

# The Outlook

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## Counseling and Prevention Services honors Domestic Violence Awareness Month throughout October

*CPS holds various campus events to discuss domestic violence and Kristen McCarty discusses the importance of educating students on the topic*

**TAYLOR MEMOLI**  
EDITOR-IN-CHIEF/NEWS EDITOR

October is Domestic Violence (DV) Awareness Month, as proclaimed by President Biden in 2021. The Counseling and Prevention Services (CPS) here at

Monmouth acknowledged the month by hosting various on-campus events that promote awareness surrounding the topic of domestic violence.

Kristen McCarty, a clinical counselor at CPS, discussed the events CPS held on campus during the previous month. "For Domestic Violence Awareness Month," she started, "we hosted a powerful event called 'Step Up: Take a Stand Against DV.' During this event, students were invited to trace their feet in chalk, symbolizing a personal commitment to help end domestic violence and support survivors." In addition to this activity, therapy dogs were present to provide comfort and support.

McCarty continued, "Although we didn't count attendees formally, we were very pleased with the turnout. Many students left chalk footprints and uplifting messages on the ground outside of the Student Center, creating a visible show of solidarity for those who couldn't attend. We're currently planning an even larger event aiming to deepen our campus and community's commitment to domestic and sexual violence prevention and support of survivors."

**Domestic Violence Awareness Month**  
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## HawkInteractive hosts Halloween Kickback

**BAILEY FREDERICKS**  
MANAGING EDITOR/LIFESTYLES EDITOR

HawkInteractive hosted a Halloween Kickback event, co-sponsored by CommWorks, the Public Relations Student Society of America (PRSSA), Hawk TV, WMCX, and "The Outlook," in the Plangere Center for Communication Lobby on Wednesday, Oct. 30.

HawkInteractive is a student-run interactive, digital media club that focuses on 3D printing, graphic design, app design, and more. Jefferson Gonzalez serves as the current President of HawkInteractive, and he and other members of the club planned this

event to ensure a fun and relaxing event for everyone involved. Gonzalez shared, "Planning the event took a team effort, including brainstorming fun, relaxing activities and organizing logistics to ensure everything ran smoothly. From setting up a cozy, festive atmosphere to providing materials for arts and crafts, our goal was to make it an enjoyable event. Collaborating with other clubs also added unique ideas and helped foster a welcoming community for everyone."

The event commenced at 3 p.m. and featured music, candy, and a variety of activities such as friendship bracelet making, mask

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PHOTO COURTESY of Greg Mescall.

**Greg Mescall '03** with the third-place medal earned by the men's USA water polo team.

## Hawks fly to Paris: Monmouth alumni shine at the Olympics

**GILLIAN DESTEFANO**  
CONTRIBUTING WRITER

Three Monmouth University Communication alumni—Todd Palladino, Greg Mescall, and Erik Massimino—participated in the 2024 Paris Olympics this summer working behind the camera, microphone, and at a computer designing graphics, contributing to broadcasts seen by 34 million Americans on NBC.

Palladino, a '96 graduate with a B.A. in Communication and a minor in Journalism, worked as a cameraman on

his seventh Olympics. He filmed the opening and closing ceremonies, as well as the Prime Time segment with anchor Mike Tirico, which showcased the most newsworthy plays in the games on a given day and was watched by an average of 25-28 million Americans each night.

A freelance camera operator since 1998, Palladino has extensive experience in sports, music, and entertainment, working for notable organizations like Major League Baseball (MLB) and the NBC Television Network, among others. Palladino credits much

of his success to his experience at Monmouth University, where he was a founding member of Hawk TV and its first-ever anchor. "It was exciting to have a conduit from what we were learning in class to doing our own thing," he explained. He was also involved on WMCX covering News Updates and in "The Outlook."

When reflecting on his time as a student, Palladino recalled the "tremendous respect" between students and faculty, allowing

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# Domestic Violence Awareness Month

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Along with these events during DV Awareness Month, CPS plans to extend the conversation on this topic throughout the school year, according to McCarty. They will be hosting a weekly workshop series called “Relationships IRL” where students will be offered a safe, supportive environment to discuss and learn about topics such as friendship, family dynamics, romantic relationships, and professional interactions. The first workshop is on Tuesday, Nov. 5, and will be held weekly on Tuesdays, except for Nov. 26. All workshops will be held in the Carol Afflitto Conference Room from 3-4 p.m.

For more information, students can call CPS, stop by the office, or view the posts on Instagram (@monmouthcps).

McCarty explained that victims of DV can be any age and gender, but all types of students on college campuses are more prone to this abuse. She continued, “College-aged individuals, particularly those 18-24, are at a higher risk of experiencing intimate partner violence (IPV), whether physical, emotional, sexual, or digital. Research shows that most people who experience IPV encounter it during their college years...Research indicates that women experience DV at higher rates than men. However, DV affects all genders, including



IMAGE TAKEN from @monmouthcps.

October is Domestic Violence Awareness Month as proclaimed by President Biden in 2021.

men, non-binary, and trans individuals.”

According to Connections for Abused Women and their Children (CAWC), coming forward as a DV victim is not always easy; nearly half of domestic violence cases go unreported. Signs of abuse can vary, but there are some key indicators. McCarty elaborated, “The most important first step is to believe them if they disclose they’re experiencing DV, as many people who come forward are unfortunately not believed. Behavioral changes are the most common sign—someone might become withdrawn, anxious, or more isolated from their social circles which can be an indicator of DV or other challenges.

Physical signs, such as unexplained bruises or injuries, may be present in instances of physical abuse, though they may hide or downplay these. They might frequently make excuses for their partner’s behavior or appear overly concerned with keeping their partner happy, often prioritizing their partner’s needs over their own.” She continued that other signs can include checking in frequently with their partner, a strong fear of upsetting their partner, and constantly seeking their partner’s permission.

If an individual or their loved one is experiencing DV, McCarty encourages speaking up. “It is crucial for [the victim] to know that they are not alone

and that support is available,” she said. “The first step is often reaching out to a trusted friend, family member, or resource to gain emotional support and help develop a safety plan. Even if they are not interested in leaving their partner, a safety plan can be crucial.”

On campus, CPS is open weekdays from 8:45 a.m. to 5 p.m. for free, confidential counseling. Walk-ins are available as well as appointments. Monmouth students also have access to UWill, a website that provides free telehealth counseling with licensed clinicians for New Jersey college students. This site grants students supplemental support outside of CPS hours, as the 30-minute sessions can be scheduled at any time. Students can register using their Monmouth University email at <https://app.uwill.com/register>. Additionally, students can connect with community organizations like 180 Turning Lives Around (888-843-9262) as well as national resources like the National Domestic Violence Hotline, available 24/7 at (800-799-7233) or through online chat.

McCarty concluded, “Raising awareness about DV is essential because it can severely disrupt students’ lives, mental health, safety, and academic success of students. College should be a time for growth, connection, and learning. By bringing attention to DV, we aim to create an environment where students feel supported and informed about both recognizing and addressing unhealthy relationship patterns. We want to provide students with the knowledge and resources to identify warning signs, seek help, and support their friends and peers.”

## Monmouth’s Track & Cross Country Club team makes history

MAIREAD SPELLACY  
SPORTS EDITOR

History was made for the Monmouth University Track & Cross Country Club team after back-to-back weekends at the Shore Athletic Club Adult XC Series as the team took home prominent awards.

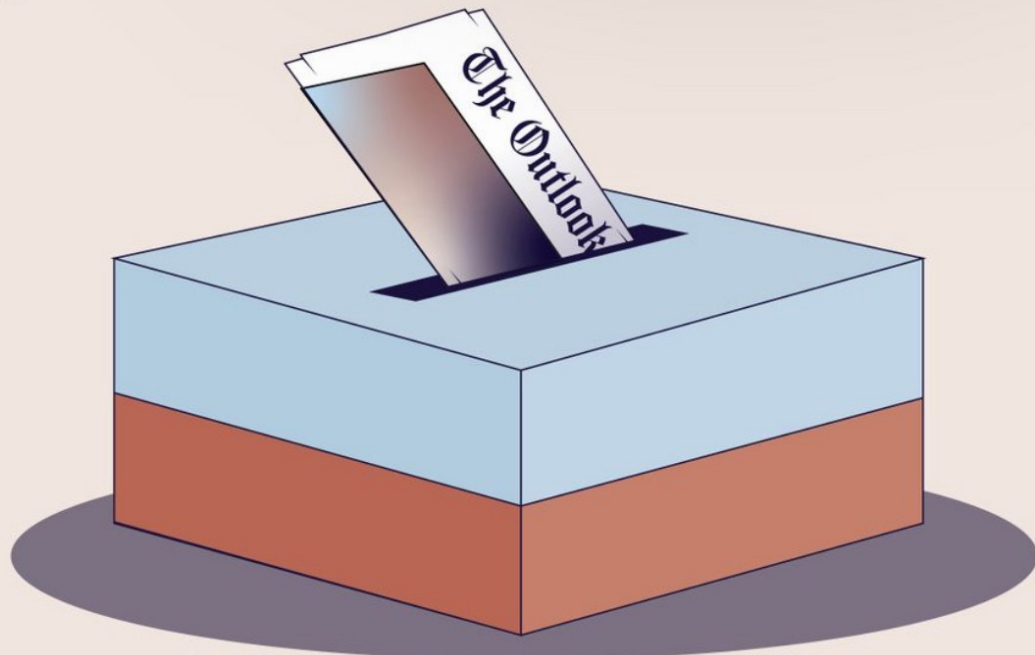
The series began on Oct. 5, the first week of the six-week series, and was held at Big Brook Park in Marlboro, New Jersey. The women set the pace to begin the series finishing in first place on Saturday over Shore AC, Jersey Shore Tri Club, Jersey Shore Running Club, and Freehold Area Running Club. Monmouth saw individual success as well, as a pair of graduate students led the way for the women.

Eliana Karr came in seventh overall and first among the women with a time of 20:40. Jenna Lozzi was not far behind, finishing with a time of 21:39, as she came in 13th overall and third for the women. President of the club, Samantha Schmidt, finished in fifth for the women’s which secured her spot in 23rd overall. The final woman to finish for Monmouth was Michelle LoBacchiaro with a time of 24:44, which placed her in 29th overall and sixth for the women.

The series continued for week two on Oct. 13 at the Wolf Hill Recreation Area in Oceanport, New Jersey. Karr witnessed another successful weekend, as she finished first among the women for the second weekend in a row. Lozzi climbed a spot in the women’s rankings, trailing right behind Karr for second place for the women with a time of 19:28.

The men’s team contributed to the action as well, finishing in third overall. Freshman Marcus Turner led Monmouth as he finished in ninth, finishing in 19:28. Sophomore Steven Milne finished 22 seconds after Turner, coming in 18th place.

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GRAPHIC MADE by Kiley Hubbard.

# Kickback

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painting, and specialty cup decorating for all students to enjoy.

PRSSA, one of the student-run organizations that co-sponsored the event, provided Halloween-themed beads and strings to make friendship bracelets. Ashley Schumacher, Co-President of PRSSA, said, “[The friendship bracelets] added a fun touch to the event. It was a great opportunity for us to connect with other students, network with potential members, and share what our club is all about.”

WMCX, another co-sponsor of the event, supplied buckets of candy. Sarah Eidelman, a senior communication student who represented WMCX at the event, said, “I think it’s really important for students to attend these events because it’s a great way for us to bond and have fun with each other outside of the classroom and away from our work and responsibilities.”

Taylor Memoli, Editor-in-

Chief, and Bailey Fredericks, Managing Editor, attended the event on behalf of “The Outlook” and brought glass tumbler cups and spooky stickers to decorate them. Memoli explained, “We had a blast! It was great to talk to other clubs who share the same building as us and learn more about other organizations and their upcoming events.”

Students in all different concentrations and clubs across the communication department attended the event, which exceeded expectations according to Gonzalez. He added, “It was fantastic to see students enjoying themselves, getting creative, and relaxing with friends. It was especially rewarding to see people connecting with friends from different clubs. The positive feedback confirmed that events like this are valued by the student community.”

Bridget Capano, a senior communication student who attended the event to represent CommWorks, corroborated this feedback. She said,



IMAGE TAKEN from @hawkininteractivemu.

“[The Kickback] was a great opportunity to de-stress and interact with people I wouldn’t normally see during club hours. I loved being able to create without having the pressure of needing a perfect finished product.”

Gonzalez concluded, “Events

like the Halloween Kickback provide students with a break from academic stress and a chance to connect in a laid-back, enjoyable setting. For students who, like me, are passionate about multiple things in the communication department, it’s tough when club meetings

overlap, and we can’t attend everything. Events like these allow us to bring students from different clubs together, fostering a strong sense of community and giving everyone a chance to unwind and build friendships across different interests.”



PHOTO COURTESY of Todd Palladino.

**Todd Palladino ‘96** shows Snoop Dogg how to operate a camera.

cont. from pg. 1

creativity to flourish. He credited professors like John Morano, Eleanor Novak, and Donna Dolphin for their mentorship. Palladino specifically thanked Professor John Morano for encouraging him to pursue a minor in journalism and for being a mentor in and out of college. Morano’s advice to “show up early and leave late” helped advance Palladino further in his career.

Professor Morano, in turn, said, “[Palladino was] a model student, an active learner who showed up prepared, [and] eager to make the most of his considerable abilities.” Palladino shared his advice

for current students, urging, “Be persistent and flexible, ask questions, and work with good people.”

Mescall, an ‘03 graduate with a B.A. in Communication with a concentration in radio and television, worked his fifth Olympics as the Press Officer for the USA Water Polo team. In this role, Mescall manages interviews, photography, and social media management, creating a public image for the team.

Mescall noted that the role allows him to engage in every avenue he enjoys—writing, announcing, and creativity. He’s witnessed the media landscape evolve since his first Olympics, where newspaper coverage

# Monmouth alumni

played a large role. With his varied responsibilities and the constant evolution of media, Mescall has emerged as not just an expert on water polo but of the communication field at large.

Mescall also has experience as a play-by-play announcer for basketball, soccer, rowing, snowboarding, and skiing. He has worked for Fox Sports and was a part of the Metro Atlantic Athletic Conference and is currently the lead broadcaster for the Manhattan College men’s Basketball.

After Monmouth, Mescall earned a Master’s degree in Education from Wagner College. It was there that he continued working as a play-by-play announcer, and by chance, was introduced to water polo.

“My story is a classic example that you never know until you try,” he explained. “Every time you do coverage, you tangibly make a difference. You can get someone to write a story that they never would have otherwise written.”

Mescall was also heavily involved in the student media, serving as WMCX’s General Manager, Sports editor for “The Outlook,” and the host of Hawk TV’s sports show. He credited his radio experience as crucial to his success, mentioning how the Voice and Diction course improved his professionalism tremendously.

Matthew Harmon, Ed.D., specialist sports communication professor, praised Mescall,

“He’s spoken to students here; he’s been a resource to the community. Talented, driven, always trying to get better at what he does.”

For current students, Mescall’s advice is to remain open to new opportunities. “Find those areas on the margin where you can stand out,” he said. Mescall also emphasized the importance of timeliness in a professional setting.

Massimino, a ‘15 graduate with a B.A. in Communication with a concentration in radio and television and a minor in Screen Studies, worked as a LIVE Electronic Graphics Technical Operator for NBC at his fourth Olympics this summer. There, he was responsible for controlling all of the graphics for non-stop commercial breaks. Instead of Paris, Massimino worked at one of the East Coast NBC Olympics Production Headquarters.

“I’ve learned the immense impact of the digital media industry,” Massimino said. “The Olympic Broadcast reaches over 200 countries and territories... There are few events that allow people from different backgrounds to connect, communicate, and unite on such a large scale.”

A five-time Emmy-nominated digital media professional, Massimino is a versatile talent in the field. From contributing to NBC to founding his own production company, Black Swallowtail Studios, which continues to expand the digital

landscape. His company stands out as a Community Media Resource, reflecting his dedication to giving back to the digital media industry. Massimino credits his early involvement on campus for setting the stage for his success. By his first semester, Massimino became a producer on the Sports Show for Hawk TV, leading him to receive 11 national awards for his college work.

“Monmouth influenced my career the most by providing the resources to allow me to create opportunities at a very pivotal time early in my career. One of the main reasons why I chose Monmouth was because of the access they gave you to high-end equipment and the freedom and open mind concept that they provided,” Massimino added.

Professor Harmon also recalled Massimino as a student with a promising future. “Eric is super talented, you knew that when he was here, he would have a bright future. His career trajectory has been awesome to watch.”

Massimino advised current Communication students, “Take advantage of opportunities that being a student provides, and always remember how powerful networking can be.”

Sam Plyarinos, a junior studying Communication and a minor in Sports Communication, was inspired by the success of the three alumni. “It’s amazing to see where Monmouth’s programs can take you,” she said.

# THE OUTLOOK

Taylor Memoli EDITOR-IN-CHIEF

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# Should we still have Daylight Savings Time in the United States?

## EDITORIAL STAFF

Nov. 3 marked the end of Daylight Savings Time (DST), and the evenings are now even shorter. DST may have lost or is losing its effectiveness since it was officially adopted across the U.S. in 1966 apart from Arizona and Hawaii.

When it was first used in the 20th century, it could help preserve energy by encouraging people to stay outside during the longer summer days, and not use artificial light. However, in our society today, being outside in humid, mosquito filled summer air may be less appealing than being inside a climate-controlled home, and therefore uses more energy. This begs the question, "Should we still have Daylight Savings Time in the United States?"

One editor said, "I love daylight savings time because I love when the days are longer, and you get more sunlight!"

"I don't think the United States should get rid of Daylight Savings [Time]. I think it makes sense because of the change in daylight," another editor agreed.

Another editor commented,

"Honestly, I think we should get rid of Daylight Savings Time. It's super confusing and we should just stick to one time schedule instead of all this back and forth. It's also confusing how some countries around the world have opted out, yet the US and parts of Europe still observe DST."

When you have a class in the evening or at night and it is dark, some may find it easy to be less motivated to pay attention. When nearing the end of fall semester, it can be dreary to walk out of a 2:50 p.m. class and realize it is going to be dark within the hour.

With DST ending, behavior patterns can shift. One editor said, "The time changes do affect my productivity. When it's not Daylight Savings Time, and it gets dark at 4-5, all I want to do is crawl into bed. During daylight savings, when it's still sunny out at 7pm, I feel way more productive and energized."

An editor said, "Funny enough, I think daylight savings in the fall increases my productivity. This is because when the clocks go back an hour, I am so used to it still being an hour ahead, therefore I get things I need to get done regularly to realize that

it is dark at 6pm, and I've completed everything I need to get done."

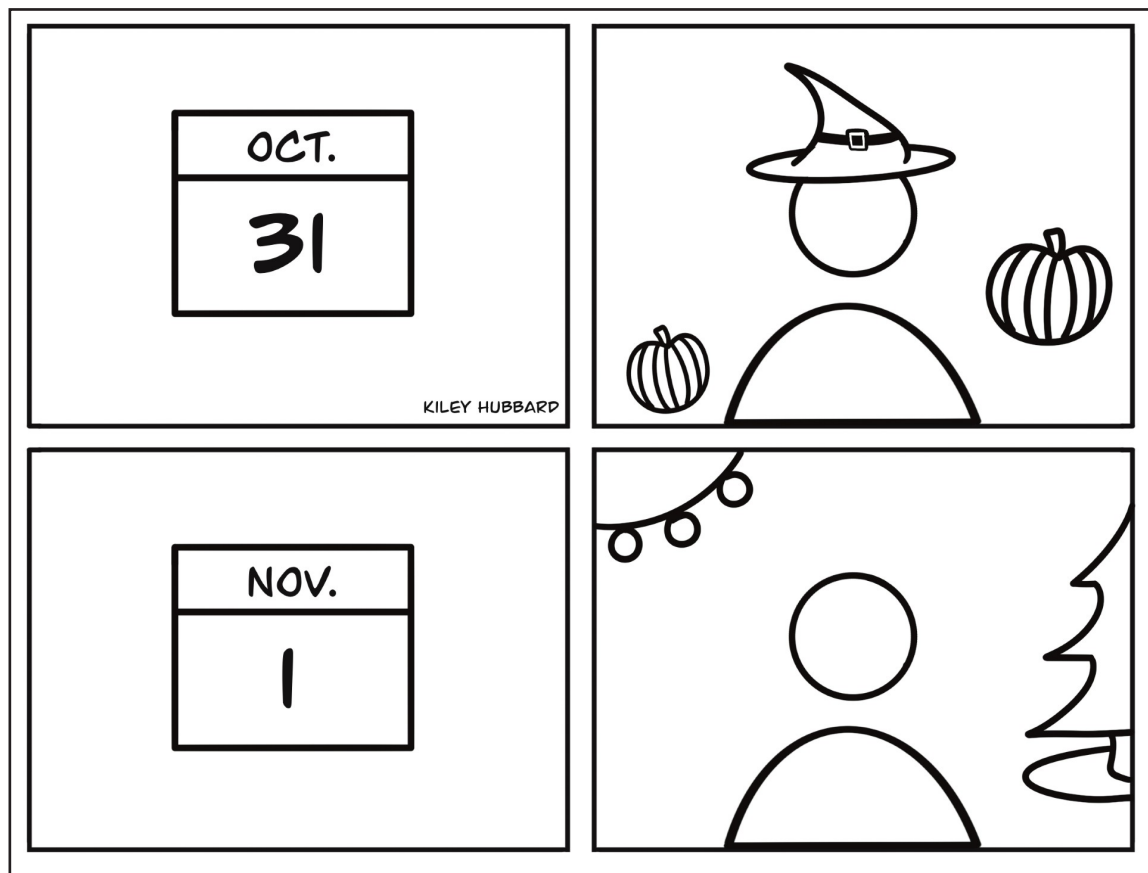
It can be different to adjust to the new sunrise and sunset times, especially relating to sleep schedules. One editor explained, "In the fall I tend to get tired much earlier considering it gets dark earlier. Then when it comes to the mornings, I naturally wake up a lot earlier because of the time change."

The clocks changing has an opposite effect on another editor, "The longer evenings make me want to go to bed earlier and wake up later. I really hate it!"

"I don't think it affects my sleep schedule too much besides when the clocks fall back or spring forward," one editor said.

"I'm indifferent to DST. It doesn't make or break my routine, but I will say I do love that it's lighter out during the Summer."

Ultimately, the clocks causing a time change of an hour may only be on the forefront of people's minds when DST starts and ends. While the U.S. Congress passed the Sunshin-Protection Act in 2022, that would make DST permanent, there is no end in sight for the clock switches with 250 days of DST on the calendar for 2025.



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## The importance of traveling

RILEY MCGEE  
STAFF WRITER

The importance of traveling as someone that loves to travel, and someone that wants to see more of the world, I believe that it is so important. I have been to several different states, and have also had the opportunity to go to places like Italy, Punta Cana, and Bermuda as well. Now more than ever, it is very expensive to try and go to places that are in different countries due to the cost, but I think if you ever have the opportunity to go somewhere new you should, near or far.

I enjoy being able to go on vacation to different states, and some of my favorite vacations have been in places like Florida, Maryland, Vermont, and North Carolina, but traveling doesn't have to be a long vacation. It could be just a few days in one spot exploring what is around you, or even just a day trip, or if you are going to a different country it can be a few days in several different countries.

Traveling is so important because it opens your eyes to new places, new foods, new cultures, etc. Getting out of your house and going to a new place and trying a new food experience a new culture is something that could be life changing, which is why if you have the opportunity to travel you should.

Along with this, I believe that traveling helps you grow as a person as well. This means that if you are going to a place you have never been before, you are stepping out of your comfort zone to experience these new cultures, lifestyles, foods, and much more.

Finally, there is such importance behind traveling because it allows for you to create so many new memories. Going on vacation as a kid are the memories that I value most. They are some of the happiest times in my life, and I appreciate being able to travel as much as I have, and appreciate that my parents were able to take us to all the places I have been. If you have the opportunity to go to some of your dream locations you should, because traveling is something that is so important.



# My 2024 World Series recap

CHRIS ARP  
STAFF WRITER

The 2024 MLB season officially came to a close this past week as the Los Angeles Dodgers defeated the New York Yankees in five games after a very disappointing series, if you aren't a Dodgers fan.

While this highly anticipated matchup was projected to be one of the most cinematic series of all time, it most definitely wasn't. Most experts and baseball fans had predicted the series going seven games and coming down to a winner take all matchup. However, the series lasted just five games as the New York Yankees struggled to maintain leads and finish games. In Game 1 in Los Angeles, the Yankees were one out away from winning, as LA Dodgers 1B Freddie Freeman hit a walk off grand slam, setting the Dodgers up with an early advantage in the series. While watching, I questioned Yankees manager Aaron Boone's decision to bring in Nestor Cortes Jr to pitch the bottom of the 10th inning, after not pitching for

over 30 days prior with an arm injury. I thought some other options out of the bullpen such as Tim Hill, who had been perfection in the postseason for NYY could have worked out better.

In Game 2, the Dodgers dominated as Freeman homered once again as Yankees SP Carlos Rodon struggled, lifting the Dodgers to a 2-0 advantage in the series as it headed back to New York.

In Game 3, the Yankees came out flat. In the first World Series game held in the Bronx in over 15 years, the offense looked dead, with Dodgers All Star 1B Freddie Freeman dominating once again, giving the Dodgers an early 2-0 lead with his third home run of the series, which the Yankees never recovered from. I was at this game and after Freeman homered, the crowd lost all of its energy and life got sucked out of the team. No team in MLB history has ever come back from a 3-0 deficit in a series, setting the Yankees fan base up for either the greatest comeback of all time, or one of most disappointing finishes ever.

In Game 4, the Yankees offense finally showed signs of life. Amid Freeman homering once again (his 4th of the series), in the bottom of the 3rd inning, Yankees SS Anthony Volpe did something even his childhood hero had never done... hit a grand slam in a world series game. This catapulted the Yankees offense to an 11-4 victory turning the series to 3-1 and giving the Yankees fans signs of hope that maybe the impossible really could be done. This was probably one of the coolest moments I have ever seen as a Yankees fan, along with many other Gen Z fans.

With Yankees ace Gerrit Cole on the mound in Game 5, the Yankees had a chance to send the series back to LA for a Game 6 and potentially Game 7. After jumping out to an early 5-0 lead with homers from Aaron Judge, Jazz Chisholm Jr, and Giancarlo Stanton, the Yankees defense completely collapsed in the top of the 5th inning, notting 3 errors and ultimately letting the Dodgers tie the score at 5 and later giving the game away. The

Dodgers went on to win the game 7-6, winning the World Series and their 8th title in franchise history. It was a disappointing finish for the Yankees, as this off-season a lot of work needs to be done. I think the main priorities should be re-signing OF Juan Soto, adding a few relief arms, and tightening up the defense, which proved to be a massive issue in the World Series.



IMAGE TAKEN from USA Today.  
Dodgers fan celebrates World Series win in Los Angeles.

## Are dating apps an issue?

HAYDEN KELLY  
CONTRIBUTING WRITER

In 2024, the presence of dating apps is nothing new; millions of people both young and old have utilized sites like Tinder, Hinge, Bumble, and more to meet potential matches. Dating apps have revolutionized

the dating world; for the first time in history, one can get a date without lifting a finger (besides the thumbs required for swiping left or right).

In theory, online dating is a brilliant concept. Not only is it convenient, but it feels safe. Tinder, for example, only notifies one that someone is interested in them once both parties have

matched. Of course, meeting up with someone from the internet does not exactly scream "cautious," but from an emotional standpoint, swiping right on someone and hoping they do the same is far less intimidating than approaching a person in real time and facing the possibility of face-to-face rejection.



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## Where is your favorite place to travel?

INTERVIEWED by MICHAEL GRUSEKE



"My favorite place to travel is Italy."  
- Will Snowden



"Madison Square Garden or Lake George."  
- Dylan Lane



"I like to travel to Long Beach Island."  
- Caroline Gruseke



"My favorite place to travel is New York City."  
- Taylor Memoli

# Hawk TV's new show: Creation Corner

**FRANK HOARLE**  
CONTRIBUTING WRITER

Hawk TV has debuted a show that highlights the variety of talents students possess across Monmouth University, Creation Corner, which is 30 minutes long and is taped bi-weekly.

From performances to showcases, Creation Corner features a wide range of topics and interests from across campus. The show is recorded every other Tuesday at 7:30 p.m. in the Hawk TV studio on the first floor of the Plangere Center. The first episode of the show, which was uploaded to Hawk TV's YouTube channel on Mar. 5, 2024, featured a student who made her own trinkets, a student who put on

a musical performance, and a student who works in photography.

"Inspiration, creativity, and talent," are the three words that Jefferson Gonzalez, a senior communications student and the executive producer of the Creation Corner, used to describe the show. Gonzalez is responsible for gathering students to be featured on the show, editing the footage after it is taped, and publishing it for people to see. While it takes a lot of work to put the show together, Gonzalez believes it is important for students and their talents to be seen. When asked why he puts the show together for students, he remarked, "We just want to give them a platform to showcase their art and get to know them a little bit more than just their artwork."

Giovanna Territo, a junior media studies and production student and the president of CommWorks

on campus, performed on the show at the beginning of the fall semester. Her performance was a recitation of a poem she wrote about her homeland, Staten Island.

While reflecting on her performance, Territo was thankful that she was able to get her voice out in a fun and enjoyable manner, as she remarked, "I always want to get my voice out, but to be able to do it for fun is even better."

She also believes that the show is a great way to express who you truly are to the outside world. Territo said, "Creation Corner is an outlet to be yourself and to show people who you are."

Professor Robert Scott, a Specialist communication Professor is the faculty advisor for Hawk TV, endorses the new show and believes it is a great opportunity for the organization and Monmouth students. Scott emphasized, "Creation Corner is an entertaining program and a great opportunity to showcase the talent of Monmouth University students."

With the show featuring a wide range of different talents from different students, it builds a sense of community by putting everything under one branch. "Building a community like this and involving different interests and putting them all together really is something special," Gonzalez said.

Sage Fernandez, a sophomore communication student, has watched the Creation Corner and was grateful for how the show opened her eyes to some of the talents her fellow students have across campus. "I felt a great sense of inspiration from these students," she said.

She continued, "Creation Corner shows where people are currently, where they want to be, and where they started, which I feel like a lot of people need to hear."

Creation Corner is the fourth show that Hawk TV shoots currently, and the Fall 2024 semester is the first full semester of the show's existence. It joins a rotation with Triple Scoop, which is a show about pop culture, Extra Point, which is a show about sports, and News, which covers the top stories on campus and abroad.

While Creation Corner seems to have positive impacts on the campus community, it also benefits the Hawk TV organization as well, according to Professor Scott. "Expanding beyond our regular programming gives the organization the chance to experiment with new ideas, recruit additional talent, identify new opportunities and perspectives, and expand our channel offering."

Scott believes that Creation Corner could potentially open up the door for even more fresh content that Hawk TV can produce. Scott said, "In short, successful new series such as Creation Cor-

ner will inspire others to experiment with other fresh concepts, a process that is critical to the organization's success."

While this show is a step in the right direction for Hawk TV, the amount of shows that the organization produces weekly has decreased over the years, in large part due to effects of the COVID-19 pandemic.

Creation Corner, like any other Hawk TV show, takes a group effort. While Gonzalez does produce and plan the show by himself, the actual recording of the show cannot be done alone. Members of Hawk TV help with camerawork, organization, and the technical side of the shoot. Each recording takes approximately one to two hours, and the final product is typically published to YouTube a few days after taping.

Gonzalez claims that people from notable clubs such as CommWorks, Hawk Interactive, and Hawk TV itself have been featured on the show. With plenty of more recordings to come, Gonzalez is confident that the show will continue to reach out to organizations across the university, because this is what he loves to do.

"I love when people share their passions and when they talk about it," concluded Gonzalez.



PHOTO COURTESY of Jefferson Gonzalez.

## Introverted excellence: confessions of a solo scholar

**ANA CARVALHO**  
CONTRIBUTING WRITER

When I was in high school, I'd often get asked a variation of the same, seemingly burning question: "What are your plans for the weekend?" At the time, I could rely on my family as an excuse. A quick, "No, sorry, I have plans with my family this weekend," or my ultimate favorite, "My mom said no," were my go to. I was never one to enjoy leaving the house, especially when I could be doing homework and getting ahead on assignments. Now, as a 21-year-old college student, the only thing that's changed is that I'm much more honest about why I won't be going out.

Being a college student as portrayed in movies and shows is a fun experience wrapped in a glittery blanket. Young adults in college are students by day, but by night, they all seem to know exactly where to go and who to hang out with. I've tried to give it a shot, but I can't seem to conform to that type of socially engaged lifestyle.

I used to be embarrassed about it, not wanting to disappoint anyone by saying I wouldn't come out with them. But the truth I've learned is that it's okay to not be a socially active college student.

If you're reading this and feel you might have a similar way about you, then you may just be a solo scholar like me.

On Mondays, I start my day with a to-do list of assignments mapped out. Since one of my classes is strictly online, time management and staying on task is key, and I've found this to-do list setup is the best way to keep on track. I know that taking five classes isn't the norm on campus, but as someone with a full 15-credit load, time is everything. If I can focus and finish my assignments on schedule, then I get to spend what's left over doing what I actually like, nothing!

I usually have every assignment done days before it's due—sometimes even 1-2 weeks ahead if time permits. It's not an easy feat, and I'm well aware of how crazy it sounds; I can practically picture the looks on my classmates' faces when they ask if I've started an assignment and I say, "Yeah, I did it last week." For me, getting my work done ahead of time means freeing up my schedule to tackle assignments for the following weeks or even to study for something that isn't urgent yet, but would be nice to get a head start on.

Sometimes, I even have professors—now and in the past—emailing me to let me know I have way more time to finish an assignment, concerned that I thought it was due sooner. I always reply, "I know, but it was open, so I

thought, might as well do it!" I feel a sense of relief when I have things off my plate or open some room to get in some extra studying. When I hear about some classmates who submit things the night they are due, I get panicked! I couldn't imagine doing school any other way than above and beyond, early, and extra, because that's just me!

Why does this all-or-nothing academic lifestyle appeal to me and so many others? I've found that the satisfaction of earning an A on an assignment, test, or project gives me a sense of fulfillment and progress that a night out rarely could. It's more than just a grade—it's a result of my hard work and dedication. While social events might offer a few hours of fun, the pride in knowing I've put my best effort into my studies stays with me long after.

For many college students like myself, life is already very crazy and hectic, and sometimes beyond overwhelming. The one thing I know I can control are my grades and how much effort I put into staying in that category of success. Every awesome grade I receive is just one step closer to my future career I have been dreaming of for so long.

To some people, staying home on a Friday night seems like torture, but for me, it's bliss. After a long week of juggling clini-

cal hours, classes and their workload, and a job, the last thing I want to do is leave the comfort of my house. Yes, my bed is my favorite place to be!

You should not feel bad for not enjoying the same things as your fellow classmates or people your age. I have much more fun reading my books and studying than I do leaving my room. On rare occasions, I'll attend a Monmouth University event, like the super fun Fall Fest I went to with one of my classmates and dear friend, Alexandra Elek. I can get out of my shell a bit while remaining true to myself.

You can create any balance of school and life as you see fit! College after all, is for experimenting and becoming unapologetically you. I think it's important we each find what makes sense for us, and what truly helps us. I have learned valuable skills like time management, self-discipline and have seen amazing results, but it may not work for everyone, and that is totally fine too!

So, if you're someone who finds more joy in curling up with a book or crossing off tomorrow's to-do list today, embrace it. College isn't one-size-fits-all. It's your journey, and you have every right to make it one that suits your true self. For me, that means choosing a path of introverted excellence, and I wouldn't have it any other way.

## Upcoming Events!

### WEDNESDAY

**Therapy Dogs and Ice Cream**  
12:30 p.m. - 3:00 p.m.  
Anacon Hall

**Study Abroad 101**  
2:45 p.m. - 3:45 p.m.  
Student Center Room 202B

**Visiting Writers Series: John Vercher**  
4:30 p.m. - 5:30 p.m.  
GH 104

**Lambda Theta Phi's Domino Tournament ft. Cussies**  
8:00 p.m. - 10:00 p.m.  
Intercultural Center

### THURSDAY

**Podcasting for Beginners**  
7:30 p.m. - 9 p.m.  
Virutal

### FRIDAY

**Fire Pit Friday**  
8:00 p.m. - 10:30 p.m.  
Nagy Commons

### SATURDAY

**The Big Event**  
9:00 a.m. - 2:00 p.m.  
Various Locations

**Gamer's Haven: Axes, Mystics, and More**  
7:00 p.m. - 10:00 p.m.  
Residential Quad

## Song of the Week!

"I Love You, I'm Sorry"  
(Live from Vevo)  
by Gracie Abrams



# A guide to a productive night routine

**BAILEY FREDERICKS**  
MANAGING EDITOR /  
LIFESTYLES EDITOR

As the weather starts getting colder, my production levels start to decline. If you're the same, it's okay; it's totally natural. But, to combat the symptoms of fall, and to ensure you don't come home from a long day just to bed rot until 1 a.m., you must stay consistent with a nightly routine.

Provided in this article is a rough outline of a semi-productive nighttime routine that is sure to keep you guilt-free and relaxed.

My night routine typically commences at 5 or 6 p.m., but your night routine can start whenever you get home from work or school. I know all you want to do is change into your pj's, but resist the urge! Keep your work or school clothes on, it will keep you in a working mindset which will, in turn,

keep you on task.

Now that we have established that, let's make dinner. Meal prepping is a great way to save time, but also ensure you are eating healthy. I like to prepare taco bowls, salads, or protein-grain-vegetable combos in advance, which only require a microwave and a few extra ingredients to enjoy.

After dinner, I like to spend 30 minutes on my couch to decompress; this could include reading a book, scrolling on social media, or watching some television. But, be warned, this part of my night routine is a breeding ground for unwanted naps; it is essential to watch the time and remind yourself that your day isn't over yet.

After some much needed relaxation, it's time to get your body moving again. I like to throw on some workout clothes and head to the gym, but if you don't have a gym membership or rather stay home, at-home workouts are just as good. The point of



IMAGE TAKEN from PEXELS.com

Having a nightly routine that promotes self-care can have many benefits.

this aspect of your nightly routine is to take some time to practice self-care, get your heart rate pumping, and body moving (especially after sitting hunched over at a desk all day). I enjoy working out because it helps

with my mind-body connection; it's important to not always put pressure on yourself in terms of working out whether that be in regards to weight loss, strength, or toning goals. To me, working out should be enjoyable and make you feel good, and if you're moving your body in any way, you are absolutely doing enough.

Now that you worked out, you are definitely a little sweaty – time to shower. My shower routine consists of Tree Hut body scrub, Truly body wash, Pantene's Miracle Moisture Boost shampoo and conditioner, and of course, water that is way too hot. After the shower, indulge in much needed skincare with the Summer Friday's Summer Silk body lotion and matching Lip Butter Balm.

Arguably the most important part of your evening is next: preparing for the next day to make your early morning goes as smooth as possible. I like to pack my lunch the day before and throw it in the refrigerator so the next morning I can simply grab it, add an ice pack, and go. Pro tip: remember that some items can get soggy (like your croustons is your yummy salad), so try to keep that in mind when bagging. Next, I like to lay out my outfit for the next day – remember to check the weather! Lastly, I need to pack my school or work bag the night before to ensure I don't forget anything. All of this alleviates so much stress in the mornings and, for the most part, makes me a lot more organized for the day ahead.

"Nights before class I try to be consistent with packing a lunch, picking out an outfit, putting my school bag together, etc. But, it's hard for me to do every night because of everything I have going on," shared Jordyn Rosen, senior communication student.

Sarah Eidelman, also a se-

nior communication student, added, "I do try to prepare for my mornings by figuring out my schedule for the following day the night before. For example, if I am attending a workout class in the morning I know I will need to pick out an outfit for that or if I'm filming a podcast I know I will need more time in the morning to pick out a nicer outfit and make sure I look camera ready."

By now, it's probably around 8 or 9 p.m., and you're starting to lose more energy. Finally, change into your comfiest pair of pj's, grab a snack and some water (you need it), and hop into bed. Put on your favorite show, movie, or grab a good book. But, do not, I repeat, do not, start doom scrolling. Unless you have a lot of self-control, if you start scrolling on Tiktok or Instagram, you may not stop until 1 a.m.

Having a nightly routine can help you stay organized and stress-free. Eidelman added, "I think having a nightly routine is definitely beneficial for college students. Many of us are in various clubs and organizations and working jobs on top of being full time students. Because we are so busy, it makes it even more important to carve out time to decompress and relax at the end of the day."

I know having a nightly routine is not always possible for college students, as our schedules are hectic, sometimes leaving us to finally arrive home at 10 p.m., fully drained. Rosen agreed, "In general I think it's beneficial to have a night routine to prepare for the next day, but it can be hard for college students because most student's don't have a set schedule every week. Activities for school, clubs, greek life, work, etc. are always changing."

But, there is value in setting up some type of daily or nightly routine, regardless of what it looks like.

## Stress management: Tips to help college students relax and rejuvenate

**RILEY MCGEE**  
STAFF WRITER

Being a college student is something that is extremely hard, and at times, it is easy for us to become severely overwhelmed and stressed. We can often find ourselves having a hard time managing our school work on top of a social life, work, family life, sports, friendships, and pretty much everything else. Along with this, in college, we have to figure out how to balance our academics, our new schedules, and our new environment. It can put a lot of pressure on us, causing an overwhelming amount of stress, which is sometimes hard to manage.

I think one of the best stress management tips that I have in my life is finding a new hobby to distract myself from my stress. Finding a new hobby or rekindling an old hobby when stressed can allow for you to decompress and take a break from the outside world. This can be something like reading, drawing, painting, photography, yoga, meditation or listening to music. To manage stress, you can take some time out of your day to take a break and enjoy yourself and enjoy whatever you like to do for fun. It allows for your brain to take a break, and for you to take a breather.

Another stress management tip that I find extremely helpful is exercising regularly. This doesn't have to be anything crazy, it can be super simple, just

to get yourself moving. You can simply go on a walk throughout the day either by yourself or with a few friends. These walks don't have to be a certain length, they can be as short as 10 minutes or as long as an hour. It's something that allows for you to just take a break and breathe, and not focus on what you have to do throughout the day. Or, you can go to the gym and lift weights, and it doesn't have to be a long workout with heavy lifting. It is something that is truly flexible, but can help you when it comes to managing your stress and mental health.

I believe that another way you can help to manage your stress is to be organized with your errands, plans, and homework. This can be managed by making a to do list, buying a planner, or even using a digital planner as well. This is something that has helped me so much when it comes to feeling stressed about upcoming work; I've found that making a digital spreadsheet of all my assignments, then writing them down physically day by day is very helpful. This has helped me to stay on top of my assignments and only focus on things that are due for that specific week.

Another thing that many say helps with stress management is setting boundaries. This means that if you are too stressed with what's going on, or have too much going on in general, it's okay to tell people no.

Along with this, connecting with others like family, friends and even professors for support

is something that can definitely help when you are stressed out. Talking through how you are feeling, whether it's that you are stressed, upset, or having a hard time, talking to a close friend or family member will help. It could also be beneficial to reach out to a professor when you are stressed out and overwhelmed. For the most part, when you ask them for help, they are willing to help you out and work with you to help you feel better. Also, being around people you know care about you and love you helps to distract you from everything that's going on. If you take the time out of your day to just watch shows with your friends or even just be in their presence and laugh, it helps you to feel less stressed.

Finally, something that I believe could help with stress and managing it is limiting your screen time. This could be something as simple as trying to use social media less throughout the day, especially when you know you have a lot on your plate. Social media makes us worry about likes and comments, and distracts us often. Limiting the use of it can help to lower your stress levels.

In conclusion, trying to implement just one of these tips into your life can help you manage your stress and make you feel better mentally. This is something that has taken me a long time to adjust to, and by changing my habits, it's helped me to learn to manage my stress and feel better.

# Monmouth Artist Spotlight: Azure Kai

**LORELAI HILARCZYK**  
ENTERTAINMENT EDITOR

At Monmouth University, music surrounds us in so many ways. From Blue Hawk Records to MU Players, avenues for musical creativity are endless. So, it's no surprise to find out that musicians and songwriters walk among us on this very campus. One of them is Ashley Zingillioğlu, or you might know her as her stage name, Azure Kai.

Kai is a senior English major with a concentration in Creative Writing. As if being an English major isn't enough work itself, she has not one, but three minors: computer science, communication sciences and disorders (speech pathology), and general management. While she's super passionate about her studies, she's also just as passionate about music.

Kai was first exposed to music at a young age when her mom introduced her to one of the greatest bands of all time, The Beatles.

"The first song I listened to by them was, 'I Saw Her Standing There' off their first album, 'Please Please Me.' You know, at that time, YouTube wasn't as popular as it is today, so I had to go in and listen to the old CDs. Initially, I didn't like it in the first three seconds, but then I got into it. And my mom could see the energy levels were there," Kai said. It was the unique vocal styles of John Lennon, Paul McCartney, Ringo Starr and George Harrison that made Kai realize that different artists can come together and create greatness. The Beatles

were able to capture so many genres and experiment with their sound and artistry which is something Kai aims to imitate in her own music.

Kai's songs "Don't Hug My Mama," "Offguard," "Fine Wine," and "On the Bus" are heavily influenced by R&B, funk, and hip-hop beats. The 90s sound like NSYNC, Backstreet Boys, Chris Brown, and Justin Timberlake are always at the forefront of Kai's mind when she's creating. "I've learned to pinpoint what makes each artist unique and kind of take that into my own style. I'll sing a song, right, in my mind, kind of emulating Chris Brown's voice, but it'll be a B2K beat or NSYNC beat with different kinds of voices going on in the background," Kai said.

One of the most noticeable and distinct features, from the first note, are her vocals. A classified mezzo-soprano by Monmouth's very own David Tripold, Professor and Director of Choral Activities, Kai's range is significantly deep, and has been since middle school choir. With an insane low range, she was always overlooked and passed over in comparison to her soprano classmates. The problem she ran into was there was no way to showcase herself in that setting because the vocal parts were sadly awarded to girls with higher ranges. "I would sing the male solo, and it would sound f\*\*\*\*g good. But the only problem was the requirements for the tenor and bass solo was that you had to be a tenor or a bass. So even if I could sing those solos better than



PHOTO COURTESY of Ashley Zingillioğlu.

them, I wasn't eligible to get the part. So eventually I just thought that, hey, maybe I'm not good at singing," Kai explained.

That didn't stop her from chasing music. She started officially songwriting in high school writing rap verses to and from basketball games on the bus. As she put it, while her friends were studying plays and getting in the zone for games, she was writing verses using free beats off the internet.

The hard work and determination of her youth seems to have paid off when it comes to the music she has released thus far. "Don't Hug My Mama" which was featured on Blue Hawk Records 23rd Compilation album, "Open 24 Hours" is the most streamed song in BHR history with 144,287 streams and counting.

The aspect of Kai's songs that people might not know is that they are based entirely on her short story world that she's created in creative writing class. "Sometimes what students do in their portfolio's is that they incorporate a series of stories that are different and turn it in. For me, I incorporate different stories but they're all in the same world of characters that I'm building...I just decided to bring my characters from my short stories to life through the music," Kai said.

Whether she writes the story first or the song first completely depends on the inspiration at hand which can come from just about anywhere like feelings of annoyance. However, Kai makes it very clear that these songs are directly correlated to her short stories and are not to be taken in a literal sense. Her songwriting style is story narration, a genre that, in my opinion, needs to be explored.

The music invites you into the world of Kyle, an eighth grader trying to make his way through life. "On the Bus" tells the story of Kyle on his way to his middle school dance where he so desperately wants to impress the girl he likes. Kai's unreleased song "Put Me In, Coach" is about Kyle trying to convince his basketball coach to give him a chance to show what he can do off the bench. I had the pleasure of listening to a sneak peek of "Put Me In, Coach" and it's clever and enticing, using basketball elements (buzzer and bounce sounds) to add to the scenery of the world the song throws you into.

There's nothing quite like listening to an artist that undeniably knows who they are and puts themselves out there without fear. Like every growing artist, Kai is always working with different artists and producers like Max Wolf, who helps bring out

the layers and structure that Kai lays out. Something Kai said that really stuck out was that songs are highly customizable to the artists because it's based on their specific visions and tastes. Every single note, lyric, instrument, and beat drop is straight from that artist's brain.

While Kai admitted that music is not something she intends to pursue full-time after graduation, her brand and sense of artistry will follow her wherever she goes. For now, the name, Azure Kai seems to be racking up streams on Spotify regardless. Her music is something everyone should give a listen to, even if it's not your go-to genre. You may end up with more appreciation for her style than you bargained for.

I'll leave you with Kai's words of wisdom for students in music, "If you're looking to improve as an artist, you have to let listeners or people giving you feedback, you have to give them the space, to be honest...So instead of taking it as I suck, you can say, here's the skills I need to learn, and the skills I don't have. And then what classes or what people can I go to that will help me develop those skills? You're in a university space. You have access to everything. You just got to open your mind to it."



IMAGE TAKEN from Spotify.

Azure Kai's "Offguard" cover released on Jan. 23, 2023, on Spotify.



# Jason Reitman's "Saturday Night" follows a comedic dream

**TAYLOR MEMOLI**  
EDITOR-IN-CHIEF / NEWS EDITOR

“Art is about a measure of sacrifice and tears,” a quote that hits home for many dreamers in different stages of their creative journeys. Jason Reitman’s “Saturday Night” is a prime example of this. A film that follows the opening night of the well-known “Saturday Night Live” explores much more than the antics that went into the pilot’s premiere. “Saturday Night” depicts a piece of entertainment history and the work that goes into pursuing one’s dreams.

I have never been a fan of “Saturday Night Live.” I find their skits dry and cast not important enough to tune in. But “Saturday Night” was the opposite of that, the dialogue was rich and its fast-paced tempo kept me hooked from its opening scene. Although Gil Kenan and Reitman’s writing at times contained cringe remakes and unnatural responses, it was undoubtedly laugh-out-loud funny. Causing eruptions of laughter in the dull Monmouth Mall movie theater.

The movie flows beautifully through its two-hour mark, and

this is credited to its swiftness through its writing and Shane Reid and Nathan Orloff’s editing. The scenes and dialogue are quick, yet informative. The scenes transition into each other so seamlessly, immersing the audience more into the night’s anxiety and chaos as each minute passes. Audiences are able to know so much about each character in such a short period of time.

Danny Glicker’s costume design did not pay homage to the original episode but rather copied it gorgeously. The costumes used for certain skits were perfectly credited to the original episode and the crew member’s 1970s wardrobe, as well as the 20-person makeup and hair stylist team, transported viewers effectively into the time period.

This ensemble cast, cast by John Papsidera, was amazing to watch. The names coming across the screen consisted of some of cinema’s greats, such as Willem Dafoe and J.K. Simmons, but mostly contained some of the industry’s new faces and youth, just what “Saturday Night Live” set out to do in 1975. Some new, yet familiar, faces included Dylan O’Brien, Lamorne Morris, Ella Hunt, Andrew Barth Feldman, Nicholas Braun, and so many

more. This stunning cast was led by Gabriel LaBelle quite impressively. LaBelle took charge and exhibited the confidence of a 20-something-year-old set to run a live TV show that was falling apart in front of his eyes. He did his job, and he did it quite well. Some of the other standout performances went to Rachel Sennott for her portrayal of Rosie Shuster. Sennott always knows how to take charge of a scene and her natural humor shines through every character she plays. As well as Sennott, Cooper Hoffman stole every scene he was in for his portrayal of Dick Ebersol. Hoffman is just so charming and I can’t help but be drawn to him in every scene he is in. He is truly a new gem in this industry and I can’t wait to see how his career takes off. Nepotism aside, he is truly going to be a star.

At its core, “Saturday Night” is about a group of 20-year-olds with a dream. A dream to change television and create a program for the new generation, made by the new generation. The film explores passions, finding purpose, pride, and the importance of faith and trust. It urges audiences to be proud of their dreams, despite what other generations may think about them.



IMAGE TAKEN from World of Reel.

## It really has been “Agatha All Along”: The finale

**FAITH MOLITOR**  
STAFF WRITER

The final two episodes of “Agatha All Along” were released the day before Halloween. Considering that the episodes normally premiered one at a time every Wednesday, this was a nice spooky treat for Halloween lovers. You’ve been warned, spoilers ahead.

“Agatha All Along” follows the story of the main antagonist, Agatha Harkness (Kathryn Hahn), during the events of “Wandavision.” It is revealed that Agatha has literally been there all along, creating the illusion that she is part of the town, and is unknowing to what has occurred. However, this

is in an attempt to gain Wanda’s magic, as Agatha knows the “Darkhold,” a powerful book of chaos magic, predicts the return of the Scarlet Witch, with limitless power. Agatha is placed under a memory wipe spell after the battle with Wanda.

Wanda leaves Westview as she realizes that she has used chaos magic and put every one of the town’s residents in danger while creating this false reality. She has recently lost her love, Vision, and her grief allows her to transition into an era where she fulfills her prophecy as the Scarlet Witch and falls darker as she realizes the consequence of her actions. She navigates different realities in “Doctor Strange: Multiverse of Madness.” Her death is foreshadowed through

the rubble of this final battle, leaving viewers wondering what is happening in Westview, and how her actions have affected the newly conscious residents. Agatha still has no idea what is going on but regains her memories with the help of a local Eastview teen and a supposed FBI agent. Agatha remembers that she must do whatever she can to regain her power, as this was her main reason for coming to Westview. Agatha works with Willam Kaplan (Joe Locke), known as “Teen,” to gain a coven of witches and to find the Witch’s Road. However, viewers start to notice that the plan may not be going smoothly, but once again, Agatha seems to know more than she’s letting on about William Kaplan’s sigil. Which

prevents him from revealing his true identity and her surprise at The Road actually opening.

Agatha and her son, Nicolas Scratch (Gavin Leatherwood), created the “Ballad” itself that made other witches come to the allure that was The Road, ending in Agatha using her powers as an Illusionment Witch to steal their powers after blaming her coven for being weak, resulting in the witches using their powers on her. Nicolas Scratch, who many believed to be Teen at the beginning of the show, is revealed to have been taken by the Ultimate Green Witch, Mother Death, also known as “Rio,” after he was given more time on Earth due to Rio’s love for Agatha. Agatha refuses to meet Death, initially in an attempt to keep her power, but it is because she doesn’t want to meet Nicky in the afterlife. The Road, therefore, was a way for Agatha to provide bodies to keep Death distracted and happy. She seldom acknowledges that she did use him to trick a coven of witches, even still after his death, utilizing the song they performed as they went town to town. This was a way to cope with her loss and use his story to fuel the power she always wanted to obtain, as it is mostly portrayed that she sold her son to the Devil, in order to get the Darkhold, by the other witches in the Coven she created.

Agatha, upon finding out that Teen is the son of Wanda Maximoff, mostly befriends Teen as she seeks to find out how him and his power is relevant to

her own journey and survival. However, she also tries to distract Rio with how powerful he is so he doesn’t have the same fate as Nicolas Scratch, or even herself. Even if it is calculated to find more about the bounds of Billy’s power, and how it helps Agatha herself, she does help Billy find Tommy being born as he has been lost since the curse was lifted from Westview. Scratch, therefore, is Agatha’s only connection to compassion: as the mention of his name finally allows her to walk to her end, with a literal kiss of death. It’s interesting to see the way Billy interacts with Agatha in her new ghost form in the end of the final episode. He feels that she tricked him into being a murderer in order to just trade him to death and get his powers at the end of the show, but he sees her vulnerability and power making him realize that he cannot walk his next road alone. This road is meant to find his long lost brother, Tommy Maximoff. He struggles with identifying what is good and right, what it means to be a witch himself, and whether or not he wants to be like his mom.

In this final scene, we see him realize that in order to be the witch he really wants to be, he has to own up to his mistakes and be aware of both the good and bad that comes with being powerful, such as his mom and Agatha. They both realize that seeking power is inevitable and it’s no fault of their own but the choices they make in the future decide it all.



IMAGE TAKEN from Vanity Fair.

# COLLEGE DEMOCRATS & REPUBLICANS HOLD FINAL EVENTS OF ELECTION SEASON

BRENDAN SHEEHAN  
POLITICS EDITOR

The Monmouth University College Democrats and College Republicans held their final events in the days before the 2024 election.

On Wednesday, Oct. 30, the College Republicans set up a “Lemonade and Liberty” lemonade stand at the Rebecca Stafford Student Center. College Republicans Chairwoman Giavanna Cangialosi and Xiomara Martinez, a member, handed out free lemonade with stickers encouraging students to vote. According to Cangialosi, the club handed out more than 50 cups in their first hour. Then, on Saturday, Nov. 2, the club attended an “Early Vote Rally” at the Monmouth County Republican Party Headquarters in Colts Neck. Cangialosi said, “There, we showed our support for Donald J. Trump, JD Vance, Representative Chris Smith, CD-6 Candidate Scott Fegler, CD-3 Candidate Dr. Rajesh Mohan,

U.S. Senate Candidate Curtis Bashaw, and County Commissioner Candidate Sue Kiley.”

Cangialosi said, “Our club is confident in this election, especially with the amount of hard work we put into as young voters... we made our voices heard.” Cangialosi says her and her 300 members will, “be able to look at ourselves in the mirror and say to ourselves, ‘I gave it my all and I am proud of the effort I put in.’”

The College Democrats hosted a watch party on Election Night in the Student Center. Owen Bros, President of the College Democrats said, “In this presidential election we have the most qualified candidate in history, versus a convicted felon, sexual abuser, and liar who tried to overturn our democracy.”

On the event, Bros said, “The College Democrats

plan on watching the results come in together as a club and respect the results no matter the outcome because that’s what our democracy requires. When our children and grandchildren ask what we did in this moment, we as a club can say we did everything we could to defend our democracy and the promise of America.”

In previous weeks, the College Democrats held multiple postcard writing events, sending hundreds of postcards to voters across the United States.

Both clubs, over the last two months, have worked to register students to vote, engage students to get involved in politics, and voted themselves. You can follow the College Republicans on Instagram at @mu\_hawkgop and the College Democrats at @monmouthdemocrats.

## FACTS VS. FICTION: ELECTION INTEGRITY

### Claim 1: Non-citizens are voting in large numbers.

There are claims that non-citizens are voting “en masse” in the 2024 election. However, there is no evidence to support this claim. It is a federal crime for non-citizens to vote and there is no proof to support the claim that non-citizens are voting in large numbers, or even really at all.

After the 2016 election, the Brennan Center for Justice examined election results in 42 places with a large immigrant population. Out of 23.5 million ballots examined, the Center found 30 cases of potential non-citizen voting, a margin of 0.0001%. In the battleground state of Georgia, a comprehensive review of the state’s 8.2 million registered voters found just 20 non-citizens who were registered to vote, a margin of roughly 0.0002%, ahead of the 2024 election.

### Claim 2: Voting machines are adding votes for certain candidates.

Another claim circulating is that voting machines are adding votes for certain candidates or switching votes from one candidate to another.

Again, there is no evidence to support this claim. Following the 2020 presidential election, FOX News was sued by Dominion Voting Systems for knowingly broadcasting this claim. FOX News then settled with Dominion for more than \$700 million and FOX agreed to apologize on air.

There were other media outlets that settled with voting companies like Dominion for broadcasting similar untrue claims following the 2020 election.

### Claim 3: Election deniers can block election certifications.

A third common claim is that election officials who cast doubt on the legitimacy of the 2020 or 2022 election results can use their power to reject election results. These officials are known as election deniers.

There have been a few cases where these officials have tried this, but the courts ruled against them and ordered the certification of the results. Recently, in Georgia, a judge ruled election officials must certify election results and that the law will intervene if they do not.

### Claim 4: Delays in publishing results means there is fraud.

Another false claim is that states that take days to count votes and report results are doing so to ensure a certain outcome or that this delay results in fraudulent numbers. This is not the case. Vote counting in some states can take days, and some large states like Pennsylvania, cannot begin counting votes until the polls close on Election Day. The candidate ahead on Election Night does not necessarily mean they are projected to win. As more ballots are counted and numbers are updated, vote totals change and there is no evidence that these delays are evidence of fraud.

### Claim 5: Mail-in ballots are not a secure form of voting.

According to the American Civil Liberties Union (ACLU), voting by mail is a secure way to cast a ballot. All states have tracking methods for mail-in ballots and each ballot receives a barcode unique to each voter.

The ballots are delivered by the United States Postal Service (USPS) and there is a paper trail left behind to track ballots and whether or not they were counted. In fact, voting by mail has been used by both former president Donald Trump and Vice President Kamala Harris.

### Claim 6: The 2020 election was rigged or stolen.

The 2020 election was the most secure in American history, according to the United States Department of Homeland Security. Former president Donald Trump claimed the election was stolen from him and pursued these claims through the legal system as all candidates are entitled to do. However, Trump lost 61 out of 62 election-related lawsuits and both the Electoral College and Congress certified Joe Biden as the winner of the 2020 presidential election. Voting officials in every state, Republican and Democrat, have denied claims the election was rigged or stolen.

# TO/ The Outlook

Hello, everyone! 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](mailto: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](mailto:s1321296@monmouth.edu)! I look forward to a great year. :)

-Bailey Fredericks, Managing and Lifestyles Editor



## College Republicans

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!

- Owen Bros, President



## Real Estate Club

Hello everyone! 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



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



## "College Core" - WMCX

Hey Hawks, tune into our next show, Monday, Oct. 28 from 7 p.m. to 9 p.m. It's going to be a spooktacular time!

xoxo - Bailey & Sarah

Day & Time	Monday	Tuesday	Wednesday	Thursday	Friday
00-6:30					
00-7:00					
00-7:30					
00-8:00					
00-8:30					
00-9:00			Heart 2 Heart		
00-9:30				Daniel Bricker On Shuffle	
00-10:00					
00-10:30			Anthony Cassieri	Ava Marton	Juno Snider
0:30-11:00	Amani Adelekan, Gianna Krezel, Anyia Kazmierczak	Sports Talk 4			
1:00-11:30	Jaylyn Ortiz, Jenna Proetto, & D'Maari Brown		Football on the Shore	Glendy	The Ghosts Hosts
1:30-12:00	HNK	Nick Giannantonio		Hot Topic	
2:00-12:30		Sports Talk		Hawk Film Talk	On the Ball
2:30-1:00	Beyonce Carranza, Erin Schuster, Leila Mehmedovic, Katie Sullivan	Noel & Chris	4 Leg Parlay	Celie Reynolds	Jake Ciangulli & Pat Healy
00-1:30					
00-2:00		Ava Hubinger			Omni Sports
00-2:30	Screen & Stream		Business Show		
00-3:00					
00-3:30	Carlee Migliorisi	Quinn Wild	Get Silly	Max, Gavin, Shalik, Mir	
00-4:00	Carlee Migliorisi		Xavier Santangelo		
00-4:30	The Playbook			Unplugged/ JG	Monmouth Hawk Spotlight
00-5:00		Izzy, Manny, Trae	Dae'ani Clark		
00-5:30	Giovanna Santiago		Hot Take Radio	Gideon Quayay	
00-6:00	Trucker Radio	Daniel Gruseke			
00-6:30			Los nuestros Sonidos		Julian Nicholas
00-7:00					
00-7:30					
00-8:00	College Core	Taisha Exanor	Real Ball Hours		Ronde Washington
00-8:30					
00-9:00					
00-9:30					
00-10:00		Lily Cleary			
00-10:30				Sports Talk 7	
00-11:00					
00-11:30			Blue Hawk Records		
1:30-12:00					



## Hawk TV

Hawk TV is the student-run television station here at Monmouth and we are currently working on our Halloween special titled Hawktober. It will premiere on our YouTube channel @HawkTVMU on October 31st. This episode is one you don't want to miss! The special is a spooky take on Monmouth that includes investigating the possibility of ghosts residing in the Great Hall. The episode will feature recreations of famous horror movie scenes and fun Halloween themed competitions. This episode will surely get you in the spooky mood just in time for Halloween night. Next week, we will be back to our regularly scheduled shoots with Hawk TV News filming on Tuesday, Triple Scoop on Wednesday, and Extra Point on Thursday. Follow our Instagram @HawkTV12 to never miss an update on the club!

- Ava McGinty, Hawk TV Secretary and Executive Producer of Hawk TV New

**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](mailto:s1321538@monmouth.edu)

**FIREFIT**  
*Friday*



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NOV

**08**  
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*Veterans Day*

**NOVEMBER 11 @11AM**

**ANACON B**

 **MONMOUTH UNIVERSITY** | **VETERAN SERVICES**



## ADD YOUR VOICE TO OUR MIDDLE STATES SELF-STUDY!

Join us for open town hall sessions to discuss Monmouth's progress in the accreditation review with the Middle States Commission on Higher Education, a regional accrediting body recognized by the U.S. Department of Education. The reaccreditation process plays a key role in ensuring Monmouth's continued success.

This self-study review emphasizes student learning and achievement, evaluating how well Monmouth's programs and services align with the University's goals and mission, as well as meeting the seven standards set by Middle States. Share your insights about campus life, ask questions, and help shape our path forward, while creating a better college experience for everyone.

### SESSION SCHEDULE

**MONDAY, NOV. 11**  
6 to 7 p.m.  
Graduate Center MP 226  
(Open to All)

**TUESDAY, NOV. 12**  
3 to 4 p.m.  
Pozydd Hall Auditorium 115  
(Open to All)

**THURSDAY, NOV. 14**  
11 a.m. to noon  
Zoom Session  
monmouth.edu/zoomtownhall  
(Open to All)

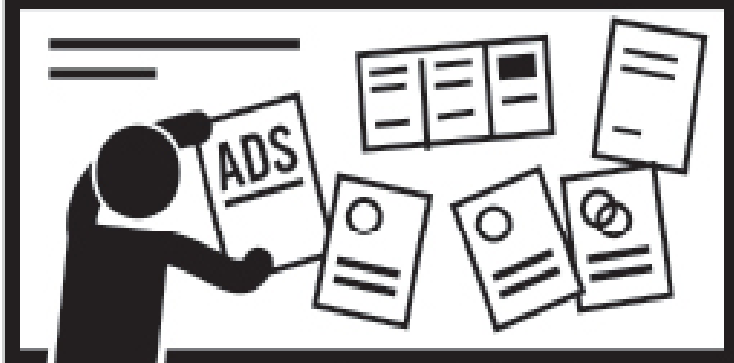
**FRIDAY, NOV. 15**  
Noon to 1 p.m.  
Bay Hall HR. Young Auditorium  
(Students Only—Food will be available)  
RSVP required

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November 13th

Anacon | 2:30pm – 4:30pm

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Session 1: 2:30pm

Session 2: 3:35pm



# Women's soccer clinch a spot in CAA Championship

**SAMANTHA TATE**  
CONTRIBUTING WRITER

No. 1 Monmouth is headed to the Coastal Athletic Association (CAA) Championship for the second season in a row, after defeating the Hofstra Pride 4-2 in the semifinal round on Nov. 3.

Forward Summer Reimet gave the Hawks an early lead about ten minutes into the game when she broke past two defenders and found the back of the net. The score sat at 1-0 until the one minute mark when again Reimet got another point on the board for Monmouth assisted by defenseman Grace Notarfrancesco. This gave Monmouth the advantage heading into

the next half.

The final 45 minutes of play began with Monmouth's third consecutive goal in the game shot by forward Loren Gehret who found the bottom right corner of the goal followed by the pass from midfielder Liza Suydam.

The remainder of the game was not only exciting, but tense as a change of play from the Pride shifted the game. Within two minutes of Gehret's goal, two yellow cards were issued to Hofstra, one for dissent and one for unsporting. At the 66:39 mark, Hofstra put themselves on the board with a goal from Louise Hayden off a corner kick and just barely slipping through Monmouth goalie, Cassie Coster, making the score 3-1 for Monmouth. With only nine minutes left in the game, the Pride found the net again



Summer Reimet led the Hawks with two goals in the semifinal game against Hofstra.

PHOTO COURTESY of Emily Webb.

with a goal from Millie Davies sending the ball soaring above Coster.

Monmouth was not entirely secure in their win as Hofstra was one goal away from possible overtime until the 37 second mark when Suydam received the assist from

forward Ashley Lavrich, giving the Hawks a two goal lead on Hofstra.

The 4-2 win secured a spot in the CAA championship game to be played at home against the Stony Brook Seawolves, ranked No. 2. This season, the

Hawks and the Seawolves tied their only matchup. In game history, the Hawks have not lost and hold a record of 7-0 at home, and 4-0-1 on the road.

The game will be at 7:00PM on Hesse Field Saturday Nov. 9.

# Field hockey closes regular season and looks ahead to CAA Championships

**MAIREAD SPELLACY**  
SPORTS EDITOR

In a Friday afternoon matchup, field hockey set multiple program records while closing out their regular season with a dominating 10-1 win over William & Mary.

Defender Anna Moors wasted no time getting back to work after her three goal performance against LIU on Oct. 27, and tacked on another goal in just the first quarter against William

& Mary. This goal came at 5:01 off of a penalty corner that was assisted by defender Caliste Schwartz and midfielder Libby Doehner.

Shortly after, midfielder Lauren Relik found the net for her first goal of the season, putting Monmouth up 2-0 at the end of the first quarter.

Moors continued her offensive performance in the second quarter with her second goal of the contest, and another assist from Schwartz. Just 27 seconds later, forward Jess Tucker finished

a pass from midfielder India Shakespeare, to give Monmouth the 4-0 lead just before halftime.

William & Mary fought back, getting one past Monmouth goalie at 28:49 but Monmouth held the lead, 4-1, going into halftime.

At no point did the Hawks pump the breaks, and continued their offensive strike into the second half. Forward Lilly Ricks opened the scoring gates for the Hawks after halftime with an assist from midfielder Milla Frye.

The Hawks scored five more times in the contest. Both Tucker and Moors recorded hat tricks in the fourth as they combined for six goals, three each for the day. Doehner had one of her own, an unassisted goal that expanded the Hawks lead, 7-1. Ricks capped the scoring spree for the Hawks, finalizing the score 10-1.

This marked the first time in program history that two players have had three goals in a game while Schwartz five assists were the most ever in a single game by a



Anna Moors led the Hawks with two goals in the semifinal game against Hofstra.

PHOTO COURTESY of Aari Flippin



The Hawks will face top-seeded Drexel in the CAA semifinal game.

PHOTO COURTESY of Aari Flippin

Hawk.

Monmouth's defense held the Tribe to only seven shots, four of them on goal and forcing goalkeeper Jessie Eiselin to make three saves.

This is the third CAA Championship spot in three seasons that Field Hockey has captured. As they sit at the No.4 seed, they will face top-seeded Drexel in the semifinal,

which will take place in Philadelphia on Nov. 8.

A hard fought battle will be underway for the Hawks as their all time series record sits at 4-7. The last time these two teams met up was a one goal loss for Monmouth. They will look to capture the semifinal victory and their fifth win over Drexel to clinch a spot in the CAA Championship.

# Football drops second straight game vs. No. 14 Rhode Island

**FRANK HOARLE**  
CONTRIBUTING WRITER

The Monmouth Hawks (4-5) gave up 20 unanswered points to end the game as they dropped their second consecutive game against No. 14 Rhode Island (8-1) on Saturday. After leading 28-24 late in the fourth quarter, the Hawks gave up two late touchdowns that vaulted the Rams to a 37-28 victory.

Monmouth received the opening kickoff, but they were quickly forced to punt. However, on the first offensive play of the game for Rhode Island, quarterback Devin Farrell threw an interception to defensive back Justin Bennin, giving the senior his second INT of the season. With Monmouth now set up in great field position, it wouldn't take long for their high-flying offense to find the end zone. In a drive that took a little over three minutes, running back Sone Ntoh would cap it off with his 19th rushing touchdown of the season.

The Rams would quickly respond, putting together an 8-play, 88-yard drive that would result in a game-tying touchdown, with Farrell throwing a 28-yard touchdown pass to wide receiver Marquis Buchanan. Monmouth would get the ball back and respond with another touchdown drive, with quarterback Derek Robertson finding tight end Jack Neri for a 4-yard touchdown pass.

With the Hawks taking a 14-7 lead into the 2nd quarter, Rhode Island would put together a long, 14-play drive that took seven minutes. After stalling in the red zone, the Rams would settle for a field goal, cutting the Monmouth lead to 14-10.

The next drive for Monmouth would once again be successful, with Ntoh rushing for his 20th touchdown of the season to give the Hawks a 21-10 lead. The Rams would once again respond, putting together a quick 4-play touchdown drive. This would mark the sixth consecutive scoring drive by both teams combined. That streak would end with Monmouth punting on its next drive.

The Rams would receive

the ball to start the second half looking to keep their momentum going on offense while trailing 21-17. After driving into Monmouth territory, the Rams would try to pull some trickery on first down, but Hawks defensive lineman Miles Mitchell was able to break through the trenches and steal the ball as the Rams tried to do a backwards pass. Mitchell would return the ball into Rhode Is-

land territory, setting up the offense in great field position once again. The Hawks offense would take advantage, only taking three plays for Robertson to find wide receiver Tra Neal for an 11-yard passing touchdown.

The Rams would once again find themselves in Monmouth territory on its next drive, but Farrell would throw his second interception of the game to defensive

back K-Shawn Schulters, giving the senior his first interception of the season. The offense would drive into Rhode Island territory, but Ntoh would be stuffed on a 4th & 1 rushing attempt, giving the Rams the ball back. They would waste no time, only taking four plays to go 65 yards and score a touchdown, cutting the Monmouth lead to 28-24 heading into the 4th quarter.

After a punt by Monmouth, Rhode Island would once again drive deep into Monmouth territory. After getting stalled in the red zone once again, a 26-yard field goal try would be blocked by Monmouth defensive back Jaeden Jones, keeping the score at 28-24.

A three and out for the Monmouth offense would give Rhode Island the ball back. They would once again drive inside the Monmouth redzone, but running back Malik Grant would be stuffed on 4th & 1 by the Hawks defense.

Another Monmouth punt would give Rhode Island another chance, and this time they would take advantage. An 8-play, 69-yard drive was capped off by Farrell's second touchdown pass to Buchanan. The touchdown would give Rhode Island its first lead all day late in the 4th quarter.

With the Monmouth offense needing a response, they would get to midfield before Robertson would fumble the ball, turning it over to the Rams for the first time in the game. Monmouth still had all three of its timeouts, and they were able to stop the Rams offense and give themselves one more chance. In desperation mode, trapped deep in their own territory with fourteen seconds remaining, Monmouth would fumble the ball and Rhode Island would return it for a touchdown with zeros on the clock, ending the game with a final score of 37-28.

Robertson threw for 266 yards and two touchdowns. Running back Rodney Nelson led the team in rushing with 46 yards on 13 carries. Ntoh's two rushing touchdowns put him at twenty total on the season. Wide receiver Josh Derry led the team in receiving, with 100 yards on six receptions.

The Hawks (4-5) will once again travel to New England to take on the New Hampshire Wildcats (5-4) next Saturday, Nov. 9. Rhode Island (8-1) looks to remain undefeated in CAA play as they travel to Newark to take on the Delaware Blue Hens (7-1) in a battle between CAA powerhouses.



PHOTOS COURTESY of Monmouth Athletics

THE OUTLOOK



# WOMEN'S SOCCER CLINCH REGULAR SEASON TITLE



Monmouth women's soccer head into the CAA Tournament as the number one seed after beating Hampton 2-0.

SEE STORY ON PAGE 15

PHOTO COURTESY of Anya Kazmericzak