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Shelter in place at Elmwood Hall

Campus goes into lockdown following potential threat

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On Sept. 30, students, faculty, and parents were notified by the Monmouth University Emergency Notification System of a shelter in place order for the dorm building Elmwood Hall due to a possible emergency situation in the building. The alert was proved to be a result of a false threat.

This email and call alert was sent out at 4:41 p.m. and read, "Due to an emergency situation at Elmwood Hall, all students please shelter in place at Elmwood Hall. Do not leave your rooms." About 17 minutes later,

another alert reported, "Due to possible incident at Monmouth University you are advised to shelter in place and await further instructions."

At this time, students on the residential side of campus spotted multiple police cars in the area, as well as dozens of police officers on the scene. At 5:28 p.m., the campus was given the all-clear, stating, "The recent emergency situation at Monmouth University concerning the shelter in place is over. The campus is safe and secure. Thank you for your cooperation."

An hour later, President Patrick Leahy, Ed.D., President of Monmouth University, sent out an email to the campus community, thanking them for their patience. He wrote, "Earlier this afternoon the Monmouth University Police Department (MUPD) was alerted to a reported threat in one of our residence halls. MUPD issued a shelter-in-place in order to



PHOTO COURTESY of Matthew Boyle.

Elmwood Hall is located on the residential side of campus.

investigate the report. Multiple agencies responded to campus to assist with the investigation and found the report to be unsubstantiated."

He continued, "The shelter-in-place was lifted and MUPD issued an all-clear notification. I appreciate the efforts of our officers who work to ensure the safety of our campus community, and I am grateful for the ongoing support we receive from our neighboring

municipal and county agencies."

During the lockdown, students voiced their concerns and confusion on the popular campus app, YikYak. "If there is an emergency SO bad that you can't leave your ROOMS at all, why isn't the whole campus on lockdown???? Praying for you elm," one student commented. Other students posted comments in the app showing confusion

and worry about the situation. One student posted, "Is Elmwood ok?," and another stated, "What's going on?"

President Leahy said that he understands students' concerns, but is also confident in the University's safety policies. He said, "I understand and appreciate how scary and unsettling situations like this can be, even when proven

Elmwood Hall cont. on pg. 2



PHOTO COURTESY of Victoria Nicol.

MU Dance Team attends "Light The Night" event

Leukemia and Lymphoma Society hosts annual event in Long Branch

OLIVIA PUZIO
CONTRIBUTING WRITER

Monmouth's Dance and Cheer teams attended the Leukemia and Lymphoma Society's (LLS) "Light the Night" event at The Great Lawn in Long Branch, in support of those affected by blood cancers, on Oct. 5.

LLS is a nonprofit organization that hosts events like "Light the Night" to raise money for cutting-edge research in

immunotherapy, genomics, and personalized medicines, leading to higher rates of survival in blood cancer patients.

"Light the Night" is an event that brings the community together to honor and celebrate those who have been or are currently affected by blood cancers. During the event, participants marched about one mile across the boardwalk holding lanterns representing their connection to the cause: survivors with white, supporters with red, and those walking in memory of loved ones who have passed from blood cancers with gold. Following the mile walk,

fireworks symbolize bringing light to the darkness of cancer and hope and connection to those who feel helpless and alone.

The junior captain of Monmouth's Dance Team, Nicole Faustino, described, "[Light the Night]" a fundraising event organized by the Leukemia and Lymphoma Society to support and provide aid to those affected by blood cancers. Participants gather for a walk, carrying illuminated lanterns in support of survivors, in memory of loved ones, and in support of those fighting.

MU Dance Team cont. on pg. 3

INSIDE:

NEWS

Freshman attends Monmouth on Jessica Beth Schwartz Memorial Scholarship

Pg. 3

ENTERTAINMENT

"Am I Okay? (I'll be Fine)": Megan Moroney's deluxe album review

Pg. 8

SPORTS

Monmouth soccer takes back to back wins over Delaware

Pg. 15

INDEX

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

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Elmwood Hall

cont. from pg. 1

to be unsubstantiated. Sadly, colleges and universities across the country have increasingly become targets for these types of false reports. However, whenever a threat is received by the University, we will act swiftly to keep the campus as safe as possible, consistent with the guidelines of the Monmouth County Emergency Response Team (MOCERT)."

"The perpetrator of the threat did not contact the University directly. MUPD issued a shelter-in-place in order to investigate the report," Leahy continued, "Given that the reported threat was found to be unsubstantiated, there was no additional detail to report. The investigation into identifying the perpetrator is still active."

Tanner Purdy, President of Monmouth's Student Government Association (SGA), also commented on the event. He said, "We share your concern for the spread of misinformation and recognize that the lack of material facts available has caused some to continue to speculate about what occurred. After conferring with senior administration members, we were informed that this is still an active investigation by local/county authorities and as a result no further details can be shared. SGA has requested that the University share additional

information when it is legally able to do so. The Monmouth County Prosecutor's Office is leading the investigation and will determine what information can be shared and to this point has not allowed the University to release any additional information."

The Outlook reached out to Milton Morris, Chief of the MUPD, for a comment, but as this is still an active investigation, there was little information he could share publicly. "Within minutes of the MUPD dispatcher receiving the call, Monmouth University Police Officers arrived on the scene, along with officers from neighboring agencies. While we are all relieved that the threat was a hoax, I am very proud of the rapid response of our officers and their threat assessment, enabling us to end the shelter-in-place order quickly," Morris commented.

Following the 2023 campus lockdown which involved a false gun report that turned out to be a curling iron, the campus community was provided with a Zoom call with the president regarding any concerns or questions as well as a detailed email explaining the event.

However, the same response was not provided for last week's events. President Leahy explained, "Different situations call for different follow-ups. My email to the student community

following the all-clear notification explained the details of this specific event, which—thankfully—was a false alarm. I also shared the same information with parents and families in a separate email."

On Tuesday, Oct. 1, students were sent an email from the Division of Student Life, providing mental health resources. "We are aware that events such as the one that took place yesterday are unsettling. Please make sure to utilize our campus mental health resources," wrote Shannon Killeen, Associate Vice President for Student Life and Dean of Students.

SGA also filed an email to students last Tuesday. This email read, "On behalf of the SGA, we are very relieved that everyone is safe after yesterday's shelter-in-place. We extend our deepest gratitude to the Monmouth University Police Department and surrounding jurisdictions for their swift and professional response to the situation. Their commitment to student safety was on full display reassuring us that the security of our community is in capable hands. Please join the SGA in taking a moment to thank the members of the MUPD as you see officers around campus in the coming days."

The email continued, "Yesterday's shelter-in-place serves as a stark and unfortunate reminder of the world in which we live. Throughout the shelter-in-place, we were disturbed to

see rumors and misinformation spread on social media and online messaging platforms regarding the threat in Elmwood Hall. Many of these false assertions unnecessarily elevated the fear and stress students, staff, and faculty experienced. There is no place for rumors and misinformation at Monmouth. When emergencies strike it is up to us to stay calm, stay safe, and stay tuned for official updates from MUPD and University officials. Any other response may cause panic and lead to undue harm. At Monmouth, we will be defined by our ability to rally together and support one another, not by fear or panic."

Also on Oct. 1, Chief Morris sent an email to the Monmouth community containing the 2024-2025 "Guide for a Safe Campus." Morris wrote, "Each year Monmouth University publishes an annual security report which includes the previous three calendar years of crime and fire statistics on campus and outlines University policies, procedures, and programs concerning safety and security. I strongly urge all members of the campus community to familiarize themselves with the contents of this Guide."

Morris continued, "This Guide contains valuable information, including but not limited to crime prevention strategies and procedures, emergency procedures (i.e., timely warning, missing persons,

campus lockdown, bomb threat, emergency notifications, fire evacuations and active shooters), educational and awareness programs, important policies, and information and support services for victims of sexual assault, domestic violence, dating violence, and stalking."

Purdy additionally noted, "Monday's shelter-in-place serves as a harsh reminder of the dynamic and unpredictable world that we all call home. As to the frequency of these events on our campus, we are unable to predict when they will strike. What we can say for sure is that when emergencies hit, it is up to our entire community to follow the updates shared by the University authorities. Recently, Chief Morris of MUPD distributed the Guide to a Safe Campus report which is available for all to view on the Monmouth University website and it can offer more information on the steps that are taken during emergencies. We will be working with MUPD to continue to educate our community on best practices in the event of emergencies. Most importantly, it is our hope that students will not allow the unknown to prevent them from enjoying their time at Monmouth."

Leahy concluded, "I am grateful for our officers in the MUPD and surrounding agencies who work to keep our campus safe, and I appreciate the cooperation from our students and employees."

Monmouth blue light system: how does it work?

TAYLOR MEMOLI
EDITOR-IN-CHIEF/NEWS EDITOR

With the recent relocation of the Monmouth University Police Department (MUPD), students have voiced their concern with the new move and its effects on students' safety.

One issue in particular that still concerns students is the campus' emergency cell phones, better known as the blue light stations. These stations are scattered all around campus and are identifiable through their use of the blue light over their systems.

Milton Morris, the MUPD Chief of Police, explained, "There are 52 exterior emergency phones on the residential side of campus, including seven inside of the library. There are 85 exterior emergency phones on the academic side of campus,

including the Garden and Great Lawn apartments."

"An individual would activate the emergency phone anytime the individual believes there is a situation requiring the immediate response of a Monmouth University Police Officer," Morris continued.

"This is done by pressing the red/emergency button located on the call box. There is also a 'Call' button located on the emergency phone where you can dial any extension on campus to contact someone in a non-emergency situation."

Once the button is hit, a member of MUPD is immediately notified, ensuring that the individual will receive help as soon as possible. "Once the emergency phone has been activated, you are immediately connected to a Monmouth University Police Department Dispatcher,"

Morris said.

"The dispatcher then relays the information, via radio, to the officer assigned to the area of campus where the emergency phone activation occurred. This transmission is heard by every officer on duty, who may also respond to the emergency call. The Officer will then immediately respond. Depending on the emergency, the MUPD Officer will be with the caller until the completion of the event."

Morris also ensured students that all of the blue light stations are checked once a week to guarantee that they are working whenever someone needs to press one.

Morris concluded, "The relocation of MUPD has not changed the response time for an emergency phone activation, because the officers that are responding to the activation are already outside actively on patrol."



PHOTO TAKEN by Matthew Boyle.

Freshman attends Monmouth on Jessica Beth Schwartz Memorial Scholarship

TAYLOR MEMOLI
EDITOR-IN-CHIEF/NEWS EDITOR

Once a year, the Jessica Beth Schwartz Memorial Scholarship gives out \$6,000 in total educational scholarships for students whose lives have been saved through organ transplants and donations. For the 2024-2025 school year, three students received this scholarship, and one of them chose to celebrate their bravery here at Monmouth University.

Nadia Kadi is currently

a freshman majoring in business with a minor in film. Kadi is thrilled to be able to attend Monmouth and plans to join clubs and organizations where she can promote organ and tissue donation.

“Life isn’t always easy,” she said. “Of course, I have bad days. However, my second chance at life helps me be more appreciative of the gift I was given. I am passionate about helping others, making people happy, and recognizing all the good in the world.”

Kadi wishes others could

find inspiration from her story and learn more about organ donation. “I hope that others will understand the importance of organ donations and the impact on recipients’ lives,” she explained.

The Jessica Beth Schwartz Memorial Scholarship, whose mission supports the Gift of Life Donor Program, started in 2003. Since then, 83 students have been awarded scholarships. Co-founded by Janice Schwartz-Donahue in memory of her daughter Jessica Beth, the scholarship aims to give young people who have a new opportunity at life the opportunity to pursue higher education.

Donahue works to handpick the recipients of the scholarship each year, and explained, “I began this Scholarship soon after my daughter Jessica Beth Schwartz died. Jess was born with a congenital heart defect and had a number of heart surgeries before her heart transplant at the age of 14. She survived 8 ½ years after her transplant [and was] able to graduate from High School, and then from Harcum Jr. College and was a student at Temple University majoring in Journalism when she passed. It was her dream to earn her Bachelor’s degree and share her story with others... We



PHOTO COURTESY of Nadia Kadi.

Nadia Kadi is currently a freshman here at Monmouth.



PHOTO COURTESY of Nadia Kadi.

Kadi in the hospital as a young child.

were immersed with the Gift of Life Donor Program and the local Transplant World, and it seemed natural to want to help other students who had solid organ transplants like Jessica fulfill their dreams. These students live unique lives because of their transplants and often spend lots of downtime in and out of hospitals.”

When selecting students to receive the scholarship this year, Donahue admits that she was drawn to Kadi’s story.

“In writing about her ‘Second Chance,’” Donahue began, “Nadia shared that life isn’t easy as a transplant recipient and yet she shares how she continues to be passionate about helping others. She even brings

friends and family out to the Dash for Organ Donor Awareness! Our transplant students are often special and insightful. I would add wise beyond their years...I think just going through the transplant process and wanting to live a normal life while overcoming their personal health issues to attend college is noble.”

Donahue concluded, “Nadia seems very mature and even if she is not sure of her major as yet, just applying to school and looking forward to a fulfilling career and future is admirable. She is setting goals for herself! I hope she is able to attend classes on a regular basis and continues to share her message about the Gift of Life.”

MU Dance Team

cont. from pg. 1

The event creates a sense of community while raising awareness and funds for cancer research and patient support programs.”

Victoria Nicol, a sophomore on Monmouth’s Dance Team, remarked, “This is my second year attending the ‘Light the Night’ walk and it hasn’t failed to amaze me. The sense of community and the amount of love the walk is filled with is undeniable, and I can’t wait to be back next year.”

As a part of Monmouth’s spirit squads, the Dance and Cheer teams are typically seen attending different

events on campus to keep people feeling engaged and excited while at sports games, open houses, and similar occasions, but they also appear at a variety of different events off campus, similar to “Light the Night.” Faustino explained, “It is important for the Monmouth University Dance Team to be at the ‘Light the Night’ event because our presence brings energy and encouragement to participants, helping to uplift the community during an emotional and impactful event. Our involvement also shows the university’s commitment to supporting important causes. Additionally, the dance

team can inspire school pride while contributing to a positive atmosphere that aligns with the values of unity and support.”

Following the conclusion of the walk’s festivities, the Leukemia and Lymphoma Society raised over \$250,000, which will all go toward research for cures and treatments that will benefit those affected by blood cancers.

Rebecca Pimentel, a junior on Monmouth’s Dance Team, concluded, “I was very moved by the attendance of both supporters and survivors. I thought it was an incredible event for a really amazing cause.”

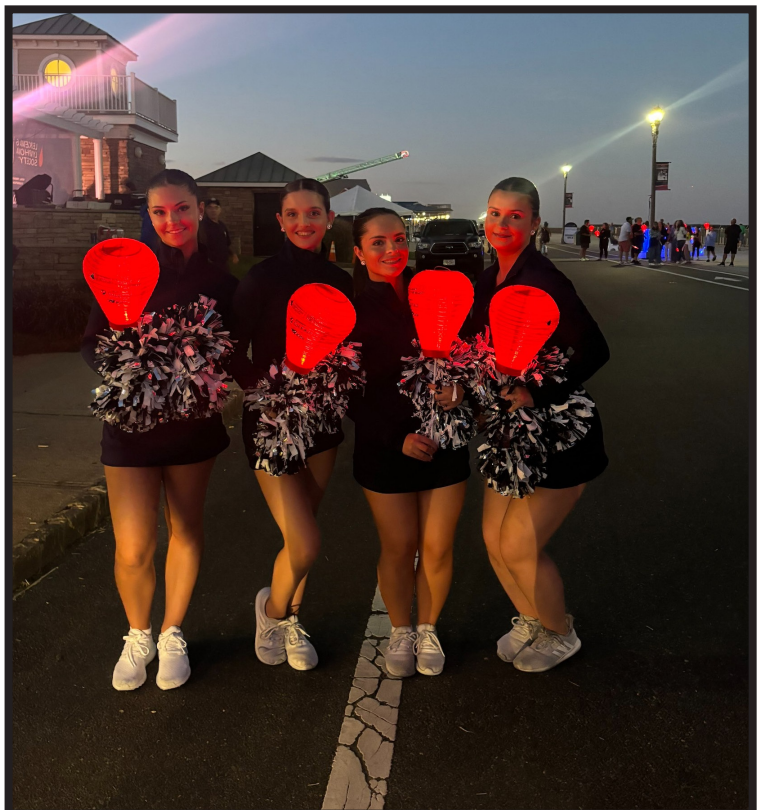


PHOTO COURTESY of Victoria Nicol.

Members of Monmouth’s dance team at “Light the Night.”

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Should online class be an option in college?

EDITORIAL STAFF

Ever since the year 2020, it has seemed like online classes have become much more accessible at school's all across the country, including college campuses. Although the thought of taking an online course sounds nice, there are definitely some aspects about online courses that are not good for students.

The editors at *The Outlook* were asked the same question about if they think that they learn as much online compared to in-person classes and many of the editors seemed to have similar opinions. One editor said, "I don't retain information as well in online classes compared to in-person classes. I know other students have a similar experience, you can even see some students literally attend their online classes while they are sitting in their bed in the dark."

Another concern with taking online classes seemed to be people having trouble paying full-attention. One editor said, "I have the worst attention span in the world,

and I start doing anything else but listen to the professor. When I am in in-person class, I purposely only bring a pen and paper so I can make myself pay attention without any distractions."

Another editor had the same opinion about attention-span being a concern with online classes and stated, "I don't think I learn as much in an online class. I find that I get distracted easier and don't think I'm building the connections with the information I'm learning over Zoom."

There are various things that our editors do not like about online classes. When asked about this, one editor replied, "All of it, honestly."

Communication with classmates could also be of concern from students, as one editor said, "I think it is harder to learn in an online class setting. I really value class discussion, and I think this is an aspect of online classes that feels awkward; I think students are more inclined to participate at in-person classes."

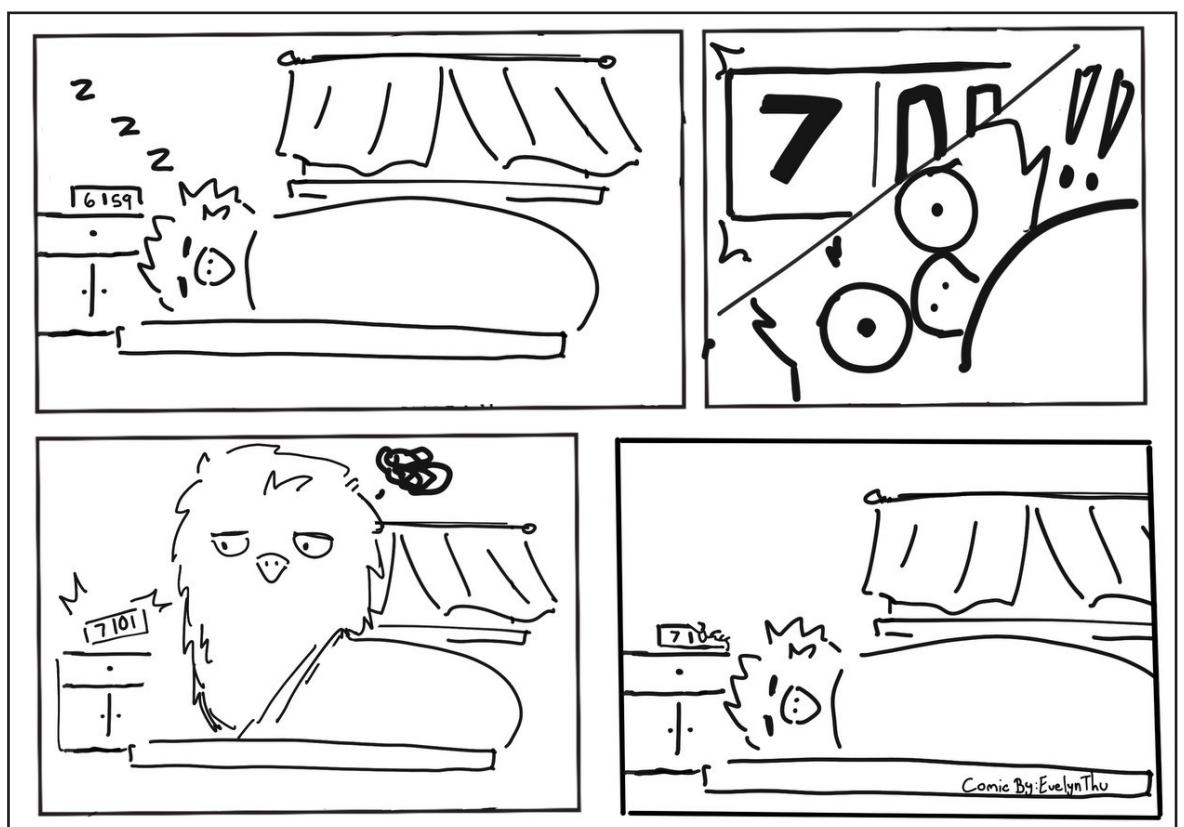
There are some advantages to the idea of college courses being online

though. An editor shared, "I like the ability to work independently and being able to work from home. I'm a commuter so traveling takes up a huge amount of time."

Another positive angle an editor shared was, "I like the flexibility of online classes; it's nice not having to run back and forth from campus to your house or dorm." It is clear that the major positive point that students have seen from online classes is the flexibility of it.

One editor stated, "I liked not having to wake up early to get ready for class, but even that started to get old. I started to feel useless." Obviously, it is nice to sleep-in, but is it worth "feeling useless"?

Although many negative perspectives were provided about online classes, many of the editors still believe online classes should be available to take. An editor shared, "Since the pandemic there is definitely a need for online classes. In this crazy world, it's good to have an alternative learning outlet. Now if there's a closure, weather emergency, or something we can continue to learn without having to go on campus."



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Is climate change an urgent issue?

RILEY MCGEE
STAFF WRITER

I fully believe that climate change is real and that it is something that is an urgent problem.

In today's world, some people believe that it is not real, but I think that there are several reasons why it is real and it is an urgent problem that we should care about.

To begin, there has been a noticeable increase in rising temperatures all over the globe. I mean even just in New Jersey our summers feel hotter, and it feels as if it really doesn't start to get truly cold until the end of October.

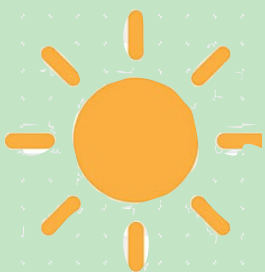
The temperatures are rising because of greenhouse gasses, and it is causing severe heat waves; The temperatures rising can affect the health of many people, especially those who spend their days working outside all day long.

Along with this, because of these rising temperatures, the ice caps and the glaciers are starting to melt and not only melt but melt faster. This also causes the loss of many of the animals that live in these ecosystems, which is causing animals like polar bears to be severely affected by this as well.

Secondly, there has been an extreme increase in weather events and natural disasters. Just a few weeks ago, there was a hurricane that affected the lives of many people in places like Florida and the Carolinas. This causes communities, families, friends, and homes to be destroyed as well.

These are just two things that can help to back up the idea that climate change is a real and urgent problem. The climate affects the lives of people and animals, as well as the sea levels, the displacement of homes and communities all across the world, and ecosystems. It is something that is a constant debate in the United States.

When it shouldn't bet. The planet's temperature is rising and increasing, and one day it could truly affect everyone more severely if we don't try to do something about it.



My outlook on MLB playoffs

CHRIS ARP
CONTRIBUTING WRITER

With the Major League Baseball Postseason officially underway, we saw some early upsets in the Wild Card Round, and can potentially see some again in the ALDS, which is ongoing throughout this week.

In the Wild Card Round, the Detroit Tigers, Kansas City Royals, and The New York Mets (all three underdogs) upset their respective opponents. The Tigers are now underway in a series against the Cleveland Guardians, Royals against the New York Yankees, and

Mets against the Philadelphia Phillies.

The three teams these underdogs are matching up against had a BYE, so the question is will they be a little rusty at any point during the series?

The Tigers Cinderella story has come pretty far, but will it finally come to an end? The Guardians match up pretty well against Detroit and I believe they have the pitching to finally tame the Tigers.

On the other side of the bracket, with the New York Mets shockingly taking Game 1 in Philadelphia after a spectacular 5 run 8th inning comeback, are in good shape as after Game 2, will head back to New York.

The New York Yankees took Game 1 against the Royals but it wasn't easy. The Royals have the pitching to lock up the Yankees lineup. Aaron Judge's postseason woes continue which is the storyline out of this series from the jump. If the Yankees want to go the distance, Aaron Judge needs to contribute. After going 0-4 with three strikeouts in game one, his career postseason average looms toward the

Mendoza line (.200 AVG), it's a fair ask for Yankees fans to call on their captain to wake up at the plate.

The Dodgers-Padres series for the battle of California is off to a fascinating start as well, with Ohtani showing off his talent in his first-ever

postseason appearance in Game 1 by hitting a massive 3-run home run to tie the game early on. I think the

The Dodgers-Padres series has the potential to be one of the best series we've seen in a while, as both teams are truly special and match up very well against one another.

As these four matchups are Best of 5 series, each matchup will conclude by this coming Saturday, and we will have a clearer picture of who could possibly raise the trophy in the coming weeks, as there will only be four teams remaining. Who do you have winning each series during the ALDS?



The Los Angeles Dodgers finished the regular season with the best record in MLB (98-64).

IMAGE TAKEN from AP News

Student Voices

Who do you think is winning the World Series?

COMPILED BY MICHAEL GRUSEKE



"I think the Yankees will win the World Series. I think the Yankees path is easier than any of the NL teams and for that, I believe the Yankees will hoist their 28th world championship."

- Nick Giannantonio



"The Kansas City Royals will win the World Series because they will get a huge confidence boost after beating the Yankees."

- Dan Gruseke



"Not the Yankees."

-Mairead Spellacy



"I think the Padres are winning the World Series."

- Dan Yeserski

“I belong here”:

Ana Carvalho’s transfer story

ANA CARVALHO
CONTRIBUTING WRITER

Since I was a little girl, I have lived 10 minutes from Monmouth University. I had seen it up close several times, having been to Polak Theatre for my annual dance recital from age 4-15. Throughout all these years, I had been a spectator, with dreams of being on the inside of the stunning campus myself.

When it came to my senior year of high school, my plans had gone slightly differently than I had imagined. I found myself a student at Brookdale Community College, which turned out to be the best decision for me at the time. There, I ended up switching majors, finding my true calling and when it was time to graduate, my first choice of transfer schools was Monmouth University.

Getting my acceptance letter was a day to celebrate, with all the hard work I had done at Brookdale paying off, and seeing that my dream school was just inches away now. From the moment I stepped on campus, all I could say to myself was, “I can’t believe I’m here right now.”

I was in utter shock at the very sight of campus, the view from the other side. I

had been dreaming of this moment my whole life.

“I can’t believe I get to go here!” I told my parents, and still do repeat this to them weekly. Now that we’re nearing halfway through the semester, all I can say is wow. I’ve received such incredible

“To any transfer student or soon-to-be transfer student, hear me when I say you will never feel like a transfer. I personally have felt like I’ve been here my whole life, like Monmouth was just always waiting for me all this time.”

- Ana Carvalho

support from fellow transfers, some who also came from Brookdale, and made friendships with students who share my interests and major.

There are professors, such as Dr. Patrick Love, Ph.D, Associate Professor in the Department of English, who have shown me how equally passionate they are for teaching, and as an education ma-

ior, that has been so amazing to see. I got so comfortable in such a short time with the Department of Education itself. Carrie Digironimo, M.S., School of Education program advisor, showed such genuine interest in me and my career goals since the summer, before I had even had the chance to make a schedule and plant my feet here. She helped me feel welcome, congratulated me on my efforts, and was truly always one call away.

Community has always been something that for me, was so incredibly important to have wherever I went. I have to say that before I started here, I was definitely afraid of being the student that goes to class and goes right home because I was scared of not finding a place for me here.

Since I’ve started the fall semester, not once did I feel alone as a student coming from a different educational background than most of my class. There are tons of opportunities and events on campus to get to know people, stay engaged, and to really enjoy the college experience no matter how you joined. I have taken advantage of awesome after school events like the Bingo Night hosted by SGA, have toured every office of the Student Center to get to see what services and help is offered.



PHOTO COURTESY of Ana Carvalho
Carvalho poses with Monmouth pennant as she eagerly waits to begin the Fall 2024 semester.



PHOTO COURTESY of Ana Carvalho
Emily Pustam (left) and Ana Carvalho (right) snap a picture on the second floor of the Great Hall.

To any transfer student or soon-to-be transfer student, hear me when I say you will never feel like a transfer. I personally have felt like I’ve been here my whole life, like Monmouth was just always waiting for me all this time.

No matter how we get here, it doesn’t matter, what matters is that we’re here. So pat yourselves on the back for making it this far, and know you will have so many chances to share your full education journey without feeling bad that you might’ve started out elsewhere. If you’re like me, you might’ve even considered once that nowhere is going to feel right like your previous institution did. You may have even dreaded starting fresh because of your fear of change, I know I did.

I worried about having to start all over again, learning new study spots, figuring out where my classes would be, all of the little things that feel so big for some reason when it’s two days before the start of the semester. This had been my dream school for so long,

but there I was biting down the last of my nails I had left over quite the anxious summer preparing for change. I imagined I would be thrilled, losing sleep over excitement, but instead I couldn’t stop wondering if I’d stick out like a sore thumb.

Everyone on my support team, including my parents, my brother, my best friend and even an old friend, Emily who was now a senior at MU, had all told me everything would be fine. Still, I concern myself with not having a place here. How wrong I was.

I can proudly say after being a Monmouth student for two months now, that I was so, very wrong. It didn’t take long for me to find my place here, to be myself and create a new college life for me. When I was a little girl, and we used to drive by campus, I’d always say “One day, I’m going to go to school here.” Now as a 21 year old transfer student, I am here, and more importantly, I belong here.

The Importance of a Balanced Lifestyle

SARAH EIDELMAN
STAFF WRITER

We are told our whole lives that it is essential to maintain balance in many different aspects of our lives including our diets, exercise habits, and work-life ratio. However, with technology blurring the boundaries between work and our personal lives, easy and affordable access to fast food, and a lack of time, motivation, and energy to exercise, we neglect to meet the standards that are necessary for a healthy and satisfying life. By taking steps to create a balanced lifestyle we expose ourselves to the many health benefits, allow ourselves to grow on a deep

and personal level, while also increasing our productivity. Senior marine biology student, Jessa Dell'aquila, said, "a balanced diet is an important factor to get the most out of everyday life. A healthy diet will provide you with the essential nutrients needed to function throughout the day." By prioritizing eating balanced meals, we prevent ourselves from depriving or over consuming while simultaneously fueling our bodies, promoting healthy habits, and giving us the energy to carry on throughout the day.

Aside from food, work-life balance has a major impact on our health. According to an article by Ana Sandoiu for Medical News Today titled,

"Poor Work-Life Balance Leads to Poor Health Later in Life," a poor work-life balance can lead to higher risk of stroke, coronary heart disease, depression, and anxiety. Additionally, sleep deprivation, a common consequence of a poor work-life ratio, has been linked to, "cardiovascular disease and an increased risk of death causing myocardial infarction." By implementing intentional efforts to create a healthy work-life balance there is more time to de-stress, do the things that make us happy, be creative, and spend time with the people who



IMAGE TAKEN from PEXELS.com.

Working out is important to incorporate in your work-life balance.



IMAGE TAKEN from PEXELS.com.

Having a balanced diet can benefit your physical and mental well-being.

love and inspire us making us healthier and happier now and later in life. Senior communication major, Bailey Fredericks, explained, "I think having a good work life balance is important because you can't have all work and no play, else or you will burn out; on the other hand, you can't only mess around and not dedicate time to work."

In addition to benefiting our health, making time for creativity allows us to learn and grow. A work schedule that offers time for hobbies and physical activity prevents stagnancy, keeping life interesting and exciting which aids in strengthening our relationships and gener-

ating personal fulfillment. Finally, accompanying the many health benefits and personal growth and development, a balanced lifestyle also promotes productivity. A routine that consists of work, eat, sleep, repeat calls for a quick burnout. However, implementing exercise, hobbies that serve as creative outlets, and balanced meals productivity will skyrocket. Spending time away from work reduces stress and allows for time to rest and reset. By staying physically active, using food as fuel, and staying well rested we are able to return to work with energy and feeling refreshed, productive, and motivated.



ANGEL OLIVEIRA
CONTRIBUTING WRITER

Freshman year is typically one of your hardest years. Not academically so much, but on finding yourself, your people, your "belonging."

You probably grew up with the same group of kids throughout high school, middle school, and even maybe primary school; you knew everyone and you probably had your own group of friends, maybe the same ones throughout all those years.

You may arrive at college or dorm with your best friend, but college changes you. It opens doors to explore new things, new people, new relationships, discover things you possibly never knew about yourself or become a

totally new you.

As a freshman myself, you feel the famous "FOMO," or fear of missing out. So, you do things you would never do. You may even go to places that you don't want to go to, but do so because of roommate pressure. Everyone does it, so maybe that's the answer. Maybe being myself won't work here, I need to be like everyone, I need to fit in.

Although change is good, there are also negative changes that may impact your personal and college experiences. You may struggle to find your identity. You may try to copy and paste others' identities. I don't believe there's a better person than your true self. Finding or keeping your identity is crucial; it will affect who you're around, and maybe the life-long connections you will make.

I am not here to preach about this, but while you do find your identity with experiences, you also can discover your identity by listening within. Do what no one else does, but that you'd like to do. Do what makes "your name" the best "your name."

I feared not being able to

find my people because I spent so much time with people that may not have the best interests for me. Becoming me, fearless, showing the real me, has brought out and showed me where my place is here at Monmouth University. Sit with yourself, ask what you like to do, who you would like to be, and what are your passions. Knowing your strengths will lead you to your purpose. I love to write, but I also have a passion for helping others, which is why, although I am the only one from my friend group writing for the school's newspaper, I did not allow that to stop me from being who I am and doing what I love.

Additionally, you should be around those that push you to be who you are and do what you are good at. Luckily, my friend group knows my passion to write, and they pushed me to write for the school's newspaper.

You may be looking for yourself, but maybe struggling trying to live in others' footsteps. Who are you? What is your story? Look at that, become the best version, and make your little-self proud!

Finding Your Identity

Top 5 movies to help embrace your identity

BAILEY FREDERICKS
MANAGING EDITOR / LIFESTYLES
EDITOR

- 1. Stand By Me (1986):** Based on the Stephen King novella "The Body," this movie follows four 12-year-old boys who embark on a hike to find the body of a missing boy. This coming-of-age classic explores the themes of friendship, love, loss, heartache, and of course, the universal fear of growing up.
- 2. Dead Poets Society (1989):** This movie features Robin Williams as Mr. Keating, an English teacher at a prestigious boarding school. Through his remarkable, and sometimes unconventional, teaching methods, he encourages students to fall in love with not only poetry, but also life itself.
- 3. Good Will Hunting (1998):** This film, starring Matt Damon and Robin

- Williams, features a harrowing story about a young man who is completely lost in the world. But, when he meets an exceptional professor, his life begins to shift for the better.
- 4. Frances Ha (2012):** Frances, played by Greta Gerwig, is a young woman living in New York and working at a dance company. This film explores the themes of female friendship, identity, dreams, dedication, and struggle.
 - 5. The Breakfast Club (1985):** Five high school students who, on the surface, live completely disconnected lives, earn themselves Saturday detention. Through the events of the film, these individuals realize that, though they come from different walks of life, they actually have a lot more in common than they originally thought.

“Am I Okay? (I’ll Be Fine)”: Megan Moroney’s deluxe album review

LORELAI HILARCZYK
ENTERTAINMENT EDITOR

Oh my god, I’m *not* okay! Country music princess, Megan Moroney released three new tracks on the deluxe version of her sophomore album “Am I Okay?” on Oct. 4. These songs give us a little insight into Moroney’s world and the meaning behind her album. With her raspy country twang and production by Kristian Bush, this album is likely to skyrocket with the deluxe tracks. Currently, her album sits 19 on the iTunes Country music charts. Moroney’s taking the pop-country genre by storm and making her way up the charts with sparkly emo-cowgirl flare. Is there any other way?

Moroney initially blew up on social media in 2023 for her song “Tennessee Orange,” about a girl willing to root for the rivaling team if it means supporting the man she loves. Resist the urge, ladies! Stay strong, and cheer for the home team; no boy is worth going against the team your dad raised you on. There was speculation that the song was written about another country music star, Morgan Wallen. But the lore is too deep, so we’ll save that story for another time.

“Am I Okay?” was released in July 2024, featuring 14 songs of heartbreak, friendship, surrendering, and sassy confidence. Needless to say, it’s an album that god blesses the girls who love a bit of country pop twang and songs

that they can cry and dance to. You may know some of the songs on the album, like “Indifferent,” “Man on the Moon,” “No Caller ID,” and the title track, “Am I Okay?,” which circulated social media platforms, becoming trending audios.

The natural success of the album called for a deluxe, and Moroney gave the fans their wish. On Oct. 1, she announced on Instagram that she had three more songs that she’d kept tucked away: “Break It Right Back,” “Bless Your Heart,” and “I’ll Be Fine.” Along with the titles of the tracks, she gave little descriptions of each, explaining the meanings behind the

songs. Who doesn’t love a little backstory?

Jumping right in, we have “Break It Right Back,” which Moroney described as, “The love songs that start the album were short-lived, and this song explains why.” Moroney is referencing her title track, “Am I Okay?” where she sings about falling into love with her 6’2 dream and all the stars aligning in that moment. “Break It Right Back” tells the story of how Moroney fell for the seemingly good guy, and then everything she thought about him turned out to be wrong. Once again, the girls get it. She sings, “You weren’t supposed to be just like the rest / You swore up and down that,

you loved me to death / Now we’re in my driveway, and I’m now your ex / ‘Cause I’m way too much, and you need something less...” Just by the lyrics alone, this song will surely be a fan favorite on Moroney’s upcoming tour. I can hear the screaming already!

The bridge of this song is so clever and even makes a dig at why Moroney and this man didn’t work out: “And how you do it all, and I don’t do enough / How you can’t settle down with a girl that lives on a tour bus.” If I were this man, I would go into hiding after hearing that because the cowboys are going to come to Moroney’s defense. Fumbling Moroney is not something you want to be remembered for, especially when she’s stolen fans’ hearts and became a new country icon.

The next track is called “Bless Your Heart,” and Moroney describes it as, “I’m Not Pretty’s older sister, written specifically for the internet (and real-life) a**holes we all know and love.” This song is tongue-in-cheek, karma’s a b***h type song where Moroney showcases her sassy side, telling her online haters to “pick up your meds” and to “redirect your attention to those roots and split ends.” For my pop-country fans out there, this song could be related to “Mean” by Taylor Swift if we grouped them as a family. One of my favorite things that Moroney does throughout her albums is keeping true to her southern roots by adding

classic country sounds like banjos and fiddles. That’s exactly the type of legacy country music needs to continue to leave, even with the evolving genre.

The final song released on the deluxe album is “I’ll Be Fine,” which answers the album’s title track, “Am I Okay?” Moroney also gave an explanation that said, “The 6’2 dream and I broke up the day before I sang vocals for the title track. I remember being in the studio, holding back tears, thinking, ‘How am I gonna sing this every night? Should I just trash this song and rename the album?’ I knew everything was gonna be fine, but I needed to talk myself into it, and that’s what this song is.” This song is like the definition of the country campfire ballad. It’s equally sad and depressing as it is accepting and wholesome. I don’t want to give too much away with this song because it truly is a hidden gem. Especially the ending! A round of applause to the writers and producers on that one.

If you’re looking for your next country idol, be sure to give Moroney a chance. Her tour starts in March, and she’ll be traveling all over America, including New York, Pennsylvania, and Massachusetts. My theory: Moroney will only be playing in small venues for a short time before she blows up even bigger than she is now. So buy those concert tickets, and this goes for any small artist you’re thinking about seeing! Sadly, for Moroney, it seems like the romance of “Am I Okay? (I’ll Be Fine)” did end with a sad song soundtrack, but luckily career and artistry are just getting started.



IMAGE TAKEN from Instagram.

“STRANGER THINGS 5” THE FINAL SEASON: WHERE DO WE STAND?

EMILY STACHERSKI
CONTRIBUTING WRITER

The hit show “Stranger Things” took the world by storm, quickly rising to fame in the summer of 2016. Eight years later, the show is finally reaching its end.

After season four came out in 2022, season five was supposed to follow and ultimately be released quickly. However, due to unforeseen circumstances, this was definitely not the case.

Filming the new season was put on hold in May 2023 due to the Writer’s Guild strike that lasted until November 2023. After this, filming continued in January 2024. As of this summer, they reached the halfway point, leaving season five to finally hit Netflix sometime in 2025.

Obviously, it has been quite some time since season one was released in real life, but the show so far has taken place over only two to three years. This brings up a big

problem for the main cast, who are meant to be young teenagers but are now in their twenties and absolutely do not look like children. Mike (Finn Wolfhard), Eleven (Millie Bobby Brown), Dustin (Gaten Matarazzo), Lucas (Caleb McLaughlin), Will (Noah Schnapp), and Max (Sadie Sink) are all supposed to be 15. However, the actors are now 20-22 years old instead. During season four, it was painfully obvious that the actors were not the correct ages, so now audiences are afraid of what season five will look like since more time has passed.

It is more obvious with the younger actors that they are a few years older than their character simply because the teenage years are when outside appearances really change. With the older actors still playing teenagers, like Joe Keery, who plays Steve, you can’t tell the age difference as much even though it is way larger. Steve is supposed to be 19 years old, but Joe Keery is 31, which makes him 12 years older than his

character. It’s a bit strange, isn’t it?

Ignoring the issue of the aging process, everyone from the previous season will be coming back and making an appearance this season, with the addition of three new actors.

Though we don’t know much about what the series last season will be about, we know it will surely be a tear-jerker. It’s sure to include twists, turns, fear, and tug at our heartstrings. Writer, director, and producer of “Stranger Things,” Ross Duffer, gave insight to “The Wrap” regarding the series finale. Duffer said, “I mean, it was hard. It’s the end of the story. I saw executives crying who I’ve never seen cry before and it was wild.”

Since “Stranger Things” became such a beloved series, fans are willing to put aside any displeasure they may have about the cast, story, or even the timeline, just to see how this story ends. It will surely go down in cinematic history books as the best Netflix original series.



IMAGE TAKEN from Amazon.

“Strangers Things” season four released in May 2022 leaving fans wanting for more from the franchise.

It's a "Funny Story": How Emily Henry made me fall back in love with books

BAILEY FREDERICKS
MANAGING EDITOR/LIFESTYLES
EDITOR

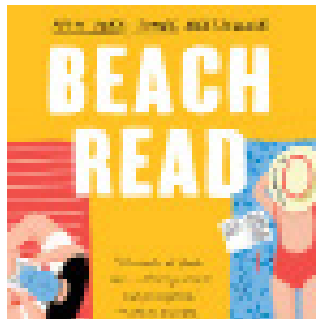
Emily Henry has taken the romance novel world by storm. Ever since her first big title, "Beach Read," released smack dab in the middle of the 2020 Covid Pandemic, Henry has written four more New York Times best-selling romance novels. Her most recent release, "Funny Story," sold over 800,000 copies in North America. Her books have garnered so much love and attention that, according to a Deadline article, "Which Emily Henry Books Are Becoming Movies? 'Happy Place,' 'Book Lovers,' 'Among Others,'" by Dessi Gomez, her five most recent novels will be adapted to screenplays. So, before you do the worst thing imaginable and watch these movies or television series before reading the books, take this article as a plea to pick up one of Henry's newest novels now!

"Beach Read":

"Beach Read" was the first book of Henry's that I picked up, and I am so grateful that I did! This novel follows January Andrews, a bright and bubbly romance author, and August Everett, a dark and mysterious literary fiction writer. The pair are complete opposites, but learn to find common ground when they are stuck at neighboring beach houses for the summer. Both authors are suffering from serious writer's block, so they form a deal to ensure they both meet their deadlines (and don't go completely broke).

This book fully resurrected me from my four-year-long reading slump. The grumpy-sunshine dynamic of this book is conveyed in a way that isn't cheesy or overdone. My favorite aspect of this book is the personal development of January's character. Henry makes it a point to always

construct her female protagonist as a dynamic character who is a lot more than a silly, lovestruck girl. My only complaint about this book is that I wish I read it on a warm day in June, rather than a freezing day in January.



"People We Meet on Vacation":

Alex and Poppy are best friends from college. They live far from each other, but each summer, indulge in a week-long vacation (to catch up, just as friends, of course). This book has an extremely unique plot line that includes tons of twists and turns.

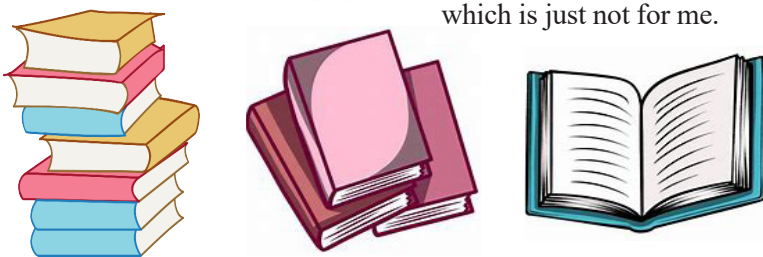
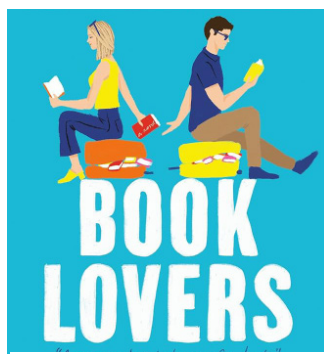
Now, if you don't like a slow burn, this probably isn't the book for you. Alex and Poppy's relationship is built (and at points, broken down) over the course of over ten years throughout the book. I'm not saying this book will take you ten years to finish (more like a week), but don't expect to jump right into a bunch of gushy love bombs after the first few chapters. With that being said, this is a super unique romance read; I never was the biggest fan of romance books, but this concept hooked me from the beginning and I couldn't put it down.



"Book Lovers":

"Book Lovers" is my favorite Emily Henry book! The story starts by introducing Nora Stephens, a type-A, cutthroat, detail-oriented, literary agent located in New York City. Nora is reluctantly spending her August in Sunshine Falls, a quaint town located in North Carolina, with her sister Libby. This trip is supposed to be a relaxing getaway for Nora, but she unfortunately keeps running into her nemesis, Charlie Lastra, a NYC-based book editor. Though this pair appears to be as compatible as oil and water, the two discover secrets through a series of unforgettable events that reveal that they are more similar than they thought.

Enemies to lovers, anyone? This book mixes the most perfect romance trope with the backdrop of a comforting small town. Honestly, though this book does include some heavier topics and situations, in the end, it feels like you have been wrapped in a warm hug. To be quite frank, I think a lot of people skip this book of Henry's because, on the exterior, the plot seems nothing special. But, without spoiling anything, please just trust me when I say this book is so much more than your basic romance novel.



"Happy Place":

Harriet and Wyn met in college and immediately hit it off. They were dating for years, until they broke up just before their old friends invited them to a mandatory excursion to a Maine cottage. Of course, they haven't told their friends about their split, so they are shoved into the cottage's largest bedroom, and have to fake their relationship for the duration of the week.

Honestly, this book is anything but a happy place; I found myself so touched by some of the scenes that I shed a few tears. Now, this is great, but it did disappoint me because it simply wasn't what I expected from a book with "happy" literally in the title.



IMAGES TAKEN from Amazon and Target.



Additionally, there was way too much back and forth between Wyn and Harriet for my liking. I mean, either you want to be together, or you don't, right? You know when you're watching a show, screaming at your television, trying to get the characters to just be honest with each other – I was doing exactly this to my copy of "Happy Place." This book is one huge miscommunication trope, which is just not for me.

"Funny Story":

Daphne is engaged to Peter; Petra is dating Miles; Peter and Petra are childhood friends turned lovers, break up with their significant others, and run away with each other. Daphne, at an all-time low, scrambling for a place to live, reaches out to Miles in a moment of desperation asking if he has a spare bedroom in his apartment in Waning Bay, Michigan. Miles and Daphne pretty much ignore each other at first, until one night, they decide to hatch a plan that could tug on the jealousy strings of their exes.

This book was a fine read, but I wanted so much more. I love the fake dating trope, but I needed so much more from Daphne and Miles; like, were they even really trying to convince anyone about their real (fake) relationship? Also, I hate to say this, but Daphne was a little cringy for me. I get the girl-next-door librarian aesthetic, but Henry took it a little too far here. But, in all, the book did grab my attention. When you think about it, all a good romance book needs to do is get you rooting for the main characters to end up together, and this book did exactly that.



Books I haven't read by Emily Henry, but are definitely on my to-do list, include: "A Million Junes," "When the Sky Fell on Splendor," and "Hello Girls," co-written by Brittany Cavallaro.

I hope this list encouraged you to pick up one of Henry's releases, and if it didn't, still be on the lookout for the movie and television adaptations!

"The Penguin": HBO's new hit show

DYLAN LANE
CONTRIBUTING WRITER

"The Penguin," HBO's new miniseries, is a gritty expansion of Gotham's criminal underworld, following Colin Farrell's captivating portrayal of Oswald Cobblepot, a character that first gained attention in "The Batman" (2022).

Set one week after the assassination of crime boss Carmine Falcone and the catastrophic flooding of Gotham, the show delves deep into the Penguin's rise to power. The show has posted great reviews and even a 94% rating from Rotten Tomatoes. The show received 5.3 million viewers

in last Sunday's episode.

Farrell's physical transformation—complete with prosthetics and a thick accent—makes Cobblepot feel fully developed, far from the other versions seen in previous films or shows. Oswald is not merely a quirky villain but a complex and ambitious figure caught between Gotham's competing criminal factions, trying to rise above the chaos. Oswald's motivation to rise to power in Gotham and seek revenge on anyone who crosses him has been very entertaining to watch so far. The show uses Cobblepot's ruthless climb through Gotham's underworld as a vehicle for exploring larger themes of power, loyalty, and survival.

The series picks up

immediately after the events of "The Batman," making it a seamless continuation of the universe crafted by director Matt Reeves. With Gotham in disarray, Oswald quickly becomes embroiled in a deadly power struggle with the Falcone family, led by Carmine's unhinged daughter, Sofia Falcone. The dynamic between Sofia and Oswald is central to the series, with Sofia trying to maintain her family's dominance while Cobblepot seeks to build his empire. This power struggle is filled with betrayal, violence, and intricate schemes, making the show a gripping crime drama.

"The Penguin's" commitment to represent Gotham City in the show is also very

presentable to the audience. The show illustrates the city and gives it its own character in a sense. The dark, rainy, eerie feeling is shown repeatedly. Mob-filled drama with the city in disarray gives an atmosphere to the storytelling compared to a traditional superhero show.

The show's supporting cast is equally impressive. Cristin Milioti shines as Sofia Falcone, giving the character a volatile, unpredictable edge, while Clancy Brown's Salvatore Maroni adds gravitas as another key player in Gotham's criminal ecosystem. Their performances help ground the series, making it not just about Cobblepot's ascent, but about a broader power struggle that engulfs everyone

in Gotham's underworld.

The show also adds emotional layers by exploring Oswald's relationships, particularly with his mother, Francis Cobb, played by Deirdre O'Connell. The complicated, almost tragic, bond between them humanizes Cobblepot, showing him not only as a criminal mastermind but also as someone shaped by family and personal loss.

Every new episode will air at 9 PM Eastern time on HBO. This mini-series has eight episodes; episode three was the last one that aired. "The Penguin" explores the rise of one of Gotham's most iconic villains and offers a fresh take on the comic-book genre, blending crime drama and psychological thriller elements.

Student Voices

WHAT IS YOUR TOP ISSUE AHEAD OF THE 2024 ELECTION?

COMPILED BY BRENDAN SHEEHAN



Jacky B.
"The border."



Michelle R.
"Middle East conflict."



Mike M.
"Climate change."



Salvatore A.
"Building the middle class."



Owen B.
"Reproductive rights."



Veronica B.
"Immigration."



Taylor M.
"Abortion."



Alexis C.
"Affordability for families."

"Traumatic," "Scary," "Terrifying": Monmouth students remember one year anniversary of Hamas attack on Israel

BRENDAN SHEEHAN
POLITICS EDITOR

It has been one year since Hamas launched a devastating attack on Israel on Oct. 7, 2023. Hamas, designated as a terrorist organization by the United States, broke an existing ceasefire deal when they launched the worst attack on the Jewish people since the Holocaust. Hamas killed about 1,200 people, including 46 Americans, and took roughly 254 hostages, including 12 Americans, according to the U.S. Department of State.

Sarina Dadoun, senior and President of Chabad MU, recalled the day of the attack, "It was our holiday, so not all of us even knew what happened because we don't use our phones." Hamas' attack on Israel started in the early morning hours of the Jewish holiday of Simchat Torah. Dadoun continued, "We all started hearing whispers and one of my friends came over to tell my parents what she had seen online. It was the most traumatic, worst experience, hearing the brutalities and excessive pain families had to endure over the course of that day is unbearable. For human beings to commit such terrible acts on other human beings is truly heartbreaking." Dadoun recalls how the local Jewish community felt that day, "I remember the entire community going into a depressive state and no one was really speaking because they didn't know the extent of the issue. Everyone was waiting for the holiday to end so they can check the news and check on family members in Israel."

Ziv Cohen, sophomore and Chabad member recalled that day, "Oct. 7, 2023, was exactly a year ago. But since then, everything changed. Everyday that's passed was Oct. 7. It didn't change. We still have people in captivity - 101, we don't know how many of them are living, how they're doing and what con-

ditions they are in." Cohen continued, "Oct. 7 last year caught me in the states with seven hours difference in the time zone between Israel and the states. It was 1:00 p.m. in Israel when I woke up, I woke up at 6:00 a.m. Waking up to see my social media, literally, every single post is about Israel's invasion by 3,000 terrorists and 4,000 rockets launched to Israel. Then I see all the videos, all the tracks with the machine guns of them shooting innocent people, shooting police officers...I saw terrible, terrifying things that I never thought I would see."

Cohen is from Bat Yam, Israel, and his family was

According to the New York Times, roughly 380 people were killed at the Nova Music Festival in southern Israel on Oct. 7.

In the days after the attack last year, the Chabad club partnered with the College Democrats and College Republicans to raise money for United Hatzalah of Israel, a volunteer program providing free medical care across Israel. Together, the clubs raised \$625 for the program. One of the consequences of the Oct. 7 attacks has been an increase in anti-Semitic incidents. A report from the Anti-Defamation League found anti-Semitic incidents surged 200% since Oct. 7, 2023. These kinds of incidents make people feel unsafe in their communities.

Dadoun continued, "I feel safe here because I'm surrounded by people who are in agreement of the brutal acts that happened on Oct. 7... my community has primary sources from family members who actually live in Israel who were telling us what was going on."

President Joe Biden and First Lady Jill Biden honored the victims with a candle lighting ceremony in the White House, followed by a moment of silence. In a statement, published on the White House webpage, President Biden said, "On this day last year, the sun rose on what was supposed to be a joyous Jewish holiday. By sunset, Oct. 7 had become the deadliest day for Jewish people since the Holocaust."

Vice President Kamala Harris and Second Gentleman Doug Emhoff planted a tree at the Vice President's residence in Washington, dedicating it to the 1,200 killed on Oct. 7.

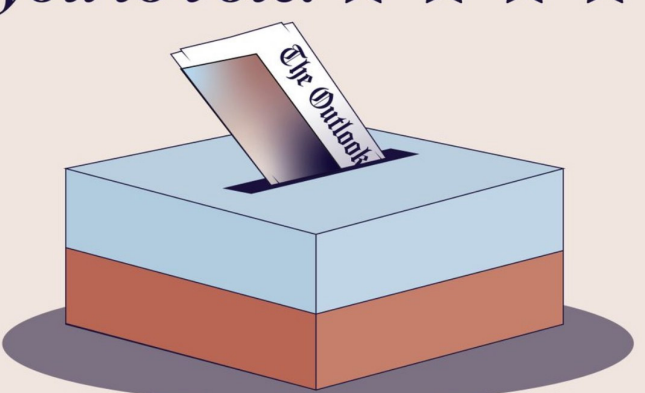
Former president Donald Trump visited Ohel Chabad Lubavitch in New York City and prayed for the release of the remaining hostages in Gaza.

in Israel during the attacks, "[I] spoke to my family as they're hiding in shelter because of the rockets. I realized that we are in war, that we are attacked and realized that my brothers now are going up to the north to help there, because he's a reserve soldier...I didn't know which friends of mine went to the battlefield. I didn't know who was alive, who was not alive. I had a cousin over there who was disconnected from all the networks for more than 25 hours. He, thank God, survived, was in the Nova Festival...he was in the shelter, one of the only survivors in the shelter, he told me the story of how they threw grenades into the shelter, in a place that's supposed to be safe."

"I feel safe here because I'm surrounded by people who are in agreement of the brutal acts that happened on Oct. 7."

- Sarina Dadoun, senior and President of Chabad MU

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you use your student voices in the paper, now lets see them at the polls!

TO/ The Outlook

Hello, everyone! Welcome back to another year of *The Outlook*! My name is Taylor Memoli and I am so honored to be this year's Editor-In-Chief and News editor! I can't wait to work with each of you. I am so passionate about The Outlook, and I hope all of you will want to share that passion with me. Student journalism is incredibly important. As students, you have the right to know what is going on within your campus, and at The Outlook, we promise to promote honest and informative articles that educate students on what is going on around them here at Monmouth University. If anyone has any questions or story ideas for The Outlook, please feel free to reach out to me at any time! My email is s1321538@monmouth.edu. Happy reading!

- Taylor Memoli, Editor-in-Chief and News Editor

Hi everyone! My name is Bailey Fredericks and I'm this year's Managing Editor & Lifestyles Section Editor. I'm so excited for this year & to read all the awesome articles everyone writes! If you would like to write for the lifestyles section or have any other questions about The Outlook, please email me at s1321296@monmouth.edu! I look forward to a great year. :)

-Bailey Fredericks, Managing and Lifestyles Editor

College Republicans

Welcome back patriot Hawks! We are so excited to see you all and work to preserve your freedoms on and off of campus this year! Get out and vote!

-NJFCR Chair Jacky Bruno and MUCR Chair Giavanna Cangialosi



College Democrats

We have 34 reasons you should join the College Democrats. Join Team Freedom today! Next meeting is the 15th at 7:30 in the intercultural center. Write postcards with us in the IC this Thursday at 6:30.

- Owen Bros, President



Real Estate Club

Hello everyone! Welcome back to campus. We will be having our meetings on the following Wednesdays from 2:45-4:00 in Bey room 222: 9/25, 10/30, 11/13, 2/19, and 3/19.

These meetings will be similar to last year, our goal is to have guest speakers at all of them.

Can't wait to see you all there!

- Margaret and Kaitlyn, President and Vice President

"College Core" - WMCX

Hey Hawks, tune into our next show, Monday, Oct. 21 from 7 p.m. to 9 p.m. We will be counting down your fav rom-coms while playing some rom-com worthy tunes!

xoxo - Bailey & Sarah



SAB wants to wish everyone good luck for this school year! Make sure to follow @monmouth_sab on Instagram to keep up with future events happening around campus! We look forward to seeing everyone!

- Emily Webb, Marketing Chair

Social Justice Club

Hey Hawks! We're so excited to start another year of tackling pressing social issues, on and off campus. If this sounds like your thing, find us on Instagram @mu_socialjustice for meeting info, we would love to have you!

-Kristen Frawley, Treasurer



Hi Hawks! Join the Public Relations Student Society of America (PRSSA) & Shadow PR, Monmouth's student-run and nationally affiliated PR firm, for meetings every Wednesday at 3 p.m. in Plangere 234. PRSSA gives students the opportunity to gain real experience in the PR world through hands-on work with local clients and guest speaker events. All majors & grade levels are welcome!

- Bailey Fredericks, Co-President

Interested in writing for an award-winning student-run newspaper?

JOIN THE OUTLOOK!

Your resume will thank you.

Contact Taylor Memoli at s1321538@monmouth.edu

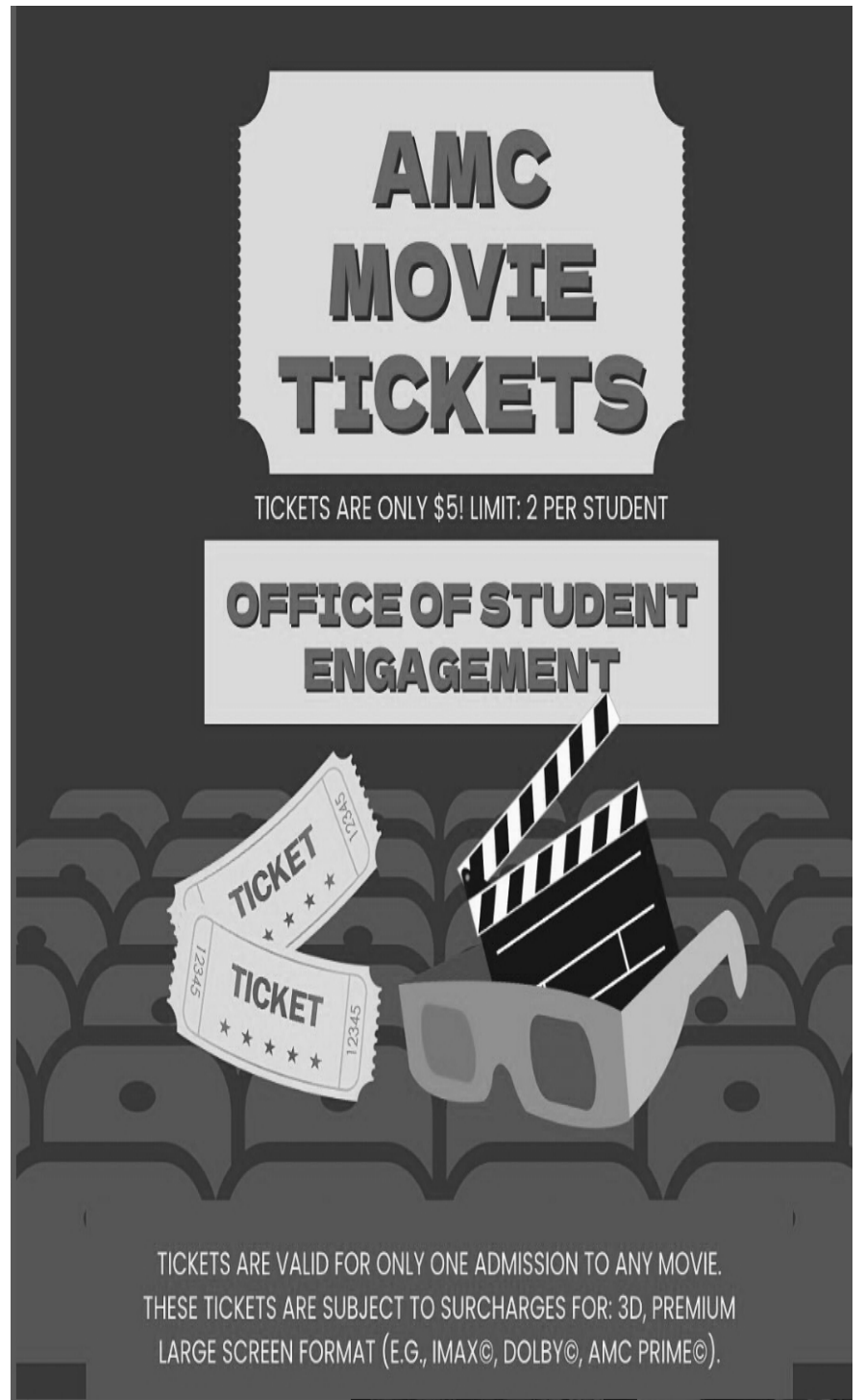
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COME MEET KAISER!



Kaiser is a polite senior Lab Mix who still has lots of pep in his step for a 10-year-old! Enjoying calm, long walks where he can indulge in all the smells the great outdoors has to offer should help this hefty fella shed some of his 73 pounds. Pull some squeaky stuffies out and watch as this superstar entertains himself, tossing them high in the air! If you have a mature, quiet home for this golden boy to relax in, Kaiser is guaranteed to roll into your heart!

The Monmouth County SPCA is open for walk-ins every day, starting at noon!

COME MEET FUN GUY!



I'm 1 year old and a former stray looking to form my very own little meowcelial network.

I'll give you a friendly greeting right away because I love being played with, petted, purring away, and flopping over aplenty. I might give a gentle love nip here and there, just so you know what we have is real!

I'm very interested in a potential cat friend at home but could be your only boy too. Leave mush-room at home for Fun Guy!
The Monmouth County SPCA is open for walk-ins every day, starting at noon!

Interested in Studying
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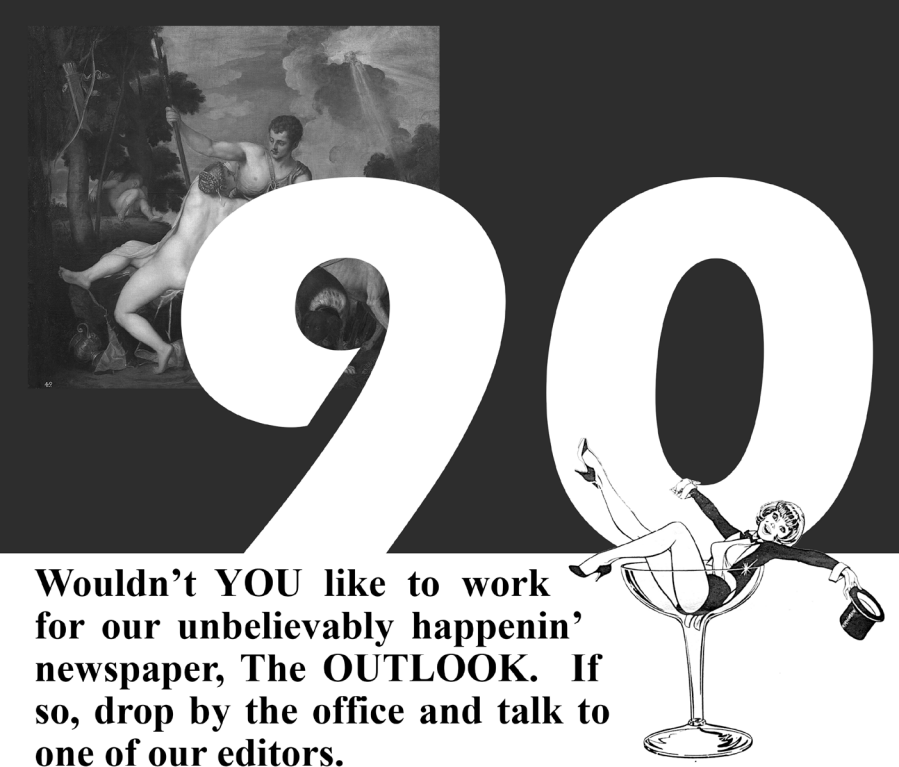
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It's lots of fun, and it's free, too. We're all pretty nice people, and we could really use YOUR help to make The **OUTLOOK** the best college newspaper in the state, in the country, in the entire known world. So before we start begging, come on up and join our big, happy, slightly deranged family.



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Inspired by an ad from our February 14, 1985 issue

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Football's three game winning streak snapped in loss to Delaware

FRANK HOARLE
CONTRIBUTING WRITER

The Monmouth Hawks (3-3) dropped its first game since early September as the Delaware Blue Hens (5-0) handed the Hawks its first loss in CAA play in a back-and-forth affair. In a game where no team led by more than two possessions, the Hawks were stopped on a potential game-tying drive late in the fourth quarter to give Delaware a 42-35 victory.

After a quick three and out from the Hawks to start the game, the Blue Hens put together a solid drive that ended in a field goal. The Hawks quickly responded however, capping off a 13-play drive with a 6-yard touchdown pass from quarterback Derek Robertson to wide receiver Tra Neal.

After stopping Delaware on fourth down in Monmouth territory, the Hawks had two three and outs on back to back drives, with a Delaware field goal in between those possessions.

Following the second three and out, the Blue Hens put together a 14-play drive that ended with a 1-yard rushing touchdown by running back Marcus Yarns. A successful two-point conversation gave Delaware a 14-7 lead. On the ensuing Monmouth drive, Robertson found wide receiver TJ Speight for a one play, 87-yard touchdown to even the game up at 14 apiece heading into halftime.

Delaware opened the second half with a long 15-play drive that resulted in their second consecutive touchdown on a fourth down play. Monmouth immediately responded once again. However, wide receiver Gavin Nelson got wide open for a 72-yard touchdown, giving the Hawks their second consecutive touchdown drive that was only one play long. Delaware quickly marched down the field on their ensuing drive and converted another fourth down that resulted in a touchdown. Heading into the fourth quarter, Delaware held a 28-21 lead.

Monmouth's next drive was once again capped off by a Robertson passing touchdown, this time to tight end Jack Neri, giving Robertson his fourth passing touchdown on the day. However, the ensuing extra point attempt was blocked by Delaware, allowing the Blue Hens to hold a one point lead.

The touchdown frenzy continued as Delaware capped a three minute, 81-yard drive with a 29-yard touchdown pass. This marked the fifth consecutive drive in the game that ended in a touchdown. It seemed like the touchdowns could continue as the Monmouth offense found itself in Delaware territory on its next drive, but a fourth down pass attempt by Robertson resulted in an interception. This would be the only turnover of the game.

Delaware took advantage of the interception as two plays later, quarterback Zach



PHOTO COURTESY of Greg Viscomi

Derek Robertson leads the FCS in passing yards with 2,037 after accumulating 361 passing yards against Delaware.

Marker found Yarns for an 86-yard touchdown pass, giving Yarns his second touchdown on the day. The touchdown gave Delaware a 42-27 lead, and it would be the only time any team led by more than one score.

Needing a touchdown, Monmouth quickly drove 60 yards in under three minutes, and running back Sone Ntoh punched in an FCS leading 13th rushing touchdown on the season. A successful two-point conversation drew Monmouth back within seven points.

After an onside kick attempt by Monmouth recovered by Delaware, the Hawks defense stood tall, stuffing Delaware on fourth down

in Monmouth territory and allowing the Hawks offense one more chance to tie the game. The drive started off successfully, as the Hawks quickly worked into Delaware territory. However, the drive stalled as Robertson threw incomplete passes on first and third down. On fourth down with the game on the line, Robertson's pass was knocked incomplete, securing the win for Delaware.

Robertson finished the day with 361 passing yards, four touchdowns, and one interception. Robertson currently leads the FCS in passing yards on the season, with 2,037.

Running back Rodney Nelson led the team in rushing, with 76 yards on 14 attempts. Speight led the team in receiving with 133 yards on six receptions, including the 87-yard touchdown.

The Blue Hens (5-0) look to keep their undefeated season alive as they return home to Newark to play the Maine Black Bears (3-2) next week, who the Hawks beat earlier in the season. Monmouth (3-3) gets a week off before returning to Kessler Stadium to play their annual homecoming game against the Bryant Bulldogs (2-3) on Saturday, Oct. 19.

CAA weekly accolades

MAIREAD SPELLACY
SPORTS EDITOR

Just before Monmouth's victory against Delaware, the Hawks faced Stony Brook on Thursday Oct. 3, that ended in a tie, 2-2.

Freshman Ashley Lavrich led her team to the win as she netted both goals for the Hawks. Following her performance, league officials named her the Coastal Athletic Association (CAA) Rookie of the Week.

Lavrich, the forward from Birdsboro, Pennsylvania, is no stranger to these accolades. Prior to coming to Monmouth Lavrich attended Twin Valley where she was named her team MVP

three times. She earned All-Conference accolades three times and was selected as an Athlete of the Year finalist as a junior.

This is Lavrich's third CAA Rookie of the Week award this season but comes with no surprise considering her skill and contribution to the team. Lavrich currently leads the team in assists with six, which not only leads her team but puts her in a tie for second in the CAA. Her six assists and four goals this season accumulate to 14 points which gives her a spot tied for sixth in the CAA in points per game, with 1.08.

As a freshman here at Monmouth, Lavrich will only continue to see success.



PHOTO COURTESY of Anya Kazmierczak

Ashley Lavrich has six assists and four goals so far this season, leading her team in assists.

Monmouth soccer takes back to back wins over Delaware

MAIREAD SPELLACY
SPORTS EDITOR

Back to back wins for Monmouth soccer as both the men and women's defeated Delaware over the weekend. On Saturday Oct. 5, men's soccer (5-1-5) remained undefeated as they shut out Delaware under the lights. Coming off of a one point loss on the road to Princeton in non-conference play Monmouth looked to capture this win and did just that.

Monmouth came out of the gates kicking, as they got two corner kicks and

a shot sent at Delaware's goalie Adam Vik to start action but Vik prevented Monmouth from getting on the board early on in the contest. As Monmouth continued to apply pressure on the offensive end, and Vik continued to protect for his end, Monmouth broke through at 37:10 thanks to forward Victor Andersson's first career goal. The freshman was found from midfielder Patrick Osiecki.

Monmouth held the 1-0 lead at halftime.

While the first half was an offensive frenzy, the second half was held down by Monmouth's defensive end.

Goalkeeper Eryk Dymora came up big in goal as he faced Delaware's offense. He was able to keep them from scoring after making three saves in the first 15 minutes.

While both teams fought to add a goal, seeking opportunities on both ends, it was midfielder Jasen Bottini that added Monmouth's second and final goal of the day, securing the 2-0 victory.

This was Dymora's fifth shutout of the season, finishing with five saves. Dymora will look to continue his shutout streak as Monmouth faces William



PHOTO COURTESY of Anya Kazmierczak
Summer Reimet scored her ninth goal of the season to lead her team and the CAA.



PHOTO COURTESY of Max Vittorio
Freshman Victor Andersson scored his first career goal, becoming the eighth different Hawk this season to score at least one goal.

& Mary on Saturday Oct. 12 in Williamsburg, Virginia.

Mens soccer were not the only ones to shut out a Delaware team. Women's soccer faced the Blue Hens on Sunday Oct. 6 where a goal from forward Summer Reimet locked in Monmouth's third CAA win of the season.

After both teams had their chances, and stops, Reimet sent her first shot of the day soaring towards Delaware's goalkeeper Kyla Burns, but sent it just high of the goal.

Just before the half, Burns was faced with a Chloe Ferreira shot that she was able to get a piece of,

keeping Monmouth off the scoreboard as they went into the half.

The second half reflected the first, as both teams found opportunities but struggled to capitalize on them. Monmouth refused to go down without a fight and at the 87:40 mark defender Lauren Bruno found Reimet who was able to capitalize on the pass and sent one past the Delaware goalkeeper, giving them the first and only goal they needed to secure the win, handing Delaware their first conference loss of the year.

The Hawks will face Campbell tomorrow Oct. 10 in Buies Creek, North Carolina.

Coach Wetmore and her move to Monmouth

ASIA COOKE
CONTRIBUTING WRITER

The Monmouth Women's Basketball team is no stranger to change. Within the past four years, the program has seen two coaching staff changes, all of which have had their own successes. However, the program is very hopeful about this year's new coaching staff, specifically newly appointed head coach, Cait Wetmore. I had the opportunity to interview Coach Cait and ask her a few questions about herself as well as her goals for this year and the program as a whole.

Q: How has life at Monmouth treated you so far? Is it a vast difference from UNC Charlotte? If so, in what way?

A: It's been a great transition. I love the campus community. Being at the beach is an extra bonus. Being back in my home state, NJ, has given me the opportu-

nity to reconnect with close friends and family which has been a great joy.

Q: What is your main goal for yourself as a newly titled head coach? What is your main goal for your team?

A: My main goal is to create a positive culture of togetherness while sustaining a standard of excellence and winning.

Q: Why did you choose to become a coach instead of going into the field of psychology, in which you earned your degree? Do you think that your degree helps you in coaching? If so, how?

A: Upon graduating with a degree in clinical counseling, I felt that coaching could serve as a platform to help young people in their personal growth and development. I view mental health as a priority for young athletes and something I'm attuned to with my players. It's not my job to be their therapist but my degrees do inform my approach to coaching and mentorship. Aside from the goal to win, it is my job to support



PHOTO COURTESY of Connor Graf
Monmouth womens basketball Head Coach Cait Wetmore enters her first season with the Hawks.

these young women and help them to thrive on and off the court.

Q: Next year, you will be losing lots of key players, such as Taisha Exanor, Belle Kranbuhl, and Sandrine Ciesca, as well as a few more seniors. How has the recruitment process been so far? How do you feel about, essentially, starting from scratch next year as a result

of having so many seniors on the team?

A: Recruiting has been busy. My staff and I hit the recruiting trail all summer and are focused on filling our roster with talented players who are also good people. Although we will miss our seniors, it is our job to find new players who will continue to move this program forward. Each year's

team is different from the year before but the goal in recruiting never changes, we will recruit players who are aligned with our standard of success.

The Lady Hawks will kick off their first home game against Brown University on Nov. 9 in the OceanFirst Bank Center.

THE OUTLOOK



SPORTS

MONMOUTH UNIVERSITY

MENS SOCCER SHUTS OUT DELAWARE



Monmouth men's soccer remain undefeated in CAA play after defeating Delaware 2-0.

SEE STORY ON PAGE 15

PHOTO COURTESY of Anya Kazmierczak