Dec. 10, a listening party for “Back on Track” will be hosted at Woods Theatre from 6-8 p.m. It is open to all Monmouth students, and there will be free food, giveaways, and even performances from some of the artists! Keep an eye out this Friday for the official release of Blue Hawk Records’ first LP, “Back on Track”, and be sure to stream it wherever you listen to music!



PHOTO TAKEN from Blue Hawk Records
Blue Hawk Records will be releasing their 19th compilation this Friday, titled “Back on Track.”

The Legend of Zelda: Twilight Princess Turns 15

This month, my favorite video game of all time, The Legend of Zelda: Twilight Princess, turns fifteen years old.

For years, I've wanted a justification to cover this masterpiece in writing; journalistic integrity be damned.

So, before I hand the reins to another excellent writer and editor, I decided to take a deep dive into why Twilight Princess is such an active force in my life, in addition to how it has made gaming all the better for its uniqueness.



IMAGE TAKEN from Nintendo Life

ALEX DYER
ENTERTAINMENT/POLITICS EDITOR

Fifteen years ago, Nintendo released what was then hailed as perhaps the best game in the *Legend of Zelda* franchise. It came out paradoxically first on the Wii and then on the GameCube, and it truly felt like an Gothic open-world game before “open-world” was in the public consciousness for video games.

Yet it seems like too few people today adore *The Legend of Zelda: Twilight Princess* like I do; maybe I'm biased. Regardless, my favorite video game for so much of my life is a dark and dense masterpiece.

And, now that it is (as of this month) a fifteen-year vintage, I think I'll take the time to elucidate why *Twilight Princess* is celebrated for its excellence, and why it holds up so strongly today.

Twilight Princess was mostly lucky as far as release dates are concerned; it arrived in 2006 on two Nintendo consoles almost-simultaneously; first as a sort of “maternity gift” for the newly-minted and as-yet monumental Wii; second as a somber sendoff to the sleeper system that was the GameCube.

One of the most interesting and unusual differences between the two versions is in the display. To bring an intriguing set of trivia into the conversation: the hero, Link, in all previous incarnations, is



IMAGE TAKEN from ES Zelda Wikia

Link, in his classic green tunic, duels with Ganondorf, the Dark Lord who possesses the Triforce of Power.



IMAGE TAKEN from Game Picker

The addition of Midna as a partner to Link (shown above in his wolf form) sits at the heart of the game's combat system.

left-handed. However, the Wii, with its new and unprecedented handheld motion controllers, is in most cases intended to be played in a right-handed configuration.

Therefore, to make up for this inconsistency, instead of flipping the actual avatar of Link and making only him a righty, the developers flipped the entire game environment, along with Link's character model. This resulted in perhaps one of the hallmark quirks of *Twilight Princess*: the

GameCube and Wii versions are literal mirror images of one another.

Minutia aside, there's a subtle and ever so lachrymose thread which runs through the whole game. *Twilight Princess* begins at dusk in the bucolic village of Ordon. A young rancher, Link, is tasked with delivering a gift to the royal family of Hyrule in three days' time; a sword and a wooden shield.

But the night before Link is to set out, a group of beasts arrive and kidnap him and the

young children of the village.

When next we see Link, he is taken over by a strange power and transformed into a wolf. Chained in a subterranean dungeon, and with the entire overworld blanketed in an unnatural-feeling light, we are met with a little green, black, and white imp wearing a stone mask.

She calls herself Midna, and she promises to help us return to Ordon and find the kids in exchange for helping her

continued on next page

find an “ancient power,” thus into a wolf at will, with Midna becoming more and more of a compatriot every step of the way.

And I didn’t even need to look any of that up. I just love this game that much. There’s a whole lot to love, at that.

Though there is a darkness that pervades everything the player does, the character models are nevertheless some of the most endearing I’ve seen in any game to this day.

The game does an excellent job visually of conveying characters’ personalities and backgrounds. The children of Ordon are all barefoot and clad in agrarian tunics, while the people of Hyrule Castle Town wear more colorful and metropolitan-looking outfits, complete with closed-toe shoes.

As for the other main cast member; I believe it’s a — consensus in the *Zelda* fandom that the least irritating/most lovable partner character in the franchise is Midna. At first she presents as she looks; impish, mischievous, and

and Midna come to realize that their disparate circumstances and goals actually align with each other, leading to a lovely—if fantastical—portrayal of the intimate friendships that can form between young adults, even when evil taints the world in which they live.

But evil is a theme which itself is delicately dichotomized in *Twilight Princess*. The main antagonist, Zant, is a Twili (not incidentally the same race as Midna) who usurped Midna’s throne.

Each time he shows himself, Zant gradually becomes more and more unhinged, devolving from a grotesquely ornate nobleman into a madman under the spell of something far more sinister; for a game that’s rated T, Zant creeped me out severely as a child.

If Zant represents the fiendish madman archetype, then Ganondorf the Dark Lord represents cold, precise evil; evil which is by its very nature unfathomable.

The way that Ganondorf is depicted in-game is, com-



IMAGE TAKEN from Perfectly-Nintendo

Link and Midna stand at the Mirror of Twilight, which connects the two realms.



IMAGE TAKEN from Nintendo Life

Link and Midna stand at the Mirror of Twilight, which connects the two realms.

more of a side character than anything. But this little gremlin has truly benevolent intentions, despite trying to take Link’s latent power for herself; she is the deposed leader of her land, the Realm of Twilight—a veritable Twilight Princess—who herself was transformed into a small and elfin beast.

As the plot advances, Link

pared to his previous incarnations, both the most measured and most malevolent being I’ve yet seen.

I spare no hyperbole when I say he’s one of the most purely evil antagonists in modern media—for Heaven’s sake, he was banished to a literal other dimension as punishment for his crimes because he could

not physically be executed.

Besides the characters, though, the dungeons of *Twilight Princess* are and remain a revelation in level design.

Take the Arbiter’s Grounds, for one. This stone bastille on the outer ring of the desert was a massive gaol saved for the condemned; for the worst criminals Hyrule ever saw.

In the temporal setting of the game, though, the Arbiter’s Grounds are long-abandoned, and boy is that conveyed by the atmosphere: spectral rats and decomposing warriors roam the halls of the once-occupied prison, and sand flows like water from every crack in the walls.

It truly feels like you’re exploring a deserted prison; at the end, you find a lifeless skeleton—that of some demonic-looking goat

beast—with Zant standing atop the skull.

It is here where the player gets a glimpse of the type of power held by the leader of the Twili, as he uses his dark magic to revive this massive fossilized roadblock.

Speaking of which, I’d be remiss if I didn’t shout out the spinner, which is one of the best items in the game. The spinner is, put simply, a huge top with gear-like teeth on its rim. It has multiple uses, but by far my favorite and the one which has also ensconced it as a fan-favorite is its uncanny ability to glide up vast spiral tracks lining the walls of the Arbiter’s Grounds, much like a precarious roller coaster. This ride is made all the more fun when you’re made to jump off the track and bounce off the head of a skeleton monster, but I digress.

The aesthetic of the game, given the bold and dark atmosphere, is held up by the high

stakes of the story and the seamlessly transitioning musical score, as well as the themes of duality and human nature; much more existential topics than are normally woven into these games.

That being said, the way the art is directed is masterful, especially for a game released in 2006. Huge landscapes with plenty of small mysteries strewn about combine into something that was and still is so liberating.

As the world opens up to the player, one feels a strange nostalgia for home; as Ordon Village becomes more distant and the land of Hyrule more navigable, the player too is forced to grapple with the fact that life sometimes doesn’t get easier. Truthfully, there are sometimes great things at stake which make it all too hard to ignore that fact.

But there is hope, no matter how gloomy or twilit the coming days may seem. Our protagonist Link suffers through a whole hell of a lot of pain. And, sure, he isn’t real; nor are his surroundings or the magical world within which he lives.

But the way in which that young Hylian is forced to grapple with the world’s most profound evils stands as one of gaming’s most grounded portraits of seemingly endless struggle; time has quite literally bound Link, Ganondorf, and Princess Zelda to each other, and their descendants after them to each other.

Terrible times and strife do happen. They may be happening now to any one of us. And they will keep happening, whether we want them to or not; that’s how time operates.

But even if we can’t avoid evils coming into our lives, there is always that next action to take, that next secret alcove to uncover, those people to inspire us, and time to heal old wounds; as I’ve grown older, I think that may be the most important thing I’ve taken from this grand opus of a video game into my own life.



IMAGE TAKEN from IGN

Twilit Fossil Stallord is regularly cited as a prime example of excellent boss design in gaming, incorporating both a unique aesthetic and entertaining use of in-game mechanics.

How to Unplug this Holiday Season

KATERINA YODER
CONTRIBUTING WRITER

Although social media revolutionarily allows us to stay connected with all our loved ones while we are away from them, staying present during the holiday season has numerous benefits worth acknowledging.

It is incredibly normal to miss the people you are not around during the holidays; especially when you spend the majority of your time on campus. Leaving all your university friends to go home for the holidays can feel like cutting off a large part of your life. However, avoiding electronic usage in moments where you can enjoy the people physically around you can bring you much deeper joy than you imagine.

One motivator for why we go on our phones so much is FOMO, otherwise known as “Fear of Missing Out”. Social media allows us to see what everyone else is doing all the time. This can be very damaging for our self-esteem because we are constantly comparing our lives to others, even though logically we know social media never tells the full story.

Ally Tarantino, a physical education student, shared, “It’s just so easy to stay on social media and see what everyone else is up to. It can also be exciting at times to

know what is going on in your friends’ lives. My family definitely appreciates it when I stay off my phone during family time, though.”

Our phone usage is a habit we have built over time. For any habit, you must make a conscious effort to quit it. For the technologically obsessed, the holiday season is the perfect time to start practicing less screen time and be present in the moment.

Keep yourself busy during the holidays will help you

use your phone less. Use this as an experimentation time to try new things. When with company, keep your devices to the side and focus on being together. When you’re alone and feel the familiar itch to spend the next seven hours scrolling mindlessly down the feed of other people having fun, consider the ways in which you could make your alone time fun. Consider picking up a crafting hobby or learn to cook your favorite recipes all on your own.

If you are on your phone less, all the anxiety that comes with screen time will diminish. The FOMO phenomenon causes anxiety, especially if people are very concerned with their own accounts and the level of engagement they receive compared to their peers. If you are present in the moment enjoying time with your family and friends, you will not be so worried about how many Instagram likes you are getting.

Another benefit of staying unplugged during the holidays is getting more sleep. The holidays allow us to reset with a schedule different to our normal routine. Taking advantage of this time to truly recover and allow your body to rest will result in various health benefits.

Staying off your phone during the holidays will make reuniting with the people you were away from even more exciting. You will have so much to talk about, considering you weren’t watching each other’s every move on social media while apart. This also allows people’s own experiences to hold more value in the conversation. You can receive your friend’s true feelings about their holiday without it being repetitive because you saw their social media posts about it already.

This holiday season, be more present where you are and try to give yourself over to familiar, comforting, new and stimulating experiences. If you dedicate yourself to expanding your horizons and challenge yourself to distance from technology, you may be rewarded with peace of mind and a stronger sense of freedom.



PHOTO COURTESY of Pexels.com

Holiday season is a perfect time to escape technology and focus on those you are closest to.

Shopping Tips for Broke Students

ARIANA CONNELLY
CONTRIBUTING WRITER

The time has come! The holiday season has already started, and you suddenly remember that you are supposed to be giving everyone gifts. Many people will check their calendars and quickly set into panic shopping mode, but let’s all take a deep breath and avoid buying unnecessary filler presents. Now, it is important to remember that no matter what holiday you celebrate or who you are buying for, the important aspect of gift giving is to make sure your gifts are heartfelt and useful. This will save your recipients from receiving gifts they do not want or need, as well as saving you money.

It comes as no surprise that college students don’t have a lot of free cash to spend, especially in the holiday season. Thanksgiving break can deliver a major blow to savings and often a gift budget comes as an afterthought, one that only arises deep into the major holidays. For this reason, this article will focus on gifts available for under 25 dollars and do-it-yourself gifts.

If you are someone who is already used to ordering packages online, that style of gifts is right up your alley. Again,

you have to know what would be useful for the person you are shopping for. If you know the person is in need of some technological accessories, cable savers are always a great option. This twirl around the end of charging cables to protect

AirPods or phones while they charge.

There are also some good options on the internet for the foodies in our lives. Quick snacks like popcorn are a fan favorite among college students. A popcorn popper is a

some fun popcorn toppings, like caramel or even a spicy option like cayenne pepper, which would take this gift to the next level while staying under 25 dollars.

The next food-oriented item on this list is a coffee press

For our creative gift givers, there are always the DIY options. For example, potpourri is becoming incredibly popular and is super easy to make. If you happen to have access to an oven, this gift will be even quicker. For a typical potpourri recipe, one only needs to dry a couple of orange slices and package in a mason jar with cinnamon stick, cloves and, for added kick, some cranberries. Those in dorms can microwave this with some water for a fun, dorm-safe scent boost. Those in private homes could stick it on the stove in steadily simmering water. If you provide your recipient with all the necessary ingredients, you could have a good time putting it together.

Our last option is handwarmers, which are perfect for friends who are somehow always cold. For this, you just have to sew a little pocket of any aesthetically pleasing fabric you can get your hands on and fill it with dry before sewing closed. Again, to have a little more fun you can add some essential oil, like lavender or mint, to add a pleasant scent to the warmers.

These quick and easy options can save any college student who is struggling to get their gift list complete.



PHOTO COURTESY of Pexels.com

Getting a god deal on the perfet gift is never easy, be sure to make use of all possible steals.

them from fraying ends. You can also buy an outlet extender, which allows for USB chargers and regular wall inserts. Some models also add a little shelf to put small electronics like

useful no-brainer type of gift, and when you factor in the money you save by purchasing bulk popcorn and a popper, this gift gets even better. Another accessory to this gift could be

for all of our caffeinated loved ones. Coffee presses have been touted as giving a more intense flavor profile and a smoother drinking experience, all while saving space on your counter.

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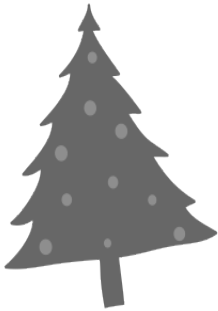
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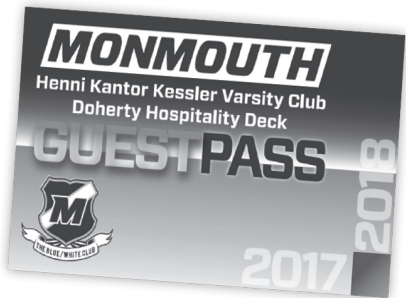
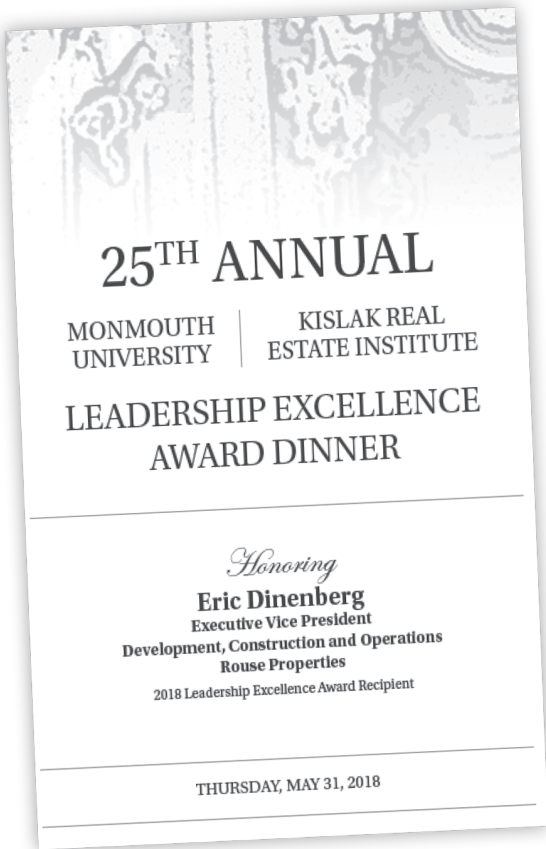
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Successful Road Trip for Men’s Basketball

ROBBIE HOLMES
STAFF WRITER

Monmouth University Mens Basketball return to West Long Branch as victors after securing two conference wins in their Western New York road trip against both Niagara and Canisius.

“We’re leaving Western New York very happy,” said head Coach King Rice, “these guys just love the thought of playing basketball and they get along so well, nobody wants to be the weak link on gameday.”

Coming off a major victory against Cincinnati on the road, the Hawks opened Metro Atlantic Athletic Conference (MAAC) competition with a win over Niagara on Friday night. Monmouth did not lead in the first half until just before two minutes into play when Senior forward Nikkei Rutty took a feed from Walker Miller and converted a two-handed dunk. Niagara controlled the first half, leading 27-25 at the break.

Senior Guards George Papas and Marcus McClary converted consecutive triples to complete a 20-4 run to open the second half. The Hawks took a 14-point lead and were able to stay up by double digits until the final minute of play.

Niagara cut into Monmouth’s lead getting as close as five within the closing minute. The Hawks held up strong, taking full advantage of their foul shot opportunities in the remainder of the game and securing their first MAAC win of the year, 57-49.

“I thought Niagara did some things to mess with us,” said Rice, “George Papas did some incredible things on Marcus Hammond, he’s one of the best players in the league.” Papas ended with 14 points in the contest.

“We know what we can do



Graduate Student Forward Walker Miller serves defense against Canisius leading to his career-best 24 point game.

“We know what we can do on offense, we’ll be super patient and if we can take care our defense everything else will follow.”

King Rice
Men’s Basketball Head Coach

on offense, we’ll be super patient and if we can take care of our defense everything else will follow,” said Papas. Monmouth limited Niagara to 22 points in the second half. Rutty led Monmouth with 10 rebounds, contributing to their sixth straight win.

From Niagara, the Hawks traveled to Canisius where they completed their road sweep with a 79-65 win on Sunday afternoon. Behind Papas’ first career double-double and a career best 24 points from Miller, Monmouth took their seventh straight win.

“I wanted to set the tone early and try to get in a groove,” said Miller, “I wanted to get back to what I do well.”

Sophomore forward Myles Foster ignited the Hawks in the first half with a bucket to open a 19-0 run. Canisius was kept off the scoreboard completely for over nine minutes. Monmouth built their lead to as large as 24 in the first half, settling for a 21-point lead at the break.

Canisius came out strong in the second half, opening with a 10-0 run. Canisius cut the Hawks lead to within eight several times, however, Monmouth was able to regain a comfortable lead at 16 points midway through the half.

Just before the conclusion of the half, Senior guard Shavar Reynolds converted a three-point play, followed by a three point basket from Miller, which secured a two win weekend for Monmouth in New York.

With these wins, Monmouth opens MAAC play 2-0 for the first time since the 2016-17 season, and third time ever. The Hawks seven game tear is also their first since the 2017 season.

Up next, Monmouth heads to Carnesecca Arena for a Thursday night matchup against Big East foe St. John’s at 8:30 p.m. The game will air on FS1 and on the radio via the Monmouth.



Star Guard Graduate Student George Papas looks for a teammate to pass to during the game against Canisius and recieved his second MAAC Player of the Week.



Guard Graduate Student Shavar Reynolds Jr., shoots in game against Canisius.

“George papas did some incredible things on Marcus Hammond, he’s one of the best players in the league.”

King Rice
Men’s Basketball Head Coach

Changes to Football Practice Amid the Pandemic

ERIN MULLIGAN
SPORTS EDITOR

On Sunday, December 5, the Monmouth University men's and women's swimming teams finished their semester with strong performances at the 2021 ECAC Winter Championship at the Nassau County Aquatic Center in East Meadow, New York.

Out of eight competing teams, the men's team finished in third place. Out of 12 teams, the women placed fourth overall. At the meet, a total of 13 team records fell for Monmouth in addition to the Hawks achieving four first-place finishes. Adding to their successful performance, Monmouth set two ECAC Championship records.

Competing in the meet were schools including Columbia, UMBC, Saint Peter's, LIU, Saint Francis Brooklyn, and Wagner. Other teams included St. Joseph's College Long Island, Baruch, Salem, Adelphi, and Stonehill.

The competition was broken down over three days from Friday to Sunday. On Friday, junior Alexandra Ho broke the ECAC record. Then, with her first-place finish in the 50-yard freestyle, she broke Monmouth's program record hitting the wall in 23.16. For Ho, this was her ninth winning effort of her season. It was also the 25th of her career.

Freshman Georgia Watkins placed third in the 500 free-



PHOTO COURTESY of Monmouth Athletics

Monmouth Swim this finishes the semester with a bang with outstanding performance.

style, breaking Monmouth's record. Her time was 4:57.27 which was 10 seconds better than the previous school record.

Also on Friday, Monmouth's women's 400-yard medley relay team not only placed fourth but broke a school record. The triumph was all thanks to junior Tahlia Botha, senior Camryn McHugh, Georgia Watkins, and Alexandra Ho. Overall, they clocked in at 3:50:00 and their record-breaking time was over two seconds faster than Monmouth's previous record.

As for the men's 400-yard medley relay team, they finished in second place. The boys achieved their finish all thanks to senior Callan Smith, sophomore Sean Cook, junior Blake Reynolds, and junior

Thomas From. The team finished in 3:21.56.

The Hawks men's team also placed third in the 200 free relay due to solid performances from Blake Reynolds, senior Dylan Barkhuizen, Thomas From, and senior Kevin Del Giorno. They finished in 1:23.72.

The next day, there was something truly in the water as the Hawks could not stop dominating. The women's 200-yard medley relay team broke the Monmouth record finishing in fourth place in 1:43.96. Competing was Camryn McHugh, Tahlia Botha, Georgia Watkins, and Alexandra Ho. Their time was two seconds faster than the previous Monmouth record which was set in 2019.

Placing third, was the wom-

en's 800-yard freestyle relay team who set another school record. The team finished with a time of 7:39.05. The menaced their race as well finishing with a time of 6:50.44. Individually, Camryn McHugh placed third in the 100 back stroke hitting the wall in 55.98.

Smith, Cook, Reynolds, and Barkhuizen took third in the 200-medley relay finishing in 1:31.46. Multiple Monmouth swimmers then swam in the 'A' Finals Saturday night. Cole Dyson competed in the 400-individual medley, Camryn McHugh competed in the 100 fly and 100 back, Tahlia Botha and Sean Cook in the 100 breast, and Callan Smith and Sam Poching in the 100 back.

Sunday rolled around and the Hawks just kept rolling.

Georgia Watkins earned her fifth individual school record placing third in the 1650 free. Adding to the breaking of records was Cole Dyson who broke the Monmouth school record in the 1650 free with a time of 15:54.54.

Ho won the 100 free breaking her own school record with a time of 51.18. Smith won the 200 back setting the ECAC record with a time of 1:47.11. The women's 400-yard freestyle relay broke the Monmouth record with a time of 3:30.11 and the men finished in third with a time of 3:04.04.

The swim teams next competition is set for January 14 with the women's team facing Sacred Heart and the men facing NJIT in Newark.

Women's B-Ball Defeats Dartmouth

ERIN MULLIGAN
SPORTS EDITOR

On Sunday afternoon, the Monmouth University women's basketball team defeated Dartmouth 55-37 in a road victory after a strong second-half performance.

The Hawks trailed by two at the half but ended up outscoring the Big Green 34-10. The outscoring took place in the final 17:37 of action on their way to their first road win of the sea-

son. Monmouth shot 48 percent from the field within that stretch. In addition to the offense's performance, the defense kept Dartmouth to just three makes from the floor. Overall, the 51 rebounds that the Hawks committed, were the most in a game this season.

Leading all scorers on the afternoon was standout, Kaci Donovan, with a game-high of 13 points. Responsible for a great amount of the damage done in the

second half, was Kayla Richardson. Richardson sparked up the energy on the court and scored all 12 of her points in the last 20 minutes of the entire game. Both Donovan and Richardson tallied career-best scoring totals with Donovan reaching double-digit scoring in back to back contests.

Combining for 20 points were Jen Louro and Stella Clark. Louro scored 11. Adding was Clark with nine to pair with seven boards. Tallying a team-best was

Ariana Vanderhoop with 10 rebounds and finished the game with a game-high of five assists. Vanderhoop achieved a career-best in assists and tied her career-best rebounding total. Another standout was Belle Kranbuhl who racked up a season-best four blocks.

This is the first time since December 5, 2010 that Monmouth has defeated an Ivy League competitor. Since December 13, 2005, it was the Hawks' frost road

victory against an Ivy League school. -Monmouth picked up its first win over an Ivy League opponent since Dec. 5, 2010. -It was the Hawks' first road win against an Ivy League school since Dec. 13, 2005. -Monmouth's 51 rebounds were the most in a game this season.

Looking ahead, the Hawks will travel to Newark to face NJIT in a midweek non-conference competition on Wednesday at 7 pm.



PHOTO COURTESY of Monmouth Athletics

Women's Basketball defeated an Ivy League opponent for the first time since 2010.



PHOTO COURTESY of @MUHawksWBB

Women's Basketball is looking ahead to their travel to Newark to face NJIT.



MUST BE SOMETHING IN THE WATER



The Monmouth University Swim team had a weekend full of breaking school records and outstanding finishes from both the men's and women's teams.