



# THE OUTLOOK

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## Class of 2026: Most Diverse Yet

ALLIANNA MAKOWSKI  
CONTRIBUTING WRITER

Monmouth University's newly-welcomed class of 2026 was lauded as the most diverse in the school's history via a university-wide email by President Patrick Leahy, Ed.D. on Tuesday, Sept. 6. Leahy offered some perspective on the school's changing demographics as it enters its 89th year of higher education, describing how the incoming class will pro-

pel the University's goals moving forward. "By being academically prepared and diverse, the class of 2026 is helping to advance the University's academic experience and learning outcomes," said Leahy. It was reported by the President that the class of 2026 was selected after Monmouth had received about 9,000 applicants with the highest GPA average in the school's history (i.e., exceeding 3.6 in the aggregate), coupled with the highest SAT average exceeding

1,200. In an interview with *The Outlook*, Leahy prompted the freshman class to sustain their streak of achievements while at Monmouth. He said, "Take your education seriously; learn as much as you can while seeking internships and creating connections with professors who will remain lifelong mentors post-graduation." Leahy also noted that while

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PHOTO COURTESY of Anthony DePrimo

Monmouth's New Student Orientation helped the freshman class get acclimated to campus.

## Office of Student Engagement Hosts Involvement Fair

ISABELLA HANNA  
EDITOR-IN-CHIEF / NEWS EDITOR

The University's Office of Student Engagement (OSE) sponsored and hosted the University's annual Involvement Fair, Wednesday, Sept. 14. The event took place on Shadow Lawn, open to showcasing any and all clubs, on-campus organizations, and school departments to the Monmouth community.

As per the OSE's guidelines, Monmouth organizations were invited to participate in this year's in-person involvement fair by reserving tables manned by two representatives of that organization's executive board. The clubs in attendance were encouraged to bring materials that best highlighted the goal or mission of the club, like fliers, activities, and giveaways.

The Involvement Fair is open to all students; however, it is largely characterized as an event for freshmen or transfer students new to the

University. Because of the fair's wide breadth of inclusion, it is one of the biggest events of the academic school year, one that faculty and staff regularly encourage students to attend.

This sentiment was corroborated by freshman social work major, Lauren Hoogervost, who remarked, "I have a lot of free time outside of the classroom to pursue different extracurriculars, which I feel is purposefully constructed so that people are encouraged to get involved." Hoogervost emphasized that in addition to faculty being understanding of non-academic responsibilities, her schedule is likewise flexible. "My current schedule allows me the opportunity to involve myself with different things happening on campus."

While attending the Involvement Fair, Breanna Guinta, a transfer student from Brookdale

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## Faculty Panelists Discuss National Constitution Day

ISABELLA HANNA  
EDITOR-IN-CHIEF / NEWS EDITOR

The Department of History and Anthropology sponsored a panel discussion about Constitution Day on Friday, Sept. 17. Open to the University Community, the virtual forum surrounded the significance of the U.S. Constitution's inception in Philadelphia on Sept. 17, 1787, as well as how the panelists view this document from a contemporary perspective.

Melissa Ziobro, MA, Specialist Professor of Publish History, introduced the audience and was the moderator throughout the duration of the event. "We have assembled a panel of Monmouth's own panel of scholars who will share some historical and contemporary perspectives on the Constitution."

She added, "In case you

are unaware, September 17 is designated as Constitution Day." By hosting this event, the department hoped to engage in different conversation, all founded in this central theme.

The first panelist was Maureen Dorment, MA, Senior Lecturer and Department Advising Coordinator for the Department of History and Anthropology. Ziobro introduced Dorment's background, highlighting her class, called 'Censoring Culture: Banned and Burned in the USA,' which she used in relation to the first amendment.

Dorment began, "My charge today is to talk about the subject of book banning...A book banner is quasi synonymous with an advocate for censorship across the board."

The senior lecturer then explained what book banning encompasses. "Book banning could be anything from an attack on a specific book to an attack on a photograph, paint-

ing, film, radio, and theatre production." According to Dorment, book banning directly concerns the Constitution's First Amendment, which guarantees freedoms relating to religion, expression, assembly, and the right to petition.

"The first amendment is largely to do with the U.S. government...The idea that the government does not abridge free speech has established, in many ways, a national environment for ideas to proliferate freely," stated Dorment. However, the point Dorment later reveals is that the country's reality does not wholly reflect this guarantee, especially in regard to book banning.

Up next was Nicholas Sewitch, J.D., Specialist Professor of Criminal Justice. "My perspectives on the Bill of Rights, especially as a prosecutor, has changed rather dramatically since I left the prosecutor's office," started Sewitch.

His topic of focus was about the Fifth Amendment.

Sewitch said, "The Fifth Amendment right is the right against self-incrimination,

and the reason I feel this is the most compelling and powerful of all constitutional rights

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IMAGE TAKEN from pixabay.com

The panel not only discussed different amendments of the Constitution, but also other aspects of the government structure.

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# LHBS Hosts First-Ever Hess Connect

ISABELLA HANNA  
EDITOR-IN-CHIEF / NEWS EDITOR

The Leon Hess Business School (LHBS) hosted Hess Connect, an event open to all business students on Tuesday, Sept. 14. The goal of the event was to connect business students with their peers, student leaders, and industry professionals that support the LHBS community. All business disciplines were represented, along with different school-sponsored organizations, such as Monmouth Future Business Leaders (FBL), the Economic and Finance Club, EN-ACTUS, Beta Gamma Sigma (BGS) – The International Honor Society, Accounting Society, and Real Estate Club. Janeth Merkle, DBA, Assistant Dean of the Leon Hess Business School, was at the helm in coordinating Hess Connect. According to Merkle, events like these are foundational to the mission of the LHBS. “Hosting an event like Hess Connect is one way to support the LHBS’s strategic pillar of student excellence.” She added, “As the School aims to gradually shift towards a culture of networking, collaboration, and colle-

giality, such an event provides an avenue for this purpose.” Raj Devasagayam, Ph.D., Dean of the Leon Hess Business School, expanded on the School’s commitment to its students, and how Hess Connect played a role in communicating this to the University community. Devasagayam said, “The Leon Hess Business School faculty are committed to providing personalized education that promotes business as a force for good. The notion of delivering excellence in and around the classroom depends on building academic rapport with our students.” Devasagayam continued, “Hess Connect allowed our students to meet with their professors, peers, student organization officers, and businesspersons in an informal setting. Such events lead to lifelong mentor-mentee relationships that transcend one’s professional development after Monmouth.” Merkle also noted the uniqueness of Hess Connect in relation to other School-wide forums. “While LHBS offers various activities targeted for specific concentrations, this event brought the entire LHBS community together. I believe this type of event is necessary to

rebuild what we lost during the pandemic.” Valentina Bertini, freshman management and marketing student, likewise enjoyed the opportunity to connect with individuals from the business community. Bertini said, “The thing I liked the most about this event was being able to talk to some of the staff. It’s nice to meet people that have worked in real business situations, as well as people who could possibly be teaching you next semester.” Another freshman business student, Viviana Ayuso, mirrored Bertini’s feelings, saying, “I thought Hess Connect was a great way to find out about all the different clubs and activities the business school has to offer.” She exclaimed, “There were so many clubs, and even raffles!” Nancy McGrath, MBA graduate student and Co-president of BGS, commented on her perspective as an undergraduate alum and student leader. She started, “I wish I had taken advantage of more opportunities and events like this one when I was an undergraduate student here.” McGrath also mentioned the importance of being exposed to the business community. “Even if some of the students who

came out to the event decided they aren’t going to join any of the clubs, they at least know of their presence and have grown their network.” She continued, “Most of the students who came to the BGS table had never even heard of the honor society before. It was great to tell them all about the numerous events we are planning and inform them of the requirements needed to be inducted.” However, as an honors society, involvement is not open to all. “The BGS table was unique because students could not sign up to join, they have to be inducted, which made our welcoming experience a little different than the other tables... Our goal was motivation; We hope that by informing first year students of this society and the amazing connections it provides, they will be encouraged to work towards being a member of BGS,” ended McGrath. Emily Finnegan, a junior and President of FBL, agreed with McGrath, saying, “Students left with a better understanding of the opportunities within the LHBS and what each individual club has to offer.” Finnegan described another portion of Hess Connect, which

was the unveiling of the School’s new credential program, Suitable. “The LHBS introduced Suitable at the event, which provides students with an opportunity to earn points for their engagement on campus.” She explained, “Suitable has levels of activities that students can earn badges for and build a portfolio. They can showcase these achievements on their resume.” Bertini also commented on Suitable, saying, “Professor Merkle spoke about how attending business events can lead to you earning badges, which shows future employers that you’ve done more than just sit in a classroom and listen to lectures.” Haider Husaini, Co-president of BGS and President of the Sports Industry club, remarked at how special Hess Connect was for all members of the LHBS community. “I think the business school is doing an amazing job putting events like this together because it allows for students to feel that sense of community outside of the classroom, crucial to the development of student leadership and faculty rapport.”

## Monmouth Welcomes New Freshman Class

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the new class’s scholastic success is a high priority, it is not his sole concern. “My hope is that students associate this campus with a sense of belonging, finding comfort in various involvement opportunities, whether that be in sports, clubs, or activities on campus,” he said. Additionally, the incoming freshman class is comprised of students from around the country and globe, representing 22 states and eight different countries. The University likewise welcomes nearly 200 transfer and 500 graduate students. Leahy attributes Monmouth’s new reality to its welcoming spirit. “Monmouth University attracts more diverse students because as a community we welcome students from all different backgrounds,” he said. “For instance, we have an Intercultural Center on campus for everyone to come together and find a place where they belong...At Monmouth, we provide a close-knit community that welcomes and supports everyone’s future aspirations.” Leahy’s sentiments were echoed by Madison Ducsay, a junior English student who recently transferred from Seton Hall University. “Even though I transferred from a school that was smaller than Monmouth, I don’t feel overwhelmed by the amount of people on campus because of the community’s closeness,” said Ducsay. Bea Rogers, MBA, Director of Peer Assisted Learning, Retention, and General Education Assessment, reflected

on the various scenarios students at Monmouth may find themselves. “Transfer students may learn how Monmouth is different from their prior institution, while graduate students, who may have been away from the college experience for a while, are offered a similar program more tailored to their needs.” According to Rogers, there are also established programs to help assimilate new students to Monmouth even before they come on campus. She began, “First-year students were offered extensive in-person and virtual offerings throughout the summer that provided information such as how college is different from high school, how to study in college, and career preparation.” Rogers continued, “They were also offered the opportunity to take the College Student Inventory (CSI), a questionnaire focused on their transition to college. The CSI provides an immediate, customized report with a Personal Success Plan, which outlines steps they can take and resources available to help increase their chances of success in their first year. Transfer and graduate students also receive programming designed to help them acclimate to college life.” Claude Taylor, Center of Student Success’s Director for Academic Transition and Inclusion, commented on the resources available for new students beginning their career at Monmouth. “There are a wide range of resources through the Center for Student Success (CSS) that help students acclimate to college life. At the center of these resources are academic support services like tutoring services, writing services, the office of first year ad-

vising, transfer and undeclared services, and peer-assisted learning.” Taylor added, “A diverse student body is an important way to encourage Monmouth students to step out of their comfort zones and engage in learning that empowers them to take on the challenges we face as a society.” Dorothy Cleary, Director of Tutoring Services, expanded on Taylor’s dissection of readily available resources for students. “There is a whole host of resources to support students’ academic, emotional, and personal needs...Moreover, these services are built into students’ tuition so that there are no additional fees students have to incur.” Jeffrey Jackson, Ph.D., Associate Professor of English, underscored the interconnectedness between the available, on-campus resources and the University’s broader commitment to its student body. “Since I arrived here in 2012, I have always thought of Monmouth as a supportive place that wants to see everyone succeed...We have high standards, but we also want students to get the help and attention they need. The small size and the beautiful campus environment contribute to that immensely,” explained Jackson. Jackson is mindful of how this support should translate into the classroom as well. “As I start the new school year, I am doing so with a very pronounced and conscious goal of being as inclusive and welcoming as I can.” Ducsay concurred, “From the very start, Monmouth has felt like home to me. In contrast to my previous school, the campus and the environment makes me feel like I belong.”

## Involvement Fair 2022

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Community College, commented on the spirit of Monmouth’s community. “Everyone is super welcoming— from professors to students to staff—the people here at Monmouth are cool,” said Guinta. “Joining clubs help with so many aspects of a person’s college experience; it not only connects you to the campus and creates different social circles, but it looks impressive from an academic, post-graduation perspective as well.” Angelina Esposito, senior criminal justice student and President of the Guardians Club, reflected on her involvement on campus and how it has positively influenced her Monmouth experience. She began, “I remember freshman year one of my professors pushed me to join...By sophomore year I was Vice President, and now, in my fourth year, I am President.” Esposito attributes a significant portion of her success to effort. “It’s easy to move up when you demonstrate commitment and time management,” continued Esposito. Additionally, Esposito credits the Guardians Club to building her professional network. “The executive board has become a family unit, and what’s even

more unique is that we are an all-female run board...It’s interesting since law enforcement is generally male-dominated,” concluded Esposito. With less COVID-19 restrictions, on-campus organizations hope to bring back greater normalcy to club activities. Sarah George, a sophomore math and education student, explained, “I had joined a few clubs last year, but they weren’t able to do much because of Covid. So, I am really looking forward to rekindling some of my interests this year.” However, she did also note some personal recommendations she had for the involvement fair in the future. “I wish the fair was less clustered and more spread out so you could easily differentiate clubs, organizations, sports, and Greek life,” started George. She also mentioned advertising as a point of improvement. “Sometimes it’s not that students don’t want to get involved, but they just might not know how when the opportunity finally arises.” “Clubs are meant for helping people find a community where they belong. I am excited to find my own community,” concluded George.



PHOTO COURTESY of Anthony DePrimo

The involvement fair was open to the entire University community.



# MU Club Sailing Team Hosts Annual Home Regatta

**ABIGAIL BROOKS**  
GRADUATE ASSISTANT  
MANAGING EDITOR  
INTERIM SPORTS EDITOR

The Monmouth University club sailing team hosted its annual home competition, the John Quinn Regatta, at the Shrewsbury Sailing and Yacht Club, on Saturday, Sept. 17.

"This regatta is held annually in memory of John Quinn, who was a longtime supporter of the Monmouth University Sailing Team and a past commodore of the Shrewsbury Sailing & Yacht Club. John would certainly have been very excited to see the 11 teams in attendance today," wrote Jack Swikart, former University of Pennsylvania ('15), sailor, and former student president of the Middle Atlantic Intercollegiate Sailing Association (MAISA) conference.

Visiting teams included Webb Institute, Princeton University, George Washington University, and several other schools who traveled to Oceanport to compete in Monmouth University's regatta.

"The Monmouth sailing team did very well in both divisions," said head coach Amanda Nuse, a Monmouth sailing alumnus. "The A-division scored slightly higher than the B-division, but both

teams were faced with their own personal challenges out on the water."

Webb Institute came in first place, followed by Princeton University and the U.S. Merchant Marine Academy. Monmouth finished in eighth place overall.

"Our team definitely needs to work on starts and approaching the line in a timelier manner, along with a better analysis of puffs and lulls on the river to get the most lift. Our team did well with communication and finishing stronger than their starts," explained Nuse.

"Our home regatta was the first regatta I participated in since joining the team and I do not think it could have gone any better," said Patrick Cashin, A-division skipper. "I think it was run very well by the race committee and the turnout from the other schools was great. For years I had sailed just for fun, but I really do enjoy the competition."

"Monmouth did the best we could," added Isabella Hughes, A-division crew. "Everyone tried their hardest and it showed."

The Monmouth sailing team will be traveling to

Bristol, Pennsylvania to the Anchor Yacht Club to compete in the Princeton Fall Open on Sept. 24 and 25. The team's last regatta of the fall season is the Washington College Fall Open at the Hodson Boathouse in Chestertown, Maryland on Oct. 15 and 16.

The University sailing team is open to any student interested in joining, regardless of experience on the water. "No experience is necessary at all," said Nuse. "We will teach you everything you need to know."

"We practice three to four times a week at the Shrews-

bury Sailing and Yacht Club. I try to work around everyone's class schedules to schedule practices that most of the sailors can attend each week," Nuse continued.

Although the team travels to several regattas throughout the semester, members are not required to compete – they are able to participate in practices and withhold from competitions if desired.

"Students should get involved because sailing is unlike any other sport at Monmouth. The team is incredibly inviting and you don't need any experience to start. I can't believe more people don't join," said Cashin.

"It's the best way to make the most of your coastal university and a great way to meet new people," added Sarah Ward, B-division skipper.

The sailing team will be hosting a "Learn to Sail" event on Friday, Sept. 23 from 3 to 6 p.m. Prospective members will learn how to sail from current team members and will get the opportunity to sail a boat themselves. Students interested in attending should contact head coach Amanda Nuse by emailing [anuse@monmouth.edu](mailto:anuse@monmouth.edu).



PHOTO COURTESY of @mu\_sailing

Members of the University club sailing team competed in their home regatta, placing eighth overall after ten races.

## Department of History and Anthropology Hosts Constitution Day Panel

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because the government conducting an investigation can forcibly and involuntarily take about anything from us, so long as they follow the correct procedures." These procedures include having probable cause and obtaining a warrant.

Sewitch explained that words are one thing the government cannot take away from the American people. While students may believe this amendment right protects from physical coercion, Sewitch had another take.

He said, "On its most basic level, it means a person cannot be forced or compelled to speak to the police against their will; it means they can't be forced to testify on behalf of the government...More than that, if a suspect chooses not to speak to the police, a jury and judge cannot draw any negative inferences from that."

Lawrence Jones, Retired New Jersey Superior Court Judge and Adjunct Professor of the Political Science and Sociology Department, took the floor. His topic of choice was about presidential pardons.

Jones started, "This became a big issue when we had the last transition of

power from the prior president to the current president...This tends to come up every four to eight years because a lot of pardons come about when one president is leaving, and another is coming in."

He directs the audience to Article 2, Section 2 of the Constitution, noting one specific area where presidential pardons are mentioned. "He shall have power to grant reprieves and pardons for offences against the U.S. except in cases of impeachment," read Jones. Jones pointed out that there are no specifics about the process for obtaining a pardon, as well as who is qualified to receive.

Jones gave the example of President Richard Nixon, explaining that there was no procedure President Gerald Ford followed in pardoning Nixon from impeachment. Jones' discussion developed on this question, "Should the presidential pardon be expanded upon in how they are interpreted and laid out in the Constitution itself?"

Following Jones was Christopher DeRosa, Ph.D., Associate Professor and Department Chair of History and Anthropology. He posed the question, "Did the founding fathers actually imagine that the electoral college would elect somebody who lost the popular

vote?" This is in connection to the 2016 presidential election.

DeRosa continued, "The political leadership of this country did not really accept that democracy is an animating feature of American, political spirit...But, the answer to the question is a bit flipped because the founding fathers did imagine a popular vote for the president, they just couldn't get behind it." DeRosa elaborated that the original intention was for the legislature to elect the president.

Upon further conversation, one prominent member of the Philadelphia Convention suggested that the election is decided by the voters, yet it was determined that voters

at this time were too far removed from the presidency to make an informed choice. As pointed out by DeRosa, this process of decision-making was rather volatile. Moreover, the question the founding fathers faced was not about the electoral college vs. the popular vote, but the electoral college vs. Congress.

The last panelist to speak was William Gorman, M.S., Lecturer for the Department of History and Anthropology. Gorman discussed the issue of civics education from a middle school and high school level as a former public-school administrator.

"What I always communicate to my students is that

the Constitution is a document with not only their rights, but it has obligations for them, like jury duty," stated Gorman. "It is an important document that goes to the broader issue of what students know about the system and what curricular requirements are in the country right now."

According to Gorman, states' inability to fund ventures that demand students to take their civic education seriously underscores the value, or lack thereof, stakeholders place on social studies education and civic awareness. Gorman concluded, "There is a disconnect between what people think they know and what they actually know."



PHOTO COURTESY of Anthony DePrimo

Chris DeRosa, Ph.D., pictured here as a summer commencement 2018 speaker, also spoke at the Constitution Day discussion.



# THE OUTLOOK

Isabella Hanna EDITOR-IN-CHIEF

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Phone: (732) 571-3481  
Fax: (732) 263-5151

Mailing Address:  
The Outlook  
Monmouth University  
400 Cedar Ave  
West Long Branch, NJ 07764

Website: [outlook.monmouth.edu](http://outlook.monmouth.edu)  
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### EDITORIAL STAFF

Here on a college campus, the incoming, cool weather becomes synonymous with football season. Many young adults look forward to their college years, in part because of the variety of sports games and tailgating events. Nonetheless, it seems as though some of the editors of *The Outlook* are not as keen about attending games, let alone the season for sports.

One editor started by saying, "I personally do not plan on attending any sport events coming up this fall." She added, "I have not attended any sport events in the three years that I have been at Monmouth, mostly because sports never interested me, and I wasn't on campus on the days they occurred."

Another editor attributed her lacking attendance to her schedule. "I have not attended any sporting events at Monmouth; however, I'd love to get more involved and go to some in the future," she began.

"With my busy schedule and having transferred in the height of the pandemic, I never got the chance to attend a game, but I will make it a goal of mine this year to come out and experience Monmouth's school spirit for myself," resolved the editor.

While the last editor felt optimistic about this season, a different editor showed less enthusiasm. He said, "The sports here don't exactly impress me, and it wasn't something I considered whatsoever when I came to this school."

This editor also mentioned that the way in which the University's games are advertised might be affecting people's ability to plan and come out to a game. "As someone who lives

down the block from the Bluffs, I really have no clue what is going on on-campus. And I spend quite a bit of time there due to my schedule," remarked the editor.

He suggested, "Maybe more flyers or email outreach would help in making these events more visible. Also, greater use of Monmouth's campus app and possibly having that send notifications to my phone would better help me keep in touch."

Nonetheless, not all the editors agreed with the latter about Monmouth's apparent lack of advertising. One editor stated, "I feel like I know of most of the events happening on campus. The Student Activities Board does a really good job at keeping students updated on the events using their Instagram posts and stories. The athletic department also sends out mass emails to students about different sport events."

A different editor felt similarly to the last, saying, "There's no shortage of things going on at Monmouth, and I feel like I'm always kept in the loop about the things that are available to me."

Although most editors agreed there is a lot to do, one recommended that school events could be better organized. This editor began, "Monmouth is generally pretty good at advertising their events but only directly before said event. It isn't uncommon for me to see a flyer or post for a very cool program only to learn that it is taking place that night or the next day, and I have no time to fit it into my schedule."

She explained, "Likewise, to find out about interesting

events, one has to follow a variety of different Monmouth pages and club Instagram accounts. It would be nice to have these events advertised in one place instead of having to hunt through several different pages."

That brought the editors to the next order of business: school spirit. They asked one another to rate Monmouth's school spirit on a scale from 1-10 (1 being the lowest and 10 being the highest).

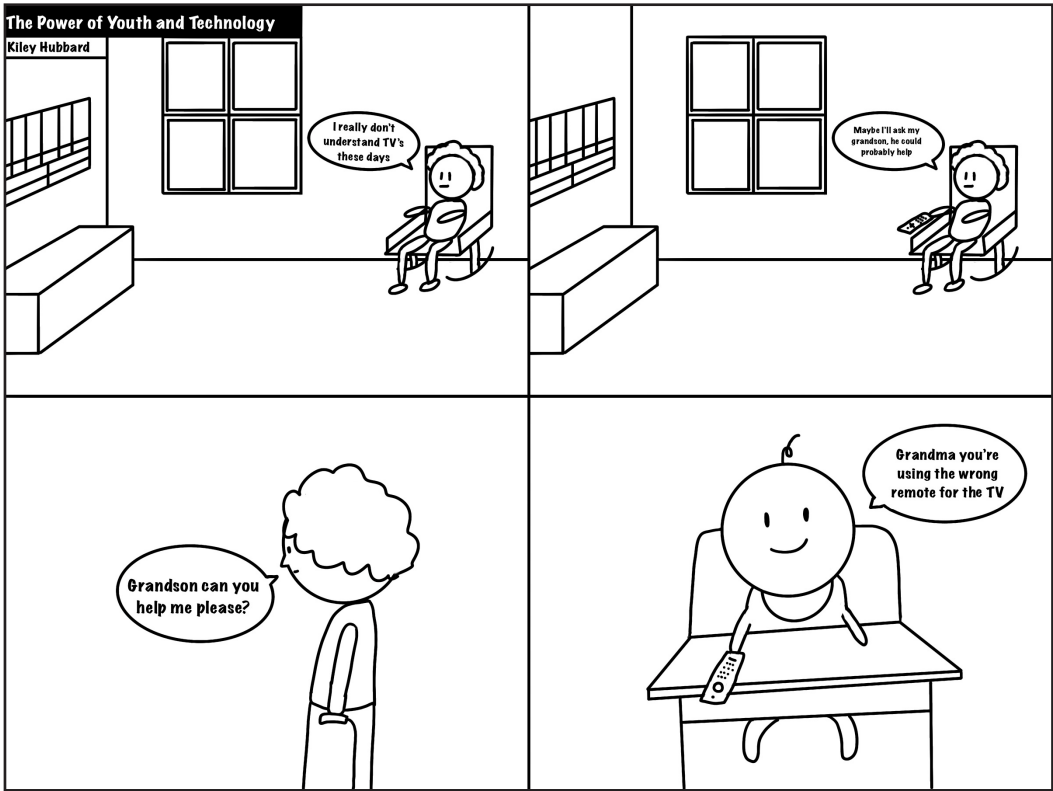
The first editor introduced the topic, saying, "I put us at about a seven—there is room for improvement, but it isn't too bad. As a pretty small school, I don't think that Monmouth is expected to have much school spirit."

She continued, "Some sporting events generate a pretty high student turnout — it's nice to see a full student section, but it doesn't happen that often. We're obviously never going to compete with big name DI schools in terms of school spirit, but I think that we still do a decent job at representing Monmouth and showing school pride."

A different editor voiced her perspective, saying, "I feel as a commuter I don't get to see Monmouth in the same light as other students. I spend most of my days just going back and forth so school spirit might not be as apparent to me."

The last editor was more generous than the average. "I would rate Monmouth's school spirit an eight. From what I see, students are actively wearing Monmouth gear and have MU car decals pasted on their cars."

Maybe the editors are too busy writing to enjoy the sports games, but we hope you take advantage of this season. Go Hawks!



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# Is September the New October?



IMAGE TAKEN from Pexels.com

Autumn calls for decorating your home with pumpkins.

BREANNA GUINTA  
CONTRIBUTING WRITER

Fall is right around the corner...or is it already here? Whenever I think of fall, I think of Halloween, pumpkins, crispy leaves of red, yellow, and brown all over the green grass and on the windshield of my car. I think of cozy sweaters, leggings, and hot coffee instead of cold, iced coffee. Let's not forget pumpkin spiced foods and drinks. The warm weather abruptly comes to an end and a hint of a winter breeze flows through the air. I think of October when it comes to this, not September. For September, I am still wearing shorts, tank tops, and open-toed shoes. Since we are right at the Jersey Shore and the beach is only a few minutes away, there is still time for beach trips when we are not in classes or stuck doing schoolwork. The weather is still warm enough to sit on the beach with the warm summer sun beaming down on our heads (make sure you continue to wear your sunscreen!). However, stores have been preparing for fall way before Sept. 21, which is the official first day of fall. Stores are starting to sell fall and Halloween decorations and seasonal items. At the end of August, I walked into Michael's to find their summer seasonal items were in the back of the store and their seasonal session was filled with fall and Halloween items. Some of those items were even on sale between 30 to 40 percent off for reward members. At PetSmart, they began to put up Halloween costumes

for animals (and believe it or not, some of their stuff is on clearance already!). A few weeks ago, when I walked into Target, they were setting up their Halloween candy display. Spirit Halloween even opened at the end of August and the store was packed with costumes and decoration. Dunkin' Donuts and Starbucks even have their pumpkin flavored drinks out. I even saw a few houses with Halloween and fall decorations out on their lawn. A senior undergraduate student named Michelle thought it was too early for people to start decorating for the season. She said, "I do not think so since it's already in the stores, so people are adapting." She also mentioned how it "shows everyone is getting ready for the next season." Michelle is excited for the fall season and is ready to move on from the summer. On the other hand, a graduate student, named Bradley disagreed. "I am not a big fan of September because I like the summer. The transition to fall from summer is not the easiest." I asked him if he felt this eagerness for fall to be here is taking away the end of the summer. He said, "Yes." I agree with Bradley. We should try and enjoy these last few days of summer while it is here. Associate Professor of English and Department Advising Coordinator, Lisa Vetere, Ph.D., said, "September is still alive...it's a beautiful month and I would not want to see it be taken away." She also made a good point of mentioning, "September

is the start of a new school season." So, is September becoming the new October? Some people may say yes, and some people may say no. I would like to say no, but I see October is trying to take over the month of September. There is no denying that the stores are the ones to be contributing to this. Stores want us to spend our money on fall and Halloween decorations to start decorating our homes for the holidays. They are urging us to start buying Halloween candy for the trick-or-treaters due to a shortage of candy. As much as I want to believe in the shortage, I can't help but to think if it ties into the scheme of getting people to want to celebrate Halloween early and take the month of September away from us. My birthday is in the month of October, so I may be a bit biased to say I want to rush October to be here, but I also want to enjoy September and the very last bit of summer weather before a cold, dreadful winter. So, let's take a moment to enjoy the month of September. Enjoy this new semester starting and get involved in the campus community. Enjoy the last few days of being able to travel to the beach and still be able to wear shorts, tank tops, and open-toed shoes. When the cold weather in late October comes, you are going to wish it was warmer and not having to wear layer upon layer of clothes. Fall and Halloween will come; just breathe and enjoy the month of September as it is.



IMAGE TAKEN from Pexels.com

Pumpkin spice lattes came early this year.

# Has Technology Become Too Convenient?

JOHN PAPAGNI  
OPINION/ COMICS EDITOR

In the year 2022, technology is fundamentally built into our lives. There is no escaping it, from our smartphones to our watches, laptops, tablets, and fridges. Technology is great—people can instantly message one another and track where they have been, what they have eaten, and their sleep schedule. It has even gotten so advanced that people do not need to carry debit or credit cards—they can use Apple Pay or Google Wallet right from their phones. However, I believe technology has come to a point where it is too convenient. People don't even have to type in their password anymore to unlock their phones or pay for things; it is either run through facial recognition, or you can use your fingerprint. While yes, it makes life easier for everyone, what does that say about humans? I believe we rely a little too much on technology, especially in recent years because technology can track everything we do. I don't think people understand or fully grasp the concept. Whenever you click on a web page, like a post, or save a video, that is all monitored.. Technology has gotten so advanced that ads, websites, and social media are becoming personalized to you in minutes. Doesn't that sound concerning at all? Just by doing a few simple things, technology can instantly know what we like, dislike, and what we want to see more of, and what we don't. This is just the new normal now. Technology has gotten so good that it knows almost everything about you. One of my professors discussed the idea of becoming bionic, to have the ability to play music in your head, to look at your wrist and a watch just appears out of thin air, to constantly be plugged in at all times. The thought is crazy, but 40 years ago, most people never would have predicted we would be holding smartphones in the palm of our hands nearly everywhere we go. How much convenience is too much? When will it end?

When everyone owns their robots or AI systems to live life for them, do their chores, or go to work for them? It may be a crazy thought, but that is where I see people going. People love to have convenience. Why would they want their life to be more complicated or trivial than it already is? That is why as a species, humans advanced to make life easier. Another reason I am concerned with technology knowing everything about people is what if it were to be leaked to the public or scammers as we've seen already happening, but on a much larger scale? Could you imagine what people could do with all that information? I don't think people understand how easy it is to simply look up a person and find their life on a few web pages. It is becoming easier to find where you live, go to school, work experience, voter status, and even financial status. To escape the tangles of technology best as you can, try to limit the screen time on your phone, don't have personalization turned on when browsing websites or social media, turn your location off, and don't plug in any vital information on your phone, such as credit cards. It will be less convenient for you, but you may be safer in the long run. You will not be at high risk for a cyber security attack, and your safety online will be much better. There is no erasing what is already online about you, but you can protect yourself from any future harm. It may not seem like you are doing yourself a favor but trust me, you are. The biggest thing that I can recommend everyone does is to set up two-step authentication on every platform you own. It is simply more protection in case anything happens, such as someone trying to hack into any of your accounts. If you don't want to lose the convenience of technology, please be safe and mindful of what you do because it is constantly being monitored, even if you don't believe it is.



IMAGE COURTESY of Anthony DePrimo

How often are you plugged in online?



# Gilmore Girls: A Comforting Classic

STEFANIE DONAYRE  
ENTERTAINMENT EDITOR

The first orange leaf on the floor means Fall is officially here. There’s no better way to start off the new season than by bundling up with a cup of pumpkin-spiced latte and watching (or re-watching) *Gilmore Girls*.

*Gilmore Girls* is a television show that originally aired on Oct. 5, 2000. The comedy-drama series follows a mother-and-daughter duo, Rory Gilmore (played by Alexis Bledel) and Lorelai Gilmore (played by Lauren Graham) as they go about their life in the small town of Stars Hollow, Connecticut.

After watching *Gilmore Girls*, it’s impossible not to dream of visiting the Gilmore’s cozy fictional town of Stars Hollow, Connecticut. Although Stars Hollow seems picture-perfect, Amy Sherman-Palladino, the creator of the show, came up with the idea of the town after being inspired by her trip to Connecticut.

Elements from areas including Washington Depot,

Connecticut, West Hartford, Connecticut, and the town of New Milford were used as a reference to create Stars Hollow. Even the hotel Sherman-Palladino stayed at in Connecticut, called the Mayflower Inn, was a reference for the DragonFly Inn, which is the inn that Lorelai runs in the show. Sherman-Palladino was successful in creating a family show that is enjoyable for people of all ages while still being very relatable to its younger viewers.

The show begins with 16-year-old Rory, who also happens to be the age that her mother, Lorelai Gilmore, became pregnant with her. At that age, Lorelai decided to disconnect from her wealthy, disapproving parents and raise her daughter, Lorelai “Rory” Gilmore, as a single mother.

Eventually, Lorelai is forced to rekindle her relationship with her parents after having some financial troubles in paying for Rory’s prep school tuition, by meeting for weekly family dinners at their place. This allows Rory to build a new relation-

ship with her grandparents, who she never met prior.

As the show progresses the same themes of growing up, relationships, and school remain constant. Between the two main characters, Rory seems to act more maturely than her mother on several occasions. Rory is an avid reader and studious with a goal of attending Harvard while Lorelai is the free-spirited and talkative mother with lots of pop-culture references. Despite their differences, their bond (especially over coffee) shines throughout the series as they consider themselves to be each other’s best friend.

Although *Gilmore Girls* first aired years ago, the show and its aesthetics still makes circles on social media platforms like TikTok, Pinterest, and Instagram today. Fans have recreated outfits inspired by those worn by Rory and Lorelai on the show. There have even been Spotify playlists inspired by them such as one titled, “Studying like Rory Gilmore,” made by Spotify user Angel, which has 53,559 likes.



IMAGE TAKEN from TheGaurdian.com

**Gilmore Girls** stars Lauren Graham and Alexis Bledel as the show’s mother-daughter duo.

The phrase “Rory Gilmore Fall” has become popular among fans to describe the approaching fall season and its association to the start of school while still giving a nod to the academic focused Rory Gilmore.

This is one of the few shows that I never get tired of watching over and over, despite knowing what happens. Rory is also one of the first TV characters that I was able to relate to, in a way, because we both shared the same

dream of becoming a journalist. It’s no surprise that the show became a cult classic because it’s easy to watch and despite the occasional drama that builds up in the episodes, the characters’ witty remarks and interactions with one another all make up this cozy, lighthearted show.

If you are in need of another show to start, you simply must add *Gilmore Girls* to your watchlist this season and maybe have your own “Rory Gilmore Fall” too.

# A Closer Look at Elliot Fullam’s album *What’s Wrong*

GABRIELLE SANGATALDO  
CONTRIBUTING WRITER

A quick search of the name “Elliot Fullam” on TikTok pulls up an account consisting of an 18-year-old, idiosyncratic music fan. With 193 thousand followers, over 4 million likes, and videos that garner tens of thousands of views each on TikTok alone, it’s clear to see that the internet loves the New Jersey-based creator. Numbers barely scratch the surface, however, as a dive into Fullam’s fanbase reveals the true adoration they had for him.

On Sept. 2, Fullam released his debut album, *What’s Wrong*—and fans are already fiending for more. Scrolling through the TikTok videos under the album’s song “I’m So Happy” reveals the admiration many have for the singer/songwriter, who made his

start as an actor in *Terrifier 2*.

Though not widely known for his acting career, he’s becoming a viral indie music sensation. TikTok user @chickendelicious deems that Fullam is “rapidly becoming the once-in-a-lifetime softcore/indie voice of a generation,” while user @brockwell155 advocates for Fullam by saying that he “just unironically...became the best artist I’ve ever heard from TikTok.” An even deeper dive into the album itself shows how much truth these comments hold.

Running barely over 30 minutes, *What’s Wrong* is not so much a question as it is a statement—themes of loneliness, cynicism, and melancholia are immensely present in and the driving force behind much of the album’s lyricism. The opener, “Dolonia,” sets the tone for what follows by repeatedly questioning as to why someone would enjoy

the speaker’s presence, and a song later, “You’ll See My Ghost” ruminates on personal resentment and embarrassment.

The track “Won’t Go My Way” intensifies the pervading sense of hopelessness as Fullam sings: “I don’t know you, I don’t know anything/Needless to say, it won’t go my way.” Even the TikTok viral “I’m So Happy” (with over 400 thousand streams on Spotify) cannot claim itself as being a cheerful song, as the repeated chorus of “You see old friends/I see acquaintances” pervades much of the song’s runtime and brings forth feelings of isolation.

Musically, there is an obvious influence of 90s alternative rock—the bass-driven “I’m So Happy,” as well as the titular song “What’s Wrong,” emulate the calmer parts of Nirvana’s iconic song “Come As You Are.” Fullam’s gentle vocals throughout the album mimic one of his own personal favorite artists of the same forename, Elliot Smith.

Other than a few instances in the album where a handful of instruments are present at once, Fullam relies heavily on simple acoustic guitar, like that of Smith, which subsequently causes the more instrumentally complex songs to stand out.

Although the album is impressive regarding its level of independent production—songs are recorded in Fullam’s



IMAGE TAKEN from AlbumOfTheYear.org

**Album cover of *What’s Wrong*** Elliot Fullam’s first album released this year on Sept 2nd.

bedroom and then produced by Alan Douches of West Side Music—value is practically nonexistent in regard to its live show playability. The songs, while perfectly encapsulating softcore indie, lack tempo and style variation. They’d be quick to bore in a concert setting and limit themselves to small venues or studio sessions. Besides being a soothing and cathartic listen on a rainy day, there isn’t much replay value either.

The songs, though decent standing alone, tend to blend into each other and lack diversity among themselves. Rather than a collection of similarly themed songs with their own

distinct flavor (take the difference in vibes between Taylor Swift’s albums, for instance), each song contributes individually to the album’s being its own cohesive unit. What’s Wrong moreso runs as one longer song broken up into 11 two-minute, bite-size pieces.

Overall, the album falls shy of earning the title of being “musically genius,” but still holds musical merit within the softcore indie genre. Due to positive public response, however, it is safe to assume that Fullam will release music in the future, and anticipation lies in what direction the budding musician will take his music next.



IMAGE TAKEN from Elliot Fullam on YouTube

**Elliot Fullam** in his music video for his song “Going Alone.”



JULIANNA LALOR  
CONTRIBUTING WRITER

There are always new trends surfacing the internet that take over social media and our daily lives. We have seen the 2000s pop culture of low-waisted pants, big hoop earrings, and feathers make a comeback, but now we are turning towards a different direction.

The new aesthetic that floods our social media apps is the minimalist “clean” vibe. Of course, the trend’s “theme” is in the name, but it starts off with a lack of an extensive color palette. The colors tend to be all neutral with a lot of white. When it comes to fashion, we wear jeans with a white shirt and white sneakers, and people go crazy for them.

Although it may seem “basic” or “boring,” its simplicity is very appealing to the eyes. Slicked back hair and gold jewelry seem to be the most common look with the “clean girl” vibe.

The most influential celebrity that plays a huge role in this trend is the one who showed us the slick back buns, the bubble bath and funny bunny-colored nails: Hailey Bieber.

Hailey Bieber has been classified as a lower-ranking celebrity since growing up in the 2000s. Although it seems after she has been married to her husband, Justin Bieber, she has received more fame,

# Is the 2000s Grunge Era Making its Way Back?



**Singer Avril Lavigne** has become an icon of the 2000s grunge look, with her dark eye-liner, low-waisted camo pants, and black T-shirts.

especially for her fashion sense. The clean girl aesthetic started off solely on TikTok and then moved more to Instagram when minimalistic Instagram posts started going viral.

This aesthetic is person-

ally one of my favorites because it is very laid-back, but I feel we all truly miss the 2000s grunge and messy era. If that is true, there is great news. The 2000s smokey eye, cheetah print, hot pink, and teased hair are coming back.

It is slowly creeping back up as we see some getting bored with this minimalistic aesthetic.

The most influential celebrity here would be the very iconic Avril Lavigne. Known for her hit songs “Complicat-

ed,” “Girlfriend,” and “Sk8r Boi,” Lavigne’s fashion in the 2000s consisted of dark eyeliner, low-waisted camo pants, and T-shirts combined with a loose-fitting tie. Lavigne has always had a grunge look, which is a prime example of what we most definitely will see in the next few months.

The movie that has been the talk of the summer has been Elvis. While watching this movie, we see the rockstar grunge look of Elvis and Priscilla Presley, his wife at the time. The most iconic couple during this time is also the most influential during our time here in 2022. Looks like these never go out of style, and this movie shows us how once there is a trend, even if it disappears for a while, it will always come back.

As Halloween approaches, TikTok’s algorithm seems to be giving everyone costume ideas. One of the most popular ones that we see is based on Elvis. Priscilla Presley’s style has become an iconic costume for anyone who is in love with sparkly dresses, hair poofs, and dramatic black eyeliner.

Since Elvis performed mainly in Las Vegas, their vibe is extremely performance and show-based. Overall, after Halloween, the clean and minimalistic aesthetic will come to an end and the timeless 2000s grunge and rockstar vibe that we all love will make its way back.

## Healthy Eating Tips for College Students

NAYELI CONILL  
STAFF WRITER

For busy college students trying to balance schoolwork, jobs, hobbies, and a social life, having good nutrition is crucial to health and wellness.

College students’ irregular eating habits are frequently caused by their hectic schedules and late evening classes. When there isn’t enough time to eat, meals are typically skipped (most usually breakfast), leading to poor eating patterns.

According to *UPMC HealthBeat*, “Healthy Diets for College Students: How to Eat Well on Campus,” college student should eat breakfast, establish a consistent eating routine, and eat balanced meals.

This source’s studies suggest that breakfast eaters demonstrate more effective problem-solving abilities, enhanced hand-eye coordination, improved memory recall, improved fact understanding, and stabler energy levels.

UPMC asserts that consuming two or three substantial meals a day will assist students in acquiring healthy eating habits. So, make sure to save your trips to the Magill Dining Hall for times when you can sit down and have a complete meal.

The source also recommends that students eat on a regular schedule. Students who eat on a regular schedule will be better prepared for success and will keep their bodies and minds functioning at their peak levels. The challenge is to fight the urge to skip meals so that one can study, get some sleep, or arrive to class early.

John Papagni, a junior communication student, said, “A tip I recommend when it comes to eating healthy is to write down what you are eating and what you are buying. Always make sure you are eating a variety of food such as proteins, vegetables, healthy fats, and please remember to drink lots of water.”

Although drinking water is a basic task, many students still forget to do it, so eating foods like fruits, beans, and vegetables that are high in water content is ideal to get supplementary hydration. It can also be easier to remember to drink water if you purchase a reusable water bottle and bring it to classes, club meetings, or the Student Center when studying. At the end of the day, drinking water helps our bodies function effectively by maintaining several parts of it, including digestion.

According to *MedicalNew-*

*sToday*, “A guide to eating a balanced diet,” a balanced diet contains items from all five food groups and meets daily nutritional requirements. Fruits, vegetables, grains, protein rich foods, and dairy are included in these categories. Ultimately, a balanced diet lowers the risk of disease and aids in maintaining good health.

Luca Morello, a junior marketing student, said, “I would say it’s all about balance. Something easy to do is buy

fruits like apples, bananas, and oranges. They don’t take long to eat and provide great nutritional benefits.”

Morello continued, “It is great to cook healthy meals, but if you don’t have time for that there are plenty of healthy options in frozen food that can be heated up in a microwave or oven. This can be more convenient as they don’t need constant attention while it’s being cooked. During this cooking time in the oven, you can complete schoolwork.”

While it can be difficult to balance eating foods, let alone classes and social activities, it is important to eat healthy in order to function in other areas, such as school and life. Keeping track of what one eats and understanding that nutritional health is one of the foundations for all other life functions is an important concept for students to understand and will help to foster a good health/study balance for students at Monmouth University.



**There are** many healthy and quick options to grab for breakfast at the Magill Commons. Having a good base of energy to work off for the rest of the day is one way to live a healthier lifestyle on campus.



# “Hate Ends Now” Cattle Car Holocaust Exhibit

LINDA GAMMAL  
CONTRIBUTING WRITER

There was an odd sight on campus last week. Some guessed it looked like a train, and other students walked by perplexed. A cattle car was parked outside of the Ocean First Bank Center, an exact replica of the very same ones used to transport Jews and other targeted groups in World War II during the Holocaust to concentration and extermination camps.

The Chabad Club of Monmouth University helped organize this exhibit, a partnership between Shadow Light and Southern NCNSY,

counts from survivors. Survivors' stories echo through the cattle car while live reenactments play over the walls, emphasizing the tight space, long journey, and uncomfortable conditions.

The voice of holocaust survivor, Nate Leipziger, is one of the first voices heard throughout the car from the projector. He says, “Now you are here. A prisoner, no trial, no sentence, you're condemned to death just because you are Jewish. The box car plays heavily in my mind because that's the transition from being a human being to becoming a number of which they could dispose of at

Car enable students from around the world to be able to become educated on the atrocities of history by survivors themselves, even long after they are gone. It enables students to learn from history and helps them become a more accepting and kinder generation.

Sophia Sabbagh, a first-year biology student, shared her thoughts about the experience, “What impacted me most was to see the pictures and numbers of those who passed and were starving and killed solely based on their religion, ethnicity, or sexuality. I believe it's absolutely important for college students to learn about the holocaust in order to spread awareness, to prevent future genocides, and to make the next generation of leaders less hateful than the previous ones.”

John Buzza, Senior Specialist Professor in the Department of Management and Leadership, brought his class to the exhibit once he heard it was on campus. Professor Buzza said, “Hate and prejudice is something that unfortunately is part of today's society on all levels. The most important message to all Monmouth students that will manage others in the future is that you can see first-hand through the ‘Hate Ends Now’ exhibit, how this mentality can end up if not

who both have strong values of holocaust education among youth.

Rabbi Yaakov Greenberg, Adjunct professor in the History and Anthropology department and Chabad Club Advisor said, “When I heard the Shadow Light Cattle Car Tour was coming to New Jersey I said, ‘what an amazing opportunity, we have to bring this to our campus!’ And I'm so glad we did. The feedback we have received from the students and faculty was inspiring. History is there to teach us, and I believe no student that walked out of the car wasn't impacted”.

The “Cattle Car: Stepping in and out of Darkness” allows students to feel the immense reality of the Holocaust through physically being in the same space where many once stood. The traveling exhibit features multimedia projections to create an immersive experience with harrowing ac-

their own will.” In the Cattle Car, students learn that the Jews and other groups were stripped away of basic human needs with no privacy, one shared bucket for the bathroom, no food or water, and no proper ventilation, for an average of four days. Many perished in the very cars that were transporting them to their impending death and torture. Along the walls, students saw Nazi propaganda posters that perpetuated the hate by presenting Jews as the enemy.

The Nazis murdered six million Jews and at least five million prisoners of war, Roman-

Jehovah's Witnesses, homosexuals, and other groups according to The National WWII Museum. As years go by, there are fewer and fewer survivors alive and even less willing to travel and speak about their traumatic and life-altering experiences. Exhibits such as The Cattle



addressed now in our society. The injustice to humanity should be a lesson to all of us not to judge people on their race, religion, color, etc...”

After students exited the exhibit, they were asked to write down their own thoughts on a canvas outside the exhibit titled “How will you make your mark?” Many students wrote: I will speak up, set an example for others, spread awareness, by not hiding who I am, being proud of my Jewishness, and by not ignoring hate and prejudices.

When Eleanor Parks-Orr, a first-year biology student first came out of the exhibit, she said, “I felt a little overwhelmed. I knew going into it that I would be, but it blows me away every time. It was an intense and necessary experience, I want to learn more, I wish the exhibit was even longer.”

Holocaust education is

more important now than ever with antisemitism and other hate crimes on the rise. According to research done by the American Defamation League, which tracks anti-Semitic behavior nationwide, it was found that in 2021 antisemitic incidents hit a record high with 2,717 incidents reported in 2021, an increase of 34 percent from 2020. The states with the highest incidents reported: New York (416), New Jersey (370), California (367), and Florida (190).

Through educational experiences such as “The Hate Ends Now: Stepping in and out of darkness” exhibit, the next generation can be aware of what happens when hate is spread and accepted. Shadow Light's mission of connecting students to the holocaust on an emotional level hope to inspire students to make a positive impact on the world with a sense of responsibility and empowerment.



PHOTO TAKEN by Linda Gammal  
**The Hate Ends Now Tour** took students through a 360 immersive multimedia journey by displaying projections inside a replica of a cattle car used to transport Jew to concentration camps in the Holocaust.



# Monmouth President and Faculty named ROI Influencers in Higher Education

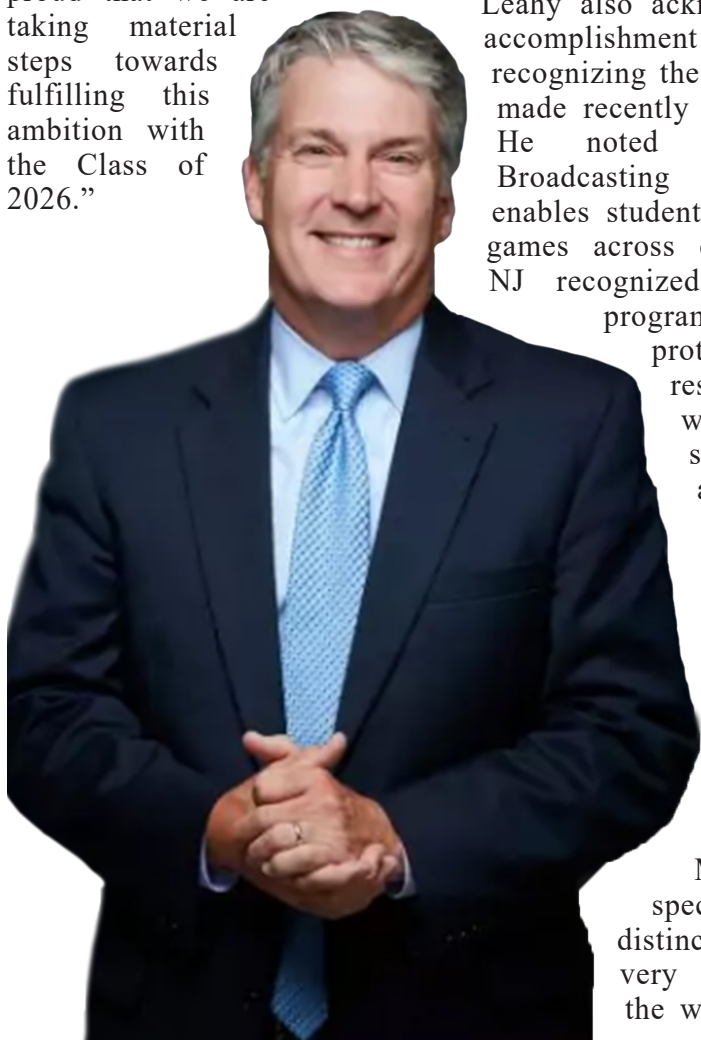
SHANNON SMITH  
FEATURES EDITOR

Just last month before we all returned to campus for the start of the fall semester, President Patrick F. Leahy, Robin Mama, Ph.D., and Patrick Murray, were named to ROI Influencers: Higher Education lists for 2022.

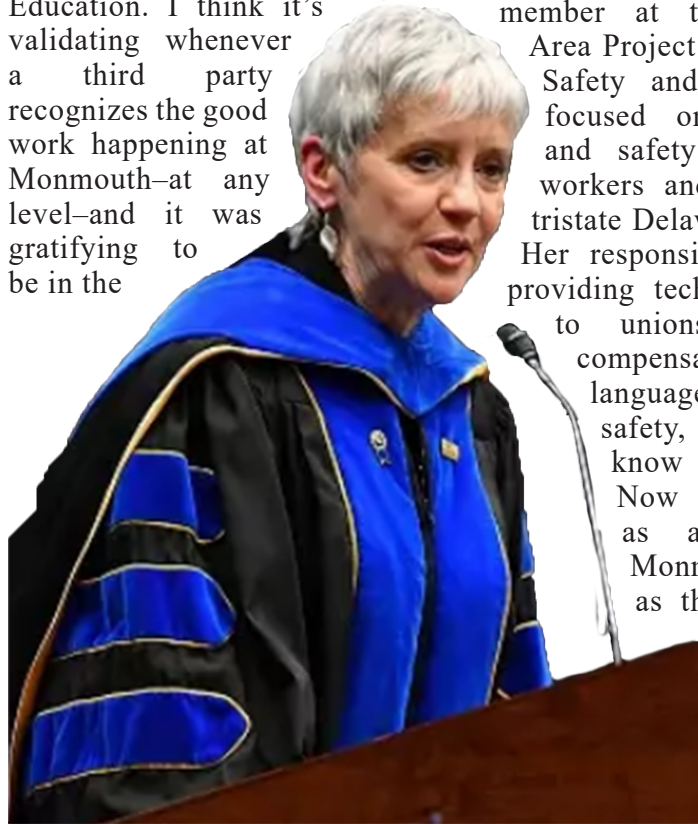
Every year, ROI-NJ releases lists of presidents, deans and directors who have a substantial influence on higher education.

Back in 2019, we welcomed President Patrick F. Leahy. In just a short time, Leahy has had many successes. Namely, he has helped our school attract the most diverse and academically prepared classes in its history. He also aided in positioning Monmouth as a national brand by joining the Colonial Athletic Association.

Leahy stated, “By nearly all measures ranging from academic strength to racial and ethnic diversity, the Class of 2026 is the strongest in the University’s 89-year history. For the past five years, we have continually strengthened the academic preparedness and diversity of each incoming class, demonstrating our ongoing commitment both to excellence and to access. Making Monmouth’s first-rate academic experience as accessible as possible lies at the heart of both our mission and our strategic plan, and I am very proud that we are taking material steps towards fulfilling this ambition with the Class of 2026.”



Being named an ROI Influencer in higher education is also a reflection onto the students, staff, and faculty. Leahy said, “It was an unexpected honor to be included on this year’s list of ROI-NJ Influencers in Higher Education. I think it’s validating whenever a third party recognizes the good work happening at Monmouth—at any level—and it was gratifying to be in the



good company of Dr. Robin Mama and Patrick Murray with this ROI Influencer recognition. I know I speak for Robin and Patrick when I say that we share this distinction with our colleagues across the University who work tirelessly to support our students and to advance Monmouth’s academic mission.”

Leahy also acknowledged the accomplishment of ROI-NJ recognizing the enhancements made recently at Monmouth. He noted The Patron Broadcasting Center which enables students to broadcast games across campus. ROI-NJ recognized Monmouth’s programs in costal protection and restoration as well which has set Monmouth apart as New Jersey’s coastal university. Leahy said, “All of these honors from ROI-NJ celebrate much of what makes Monmouth special and distinctive, and I’m very pleased that the word is starting

to get out about Monmouth’s unique facilities and signature programs.”

Robin Mama, Ph.D., is a Professor and Dean of the school of Social Work. Before her time at Monmouth, Mama was a staff member at the Philadelphia Area Project on Occupational Safety and Health, which focused on better health and safety conditions for workers and unions in the tristate Delaware Valley area. Her responsibilities included providing technical assistance to unions on workers compensation, contract language for health and safety, and right-to-know information. Now Mama works as a professor at Monmouth, serves as the representative of the International Federation of Social Workers to the United Nations in New York City, and is the chair of the International Committee for NASW National.

Among her many accomplishments and awards, she was also named an influencer in higher education. ROI-NJ staff recognized that Mama took social work from a program to a standalone school here at Monmouth with significant connects to the United Nations and the International Federation of Social Workers

Mama spoke of her accomplishment, saying, “This was a total surprise for me—I had no idea it was coming. To be recognized was truly an honor, and one that I hope everyone in the school shares, as I have not done this work alone. All our faculty and staff have made lasting and important contributions to our social work programs and this brings great recognition to our school, students and alumni.”

Mama continued, “When I first arrived at Monmouth 30 years ago, we had 65 BSW students and two faculty (I was one of the two). We added the MSW program in 1998, and now started the DSW program in Human Rights Leadership this year. We have grown to include additional staff (Assistant Dean, two Field Directors, and an Assistant to the Dean) and 14 full-time faculty. So much has changed over the years!”

Patrick Murray is the founding director of the polling institute here at Monmouth, with over 20 years experience conducting media polling and research projects. With Murray in charge, the Monmouth University Poll earned an A+ rating from FiveThirtyEight.com, making it one of five polling organizations out of 373 nationally to obtain this top mark.

You might see Murray as a commentator, as he regularly appears on national and regional TV and radio stations, including MSNBC and Fox News. Due to Murray’s considerable strides with the polling institute, he, too, received the honor of being named an influencer in higher education.

Murray said, “I came to Monmouth in 2005 with the intent to establish a polling operation that met the highest standards both methodologically and in terms of relevance, addressing not only political concerns but issues that affect our quality of life. Since launching onto the national stage about eight years ago, the Monmouth University Poll has continued to apply those principles as we adapt to changes both in polling and our political culture. This recognition is a reflection of our efforts to stay in the forefront of tapping into the current zeitgeist.”



PHOTOS COURTESY of MU



# AmeriCorps and its Role in Combating the Opioid Epidemic



IMAGE TAKEN from the Johnson Center for Philanthropy

**AmeriCorps is an** independent Federal agency that seeks to mobilize Americans to fight head-on the issues facing us today.

ALEX MYKULYN  
CONTRIBUTING WRITER

In its 2021 data from the National Center for Health Statistics, the CDC showcased that the United States saw for the first time more than 100,000 deaths from drug overdoses. The data from the NCHS Statistics shows that there were 107,622 suspected deaths from overdoses in 2021, 15 percent more than the 93,655 deaths predicted in 2019.

According to the National Archives, approximately 58,000 Americans died in the Vietnam War, meaning that the United States is experiencing almost twice the number of deaths from the entire Vietnam War every year, and that number continues to increase year after year.

Federal services such as AmeriCorps, the United States’ flagship civil service organization, have been sanctioned to address the needs of the nation at that specific time. This is evidenced by the department’s efforts to address the COVID-19 Pandemic.

This effort was bolstered by lawmakers when they included a \$400 million investment clause in the American Rescue Plan for AmeriCorps through 2021. In September 2021, AmeriCorps announced the investment would be used to fund up to 5,000 new AmeriCorps positions over the next five years.

This was accomplished through a coalition effort between AmeriCorps and the Centers for Diseases Control (CDC). Service members served in roles directly addressing the pandemic including contact tracing as well as dealing with the connected ramifications of the pandemic, alongside the spike in food insecurity nationally. Now, some of these priorities have shifted to ad-

dress the national opioid epidemic. This has culminated in the creation of AmeriCorps’ Public Health Corps.

AmeriCorps’ Public Health Corps is run through their State and National Program which pairs service members with nonprofits for a full year to work towards the mission of that nonprofit. Current openings in AmeriCorps Public Health Corps include positions for healthcare outreach coordinators in Newark NJ and Public Health Outreach coordinators in Dover NJ.

One position in Philadelphia is seeking a service member to connect addiction recovery resources to those that need them. These are just some of the local opportunities, and there are many more across the country.

Claire Gaston is a junior at Monmouth. Studying political science, she focuses much of her research on drug policy in the United States. She advocates for government support of local non-profits and efforts to address drug addiction. She said, “It’s these local groups that really fight the problem.”

Specifically, Gaston highlighted HOPE Sheds Light as a non-profit in New Jersey that “provides services to more than just the individual, they target their families too.” She also referenced EndOverdose, which provides free Narcan and Fentanyl testing strips while traveling across the country.

Sabria Smith, a senior political science student, commented on AmeriCorps actions to address the opioid epidemic. She said, “I think it’s important that we have organizations, such as AmeriCorps and their Public Health Corps, that take a boots-on-the-ground approach of working with the local community. It’s im-

perative to take a ground-up approach to the opioid crisis, working one on one with those suffering from addiction.”

She continued, “Addiction is a hard thing to struggle with alone, so having organizations that work alongside the community to help provide treatments and assessments, while also providing employment opportunities and support is so important and necessary.”

This boots-on-the-ground approach is central to AmeriCorps’ approach to solving problems. They recognize the impact that individuals can have in building stronger communities and connections within those communities.

This begs a question about the social state of the country and for leaders across the country: how life here can be made into something that so many don’t seek to escape from? While that looks different across the country, many argue that it starts with access to resources and community building.

Gaston said, “An important thing to note. Not talking about the opioid crisis won’t ever help us... It’s a disease that hurts people just like other diseases. Talking about it also helps identify laws, efforts, and policies that are and aren’t working.”

Agencies such as AmeriCorps, and the other aforementioned organizations, such as HOPE Sheds Light and EndOverdose, play a key role in managing and improving the situation currently present in regards to the opioid epidemic.

These organizations guarantee access to crucial resources that communities and individuals may have not had beforehand, therefore strengthening our hand when it comes to ending this crisis.

## Headlines You May Have Missed This Week

RICHARD PITTS  
POLITICS EDITOR

### Azerbaijan Invades Armenia

On Sept. 12 Azeri and Armenian forces engaged each other on their immediate border. Fighting did not stick to this region for long as Azeri forces crossed into regions of Armenia proper.

The Armenians claim the Azeri’s advanced as far as 7.5 kms inward towards the city of Jermuk; the Azeris say they only captured strategic heights on the immediate border. The fighting has since been stopped by a ceasefire.

The conflict is part of the wider Armenian-Azeri border dispute over the regions of Nagorno-Karabakh and Azeri access to their Nakhchivan exclave.

### Kyrgyz-Tajik Border Clashes

On Sept. 14 border clashes broke out between the Central Asian states of Kyrgyzstan and Tajikistan. These clashes follow outbreaks of violence from earlier this year in January and in 2021.

Kyrgyzstan claims that the Tajik Armed Forces occupied one border town and shelled a minor airport in the town of Batken. Both sides agreed to a ceasefire that proved fragile and was quickly violated.

Despite this, the Presidents and foreign ministries of each country, while blaming each other for the resumption of hostilities, have openly stated the resolution of this conflict is through diplomatic measures rather than military ones.

### Russia Prepares Referendum to Annex Occupied Ukrainian Territory

On Sept. 20, the Russian Federation and its occupation authorities in Ukraine announced plans to hold referendums concerning the annexation of the regions into Russia.

The referendums are set to be held in the Ukrainian oblasts of Luhansk, Donetsk, Kherson, and Zaporizhzhya. All four oblasts hold their own significance: Luhansk and Donetsk being home to the self-declared separatist republics, Kherson oblast being home to its namesake Kherson City, while Zaporizhzhya is home to Ukraine’s largest nuclear power plant.

The annexations are notable as it further broadens the role the Russian military can play in these regions in accordance with Russian domestic law.

According to Reuters, Ukrainian and Western authorities have vowed to not recognize the annexations, similar to the approach taken in regards to Russia’s annexation of Crimea in 2014.

### Biden Vows US Will Defend Taiwan Should China Invade

In a recent interview with 60 Minutes, US President Joe Biden stated that the United States would come to the defense of Taiwan should the Peoples’ Republic of China invade the island.

This is not the first time Joe Biden has made these remarks; Biden stated back in May of this year that the US would defend Taiwan militarily. Both times figures behind him in the White House came out saying he misspoke or that the answer was taken out of context.

Regardless, Biden’s statements have drawn strong reactions from the Chinese government in Beijing, with their foreign ministry stating the President’s comments “severely violate” previous US commitments and policy.

### United Nations General Assembly Meets in New York

The United Nations General Assembly is convening in the UN building in Manhattan for their annual meeting to discuss ongoing issues affecting the world at large.

Topics expected to be covered by the assembly include the war in Ukraine, and the spillovers of said war, such as price and supply impacts on the food and energy markets.

The seeming gridlock in Western-Iranian negotiations over the latter’s missile and nuclear program are expected to be mentioned, alongside discussion on re-integrating Afghanistan into the international system.



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## GENERAL INFORMATION SESSIONS

Every **Wednesday**  
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**2:45 PM** in **PZ 205**

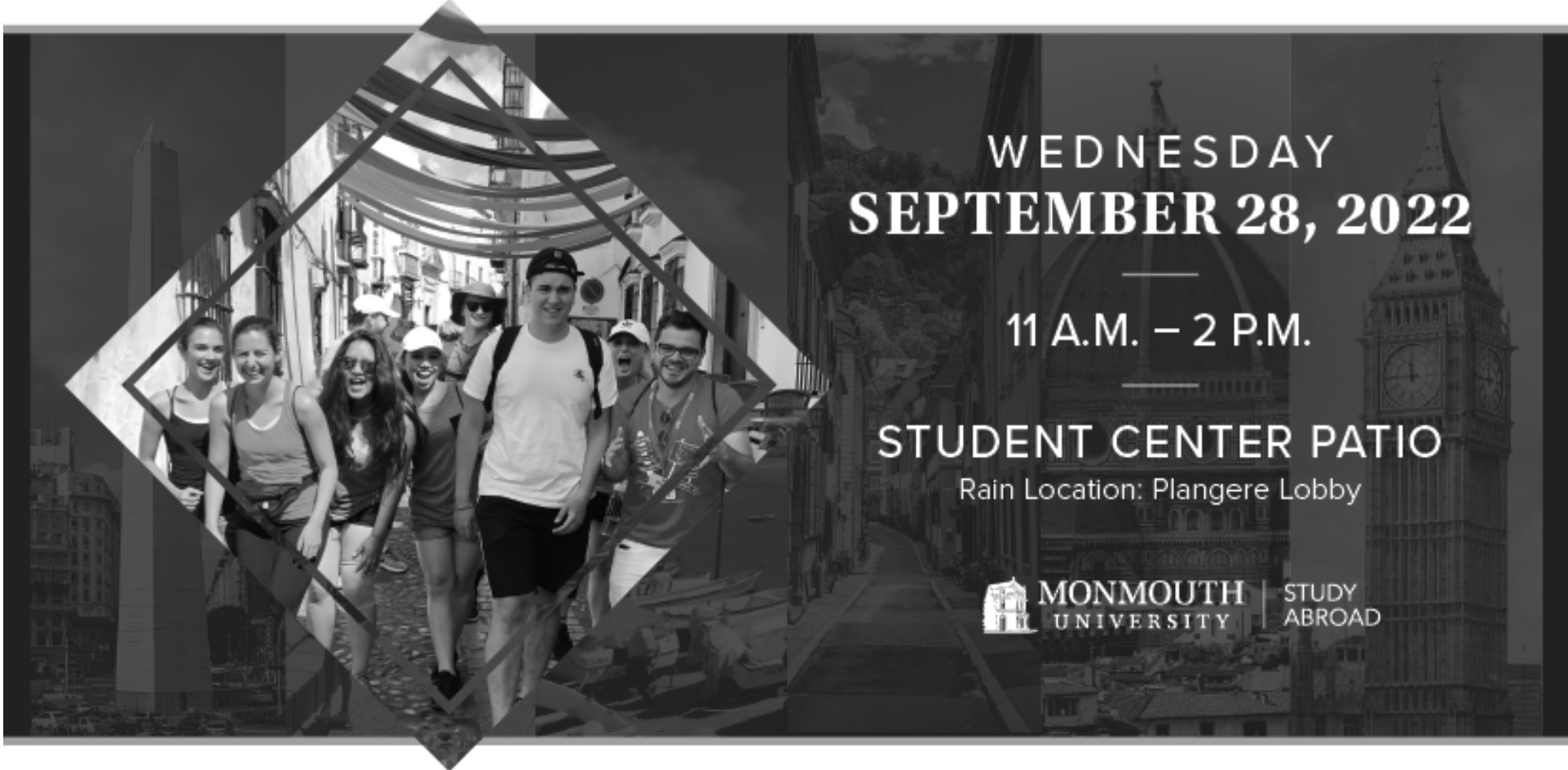
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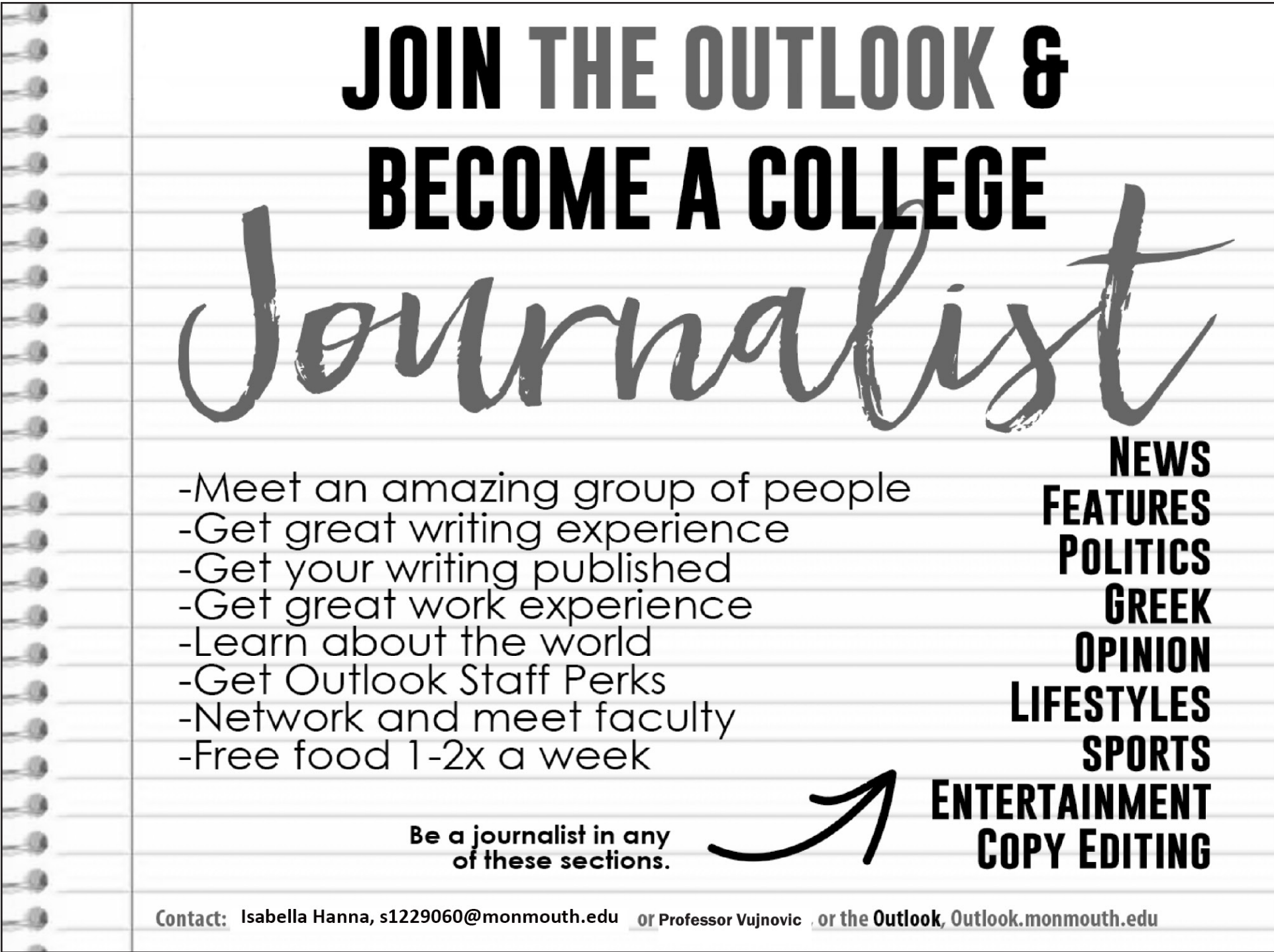


**WEDNESDAY  
SEPTEMBER 28, 2022**

**11 A.M. – 2 P.M.**

**STUDENT CENTER PATIO**  
Rain Location: Plangere Lobby

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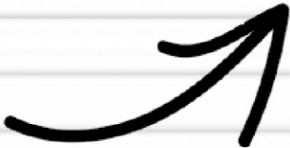


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# New to MU: Women's Rowing

**ABIGAIL BROOKS**  
GRADUATE ASSISTANT  
MANAGING EDITOR  
INTERIM SPORTS EDITOR

Women's rowing has entered Monmouth University's athletic lineup as the school's 24th National Collegiate Athletic Association (NCAA) Division I sport.

The addition of the team was announced in 2021 by Monmouth University Director of Athletics Jeff Stapleton, who noted that "Monmouth's close proximity to the water and the shore provides a natural fit to add women's rowing to our athletic department and we are thrilled to partner with our local community as we build a championship program."

Scott Belford serves as the program's head coach alongside assistant coach Olivia Staff. Prior to joining the Monmouth University athletic community, Belford spent 18 years as the head coach of varsity crew at Christian Brothers Academy after founding the program in 2004. Staff spent four years as an assistant rowing coach at the University of Tulsa and held the title of Interim Head Coach in 2022 before coming to Monmouth.

"It's 2022. People are usually taking away things rather than adding them. It's going to be unique in helping to build, but also really supporting the student-athletes and their experience," said Staff. "We're just excited to give

them a good opportunity to compete at this level while also understanding that we're going to get better each year, and that's going to be interesting to watch."

"This is a really unique experience. There aren't too many people out there who have had the opportunity to do this," added Belford. "It's a really unique challenge, but from my perspective, I think this is a lot of fun."

The women's rowing team announced its first recruiting class in July, consisting of 11 incoming freshmen from five different states. Beyond these recruited student-athletes, Belford and Staff are seeking to expand the team by retaining walk-on athletes from the wider campus community.

"We have 11 athletes on the team and another 15 with walk-on interest," explained Belford. "Most D1 programs are about two-thirds recruited athletes. You do need that experience, and having those experienced athletes helps bring talented walk-ons along faster. The learning curve is accelerated when we have the luxury of putting recruited athletes in the boat with walk-ons."

"At the college level, the sport relies heavily on walk-ons and finding people who were athletes in high school, aren't playing their sport in college, and want to try something different," continued Belford. "If you look at the landscape of the sport nationwide, you have a lot of areas where it just doesn't exist.

If you go out to a state like Nebraska, there's almost no chance that you could have rowed in high school."

"We want people who are good academically but who are also willing to grow and learn. We want some leadership skills as well," explained Staff.

Athletically, the team is looking for tall, long-limbed athletes with a predisposition toward endurance.

"We're looking for people who are interested in attacking it and being aggressive with it," added Belford. "The other thing that really jumps out for us is people who can take verbal instruction and translate it into making technical changes in order to figure out how the stroke works."

"We're going to measure this season on progress. Obviously when the first poll comes out, we're going to be picked to finish last in the CAA because we only have freshmen and we're going to be up against programs that because of COVID have not only freshmen through seniors, but most teams now have fifth and sixth years," explained Belford.

"Because this is the rowing program's first year, the sky really is the limit. It is up to us what we achieve, and my hope is to make waves in the CAA during my four years here," said freshman recruit Alaina Ruggiero, one of the first 11 members of the women's rowing team. "I was immediately inspired by the way Monmouth students,

athletes, coaches, and faculty care about the community and uplift each other. When I was lucky enough to be presented with the opportunity to be a part of this brand-new program, which is truly once in a lifetime, I was all in. Just knowing that my team and I are making history with each inch we move the boat is something that I couldn't experience anywhere else."

"My hopes for the future of the rowing program is that our team can work together to help build the foundation of the Monmouth women's rowing team," added teammate Marissa McKenzie.

"I fell in love with rowing because it is a very rewarding sport in the sense that if you honestly work hard, you will see success," explained teammate Hailea Anderson. "It also is a very teamwork-based sport, and I hope to see this first class of recruits continue to inspire a motivating and welcoming atmosphere."

"By the time we get the same four year roster that everybody else has, I think you're going to see a lot of excellent performances from us. Ultimately, this is a team that will probably have a roster somewhere in the 40's by the time we get to year three and year four. It'll be one of the bigger women's sports on campus," concluded Belford.

The women's rowing team will kick off their inaugural season at the Navy Day Regatta on the Schuylkill River in Philadelphia on Saturday, Oct. 15.



PHOTO COURTESY of Christian Brothers Academy

**Head Coach Scott Belford** spent 18 years at Christian Brothers Academy before coming to Monmouth to help start the women's rowing program.

# Women's Soccer Defeats Stonehill in 4-0 Victory

**JENNA WALTERS**  
CONTRIBUTING WRITER

In their final non-conference matchup before heading into CAA play, the Monmouth University women's soccer team (7-1-0, 0-0-0 CAA) secured a 4-0 victory over the Stonehill University Skyhawks (1-7-1, 0-0-1 NEC) in an offensive spectacle on Sunday, Sept. 18.

After 25 scoreless minutes to open the match, sophomore Chloe Ferreira put Monmouth

on the board with her second goal of the season, giving the Hawks the advantage entering the second half in an otherwise scoreless first. Early in the second half of play, Monmouth increased their advantage to a 2-0 lead with a goal from forward Summer Reimet's in the 52nd minute. The goal adds to Reimet's impressive performance so far this season, bringing the freshman to three goals and three assists.

The scoring continued for Monmouth late into the sec-

ond half, with freshman Kayla Reed earning her second goal of the season off of a shot in the 65th minute. Monmouth put the finishing touch on a strong win when sophomore Sammy Jones passed the ball to her sister, Allie Jones, who headed the ball into the back of the net to secure a last-minute goal. The shot in the final minute of play marked Jones' first career goal as a Hawk and secured a 4-0 victory for the home team.

The goals earned by Monmouth did not come easily – the physical and competitive match drew six fouls from Stonehill and five from Monmouth, the only statistical category apart from saves in which Stonehill topped Monmouth.

The four Monmouth goals were just one part of an offensive showcase put on to conclude non-conference play, with the Hawks outshooting the Skyhawks 33-2. The win was also the product of a strong defensive effort by Monmouth, holding Stonehill to only two shots and just one shot on goal. Apart from Stonehill's 12 saves to Monmouth's one, the Hawks dominated the match statistically, also earning eight corners to Stonehill's zero.

The win Sunday afternoon also holds historical significance for the Hawks. The seven non-conference wins, topped off with their victory



PHOTO COURTESY of Monmouth Athletics

**Chloe Ferreira** scored Monmouth's first goal of the match to make the score 1-0, setting the scene for the Hawks' 4-0 victory.

over Stonehill, secured the 2022 team as the fourth since 1995 to earn seven or more non-conference wins, managing this feat alongside the 2008, 1996, and 1995 Hawks. Sunday's matchup also signified Monmouth's highest number of goals scored in their first eight games since 2000, with both seasons bearing 22.

The match also displayed the collective effort of the well-rounded Hawks. Not only did Monmouth's four goals come from four different scorers, but 24 different players took the

field for Monmouth throughout the game to contribute to the definitive win. The final score also falls in line with a pattern for the Hawks, with six of eight non-conference opponents blanked by Monmouth in shutout games. Thus, the confident win against the Skyhawks sets a great tone for Monmouth as they move to CAA play.

Monmouth takes on their first CAA opponent as they face the Towson University Tigers (7-1-1) on the road on Thursday, Sept. 22 at 6 p.m.



PHOTO COURTESY of Monmouth Athletics

**Allie Jones** scored Monmouth's fourth and final goal to secure the 4-0 win over Stonehill, her first career goal as a Hawk.



# Football Dominates Georgetown in First 2022 Win

**ABIGAIL BROOKS**  
GRADUATE ASSISTANT  
MANAGING EDITOR  
INTERIM SPORTS EDITOR

The Monmouth University Hawks (1-2, 0-1 CAA) faced off against the Georgetown University Hoyas (1-2, 0-1 PL) to earn their first victory of the 2022 season on Saturday, Sept. 17 at Kessler Stadium in West Long Branch.

The Hawks defeated the Hoyas 45-6, improving their all-time series against Georgetown to 3-0.

This 39-point victory marks Monmouth's largest margin of victory since a 45-0 win over Presbyterian on Oct. 12, 2019.

Monmouth dominated the matchup with 466 yards of offense compared to George-

town's 251, allowing only 68 yards in the second half of play and holding the Hoyas to three-of-14 on third down. The Hawks also had a season-high three sacks and seven tackles for a loss, dominating the Hoyas for a hard-earned and long-awaited win.

Monmouth running backs Owen Wright, Jayden Shirden, and Juwon Farri led the offensive effort with a combined five touchdowns, including four on the ground.

The Hawks led the first quarter 14-3 after two short runs from Wright, who increased the lead to 21-6 by the end of the second quarter after catching a 14-yard pass from quarterback Tony Muskett. The win over the Hoyas marks the second consecutive week

Wright scored three touchdowns. Prior to the matchup against Georgetown, Wright led the CAA with five rushing touchdowns after scoring two against New Hampshire and three against Fordham.

Jaden Shirden, who was named CAA Football Co-Offensive Player of the Week following his record-breaking 299 rushing yards against Fordham, scored a 67-yard touchdown to give the Hawks a 28-6 lead in the third quarter. Shirden ran for 139 yards against the Hoyas, securing back-to-back 100-yard performances for the sophomore running back who also set a new career high with 18 carries.

Monmouth continued to play strong into the fourth



PHOTO COURTESY of Monmouth Athletics

**Jaden Shirden (20)** ran for 139 yards against Georgetown, securing his second consecutive 100-yard performance.

quarter, increasing their lead with a 40-yard field goal from Vincenzo Rea and rushing touchdowns from Juwon Farri and Frankie Savino to end with a 45-6 win over Georgetown.

Muskett, a key player in the Hawks' offensive effort, extended his touchdown passes streak to 18 games following the win over Georgetown. Muskett has a touchdown in every game of his career and now has 38 total career touchdowns, tying him for fifth in Monmouth history with Brandon Hill's 2013-2014 season.

Defensively, Monmouth held a strong back line – the Hawks only allowed two field goals from the Hoyas and held the visiting team to 61 rushing yards. This was the first time Monmouth has held a team to less than 75 yards since a 2021 matchup against Princeton.

"We kept it personal this week. We [the defensive line]

felt responsible for the Fordham loss, we didn't get enough pressure, we didn't make him think or move him around. It was a collective effort this week," said senior defensive lineman Pat Hayden.

"We got the first win of the season and as I told the team, sometimes that first one is the hardest to get," explained head coach Kevin Callahan. "Today I thought we played a fairly dominant second half and really sealed the game. On the defensive side we came up with two turnovers and gave the ball to the offense who was able to turn those possessions into scores."

The Hawks have three Patriot League opponents on their 2022 schedule. After a tough 52-49 loss against Fordham and a runaway victory over Georgetown, Monmouth will face Lehigh as the team's last PL matchup on Saturday, Oct. 1.



PHOTO COURTESY of Monmouth Athletics

**Owen Wright (26) and Tony Muskett (11)** led the Hawks to victory against Georgetown, driving the offensive effort.

## Field Hockey Falls to Ranked Opponents

**KATERINA YODER**  
CONTRIBUTING WRITER

The Monmouth University field hockey team (2-4, 1-0 CAA) faced two more nationally ranked opponents as they played No. 15 Harvard University (3-2) and No. 21 Boston College (4-4) in back-to-back matchups on the road on Friday, Sept. 16 and Sunday, Sept. 18. Both matchups resulted in losses for the Hawks, leaving Monmouth 1-5 against ranked teams and 0-3 on the road for 2022.

The Hawks first traveled to Cambridge, Mass. to face Harvard in their fifth consecutive matchup against a ranked opponent, where the home team prevailed with 11 shots on goal to Monmouth's three and 14 penalty corners without conceding any to the Hawks. Monmouth's Phileine Hazen made nine saves which allowed the Hawks to hold out for double overtime, marking Hazen's fourth game with at least eight saves this season.

Katie Yoder tallied two shots on goal along with Annick Van Lange who added one of her own. Each team had difficulty finding the back of the net, extending

the game past regulation and marking Monmouth's third overtime game of the season. In the first period of overtime, Harvard had multiple penalty corner opportunities but could not find the back of the cage. Monmouth answered with another scoring attempt but fell short, sending the game into a short second period of overtime before Harvard's Avery Donahue deflected Kate Oliver's shot to score the game-winning goal and a 1-0 victory for the Crimson.

Harvard leads the all-time series against Monmouth, 2-0, with both Monmouth-Harvard matchups going into overtime in back-to-back seasons. This was the first competition between the teams that took place in Cambridge, Mass.

In a quick turnaround, Monmouth then faced nationally-ranked No. 21 Boston College two days later a short distance away in Chestnut Hill, Mass.

The game ended with Boston College triumphant after scoring one goal in the first period of play and two more in the third. The Hawks fought hard and scored two goals in the second half, but it wasn't enough to save the

game.

Boston College created a 2-0 lead at the start of the second half, but Monmouth's Annick Van Lange responded 20 seconds later scoring her third goal of the season and 54th career goal off a feed from Sophie Dercksen on a penalty corner to make the game 2-1.

With seven seconds left in the third quarter, Boston College scored again making the score 3-1. Monmouth's Sophie Dercksen swatted her first goal of the season and third of her career with 23 seconds remaining in regulation, making the score 3-2. The Hawks were unable to come back from this deficit, resulting in another close Monmouth loss.

Phileine Hazen made 11 saves in goal for Monmouth, making her third double-digit save effort of the season.

This was the first ever matchup between Monmouth and Boston College and Monmouth's sixth consecutive ranked opponent this season.

The Hawks look ahead to their matchup against Wagner as they return home to So Sweet A Cat Field on Sunday, Sept. 25 at 1 p.m.



PHOTO COURTESY of Monmouth Athletics

**Phileine Hazen** had several key saves in both games, but it wasn't enough to secure a victory for the Hawks.



PHOTO COURTESY of Monmouth Athletics

**Sophie Dercksen** secured her first goal of the season at the end of the matchup against Boston College, making the final score 3-2.





# ***SOCCER SWEEPS STONEHILL***



Women's soccer secured a 4-0 victory over Stonehill, marking their seventh non-conference win of the 2022 season.

**SEE STORY ON PAGE 14**

PHOTO COURTESY of Monmouth Athletics