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Second annual President's Lecture on Music History and Contemporary America will feature guest lecturer Sean Wilentz

BSACAM hosts Wilentz lecture "I Don't Write Protest Songs": Bob Dylan, 1963."

TAYLOR MEMOLI
EDITOR-IN-CHIEF/NEWS EDITOR

The Bruce Springsteen Archives & Center for American Music (BSACAM) will hold its second annual President's Lecture on Music History

and Contemporary America on Jan. 30 at 3 p.m. in Pollak Theatre. This year, the event will focus on Bob Dylan with the acclaimed historian Sean Wilentz, who will present his lecture titled, "I Don't Write Protest Songs": Bob Dylan, 1963."

"While as the Bruce Springsteen Archives we are Bruce's official repository, we also serve as the Center for American Music," Melissa Ziobro, BSACAM curator and adjunct public history professor, explained. "This

free annual lecture series shows our commitment to highlighting timely scholarship about other artists and themes in music history, by nationally recognized scholars, for the benefit of our students and the entire community - both on-campus and beyond."

Sean Wilentz is a professor of American history at Princeton

President's Lecture
cont. on pg. 2

MU Production Services get new space in Plangere

ALEXA CLAYTON
CONTRIBUTING WRITER

The former Einstein Bagel Shop on the first floor of the Plangere Center is being transformed into a space where Production Services and their student associates can gain hands-on experience in the production field.

MU Production Services allows students to use real-world production equipment, with camera lenses worth as much as \$25,000, which will allow them to produce high-quality projects.

According to Erin Fleming, Director of MU Production Services, this space has yet to have a finalized name, but it will provide a meeting

space for clients, graphic workstations, and the ability to store equipment. There will be equipment ranging from Canon Cinema Cameras to sound gear, Sennheiser mics, lighting gear, and other professional production equipment.

The move will not include the purchasing of new resources due to MU Production Services' current utilization of equipment. MU Production Services' budget will fund any new equipment purchases.

Deanna Shoemaker, Chair of the Communication Department, explained, "Erin Fleming raises her budget from her film projects. Our facilities management area oversees

MU Production cont. on pg. 2



PHOTO TAKEN by Henry Boody.

New Jersey student-teacher Pilot Program scholarship increases to \$4,500

MEGHAN REILLY
STAFF WRITER

The New Jersey Student-Teacher Pilot Program that was passed by Governor Phil Murphy last year has increased its initial \$3,000 stipend by 50% to \$4,500 for full-time clinically placed student-teachers.

The New Jersey Education Association (NJEA) said the program for student-teacher candidates has been well received. \$10 million has been reserved in the state's budget to continue the stipend programs for the 2024-2025 academic year.

Corina Earle, director of field placements for the Office of Certification,

Field Placements, & School Partnerships, plays a large role in the distribution of funds. "At a certain point in the semester, HESSA (Higher Education Student Assistance Authority) gives us a deadline to review and check which students are eligible. The

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Got a tip? Tell us.

President's Lecture

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University and focuses on social, political, and cultural history. "This year, we invited Dr. Wilentz to deliver the President's lecture for many reasons. For one, he has a strong background in political history, and we knew he'd be speaking just after we as a nation inaugurated a new president. Further, he is the author of 'Bob Dylan in America,' a consideration of Dylan's place in American cultural history -- which is

also timely as there's a new major motion picture out about Dylan's life," Ziobro explained.

Wilentz's lecture will focus on Dylan's early work during his time in Greenwich Village and the political nature of the early 1960s. Unique and uncirculated recordings of Dylan from that era will also be available for the audience to listen to. Wilentz's book "Bob Dylan in America" will be available to purchase after the event.

Coming away from this event, Ziobro hopes attendees

can gain new knowledge; not only on Dylan but also on politics. "I think it's so important that we explore these broader themes of politics and protest - as these are so often present in our daily lives and our ongoing societal discourse. Last but not least, Dr. Wilentz promises we're going to hear some great music -- who doesn't love that?!"

This event will be free and open to the public; advanced registration is required. For more information, visit springsteenarchives.org.



PRESIDENT'S LECTURE ON MUSIC HISTORY AND CONTEMPORARY AMERICA

Thursday, Jan. 30 • 3 p.m.
Monmouth University • Pollak Theatre

Featuring acclaimed historian and George Henry Davis 1886 Professor of American History at Princeton University Sean Wilentz delivering.

"I DON'T WRITE PROTEST SONGS": BOB DYLAN, 1963"

Hosted by Monmouth University President and BSACAM Board of Directors Chair Patrick F. Leahy, this second installment in the annual lecture series highlights Dylan's influence on the connections between music, politics, and the social forces that have shaped our nation's history.

 **< SCAN TO REGISTER**

Free and open to all. Seating is limited. Advance registration required.
For group reservations or questions, please email Melissa Ziobro directly at mziobro@monmouth.edu.

FLYER COURTESY of BSACAM.

Sigma Pi hosts annual Lift-a-thon

BAILEY FREDERICKS
MANAGING EDITOR/LIFESTYLES EDITOR

Monmouth's chapter of the Sigma Pi Fraternity raised over \$2,000 for Mental Health Association of Monmouth County (MHA) at their annual Lift-a-Thon philanthropy event held on Sept. 21 of last year.

"The Lift-a-Thon is an annual philanthropic fundraiser hosted and run by Sigma Pi Fraternity. The Lift-a-Thon is a competition amongst Monmouth University students. The contest consists of weight classes, one repetition maxing, and displays of athletic ability. All proceeds from the event are donated to the MHA. Our goal is to assist in eliminating the stigma surrounding mental health awareness," said Luke Petaccia, Philanthropy and Community Service Chair of Sigma Pi.

MHA is an organization centered around breaking through mental health stigmas and providing numerous free mental care services

Around 60 students took to Monmouth's Varsity Weight Room to watch the competition,

cheer on participants, and show their support for MHA. In the end, two competitors were crowned champions. "The 2024 Lift-a-Thon ended in a draw with 1,155 pounds from both Alessandro Campanella and Thomas Fekula," shared Petaccia.

The event was an all-around success as Sigma Pi surpassed their original fundraising goal. Petaccia continues, "Our initial fundraising goal was to raise \$2,000. We are thrilled to report that we exceeded this goal by raising \$2,500."

Petaccia concluded by explaining that Sigma Pi has future plans to continue supporting and raising funds for MHA, "Looking ahead, we are excited to announce our upcoming Sigma Pi Sweetheart competition on Wednesday, Feb. 12. Similar to the Lift-a-Thon, all proceeds from Sigma Pi Sweetheart goes to the MHA. We also display a video from the MHA to raise awareness. Personally, I am planning a launch for a new annual event. Keep your eyes out for that in the future. Thank you for your support in sharing our successes and promoting our events."



PHOTO COURTESY of Luke Petaccia.

Luke Petaccia giving the Lift-a-thon winnings to MHA.



PHOTO TAKEN by Henry Boody.

MU Production

cont. from pg. 1

office moves, painting, furniture orders, etc. This move isn't costly; it's a move across the lobby to a visible, larger, and more comfortable workspace." The cost of this new space was not specified.

There is no hard date regarding the timeline for the completion of the move. With the anticipation of time and consideration for the facilities management team, with their busy schedule and short-staffed team, a finalized end date has yet to be set in stone according to Dr. Shoemaker.

David Golland, Professor of History and Dean of the School of Humanities, hopes the new visible workspace will allow student associates to have hands-on experiences in production. This new space is intended to enable students to gain experience and showcase their knowledge outside the classroom and into the workforce.

Golland explained, "We hope this increased visibility will attract more and potential students to these activities. We also hope the increased

visibility will increase our students' facility for working on public-facing positions in these fields."

Communication Professor Robert Scott said, "Production Services hires student workers to crew various productions. Participating in these professional endeavors is an excellent opportunity for Monmouth students to work with creative professionals and real clients and take the foundational knowledge they've learned in the classroom to the next level." Golland added, "While these projects are the result of a team effort involving

President Leahy, the Office of the Provost, my office, and other divisions on campus like Facilities Management, the greatest credit must go to Department Chair Deanna Shoemaker." Junior Student Dean Heidel, Producer at Hawk TV, expressed his excitement about this new opportunity for students. "Working with real-life clients, I hope, will allow me to expand my network and make the first step into a dream job. It also allows

me to show people what I am passionate about." With the ability to hold meetings with real clients and see a new side of production outside the classroom, students will gain a new appreciation for production.

Senior Communication Beyonce Carr, said, "With the new visible MU Production Services room being built, this means new systems, and I'm excited to learn the ropes. I want to learn how to use this new asset to turn my ideas into a reality so I can later showcase them professionally."

Monmouth University Production Services is excited for a new and visible workplace to advance their productions on the first floor of the Plangere Center. Dean Golland pointed out, "One important lesson that I hope students draw from this process is that we can succeed in our goals with a positive attitude, patience, teamwork, and a good plan. Converting physical space to new uses is much like taking a course or graduating from college. It takes a positive attitude, patience, teamwork, and a good plan!"

Bruce Springsteen's bio-doc "Deliver Me From Nowhere" filming in Asbury Park



PHOTO COURTESY of Variety.

Jeremy Allen White (dressed as young Springsteen) and Bruce Springsteen embrace on the set of "Deliver me From Nowhere" in Asbury Park, NJ.

TAYLOR MEMOLI
EDITOR-IN-CHIEF/NEWS EDITOR

In a short drive from our campus, movie history was made. During the week of Dec. 9, Asbury Park was transported back to the 1980s as the filming for the Bruce Springsteen bio-doc "Deliver Me From Nowhere."

Based on Warren Zanes's book "Deliver Me from Nowhere: The Making of Bruce Springsteen's Nebraska," "Deliver Me From Nowhere" follows the making of Springsteen's 1982 album "Nebraska." Asbury Park was a huge part of Springsteen's upbringing, it was only fitting that this film featured the place that raised him.

During the week, Springsteen watched the filming and interacted with fans. Springsteen is being played by Emmy winner Jeremy Allen White ("The

Bear," "Shameless"), as he was also spotted on the Asbury Park beaches wearing the iconic Springsteen leather jacket.

Meghan Kelly, Monmouth alumni for the Department of Communication, had the opportunity to be an extra on set. "I was on set for two days. I have been an extra in other movies filmed in the area, so I was familiar with the process but this was by far the biggest set I'd been on. We all had a specific wardrobe fitting, hair styling, and makeup, which is usually not the case when you're doing background. They really paid attention to details. The days are long- the first was about 16 hours and the second was around 10 hours, but it's all exciting," Kelly explained.

Kelly revealed that she worked on two scenes, one consisting of a concert scene inside the Stone Pony with 150 other extras and a scene outside in Asbury Park with about 50 extras.

During her experience, Kelly

had the special opportunity to interact with The Boss himself. "Bruce Springsteen was there, on the first day he talked to us all for a bit and thanked us for coming. The second day he was just walking around the set," she said. "None of us interacted with [White] directly, he was very focused between takes, and everyone was respectful of that. Steven Spielberg is not the director but he was there too, casually."

Kelly concluded, "It was such a cool experience and something students should definitely take advantage of if they can. Even if you're not interested in acting or the film industry, you get to see how much work goes into making a movie."

"Deliver Me From Nowhere" is set to hit theaters in 2025, so don't miss the opportunity to see this true story that unfolded just 20 minutes away from our campus.

Pilot Program scholarship

cont. from pg. 1

university is then given a sum that is administered through Financial Aid and delivered to the students at some point in March," she said. The program was officially passed through New Jersey legislation and became available for distribution in Dec. 2023. As a state program, only student-teacher candidates who live in N.J. are eligible.

Dr. Jason Fitzgerald, associate professor and Chair of the Curriculum and Instruction Department in the School of Education, said, "This year, the state renewed that funding that shifted it from a stipend to a scholarship paid through the university to eligible pre-service teachers. Those who receive the scholarship can apply it to help alleviate costs."

According to the Monmouth School of Education webpage, across disciplines and age

specificities, clinical practices are year-round, including a discipline-specific Methods course with 100 hours of classroom experience before entering their full-time clinical in the Spring and Clinical Placement Seminar course. Vincent Sasso, Principal of Old Bridge High School (OBHS) and Adjunct Professor at Monmouth University, has two Monmouth University student-teachers in his classroom and students from other institutions. "I have directly observed student-teachers at OBHS and typically they are responsible for planning lessons, grading assignments, and most importantly creating a safe, trusting, and respectful classroom environment that encourages student growth," he said.

During student teaching experiences, the School of Education advises students to only take one course, at 4:30 or later, for their Spring semester. "In their full-time semester, they are

full-time the entire semester, all day, every day, following the schedule of a teacher," Earle said. "There are lesson plans every day, which take hours. So, they come home from their placement and they're doing that, they're grading papers, all the teacher responsibilities, and they're doing that for the duration of a semester," Earle continued.

Lindsey Allen, Monmouth Elementary Education Alum '24, completed her student teaching last year at Betty McElmon Elementary School in West Long Branch, N.J. "The biggest adjustment to full-time is being on the teacher's schedule. When Monmouth is on break, we are still working," she said. The teacher-preparation program, she pointed out, is intended to be all-encompassing for a full-time teacher, including their additional after-school and supplemental responsibilities.

These activities lead to a longer school day. Earle said, "Student-teachers are working full-time and teaching. There's no leaving at 3 pm and going to work another part-time job. If [our students] have to rush out to a part-time job to make money, they might essentially be losing the time they need to really invest in their skills and their craft."

Sydney Mitchell, a senior

secondary education and history major, will enter her full-time student-teaching in the Spring semester at Long Branch High School. "I am not sure what I will use the money for yet, but it is good to know I have this to fall back on because I would not be able to work during this time."

Some students who do work these extra jobs believe the stipend will help tremendously. Madison Connelly, a senior secondary education and English major, works a job on campus that she will not be able to attend as much during the Spring semester. "I plan to use the money for the necessities I already pay for like rent, groceries, and gas, but it will be nice not to leave work at 10 at night and get up at 6 a.m. Not having to worry as much about going to work while teaching will help me make a much better routine," she said.

Allen, who now works in an elementary school in Summit, N.J., as a Resource Room teacher, received \$3000 as a part of the first cohort. "The 50% increase is a good pushing factor for Education majors. You want to know you are going into a field that is going to value you and recognize the work you are doing," she said.

Allen went on to report that she worked five hours every day for about twelve weeks, finishing the semester with around 300 hours of service.

However, even for students who do work another job, not all of them are being rewarded. Jill Bodiford, senior elementary education and English major, is from New York and not eligible for the scholarship. "I have to work during my clinical placement and it is a lot to handle. I've been paying New Jersey taxes for two years but I am not able to be considered for the stipend. I am going to be doing the same work, for free, and I still have things I need to pay for," she said. While there are other scholarships out-of-state students can apply for to subsidize costs, such as the TEACH grant, they often involve additional commitments.

For those who are eligible, the scholarship is dispersed in March before the end of clinical placements in May. "The scholarship is a general recognition that student teaching is challenging, time-consuming, and critical to first-year teacher success," said Fitzgerald. "This is a great way for the state to recognize the importance of student teaching and the hard work of pre-service teaching."

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

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 Monmouth University
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Website: outlook.monmouth.edu
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Did you watch the Inauguration? Why or why not?

EDITORIAL STAFF

A shift in power has taken place. As most of us know, the 60th inauguration of the president of the United States occurred on Jan. 20 where President Donald Trump took office as the 47th president of the U.S.A.

While this is a crucial and significant event in our country, some might avert from watching such an event due to anger, disagreement, or how they personally feel. However, is that holding them back from being informed on crucial information as a citizen of the United States? Our editors think so.

Most of our editors watched the inauguration, one of which said, "I watched because no matter who is entering into office, America's culture and history behind the inaugurations and festivities is just so fascinating and cool." Whether our editors watched 10 minutes or three hours, one thing was certain; there was at least something being taken away from watching an event such as this.

"It was super important for me to hear and see what the future of America is going to

look like in these next four years," an editor explained.

"Seeing a lot of mixed reactions on social media made me more aware of how divided the public opinion of the new administration is," another editor added.

All editors agreed that watching the inauguration was important for all Americans to watch. Stating, "I do think it's a good thing for Americans to watch the inauguration or at least see clips of it after so they are up to date with politics / important events that could have occurred. I think it's important to stay educated and watch events like this from your own point of view, not just from the point of view of people you follow on social media. However, I also understand having a busy lifestyle and the fact that not all Americans can drop what they are doing to watch the inauguration live."

Another opinion stated, "I do think it's important to watch the inauguration because a lot of historical events took place, like President Trump signing executive orders throughout the day and setting the tone for his administration."

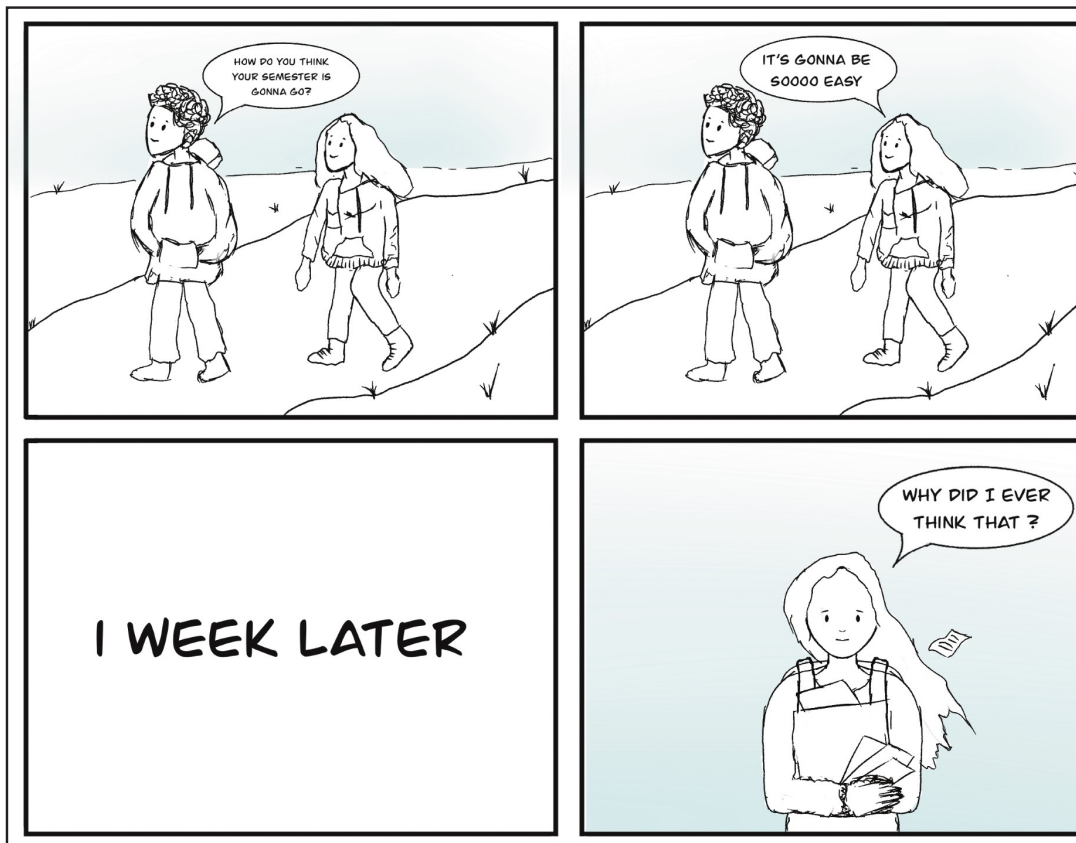
"I think it's pretty important to watch the inauguration, specifically the swear-

ing in ceremony. I think this is a very elaborate day full of various traditions and it is very cool to watch a transfer of power and listen to what a new president has to say," a third editor said.

With that being said, it is not unusual for individuals to turn the channel off when it comes across the screen because of conflicting views and beliefs.




An editor said, "I do believe some people did not watch the inauguration because of their beliefs or because they dislike President Trump. I think this could be an issue because a lot of clips of the event can be twisted, creating false narratives, and leading people to believe in things that never even occurred. This could perpetuate and back up that person's negative beliefs even though it may not be the facts." While another added, "I'm sure a lot of people didn't watch out of hate or anger. I honestly say it's their loss because I was thoroughly entertained and fascinated by everything."

The next time an event takes place where you might not see eye to eye with the intent behind it, take a moment to open your mind and consider if there is anything you can take away from it.



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Can money buy happiness?

INTERVIEWED by MICHAEL GRUSEKE



"Money can help you find happiness, but no amount of money should be worth your happiness."

- Matt Hill



"True happiness comes from fun experiences, not from possessions that can be bought."

- Alex Pante



"Money can build the house, but not the warmth within. I think true happiness blooms not from gold, but from the richness of love and purpose when one is at peace."

- Hrid Hasan



"The people you surround yourself with and things you do in life will bring you happiness."

- Dan Yeserski

Can money buy happiness?



RILEY MCGEE
STAFF WRITER

The question you've been asked multiple times in your life, "Can money buy happiness?" It seems like a silly question, but in reality, it's a question that can be very hard to answer.

To me, I believe that money can't buy you happiness, but it can buy you things that make you happy. Same goes for making money as well. Making money can make you happy but it can't

give you a sense of happiness that you would experience with family and friends.

Money is something that is earned in my opinion, happiness isn't. But you can buy things that can give you happiness for a bit of time. For example, going shopping and buying a new pair of shoes or pair of jeans can lead to happiness in the moment, but is it really going to make you happy for the rest of your life?

Obviously there are people that may say yes money can buy you happiness, but

I think that it can give you things that make you happy, not give you happiness.

The reason that it can help make you happy is because it can give you a sense of financial stability. If you are constantly bringing in a good income, you aren't really worrying about not being able to afford things compared to someone who's income that isn't great.

Another reason it can help make you happy is because it can lead you to new experiences, such as being able to go on vacation somewhere

new. But it's the things you do on that vacation that can bring you happiness, the money didn't buy you that feeling.

I believe that happiness is something that comes from laughter, family, friends, sports, and doing things that you love. Something that no amount of money can ever truly make you feel. In my eyes being happy and enjoying life is worth more than money because these are moments in life we never get back.

WHY THE NEW YORK METS SHOULD BRING BACK PETE ALONSO

DYLAN LANE
CONTRIBUTING WRITER

MLB Free Agency is a crazy time period in the baseball world. All 30 MLB teams have the chance to sign players who have reached the end of their contracts and are looking for a new home. MLB Free Agency begins with the conclusion of the season and for 2024-2025 free agency it began on Nov. 6, 2024. Over 2 months has passed since the start of free agency and there is one big name that has still yet to be signed.

That player is first baseman Pete Alonso who has been on the New York Mets since making his debut on opening day in 2019. Pete Alonso hit 53 home runs in his rookie season with the Mets which also makes him the Mets single-season home run record holder. Alonso is also 3rd all time in career home runs in Mets history at 226.

Alonso has already been regarded as one of the most prominent power hitting players in all of baseball by many. Alonso's biggest moment in his career came this past postseason when

Alonso delivered a go ahead 3 run home run in the top of ninth in game 3 of the wildcard series vs the Milwaukee Brewers which prevailed the Mets to a 4-2 victory.

With Alonso's stats and records he has with the Mets, you would assume he would have been a top priority for the Mets to bring back. But, that has not been the case, as Alonso has declined multiple offers that the Mets have offered. On Jan. 15 the New York Post came out with an article discussing what the Mets have offered Alonso. The article stated, "The New York Mets have been actively negotiating with him but have yet to reach an agreement. The Mets reportedly offered Alonso a three-year contract worth between \$68 million and \$70 million, which he declined."

This would put Alonso at 23.33 million annually which would make him the 5th highest paid first baseman in the league. Alonso is being represented by agent Scott Boras who also represents Juan Soto. This past December, Juan Soto got 15 years 765 million dollars from the New York Mets. New York Mets owner Steve Cohen has expressed frustration over the stall negotiations. In an article



IMAGE TAKEN from Yahoo Sports.

by Bleacher Report it stated, "Cohen further acknowledged the possibility of moving forward without Alonso, saying, 'If it stays this way, I think we have to get used to the fact that we may have to go forward with existing players.'"

Boras and Alonso are seeking a longer term contract due securing financial security and for a team to commit to him. The Los Angeles Angels, Toronto Blue Jays, and San Francisco Giants have also been reported to be interested in Alonso.

Since emerging on the scene in 2019, Alonso has been one of the biggest faces for the Mets organization and is a fan favorite amongst Met fans. His energy and passion he brings to the Mets does not go unnoticed along with his play.

Alonso who turned 30

in December, has posted at least a .750 ops and has hit 30 home runs in every season besides 2020 (covid season). If Alonso doesn't resign, there have been discussions of trying to move Mark Vientos who normally plays third base and trying to switch him over to first.

This can be risky due to not knowing how good defensively Vientos can be at first and now having the hole at third base. It is understandable to see the Mets frustration in their previous negotiations with Alonso, but securing Alonso and keeping him a New York Met can help them in their efforts in bringing a championship back to New York and keeping one of the most consistent power hitting first basemen in all of baseball.

Is Aaron Glenn a good head coaching hire for the Jets?

CHRIS ARP
STAFF WRITER

This past week, the New York Jets and former Detroit Lions Defensive Coordinator Aaron Glenn agreed on a five year contract to link Glenn as the new head coach of the New York Jets.

While the Jets were very open minded in their head coaching search,

interviewing candidates such as Rex Ryan, Brian Flores, Jeff Hafley, Josh McCown, and a few others, it seemed as if Aaron Glenn was their top choice all along.

Glenn, who was originally drafted by the Jets with the 12th overall pick in the first round of the 1994 NFL draft as a Cornerback, spent his first eight seasons of his career

with the historic franchise. During his tenure as a player, Glenn was a 2x pro Bowler in 1997 & 1998.

After his playing career concluded, his coaching career launched with stints with the Cleveland Browns, New Orleans Saints, and most recently, the Detroit Lions Defensive Coordinator from 2021-2024.

Scan the QR code to keep reading!



FACULTY PUBLICATIONS OF 2024

TAYLOR MEMOLI
EDITOR-IN-CHIEF/NEWS EDITOR

“Bruce Songs: The Music of Bruce Springsteen, Album-by-Album, Song-by-Song” by Kenneth L. Campbell and Kenneth Womack

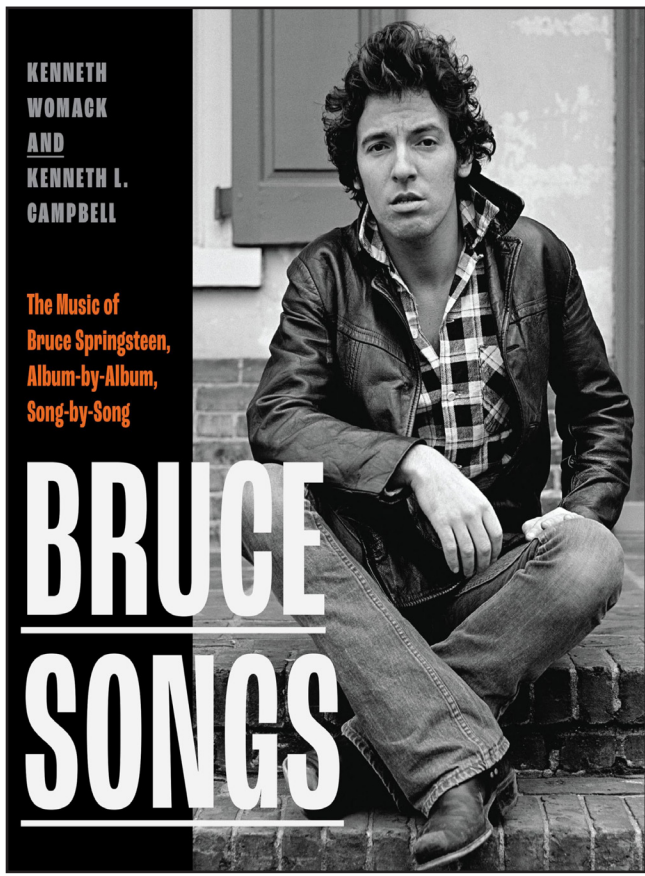


PHOTO TAKEN from amazon.com

Monmouth University is no stranger to Bruce Springsteen. With our Bruce Springsteen Archives and their current expansion underway, Monmouth is the proud location for various aspects of Springsteen’s history. On Sep. 23, 2024, “Bruce Songs: The Music of Bruce Springsteen, Album-by-Album, Song-by-Song” was published by two of our very own Springsteen professors. Written by Professor Kenneth Womack, professor of English and popular music, and Professor Kenneth L. Campbell, professor of history and anthropology, this book explores Springsteen’s musical legacy by covering his entire discography, analyzing each of his songs, and providing insight into the reasons they were written.

“The opportunity to write about Bruce Springsteen is a genuine privilege,” explained Womack. “He’s one of the most influential artists of the past 50 years, and with this book, Professor Campbell and I wanted to bring his music and his story vividly to life.”

Campbell continued, “Bruce Springsteen has been one of my favorite artists since I first started listening to his music in the mid-1970s. The arc

of his life and career is practically unparalleled in music history. It’s remarkable how his music continues to resonate decades later, with recent work that often matches or surpasses the brilliance of his earlier material.”

Womack and Campbell both teach Springsteen-related courses at Monmouth. This semester, Campbell will instruct the perspectives class Springsteen’s America and Womack will teach a music class titled Life and Work of Springsteen.

“It took more than a few years to write the book, but it is worth noting that the book is the product of the academic courses devoted to Springsteen that Professor Campbell and I regularly teach at Monmouth. We owe a great debt to our students for intense and revealing discussions over the years about Springsteen’s music,” Womack said.

Campbell also noted, “The book takes a slightly more academic approach than many popular treatments of Springsteen’s work, yet it remains accessible to both students and general readers...the book benefits from the combined strengths of two authors: Ken Womack’s literary and musical expertise and my historical background, enriched by years of teaching courses on the Beatles

and Springsteen. Together, we offer individual essays on each album, as well as careful song analyses that reflect our shared passion for Springsteen’s musical legacy.”

The two authors derived great satisfaction from their collaborative efforts and only had positive things to say about the other when working together. Womack said, “Professor Campbell is a tremendous, learned colleague. Working with him on this book has been a great joy. He provided 21 essays associated with the history and background of every Springsteen studio album.”

Campbell concluded, “Collaborating with Professor Womack was an absolute pleasure. I couldn’t have asked for a better co-author—he has not only been an exceptional colleague throughout this project but has also become a trusted friend. [he has] been incredibly supportive of my work for years, and his confidence in my ability to share this project with him was deeply meaningful. Bruce Songs is one of my proudest accomplishments, and having the opportunity to share this journey with someone I respect and admire so much has made it even more special.”

In Monmouth’s Department of English, many professors have enhanced their teachings by publishing their own books. Monmouth’s newest member of the English department faculty is John Vercher, renowned writer and Monmouth’s newest author-in-residence, and his third book “Devil is Fine” was published in June of 2024.

“Devil is Fine” follows a biracial unnamed narrator as he finds himself the new owner of a former plantation, passed down from his white mother’s side of the family. Vercher employs magical realism to tell this story of fatherhood, trauma, grief, and humor.

Vercher read a section of his book during Monmouth’s Visiting Writers Series on Nov. 6. During the session, Vercher

also answered audience questions about his work and writing in general while in discussion with Professor Alena Graedon.

“Devil is Fine” has attracted high praise since its release, as it was a “Time Magazine” must-read book of 2024, the best book of July chosen by Independent Bookstores, and an “LA Times” 10 books to add to your reading list in June.

With this book, Vercher hopes readers can take away a different perspective on the complexities of life. “My hope is a greater understanding that more than one thing can be true at once. This idea is the thematic purpose of the jellyfish, a creature that can be beautiful and deadly, that can live under thousands of pounds of water pressure and is also as delicate as tissue paper and can tear at the lightest

touch,” Vercher explained.

This semester, Vercher will be teaching three classes – Black Satire and Absurdism, Literature II, and Intro to Creative Writing. With his teachings, Vercher hopes students can further learn about the publishing industry and encourages them to keep working hard despite any industry setbacks. “The answer to this question exceeds the scope of a short column—in fact, I have a talk I give on the subject. That said, if I had to distill it to one piece of advice, it would be not to give up. Value yourself and your work enough to know there is a readership for your writing. Publishing is an industry built on ‘no,’ so you’ll hear it often. Don’t let that dissuade you from putting in the effort to achieve your goal.”

“Devil is Fine” by John Vercher



PHOTO TAKEN from amazon.com

“Fort Monmouth: The US Army’s House of Magic” by Melissa Ziobro

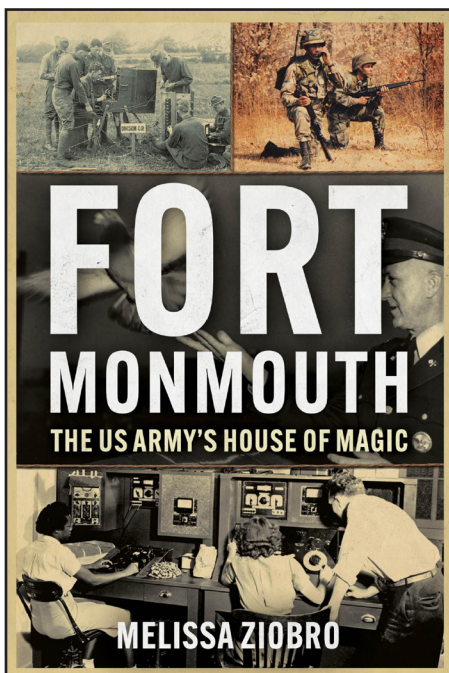


PHOTO TAKEN from amazon.com

Just around the corner from our campus resides the historic Fort Monmouth. This area served as a military installation for the Department of the Army in Monmouth County from 1917 until 2011, and it is a source of great passion for Professor Ziobro, who released her book about the topic “Fort Monmouth: The US Army’s House of Magic” on May 31, 2024.

“I started working as a historian, archivist, and curator for the US Army at Fort Monmouth in 2004,” Ziobro explained. “I worked at the base until it closed in 2011, at which point my job moved to Maryland and I resigned rather than leave the great state of NJ. At that time, though, I vowed that I did not want to let the people of NJ forget all of the wonderful things that had happened at the base... so I’ve been writing and lecturing on Fort Monmouth history

ever since.”

Although there are a few other publications on the topic of Fort Monmouth, Ziobro’s addition will provide readers with information and language about the base that is easily accessible to all types of readers, even if they do not have a military or scientific background. “The work that was done at Fort Monmouth was very technical in nature and can be very difficult to understand. If you read some of the internal ‘Annual Command Histories’ my colleagues and I compiled while at the base, there’d be whole passages where you had no idea what was going on because of the military acronyms and the scientific language used. I wanted this book to be very accessible to the general public,” Ziobro said.

Ziobro admits that in a way, she has been working on this book for 20 years. With her knowledge and passion for the topic, readers are sure to gain a true insight into the workings and history of Fort

Monmouth. “I always loved this quote that the last Commanding General of Fort Monmouth, MG Randolph P. Strong, wrote in the foreword to my book, ‘The United States military is the most formidable warfighting force in history largely because of its technological superiority and much of that came from Fort Monmouth and the amazing people that worked there - and the local community that supported them.’”

Past the book’s publication, Ziobro is still honoring the men and women who worked at Fort Monmouth by donating her author royalties to the InfoAge Science and History Museums at the Camp Evans National Historic Landmark, as Camp Evans was once a part of Fort Monmouth. She encourages individuals who are interested in learning more about military history through Camp Evans to plan a trip at infoage.org.

Winter book recommendations:

Mystery and thriller edition

BAILEY FREDERICKS
MANAGING EDITOR /
LIFESTYLES EDITOR

We are now entering the toughest time of the year: post-holiday winter. When the sun sets at 5 p.m. and the outside air is cold and dry, all I want to do after a long day is curl up in bed with a hot tea and a good book. My favorite genre to read during this time is mystery-thriller; the books that keep me hanging onto every word. Plus, it's a total vibe reading this genre is your bed as cold rain or snow hits your windows, rather than by the pool on a sunny summer day.

So, here is a list of books that combine mystery, thriller, and a splash of horror, perfectly:

1. "The 7 ½ Deaths of Evelyn Hardcastle" by Stuart Turton:

"The 7 ½ Deaths of Evelyn Hardcastle" is a wildly twisted and equally confusing tale that intertwines the tropes of a time loop and corrupt family murder mystery; think "Groundhog Day" meets "Knives Out". While this novel is a little hard to follow, given the different timelines and the blurred rules of how changing the past can influence the future, it's still a really fun read.

Evelyn Hardcastle is murdered at a family soiree at exactly 11 p.m. every single night. The protagonist, Aiden Bishop, wakes up in a different "host" (the body of a different guest at the party) everyday. His only hope of breaking the loop is solving Evelyn's murder, but Aiden is in for trouble when he discovers he's not the only player in this deranged game.

2. "The Maidens" by Alex Michaelides:

You may know Alex Michaelides from his internet viral novel, "The Silent Patient". But, he has another title that I think

is even better; "The Maidens" is a classic murder mystery tragedy turned obsession. When a Cambridge University student is found dead, Mariana Andros, university alumna, and her cousin Zoe, a current student at the university, are left devastated. Mariana suspects - no - she *knows* Edward Fosca, a charmingly handsome professor at Cambridge, is guilty of foul play. As with most of Michaelides's novels, this one incorporates concepts of Greek mythology and an unreliable narrator to build the mystery. It's a truly stunning book with twists, turns, and unexpected betrayal.

3. "Behind Closed Doors" by B.A. Paris:

If you like "The Housemaid" by Freida McFadden, you will definitely enjoy this book. Jack and Grace are the perfect couple... too perfect. Though Grace doesn't have a job, she's always far too busy to leave her house, yet she never answers the house phone when her friends call. It's odd really, seeing Jack and Grace so inseparable (Grace is just never alone), but as newlyweds, with their big house and fancy wardrobes, they must just be madly in love.

Looking back on my review of this book, I may have been a little harsh. I can't lie and say I wasn't frustrated by the protagonist's constant bad decisions. You know in a horror movie, when you're screaming at your TV, telling the character to "not follow that noise!" - that's exactly how this book made me feel. However, the overall plot was unique and shocking. You kind of understand where the book is going from the get-go, but as the story unravels more, you will be left speechless.

4. "The Haunting of Maddy Clare" by Simone St. James:

A more recent read of mine, "The Haunting of Maddy Clare" tells the story of Sarah Piper, a temp who is tasked with assisting Alistair Gellis, a ghost hunter, with investigating the spirit of

Maddy Calre. Maddy was an enigma to the people in town up until her suicide; as just a young teen, she appeared in town out of nowhere, completely alone, knew nobody, rarely spoke, and had an extreme fear of men. Though originally a non-believer, Piper discovers that ghosts are very much real after Maddy makes her anger and frustration from the afterlife apparent. St. James has an eloquent and beautiful way of writing mysterious and tragic stories. I highly recommend this book if you're into reading about paranormal activity and the afterlife.

5. "The Guest List" by Lucy Foley:

Another play on a classic murder-mystery, "The Guest List" takes place on a remote island with no cell service (gasp!). A bride and groom, ready for the happiest day of their lives, turns out to be their deadliest. Unlike most classic murder-mystery novels, Foley doesn't reveal the identity of the deceased until the later half of the book. This was slightly frustrating, as the book is written in a dual perspective (flipping between past and present), but it also kept me tied down, reading for hours. This book gives modern Agatha Christie vibes; perfect to curl up with on a snow day.

6. "Pretty Girls" by Karin Slaughter:

This book is very heavy, graphic, brutal, and powerful; I encourage you to do some research on the trigger warnings before reading, as it can be intense for many. With that being said, I still recommend and encourage you to give "Pretty Girls" a try.

Julia Carroll, a beaming and brilliant college student, vanished without a trace; Claire Scott, Julia's younger sister, was shattered. Two decades later, Claire has pulled through her trauma and is living a content life with her perfect husband... until she's not. Claire discovers a recent

missing person's case that is eerily similar to Julia's, leading her to spiral down a dark and sinister path filled with lies, deception, and betrayal. Claire's life is flipped upside down when she discovers the frightening secrets of her past, her home, and her loved ones. This book is gripping and heartbreaking; unfortunately, there is no "good" or "happy" ending. However, the conclusion was one of the most powerful and moving things I have ever read.

7. "Storm of the Century" by Stephen King:

What better book to read when you're snowed in than "Storm of the Century"? The residents of Little Tall Island, ME, are gearing up for a nasty Nor'easter. This storm, coined the "storm of the century," is bringing over four feet of snow, intense winds, and an ominous force. Shortly before the storm is set to swing in, Martha Clarendon, the town's oldest resident, is found murdered. However, her murder, Andre Linoge, is exceptionally calm when he is discovered. In fact, he wanted to be discovered. "Storm of the Century" is a creepy and disturbing read with one of King's classic unsettling endings. Do note that this book is written as a screenplay, as it was adapted into a television series - if that's not your style, maybe skip this one.

8. "The Sun Down Motel" by Simone St. James:

Simone St. James does mystery-thrillers so well, hence why she has two books on my list. "The Sun Down Motel" is one of the few books on my five star list for its thrilling story that captures you from the very first page. This book takes on a dual perspective with some of the chapters following the story of Carly, a recent college dropout who tragically lost her mother, while other chapters jump back to 1982 to unravel the strange story of Carly's missing aunt, Vivian. This book mixes themes of a classic "who-

dunit", a paranormal thriller, and a sprinkle of romance making a well-rounded and engaging plot for readers who love all genres

9. "The Shining" by Stephen King:

I don't have much to say about this classic other than the fact that it's the perfect read for when you're snowed in. Jack Torrance is a struggling writer desperate for some inspiration and much needed quiet time. When he receives an easy job as the winter care-taker at the remote and scenic Overlook Hotel, it feels like a blessing. But, after a few nights at the hotel, Danny Torrance, Jack's son, realizes there are dark and evil spirits lurking in the cursed hotel. A bonus read to this story is "Doctor Sleep", which picks up many years after "The Shining" with a grown up Danny, who actually now prefers "Dan" - another five star read.

10. "A Good Girl's Guide to Murder" by Holly Jackson:

Andie Bell is murdered by her boyfriend Sal Singh who then takes his own life. The little town of Fairview is still recovering from this tragic loss years after. But, Pip, a lifelong resident of FAirview (a 17 whole years) always felt the case was never fully uncovered. The entire town believed Sal killed Andie because that's what his suicide note said, but why was Andie's body never found? Why is there little evidence that actually connects Sal to this crime? Did the police ever even look into alternative possibilities? Pip doesn't think so. Thus, for her senior thesis, she decides to unofficially reopen Andie Bell's murder case, just as a precaution, in-case the police missed something that would prove Sal is innocent. Trust me, this TikTok viral thriller, along with the other two books in the trilogy, are worth all the hype.

I hope you have a fun and cozy time picking up one of these thrillers the next time winter boredom starts to take hold!

2025 in's and out's: The demise of diet culture

RILEY MCGEE
STAFF WRITER

Today we live in a society where diet culture is the "new normal." Following a diet is something that has become so common that if you don't follow a diet and go to the gym constantly, you're farmed as "unhealthy."

Christy Harrison, author of "Anti-Diet-Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating" defines diet culture in several ways. Harrison says it promotes being thin, losing weight and body reshaping for a means of attaining a high status, and demonizing foods or food groups that you may love. Because of this, it has caused people to fall into a trap of diet culture, which is ultimately harmful.

To begin, diet culture can cause severe mental health is-

suues, especially in young adults. The constant pressure of meeting unrealistic beauty standards can ultimately lead to low self-esteem. We live in a culture that if you aren't skinny, or muscular, or a low clothing size, then you don't meet the beauty standards that everyone wants you to meet. Along with this, diet culture can lead to body dysmorphia, causing an unrealistic perception of your own body.

Mentally, diet culture can cause extreme anxiety and depression. This is because following a strict diet can lead to unrealistic goals of what you need to accomplish. By not meeting these goals, it can induce stress and contribute to the anxious feeling of not completing your diet's standards.

Diet culture can also generate an unhealthy relationship with food. This causes some people to believe that foods are "good"

or "bad." Diet culture essentially seems to demonize certain foods; you begin to see that having a sugary treat after eating healthy all day can ruin your progress. This can lead to disordered eating, which with the use of social media and influencers has become idolized.

People on the internet post what they eat in the day and it gives the viewer a false perception of what they should be eating in a day, even if it is not sufficient enough for their body type. Conditions like bulimia, anorexia, and binge eating can stem off of the pressures of having to follow a strict diet and follow diet culture. Overall, this all can lead to the lack of essential nutrients that our bodies need to survive. Because of this, following a diet and following it in an unhealthy way can lead to fatigue, a slowed metabolism, and

a weakened immune system.

Another harmful effect of improperly following a diet is issues with hunger cues. When we are hungry, our bodies give us cues to alert the brain that we need nutrients. When consumed by diet culture, someone may inadvertently train themselves to ignore these cues. This causes us to not truly follow what our body needs, which disrupts humans' natural eating patterns.

Diet culture cultivates an obsession over food. The counting of calories, and macros, micros, and sugar intake can lead to this obsession of constantly keeping track of everything we consume. While it is important to fuel our bodies with good, healthy food, obsessively examining every calorie we intake can have adverse effects. Our bodies need fuel, and diet culture causes us to not fuel our bodies the way

we truly need.

Finally, diet culture just promotes a false perception of how people are supposed to look. This can cause a lot of insecurity for many, especially young girls, boys and young adults. It can cause us to look at someone differently just because of what they eat when it could be different from what we eat in a day.

The truth is, we shouldn't idolize this idea of diet culture. Yes, it is good to care about your health and take care of your body, but it is not important to not idolize it in an unhealthy way. Instead of promoting diet culture, we should promote body positivity, letting everyone know that it's okay to eat what we want when we want to. You can still take care of yourself by eating healthy, but you also can treat yourself to "unhealthy" snacks, and listen to your body when it is hungry.

Blue Hawk Records, "Vol. 25: Signature Edition" brings back nostalgia

LORELAI HILARCZYK
ENTERTAINMENT EDITOR

There's nothing better than a welcome back to Monmouth University than a new Blue Hawk Records (BHR) compilation album. "Vol. 25: Signature Edition" was released on Dec. 6, featuring seven original songs that ooze the personality of the artists behind them. I don't want to pick favorites, but as a music aficionado, this album brought the nos-

talgia from classic artists like Carole King and The Beatles into the forefront of my mind. It seems to me that the artists of BHR are tapping into old generations of musical masterminds for inspiration, and it makes for one heck of a collection of songs this time around.

Kicking off the album is Nick Garrecht's song "98 Degrees." Which, in my opinion, is giving the most 2000s and early '90s beat possible. The pop-punk sound will have you absolutely jamming when Garrecht sings, "It started when you looked my

way/Now I feel it every day/I've been hanging onto every word you say/Don't walk away/Leave the rest to me." Its simple yet clever lyrics only add to the warm feeling of the song, hitting home in the album's overall nostalgia elements. The strong drum beats, electric guitar, and upbeat tempo remind me so much of Jimmy Eat World's 2001 classic "The Middle."

Slowing things down and changing up the vibe is "Swan Lake Song" by Hana McKinney. The song starts off with soft piano chords and a strumming guitar, almost leaving some element of suspense for where the song is taking us. The jazzy and acoustic sound reminds me of four-time Grammy award winner, Carole King and her album "Tapestry." "Swan Lake Song" is quite sad in its lyrics but uptempo in its production, just like in many of King's hits such as "It's Too Late." McKinney's vocals are so smooth and rich that they carry the storyline of unrequited love beautifully.

Michael Anthony Rocks makes another appearance on a BHR creation this time around with his song, "The Talking Stage." He was previously featured on the compilation album "Chapter XXIII," with his song "Feelin' It." "The Talking Stage" has an entirely different vibe from his last release, which I was pleasantly surprised at. It has elements of funk, R&B, and even some Hip Hop. I especially enjoyed the end, where Rocks showcases his vocal range and ability. Safe to say, I'd jam to this song over "Feelin' It" any day of the week.

Who doesn't love a poetic ballad? Marley Bell's song "black and blue" has such a strong storytelling quality. Bell's lyrics are so descriptive that they almost place you into a world of her own creation. My favorite lyrics are, "The floor mutters more/Than the breaths we held here/Tiptoeing around the glass/Of the shattered chandelier." The way Bell phrases her descriptions and vivid detail really remind me of "Exile" by Taylor Swift featuring Bon Iver. They are super different, of course, but listen and hear me out. Bell's creativity and descriptive songwriting, along with her angelic vocals, make her style uniquely her own.

The next artist on the compilation album is no stranger to being featured on BHR. Stevie 808 has been on four, including this latest release. You might know his other songs, "Corner Store," "In My Head," and "Way You Move." While those songs are

all great, "In Line," which is featured on "Signature Edition," is instantly engaging. There's such a strong Hip Hop influence, but what I really like is the smaller nods to Funk and Pop. His voice reminds me of a mixture of The Kid LAROI and Post Malone in the best way possible. The chorus is probably my favorite part; he sings, "I need you by my side/You wanna wait for the night/I need you all my life/You left me out sight." There's no denying that Stevie 808 has the talent, a clear identity in his music, and a style made for the radio.

Now, because I'm a writer, journalist, and music lover, I tend to have very strong opinions. So, I can confidently say Emily Cassler's "Empty Pages" is stunning. In true heartbreaking ballad fashion, it reminds me of Adele and even some early Sam Smith songs. The story of losing someone and having it pick up the "pages" is a tale as old as time. What's even more valuable is how this song can be so sad, yet hopeful. There's a strong element of healing and moving on even as Cassler's vocals rip right through the listener. Her voice is so effortlessly beautiful as she sings, "You were the fire/I was the spark/You walked away and now it's dark/Oh, how do I feel/Picking up pieces as I heal." There's something so incredible about being a songwriter who can make people feel connected. That's what

Cassler's song did for me. The best kind of song is one that makes you feel and resonates. For my girls who love a sad girl ballad, this song is for us.

Closing out the album is Elijah Elias with "Save My Soul" which was entirely written and produced by Elias. "Save My Soul" currently sits at about 4,578 streams, making it the most listened-to song on the album. I was shocked from the first listen, and each time I hit replay, it got better and better. Elias's inspiration being The Beatles definitely shows in his vocal style and production elements. From the piano to the drums, this song lives and breathes nostalgia from the '60s and '70s, obviously in the musical fashion of The Beatles. Elias sings, "Lost all control/Can the song inside me save my soul?/Nowhere to go/Can the song inside me save my soul?/There's emptiness inside of me/So take my broken melody/Blindly I wrote/And the song inside me saves my soul." This is the type of song that gets stuck in your head and is impossible to get out. You've been warned.

Expect more from this outstanding group of artists as they continue their journeys as singers and songwriters. And maybe, just maybe, they'll be featured on another BHR album in the future, so keep an eye out. But if you love older music that'll remind you of the classics, this album is worth the listen.

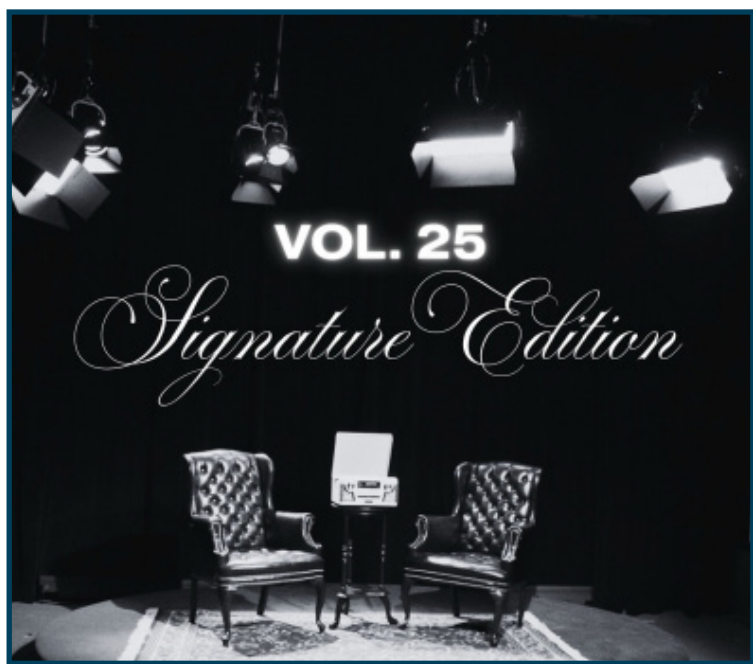


IMAGE TAKEN from Instagram.

Blue Hawk Records "Signature Edition" release party

RILEY KINDLER
STAFF WRITER

On the album's release day, students, staff, alumni, and other members of the Blue Hawk family gathered to celebrate the release of this monumental album with live performances of the tracks. The performances and interviews, which were introduced in a speech given by Professor Joe Rappolla, were broadcast live by Monmouth's radio station, WMCX. The entire night was student and alumni run and performed, a signature (pun-intended) of Blue Hawk Records.

The night included interviews with all the album's performers about their inspirations, where many emphasized the importance of their experiences in life, at Monmouth and how those impacted their storytelling and experimentation within their music. Many students also highlighted the team-

work needed to put together the album in such a short amount of time with such a great result.

After each performer gave an interview, they performed their song live, either by experiencing the studio tracks along with the audience or playing a stripped-back version of their original piece. Among the standout performances was freshman Elijah Elias, who chose to use audience participation during the performance of his song, "Save My Soul."

To conclude the evening, the audience was treated to the playing of Blue Hawk Records' original Christmas song, "Wrap Me Up." The song was written entirely by Monmouth students and was reimaged this year with new arrangements as a "gift" to Blue Hawk's listeners on streaming platforms. "Wrap Me Up," along with the newest Blue Hawk Records album, "Vol. 25: Signature Edition," can be found wherever you stream your music.



PHOTO COURTESY of Amanda Hayes.

Blue Hawk Records "Signature Edition" album featuring Nick Garrecht, Hana McKinney, Michael Anthony Rocks, Marley Bell, Stevie 808, Emily Cassler, and Elijah Elias.

Pain, suffering, and an examination of legacy in Jesse Eisenberg's lackluster "A Real Pain"

TAYLOR MEMOLI
EDITOR-IN-CHIEF / NEWS EDITOR

"I love him, and I hate him, and I want to be him." Jesse Eisenberg's 2024 film, "A Real Pain" follows cousins Benji and David, portrayed by Kernan Culkin and Eisenberg, as they travel to Poland following the loss of their grandmother to be able to learn more about her and her history. Eisenberg not only stars in this film, but he also directed and wrote it. The movie's story was moving, but maybe Eisenberg should have stuck with one job on this project.

The film highlights the Jewish struggle during the time of WWII, showing it through the future generations of the survivors of these horrific events. Eisenberg's script was tight, tying the movie in at 90 minutes. It included comedic and as well as moving moments but did gloss over some important scenes between the two main characters. With an extra 20 minutes of writing focusing on their relationship, I believe Eisenberg could have patched up these holes and explored the effects of grief more deeply.

Eisenberg's directing was beautiful. His shots highlighted the beauty of Poland and maintained

a warm color palette that enhanced the trip for the viewers experiencing it along with the characters.

The characters of Benji and David were intriguingly placed next to each other in this film. They contrasted each other in ways that challenged their relationship. David's contentness was always outshined by Benji's boldness, while Benji's transparency always embarrassed David. From their first interaction on screen, I was absorbed into their dynamic and didn't want to stop watching until the movie's end. Eisenberg's writing of these two definitely

demonstrated the strongest suit of this film.

Eisenberg's acting as David was nothing incredible, but it didn't have to be. He played a bland, uncomfortable-in-his-own-skin guy. His performance may not have been groundbreaking, but it brought authenticity to the character.

Don't get me wrong, Culkin's performance was phenomenal. It was moving, it was comical, and it was awkward. His character took us on many journeys and made us attracted to him more and more after every scene. But I couldn't help but feel

like I was watching Roman Roy on the screen at times. Of course, I am referencing Culkin's award-winning role from "Succession." Benji's excessive use of the f-bomb and vibrant facial expressions brought me right back to the Waystar Royco offices. This technique did add to the character of Benji, but do I think Culkin deserved the Golden Globe and potentially the Oscar over other roles – especially over Yura Borisov in "Anora" – no, I don't.

As the credits began to roll, I felt unsatisfied. We didn't see much growth in either character as much as we had

learned more about them by the end of the movie. Sections of the cousin's story felt missing in the movie's script. It's been years since they have seen each other, they couldn't have bonded and aired out all of their dirty laundry in the scenes we had seen.

I believe this could have been avoided with more screen time for the other characters. Yes, it was the cousins' movie, but these other characters could have had so much more prominence in the script. Each had come from different backgrounds and walks of life, and all of them were brought together due to their passion and connection to the Jewish experience. Viewers could have learned so much more about Benji's characters through more connections made between him and the other characters and their individual stories. Maybe they could have made him realize aspects of his own life that he seemingly forgot the beauty of, as we come to realize Benji's story is a dark one.

Overall, "A Real Pain" wasn't the worst. It demonstrated important themes of struggle through different people and generations. Pain is inevitable in this lifetime, but what truly matters is your response to it when the time comes.



PHOTO TAKEN from geektyrant.com.

Blue Hawk Records perform for a cause at Light of Day's Boardwalk Jam

RILEY KINDLER
STAFF WRITER

The talented artists from Monmouth University's Blue Hawk Records (BHR), along with the organization's Blue Hawk house band, performed for Light of Day's Boardwalk Jam at the Berkeley Hotel on Jan. 16. Many of the performers were featured on the newest Blue Hawk compilation album, "Vol. 25: Signature Edition," adding to the promotion and celebration of the latest releases. Many known Monmouth artists performed their original songs along with a mix of crowd-pleasing covers.

The show celebrated 25 years of the Light of Day WinterFest, where musicians all around the world "raise money and awareness in its continuing battle to defeat Parkinson's disease and its related illnesses ALS (Amyotrophic Lateral Sclerosis) and PSP (Progressive Supranuclear Palsy)," according to the Light of Day foundation

page. The organization holds multiple performances in several states and countries for this very cause. This was also another milestone for Monmouth University, as this year was the school's 10th year participating in Light of Day WinterFest.

One of the standout performances from the night included Michael Anthony Rocks, who was featured on the latest BHR compilation album. He performed his song from the album, "The Talking Stage," in a new, stripped-back arrangement. Another performance that stunned was, Samantha Spano with her electric performance bringing her "coastal cowgirl" persona to life on the stage. With a mix of both originals and covers, she made sure that, in her own words, the entire audience would be "country fans by the end of the night."

Many of the night's performances were stripped back and simpler performances, with the complexity building towards the end of the night. There were four full bands that performed, each had a unique

sound and genre approach, bringing the talent into full focus.

I was involved in the evening as a performer, where I was asked to sit in for half of the house band's set. The set included crowd favorites from our New Jersey natives, Bruce Springsteen and Jon Bon Jovi, as well as, Tom Petty, The Beatles, and Bob

Dylan. The whole set had a small, intimate vibe with high energy, that had the crowd feeling it. The room started to fill with overflow patrons from other shows by the time the house band took the stage, which led to the crowd becoming much more responsive and energetic.

The show was also full of special guests, including

Bobby Mahoney, Zack Sandler, George Wurzbach, Joe Rapolla, and other local musicians throughout the night. The whole experience was extremely fun, engaging, and entertaining, both for the audience and those performing. It's safe to say, that BHR and Light of Day's Boardwalk Jam was an all-around success.



PHOTO COURTESY of Gina Dige.

From West Long Branch to West Bengal: Debate Hawks spend Winter break in India

BRENDAN SHEEHAN
POLITICS EDITOR

Eight members of the Monmouth University Debate Hawks made the two-day trip to India to teach debate at the Loreto Rainbow School over winter break.

Alongside Dr. Joseph Patten, the students flew out of New York City on Jan. 7. After a connection in Qatar, the Hawks arrived in Kolkata, India in the early morning hours of Jan. 9. There, they met Dr. Rekha Datta at the airport.

That night, the group went to the Loreto Rainbow School, where Indian girls who grow up in extreme poverty and homelessness are given housing and

an education. The Rainbow Program supports more than 600 young girls. The Rainbow students welcomed the Monmouth group with food and performances before giving them a tour of the school.

On Jan. 10, the Hawks ventured onto the streets of Kolkata, visiting street markets and taking in the city, home to roughly 15.1 million people. The team also visited the home and tomb of Mother Theresa. The world famous nun was awarded the Nobel Peace Prize and lived in Kolkata providing healthcare, housing and other services to the poor and elderly.

The group spent their days exploring the city, and spent the evenings at the school, coaching 16 girls for a final debate. The

topic was, “Resolved: Reserving 50% of seats for women in Parliament will effectively promote gender equality and rights for women in India.”

After a week of coaching and trial runs, the final debate was scheduled for Jan. 15. In a nearby Rainbow School, the students made posters welcoming the Hawks. One read, “Monmouth University team, you have crossed 12,800km to come to Loreto Rainbow Homes. Thank you.” 12,800 kilometers is equal to roughly 7,950 miles.

With students, teachers, parents, and members of the local press, Monmouth students facilitated the debate in a large auditorium. The Hawks all purchased formal Indian attire. The women bought sarees and the men bought kurtas to surprise the students. Despite language barriers and nervousness, the Rainbow students put on a phenomenal debate.

On Jan. 17, the Hawks took the nearly 21 hour flight from Kolkata to Qatar to New York City.

The group of Monmouth students that traveled include Veronica Belloso, Destiny Goodfriend, Taylor Fenton, Aiden Fornicola, Michael Makfinsky, Sierra Michel, Mariami Ramirez Tsuladze and Brendan Sheehan, accompanied by Dr. Joseph Patten and Dr. Rekha Datta. Datta was raised in Kolkata and attended the Rainbow



PHOTO COURTESY OF DR. JOSEPH PATTEN

program as a child. Monmouth students have traveled to the Rainbow schools through the International Service Seminar for more than 20 years.

“Going to Kolkata, India was one of the most meaningful and impactful experiences of my life,” said Goodfriend. She continued, “It changed how I see my own life. The memories and stories from this

trip will stay with me forever, I am truly grateful for this opportunity which reminded me how important it is to help those around you, even in the simplest way.”

The trip was sponsored by the Diversity Innovation Grant, the Office of President Patrick F. Leahy, the Provost, and the Department of Political Science & Sociology.



PHOTO TAKEN BY BRENDAN SHEEHAN



PHOTO TAKEN BY BRENDAN SHEEHAN

Biden's America: Triumphs, challenges, and the road ahead

BRENDAN SHEEHAN
POLITICS EDITOR

On Jan. 20, 2021, Joe Biden was sworn in as the 46th President of the United States of America.

At the time of his inauguration, roughly 4,000 Americans were dying from COVID-19 every single day, America's economy was the worst it had been since the Great Depression, and America had just witnessed the worst attack on democracy since the Civil War.

Throughout his presidency, he passed monumental legislation likening him to that of Lyndon B. Johnson or Franklin D. Roosevelt. He rallied the world against Vladimir Putin of Russia after his invasion of Ukraine, the worst attack on Europe since World War II. He strengthened American democracy after the attempts to overturn his 2020 election win. At the end of his presidency, he hands Donald Trump the strongest economy in the world.

However, a forty-year high in inflation, mass illegal immigration, and an abysmal military withdrawal from Afghanistan taint his legacy. Biden's old age resulted in gaffes, falls, and statements that made many question his physical

and mental capacity for the job. His abrupt exit from the 2024 presidential race gave the Democratic Party weeks to organize a national campaign that usually takes years to prepare.

When Biden took office, less than half of the 42 million COVID-19 vaccine doses the U.S. had were used. Because of Trump's false claims that he won the 2020 election, he ordered his allies in government to stop working with the Biden team as they prepared to take over. Biden's team came in to find no plan to vaccinate the nation. Biden announced a goal of administering 100 million vaccines in his first 100 days. By Day 100, more than 200 million shots had been given.

Still, businesses were closed, schools were remote and the economy was in freefall. Biden began working with both parties on a major economic recovery bill. Democrats were ready to spend \$2 trillion, to Republicans' \$600 billion. Biden and Democrats passed the \$1.9 trillion American Rescue Plan, leading to the lowest level of child poverty in U.S. history, record high business creation, rent assistance, and gave billions to state and local governments.

In November 2021, Biden signed the Infrastructure Investment and Jobs Act (IIJA)

known as the Bipartisan Infrastructure Law. The IIJA was the largest infrastructure investment since President Dwight Eisenhower created the Interstate Highway System. The bill is set to repair one in every five miles of American roadway, repair 45,000 bridges in poor condition, and invested billions in broadband, internet and clean energy. The bill received a bipartisan vote in the House and Senate. It was so popular at least 16 Republicans who voted against it tried taking credit for its investments. Some even showed up to ribbon-cuttings in their states for the bills projects.

In 2022, Biden signed the Safer Communities Act into law, the strongest gun safety bill in thirty years. He signed the Inflation Reduction Act into law, the largest investment in climate and green energy in world history. He signed the bipartisan CHIPS Act to boost America's semiconductor production. He codified same-sex marriage into law, reauthorized the Violence Against Women Act, conserved more than 42 million acres of land and water, capped the cost of insulin and prescription drugs for Medicare users, forgave nearly \$200 billion in student debt, secured the release of dozens of wrongfully detained Americans. He appointed the first Black woman to the

Supreme Court, oversaw a 50-year-low in violent crime, a 50-year-low in unemployment, economic growth that defied predictions, expanded NATO and facilitated the largest investment in K-12 education in history. He appointed the most federal judges than any president since Reagan, became the first president to stand on a picket line, and oversaw the most housing construction in five decades.

However, Biden's presidency also had its downfalls. Public perception of the economy was not good. Though the World Bank described America's “impressive” economy as the, “envy of the world,” crippling inflation drove the price of groceries, gas, and other necessities to record highs. Though America's inflation rate was one of the lowest in the developed world, consumers blamed the president and his administration did little to push back.

Another major stain on the Biden presidency was the surge of illegal immigration under his watch. After repealing many of Trump's hardline actions to cut down on illegal immigration, millions made the journey to the U.S.-Mexico border. Record high border crossings made headlines across the nation, with little comment or action from the Biden administration.

In 2023, Biden negotiated the most conservative border security deal in decades with a bipartisan group of senators. Fearing a political win for Biden, Trump ordered Congressional Republicans to kill the Border Patrol Union-endorsed bill. They did and the only attempt at major immigration reform failed.

The other massive blow to Biden was the fall of Afghanistan. Biden promised to end America's longest war during his campaign. While U.S. forces were withdrawing, a suicide bomber attacked Kabul International Airport, where Americans were evacuating. Thirteen U.S. service-members were killed in the attack. Advancing the withdrawal rapidly, the U.S. left tens of millions of dollars worth of military equipment. Within days of leaving, the Afghan government fell and the Taliban took control.

A group of more than 150 presidential historians and scholars ranked every president in American history. The experts ranked Biden 14th of America's 45 presidents. History often judges presidents much differently than they are judged now. Biden leaves office with a low approval rating, but he's confident history will look favorably upon his legacy as America's 46th president.

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. 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!

-Bailey Fredericks, Managing and Lifestyles Editor

Day & Time	Monday	Tuesday	Wednesday	Thursday	Friday
00-05:30					
05:30-07:00					
07:00-07:30					
07:30-08:00					
08:00-08:30					
08:30-09:00			Heart 2 Heart	Daniel Bricker On Shuffles	
09:00-09:30			Anthony Cassieri	Ava Marton	Juno Snider
09:30-10:00					
10:00-10:30					
10:30-11:00	Amani Adenekan, Gianna Krezel, Arya Kuzmenchak, Jaylyn Ortiz, Jenna Proetto, & D'Maari Brown	Sports Talk 4			
11:00-11:30		Nick Giannantonio	Football on the Shore	Gandy	The Ghosts Hosts
11:30-12:00	HNK			Hot Topic	
12:00-12:30		Sports Talk		Hawk Film Talk	On the Ball
12:30-1:00	Beyonce Carranza, Erin Schuster, Lella Mehmedovic, Katie Sullivan	Noel & Chris	4 Leg Parlay	Caitie Reynolds	Jake Cangialosi & Pat Healy
1:00-1:30					
1:30-2:00		Ava Hubinger	Business Show		Omni Sports
2:00-2:30	Screen & Stream				
2:30-3:00		Quinn Wild	Get Sily	Max, Gavin, Shaik, Mir	
3:00-3:30	Carlee Migliorisi		Xavier Santangelo	Unplugged/ JG	Monmouth Hawk Spotlight
3:30-4:00	Carlee Migliorisi The Playbook	Izzy, Manny, Trae	De'sani Clark		
4:00-4:30	Giovanna Santiago	Daniel Gruseke	Hot Take Radio	Gideon Quaye	
4:30-5:00					
5:00-5:30	Trucker Radio		Los nuestros Sonidos		Julian Nicholas
5:30-6:00		Taisha Exanor	Real Ball Hours		Ronda Washington
6:00-6:30	College Core				
6:30-7:00		Lily Cleary			
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30			Blue Hawk Records	Sports Talk 7	
10:30-11:00					
11:00-11:30					
11:30-12:00					



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

HAWK TV Channel 12-1 Hawk TV

Hawk TV is excited to be back for this semester! We are the student run television station on campus, and it is a great opportunity to meet new people and get involved! Our studio is on the first floor of Plangere, and we currently have four shows. Hawk TV News shoots biweekly on Tuesdays starting at 7 p.m. and alternates with the Creation Corner that starts at 7:30 p.m. On Wednesdays we film our sports show called the Extra Point and Thursdays, our pop culture show called Triple Scoop, and both of those begin at 7 p.m. We hope to see you this semester!

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



“College Core” - WMCX

New show time alert!! - every Wednesday from 1-2 p.m. See you then.

xoxo - Bailey



College Republicans

We are so excited to see you all and work to preserve your freedoms on and off of campus this year!

-NJFCR Chair Jacky Bruno and MUCR Chair Giavanna Cangialosi



PRSSA

Hi Hawks, welcome back! 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 Democrats

Love is love! Come to our Valentine's Day bake sale in the Student Center on Feb. 14.

- Owen Bros, President

Dear Students:

As we kick off the spring semester, I want to extend my warmest welcome to each of you, whether you are returning to campus or joining our Monmouth community for the first time this spring.

Earlier this month, we celebrated the Winter Commencement Ceremony for our most recent graduating class, including undergraduate, graduate, and doctoral students. We celebrated not just degrees earned, but also dreams realized, barriers broken, and the enduring power of education. While you continue on your own journey toward graduation, I encourage you to make the most of every opportunity this semester to enrich your experience here at Monmouth.

Our campus community offers so many ways for you to get involved. Attend the spring involvement fair, a career fair, or networking event to connect with professionals in your field. Explore our vibrant arts scene, from gallery exhibitions to performing arts programs. Take in a Hawks game and show your school spirit. And, of course, don't forget to take advantage of our extraordinary coastal location!

Let's also remain mindful of our collective responsibility to care for one another. While we have moved forward from the pandemic challenges of recent years, the health and well-being of our campus community remain a priority. Please continue to look out for yourself and others as we create a safe, vibrant, and supportive environment for all.

We are thrilled to have you here and excited for all the opportunities, connections, and milestones that lie ahead in the months to come. Here's to a successful spring semester!

Sincerely,

Dr. Patrick F. Leahy
President



LETTER TO EDITOR/OPEN LETTER TO STUDENTS

Dear Students,

We write to you as the leadership of the MU professors' union, formally named the Faculty Association of Monmouth University (FAMCO), to let you know that we are here to support you in whatever way we can as you navigate the impact of the repressive wave of Executive Orders President Donald Trump issued in his first week in office, and the expected onslaught of additional authoritarian policy changes to come. In particular, to our students and members of the larger MU community who are immigrants or are undocumented, to our LGBTQ students and their families, to our black and brown students and their families, and to all of us who are, or will be made, targets of increasingly anti-democratic policies and practices under the new Trump administration, the Executive Committee of FAMCO denounces these attacks on our students, on the mission of higher education, and on the foundations of a liberal, democratic society.

As a union, FAMCO negotiates and enforces labor agreements with the University around our salaries, benefits, and conditions of work as your professors. But we do more than that. We work to protect and improve our livelihoods as professors not only because it helps us personally and helps our profession, but because we know that our working conditions as teachers and researchers are also your learning conditions as students. We know that an injury to us is an injury to you, just as we know that what harms you, harms us all. In these dangerous times ahead, FAMCO is committed to using our power to do our best to protect you inside our classrooms, on campus, and in the larger community. Should you be a student who needs help locating safe spaces on campus and other available resources in these weeks and months to come, please contact Dr. Johanna Foster, Professor of Sociology and President of FAMCO, at jfoster@monmouth.edu, or stop by Bey Hall 243, so we can do our part to help connect you to the support you may need. For a full list of FAMCO officers who are always willing to hear from students, please find us on the MU website at <https://www.monmouth.edu/famco/>.

Signed,

Dr. Johanna Foster on behalf of The FAMCO Executive Committee



ALUMNI DAY AND BIERGARTEN!



**MONMOUTH MEN'S BASKETBALL
VS
DELAWARE**

2:00 PM

**SATURDAY, FEBRUARY 1
AT THE OCEANFIRST BANK
CENTER**

DISCOUNTED TICKETS AVAILABLE FOR ALUMNI



MONMOUTH REC

X X X

**5V5 INDOOR
SOCCER**



**REGISTER
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**SEASON RUNS 1/27-2/6
MIN 5 PLAYERS MAX 10
MEN | WOMEN | COED**

X X X

QUESTIONS? EMAIL
PKOVAC@MONMOUTH.EDU

Women's Basketball goes 2-0 in homestand

FRANK HOARLE
STAFF WRITER

Monmouth's Women's Basketball won both games played at OceanFirst Bank Center this week, picking up wins on Friday and Sunday.

On Friday night, the Hawks hosted the North Carolina A&T Aggies. Entering the game, North Carolina A&T was undefeated in CAA play and on an eight game winning streak after starting 2-7.

The Hawks were coming off of a trip to the Carolinas, where they defeated Charleston but fell to UNC Wilmington in overtime.

The Hawks got out to a

quick start, opening a 17-10 lead by the time the first quarter concluded. The Aggies started the second quarter on a 9-4 run, but Monmouth responded with ten unanswered points, guard Damaris Rodriguez scoring six of those. Monmouth went to the locker room with a 31-19 lead.

The second half started slow for both teams, as there were only four combined points in the first five minutes of the third quarter. Monmouth maintained a steady 44-33 lead heading into the fourth.

The Aggies launched a comeback in the final frame, closing to within three points



PHOTO COURTESY of Will Prata.

The Hawks secure win over North Carolina A&T, handing the Aggies their first loss of the season in conference play.

in the final minute. However, the Hawks defense stood tall shutting the door with a 54-49 victory. The Hawks controlled the game, as North Carolina A&T held the lead only once, early on in the first quarter. The loss was the Aggies' first in CAA play.

Rodriguez would lead the scoring for Monmouth, ending with 18 points. Guard Kemari Reynolds scored 13 points off the bench, setting a season high. Center Belle Kranbuhl and forward Ella Farrelly each scored six points.

Two days later, the Hawks

were back at home to face the Northeastern Huskies. The Huskies entered the game with a 1-14 record, with their only win coming against Wagner on Nov. 22. After taking an 18-7 lead in the first, Monmouth would blow the game open in the second quarter. A 27-point second quarter for the Hawks gave them a 42-19 lead heading into half-time.

The Huskies were unable to overcome the deficit in the second half, and Monmouth closed out a 69-46 win in a game in which

they never trailed.

Forward Taisha Exanor led the way for Monmouth, scoring 16 points while shooting 75% from the field. Rodriguez scored 14 points and shot 66% from three. Guard Rachel Kuhl had her best game of the season, scoring nine points courtesy of making three three-point shots.

Monmouth now sits with a record of 10-9 overall and 5-3 in CAA. The Hawks will make a second trip to North Carolina to play Campbell and Elon before returning home to host Drexel on Feb. 7.



PHOTO COURTESY of Photo by Nick Textores/Kankoku Jee Photography.

Rachel Kuhl had her best game this season, with a season high nine points, all coming from behind the arc.

Mens Basketball falls just short vs. Elon

MICHAEL GRUSEKE
OPINIONS EDITOR

The Monmouth Hawks (5-15) took on the Elon Phoenix (14-6) Thursday, Jan. 23, at Schar Center, in Elon, North Carolina. The Hawks battled to stay competitive throughout the game, but ultimately could not get the job done, resulting in an 83-71 home victory for the Elon Phoenix.

Guard Abdi Bashir led the Hawks efforts in scoring with a team-high 22 points, hitting five shots from behind the arc. This was Bashir's 13th game of the season where he scored at least 20 points.

Elon's guard TJ Simpkins was a key factor for Elon's victory. Simpkins put up 26 points and went 7/13 on field goals (FGs). The Hawks found themselves down by 12 at halftime with the score sitting at 41-29, but were able to close the gap after going on a 9-0 run early in the second half, making the score 47-44 in favor of Elon.

Monmouth managed to hang around and took their first lead of the second half after a Bashir three pointer with 7:18 left in the game, giving the Hawks a 60-58 lead.

In the final minutes, Elon managed to gain control of the game from the free throw line. Eventually, resulting in

an 83-71 road loss for the Hawks.

The Hawks had a FG percentage of 39% compared to Elon's 46.3% and were outrebounded 40-31, which were key factors that allowed the Phoenix to take this game.

Another notable statistic was Elon's free throws as their team went 27-35 at the line (77.1%) compared to Monmouth's 17-25 (68.0%).

After a long road trip, the Monmouth Hawks (5-16) will look to get back in the win column this upcoming Saturday (2/1/25) when they host the Delaware Blue Hens (11-10) at OceanFirst Bank Center at 2pm.



PHOTO COURTESY of Monmouth Athletics

Abdi Bashir Jr. led the Hawks with his 22-point performance, the 13th game of the season where he scored at least 20 points.

Record wrecking Hawks

NATALEE MATTEI
CONTRIBUTING WRITER

Coming off a successful fall season, the Monmouth Hawks have looked to continue their ways in the winter months.

The Hawk's stars of Track and Field have made that possible. The indoor season started with a bang; multiple school records were broken at the Penn Opener. David Strong managed to obtain 5,235 points in the Heptathlon, breaking the school's previous overall record. Yasmeen Tinsley broke two records the same weekend, running the 60m hurdles in 8.39 seconds. In the 300m dash, not only did Tinsley break the school's record, but she also became the first woman in program history to run the event in under 40.0 seconds. Her final time was 38.24 seconds.

Strong and Tinsley's strong opening performances led them both to earn CAA honors on Dec. 10. Strong earned the Men's Field Athlete of the Week award and Tinsley earned Women's Track Athlete of the Week.

The following weekend at the Seahawk Shootouts, the exhilarating performances continued. Veronica Chainov set a new school record in high jump, with a height

of 1.80m. Another dashing record set for the men's, as Aiden Baldelli set a time of 34.41 seconds in the 300m dash.

Tinsley was not done with her record setting ways as she ran a 7.48 second 60m

dash to earn yet another school record. Tinsley and Chainov's performances earned them CAA Track and Field Athletes of the Week on the women's side. The Hawks swept the CAA weekly awards following

the Seahawk Shootouts. On the men's side sprinter Ahmad Brock captured Track Athlete of the Week while pole vaulter Dalton Yeust earned Field Athlete of the Week honors to round off the Hawk's sweep.

To start off the new year, the distance runners got the spotlight. Declan McDonnell ran the 3000m with a time of 8:07.47 to earn himself his own school record. Though he has yet to join the record breaking club this season, Yeust was named CAA Men's Field Athlete of the Week for a second time earlier this month with his league leading heights.

With a visit back to Philly for the Penn Quaker Invitational, Tinsley and Strong decided that they would return to their record-breaking ways. Tinsley did so with a 23.77 second 200m dash. Strong broke his own Heptathlon record, outscoring himself with 5,323 points. This performance earned Strong another spot as CAA Athlete of the Week and moved him to No. 16 on the NCAA Division I performance list.

Last weekend at the Dr. Sander Invitational, Tinsley decided to give a go at setting a new personal time and did so successfully in the 60m with a final time of 8.33 seconds. She broke the school's 400m dash record with a sub 55 second time of 54.39. The Hawks have been protecting the nest all of the indoor season and look to continue to do so in the outdoor season as Spring semester rolls on.



PHOTO COURTESY of Monmouth Athletics.

Hawks who were honored by the CAA.

THE OUTLOOK



WOMENS BASKETBALL HANDS AGGIES THEIR FIRST CAA LOSS



Monmouth Womens Basketball secure victory, 54-49, over CAA's top team, North Carolina A&T.

SEE STORY ON PAGE 14

PHOTO COURTESY of Will Prata