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Female leaders at MU: Celebrating girlhood, empowerment, and impact

Students and staff discuss the importance of female representation on campus

GILLIAN DESTEFANO
STAFF WRITER

March is Women's History Month, a time to celebrate the achievements and contributions of women throughout history and in our present day. At Monmouth

University, numerous women-led clubs and organizations are dedicated to empowering women, advocating for change, and fostering a more inclusive campus environment. This article features just a small sample of women leaders on campus.

"Monmouth University remains committed to creating an inclusive community for every employee and student, irrespective of gender," said Patrick Leahy, University President. "At the same time, we have expanded mentorship programs, leadership



IMAGE TAKEN by Henry Boody.

Lorelai Hilarczyk, Ava McGinty, Taylor Memoli, Bailey Fredericks, Mairead Spellacy, Lauren Bevaqua aka the women of "The Outlook."

workshops, and collaborative forums where individuals can discuss and address issues pertaining to women's equity."

How Sororities Celebrate Women

For many women on campus, sororities are a way to celebrate sisterhood. Monmouth houses eight female-centered organizations. Jackie Tamburrino is the president of Monmouth's chapter of Delta Phi Epsilon, a sorority known for its values of justice, sisterhood, and love. "We make it our purpose to create and innovate together, pushing the limits each time on what we are able to achieve for the community together," Tamburrino explained.

She is also the President of Students Advocating Girls' Education (SAGE). Tamburrino continued, "We focus on highlighting girlhood through education and empowerment of all women and girls. Our annual 5K for Women & Girls Education isn't just a fundraiser—it's a celebration where participants share stories, build connections, and uplift each other."

Alpha Omicron Pi focuses on arthritis and the Arthritis Foundation. Its president,

Leila Cengiz, celebrates sisterhood every day through her sorority leadership. She said, "In these sisterhoods, women can physically, mentally, and emotionally support one another to build their resilience and confidence, bringing them closer to achieving their goals and ambitions."

"Sisterhoods are full of women who will help you achieve your goals from a place of love and kindness and they will help you succeed because they want to see a fellow sister achieve great things," said Megan Corby, president of Alpha Sigma Tau. "I also believe that sisterhoods are an important place of women empowerment because together as a group, there is a bigger potential to create change and make an impact on the community." Alpha Sigma Tau fundraises for women's wellness.

Alpha Xi Delta supports the Kindly Hearts Initiative, which raises money for children experiencing foster care or homelessness. Their President, Briella Scuteri, said, "Sisterhood events give us the opportunity to collectively uplift one another and build the confidence in helping everyone believe that

they can achieve their goals."

Club Leaders

In addition to Greek life, female empowerment is explored through the various clubs and organizations Monmouth has. From honor societies to clubs, female student leaders are seen in all campus involvement.

Senior Haley Tischler is the President of Monmouth University's Psi Chi, the International Honor Society in Psychology. She said, "Being a woman as a student leader is important to me because it allows me to uplift other women in my field and showcase the importance of diverse leadership. Representation matters, and having women in leadership roles helps challenge outdated stereotypes while inspiring others to pursue their dreams with confidence. To show women that they are capable and that they belong in the spaces that they are in is one of the most fulfilling parts about my roles."

Tischler is also leading the Diversity Lives Here Art Project, which is fully funded by the Diversity, Equity, and Inclusion (DEI) initiative. The project showcases art that represents diversity in every

Female leaders at MU
cont. on pg. 2



IMAGE TAKEN by Henry Boody.

Meghan Reilly is the PR Director for Sigma Tau Delta and part of the honors school.

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Got a tip? Tell us.



Stacey Ayers is the Administrative Assistant for the English Department.

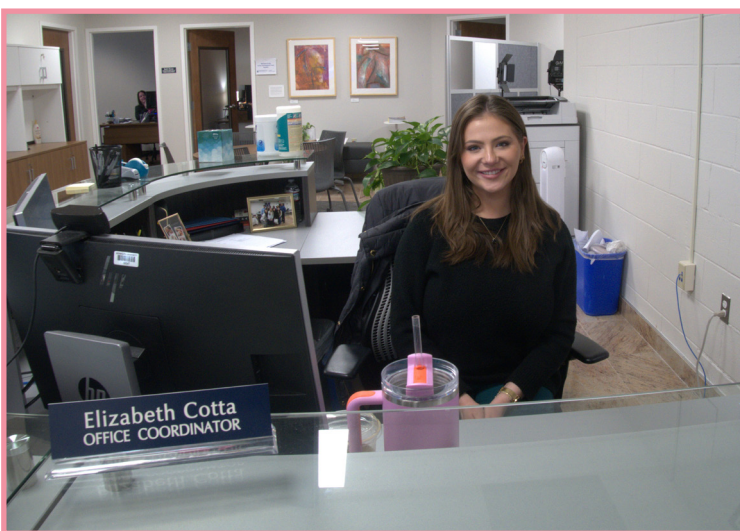
IMAGE TAKEN by Henry Boody.

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Katie Marshall and Vicky O'Malley are both marine environmental biology and policy majors.

IMAGE TAKEN by Henry Boody.



Elizabeth Cotta is the Office Coordinator at the Career Development.

IMAGE TAKEN by Henry Boody.



Ashley Ortega Lopez and Gabriella Kuse are both freshman at Monmouth.

IMAGE TAKEN by Henry Boody.

Chloe Gosk, expressed a similar sentiment. She said, "Being a woman in a student leadership role, specifically Station Manager of Hawk TV, is important to me because the media industry is traditionally male-dominated. For so long, I was discouraged to pursue my passions because of how little women I saw doing what I dreamed of. Now I am here to be that woman I needed to see, I am here to show young women that we belong in the media industry and can flourish and be successful. I am here to inspire a change that is long overdue."

Gosk encourages other students to not let tradition stand in the way of their dreams. She continued, "I want the future female student leaders to keep trailblazing. Know that the world is your oyster, and you can do anything you put your mind to. Prove everyone wrong."

Gillian Sepp voiced how becoming a student leader has grown her confidence. President of Student Activities Board (SAB), Sepp said, "When I first joined, I didn't like to speak up, but over time I've learned that my ideas, opinions, and decisions matter. I want other women- especially those who might be hesitant to step into leadership- to see that they belong in these roles too."

Sepp also mentioned the growth of SAB since her freshman year. She said, "SAB has changed so much since I joined as a freshman three years ago, when the E-board consisted of just three people. This semester, we were able to build and sustain a full, 11-member e-board, which has been an incredible milestone for our organization."

First to Fly celebrates first-generation college students. Denise Alotto, President of the First to Fly Club, discussed her role as president with her perspective as the first in her family to attend college. She said, "Being a woman in student leadership is important because it allows me to challenge stereotypes, inspire others, and bring diverse perspectives to decision-making."

Alotto mentioned the importance of her identity as a woman in a club like First to Fly. She said, "For me personally, being a woman who is a First-generation college student in this role of leadership allows me to interact with other women to

give them the support to reach their own goals. And the most important aspect is that I get to advocate for female first-generation students who may not feel heard or seen."

The Italian Club is a club on campus that celebrates Italian Culture and enrolled over 100 members during the fall semester Involvement Fair. Liv Crocco, president, talked about the challenges of being a student leader. She said, "Becoming President of the Italian Club at Monmouth was, and still can be, a daunting task. However, it has also taught me the importance of believing in myself and empowering others to do things outside of their comfort zones."

Crocco holds her Italian culture with great pride, and having the position of president has been dear to her heart. She said, "It is extremely rewarding to hold a leadership position for a club on campus, especially one that represents my heritage, as I feel like we are contributing to the campus community and fostering a welcoming environment for all students of all backgrounds."

MU Players is Monmouth's Theatre Club, hosting various events throughout the year, such as haunted houses and musicals. Their president, Nora O'Rourke, felt proud to be a woman in this field. "Within the theatre world, the roles of playwright, director and technical staff are typically male-dominated, whereas costuming is female led. Holding the role of president, I am showing people that women have all the same capabilities to do the role justice," she explained.

Comm Works is a club on campus dedicated to student performance as well. Their president, Giovanna Territo, said, "Being a woman in a leadership position here has given me the wonderful opportunity to let my voice, my opinions and my decisions be heard and valued. It is incredibly empowering to lead and guide such a talented group of individuals."

Amani Adelman is Head of Women in Music MU Chapter, and Vice President of both Blue Hawk Records and Black Student Union. The Women in Music Chapter's goal is to create opportunities and create a space for women within the music industry. "I, along with my executive committee, strive to foster an inclusive and diverse environment where women and the allies of our community are empowered to push the boundaries of the very male dominated music

Female leaders at MU cont. on pg. 3

cont. from pg. 2

dominated music industry and reach their fullest potential,” Adelman explained.

Female Faculty

Female leadership extends beyond the student body. Women faculty members are integral in driving change, advocating for gender equity, and shaping the university’s academic environment.

Johanna Foster has been President of the Faculty Association of Monmouth University (FAMCO) since 2019. Foster and other faculty members in the union have fought for equal pay across campus as recently as last semester. She said, “For many of our FAMCO members, regardless of their gender, the issue of gender equity is a high priority. In the past, women faculty at Monmouth have voiced concerns about gender salary disparities between men and women faculty that they have felt are tied to gender and not to other factors that might make for reasonable explanations for those persistent differences.”

She expressed that these issues are a part of a larger issue at play. Foster said, “More recently, women faculty at Monmouth have also raised concerns that professors in academic subjects that are thought to be ‘men’s fields.’ This trend of occupational gender segregation is bigger than Monmouth, of course, and women faculty here have been raising awareness about this problem and promoting campus-wide solutions.”

Foster concluded, “I hope for a future where the academic study of gender inequality, and its relationship to the histories and realities of other forms of structural inequality, continues to be valued, financially supported, and sought after by our MU students. I hope for a future at Monmouth where all of our students, faculty and staff feel at home here as a place where the freedom to learn and to thrive is fiercely protected, and that the valuing of care and solidarity, as opposed to the valuing of accumulation, egoism, competition and brutality, are kept at center stage.”

Dr. Zaneta Rago-Croft, Director, Director of the Intercultural Center and Advisor to the President on Diversity and Inclusion, highlighted the efforts made across campus to make Monmouth more inclusive. She said, “Monmouth University provides spaces and opportunities for women

through dedicated student organizations and academic resources that uplift women and shed light on issues related to gender equity. I think about our good colleagues within the Program for Gender and Intersectionality Studies as researchers, practitioners, and mentors whose scholarly work is both interdisciplinary and often experiential.”

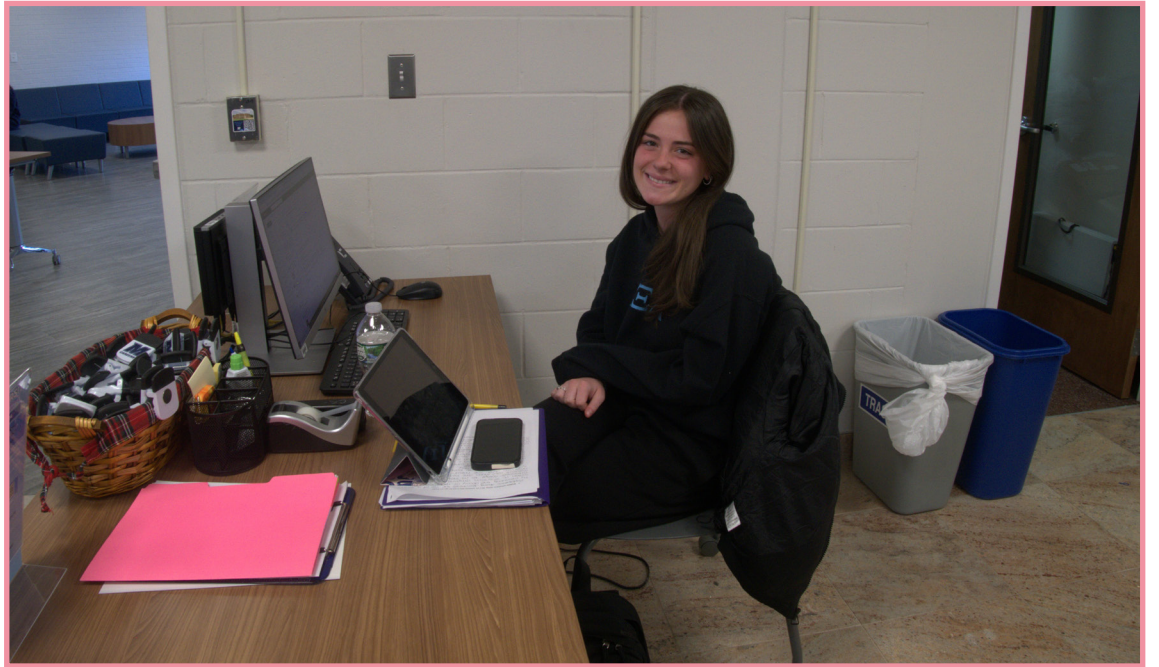
Croft continued, “When a university actively creates an inclusive culture, it helps break down systemic barriers, fosters confidence in women pursuing leadership and academic excellence, and strengthens community support.”

The Global Education Office (GEO) is entirely run by women. Students who study abroad are also disproportionately female. Mykellan Maloney, Associate Vice Provost of Global Education since 2017, elaborated on the ratio issue. She said, “In Spring 2022, we were finally able to open study abroad again [after COVID]. Four students traveled to Sorrento to study with our new partner, The Sant’Anna Institute, which incidentally is founded by a very dynamic woman. In fact, both of our programs in Italy are founded and led by women. Three out of the four students in this inaugural program were female.”

Maloney continued, “The ratio between female and male participants in study abroad has narrowed a bit at Monmouth since then, but it is still much higher than the national average of about 67%. In terms of International Students, our population has consistently grown since covid, with women taking the lead again at 57% – this however is well above the national average of only 45% women traveling to the US for their education.”

She concluded, “Global education in US higher education in general is a female dominated field. This follows the national trend of more women experiencing study abroad as a college student than men do – which may be why more women tend to choose this career path. I do not doubt that my voice is respected and heard in my field – my hope is that every woman in a leadership position at Monmouth feels the same way.”

Leahy mentioned some honorable contributions of other important women at Monmouth. He said, “I am proud of the fact that women now occupy half of the senior leadership positions that report directly to me. This includes my Chief of



Emma Palmieri works at the Career Development.

IMAGE TAKEN by Henry Boody.

Staff, Emily Miller Gonzalez, whom I have entrusted to lead a Taskforce on Working Parents and Caregivers to ensure that we are meeting our commitments to the work-life balance of our employees. I was also pleased to serve as president of Monmouth under the tenure of our first female board chair – Jeana Piscatelli – who is herself a distinguished alumna of Monmouth.”

“In fact, women have a long history of shaping and leading this university at every level,” he continued. “Former vice presidents Patricia Swannack and MaryAnne Nagy advanced campus-wide student initiatives; former Provosts Pamela Scott-Johnson, Rekha Datta, and Laura J. Moriarty fostered academic innovation; President Emerita Rebecca Stafford guided strategic growth; and former Athletic Director Marilyn McNeil elevated Monmouth’s reputation in collegiate sports.”

Leahy concluded, “You don’t have to look very far to find major campus landmarks honoring the leadership of these remarkable women here at Monmouth.”



Annette Gough is the Executive Assistant to the President & Board of Trustees.

IMAGE TAKEN by Henry Boody.



Emma Kenney works for the Rechnitz Hall DiMattio Gallery.

IMAGE TAKEN by Henry Boody.



Hana Vozzo is the President of Sigma Tau Delta.

IMAGE TAKEN by Henry Boody.

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The Student Center's newest banner: Elegant or eyesore?

EDITORIAL STAFF

This school year, the Student Center has seen many changes. From the revamp of the second floor and the new fire pit, the building is starting to have a more welcoming feel for students. The latest addition to the building is the new banner hung over the front ramp. The banner is blue and reads, "High above the ocean's roar, the blue hawks rise to meet the world," a quote from Monmouth's Alma Mater. Students are being exposed to more and more changes in their space, but do they actually like it? Our editors have mixed opinions on this new edition.

"I like the new banners. I think they add some life to the otherwise brick building. The old signage looked outdated, and some of the letters were peeling, so I think it enhances the look of the Student Center," one editor commented.

"I personally like the one new banner that reads, 'High above the ocean roar, the blue hawks rise to meet the world.' I believe it's quoting our Alma Mater, which I appreciate," agreed another editor.

On the other hand, one editor stated, "I think the banner looks tacky. The brick look of the Student Center looked clean, now it just looks like a big sticker was slapped on the side."

"I think it definitely adds something to the building, and I see what they were trying to do but I don't know how I like it on that building," another commented.



IMAGE TAKEN by Henry Boody.

Whether we like it or not, the banner is there to stay, but does it take away or add to the ambiance of the new Nagy Commons?

One editor explained that they believe the banner enhances the space. "I think they add to the exterior look of the student center, so it doesn't look so bland and boring."

"The old, decrepit patio and bland, brick building has been replaced and enhanced, as has the visual appeal of the building itself with the new banners," agrees another.

"Let's just say it draws your eye to the student center, but not in the way you might think," stated another.

Although the slogan pays tribute to Monmouth, some editors did not know the source of this quote.

One editor said, "I think the slogan could have been a lot better. It would have been cool if it rhymed or something creative to really tie into the university. Love that it mentions the ocean and our mascot, but it feels a little random to me."

While other editors did un-

derstand its source, "Yes, I like this slogan because it's a part of Monmouth's Alma Mater, which I think a lot of people don't actually know, even though we hear it around 11:45 every day from the campus bell tower," one editor explained.

If the renovations of the student center keep up, some editors hope to see some new improvements.

One editor suggested, "I think some cool creative works from students would be cool, especially if it's Monmouth-themed or something like that. Anything is better than that random slogan."

"I think having even more seating outside the student center would be nice since, during the warmer weather, I can never find a spot out there!" explained another.

"We need more outlets on the second floor! There is literally one outlet for the whole room. How does that make sense?" one mentioned.

Lastly, one editor commented, "I think the beach banner on the back of the Student Center should be replaced. It's also old and outdated, and the weather has made it lose color and appeal."



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The value of a gap year

RILEY MCGEE
STAFF WRITER

Taking time off to figure things out, or taking a gap year can be extremely valuable, especially if you aren't sure what kind of path you want to follow after high school, or even while in college. This is because figuring out what you want to do for the rest of your life can be quite overwhelming. Taking time off to simply figure things out allows time for gaining new experiences, as well as figuring things out for yourself.

A key benefit of taking time off to figure things out is that it allows for you to find clarity in what you want to do for the rest of your life, or what you don't want to do. For example by taking time off, you are able to take a step back and figure out things that you truly have interest in. By taking a gap year, or even a gap semester it allows for you to find out what you really love to do, and find out a lot about who you are as a person.

My freshman year, I took all online classes my second semester, to figure out what I wanted to do, or if I was going to transfer from my previous school. During this

time I was able to work on my mental health, get a job, and truly focus on myself. If it wasn't for that semester of taking time to figure things out, I wouldn't have ended up at Monmouth.

Another reason as to why giving yourself time to figure things out is so valuable is because it allows for you to focus on yourself completely. It can teach you how to be more independent, while navigating several different things. For example, how to become more self-reliant, and manage new environments. It also allows for you to grow as a person because you can explore new hobbies and new places.

While taking a gap year, you can travel to places you have never been to, whether it is just in the state you live in, or a state you have never been to. This can open up your life to new experiences, new scenery, and maybe some new friends. I wish that I was able to take the time off to travel and see new things, but I just did not have enough time the spring of my freshman year. Taking a gap year or taking time to figure things out, is something that can be truly valuable to those that need guidance on what to do in the future.



IMAGE TAKEN from USNews.com

The gym has many great benefits

MICHAEL GRUSEKE
OPINIONS EDITOR

The gym is more diverse than many people think. There is a wide variety of people that go to the gym that have unique and specific goals. Whether it is to build muscle mass, lose weight, stay mentally/physically fit, etc., there is a place in the gym for everybody, especially when knowing that there are so many benefits to going.

First off, considering mental health issues are so prevalent in today's society, it is important to note that a huge benefit of going to the gym is mental health improvement. Going to the gym and being active releases endorphins in the brain. These endorphins reduce stress and anxiety, lifting the overall mood of many gym-goers around the world.

Obviously, another benefit of going to the gym is physical

health improvement. Regular physical exercise can help reduce risks of issues such as high blood pressure, heart disease, and diabetes. Activities such as cardio are amazing for heart health. Strength training is an excellent resource for muscle health and improvement. On top of all of this, going to the gym is believed to help increase people's life expectancies.

The next benefit of the gym is learning how to stay consistent with goals. For example from personal experience, years ago I went to the gym, but was never super consistent and did not see the full potential of my goals. It was not until about a year and a half ago that I started being consistent and following this plan, I have met the goals I had been pushing for, but the key is consistency and the gym helps you learn how to do

that. After being consistent with the gym I have learned how to be more consistent with other important things outside of the gym too.

Regular gym attendance can also improve people's sleep quality. This is significant because sleep quality affects how people go about their day. People who have had a better sleep will likely have a more productive day. Exercise, especially during the day, will help the body be rested later, allowing for a better quality of sleep.

In conclusion, going to the gym is a great idea for people of all ages and backgrounds. There are so many benefits that people may not think about that can be life changing. Personally, I have seen all these benefits come into my life after I started going to the gym and hope that you will consider trying out the gym and seeing the benefits it can give you.

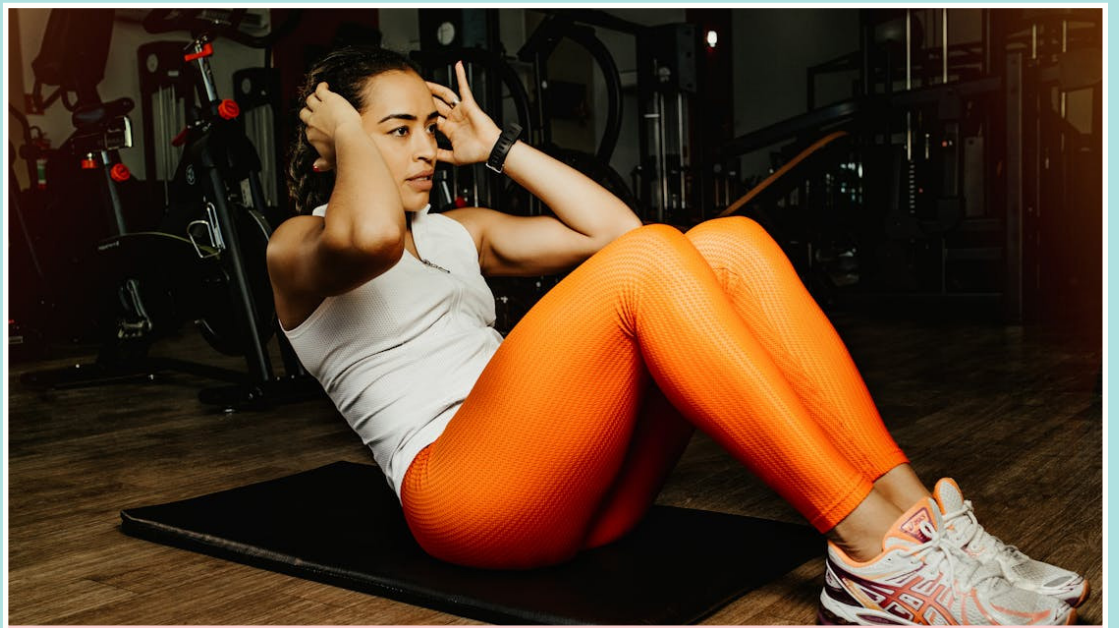
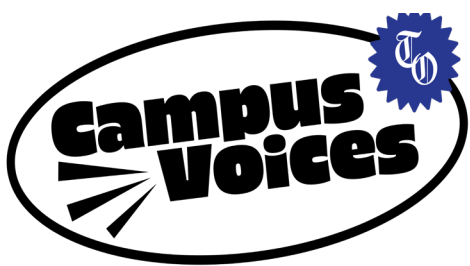


IMAGE TAKEN from PEXELS.com

Going to the gym has many benefits for you overall mental and physical health.

Is a gap year worth considering?

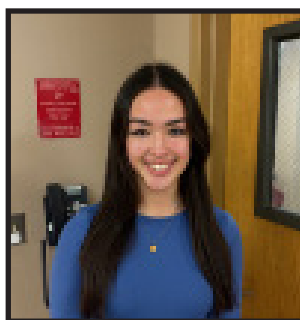


INTERVIEWED by
MICHAEL GRUSEKE



"I think a gap year can be a great option for college students if they take full advantage of it and use the time for personal growth, work experience, or travel."

- Andrew K.



"Gap years can be super beneficial by giving students experience and clarity, but they need the right planning to be worth it."

- Leila C.



"A gap year can be worth it for students who want to take more time to figure out what they want to pursue at school."

- Gino G.



"It is worth considering, but depends on the student's specific situation."

- Dylan L.

How much coffee can college students safely consume?

MYA SEXTON
CONTRIBUTING WRITER

College students who turn to coffee to fuel their academic and social lives, many living off multiple cups a day, are often unaware of the potential health risks of overconsumption.

Dr. Jennifer Weinberg, a Preventive and Lifestyle Medicine Physician and adjunct professor in the Health and Physical Education department, explained that the Food and Drug Administration (FDA) recommends no more than 400 milligrams of caffeine per day for adults, including college students. “That’s about two to three 12-ounce cups of coffee,” she said. “This can vary based on many individual factors though, so some students may be more sensitive and experience adverse impacts with lower consumption.”

Many students, unaware of this risk, exceed the limit, which can lead to negative consequences. On-campus dietitian Mollie O’Kane said,

“Excessive coffee consumption can impact the absorption of essential nutrients like iron and calcium, which are vital for overall health, particularly for bone strength.” She added, “Caffeine increases urine output, which leads to dehydration.”

Adding sugars and creams to coffee only exacerbates the health risks. O’Kane explained, “Regularly consuming sugary coffee can lead to weight gain and increase the risk of health issues like diabetes and dental problems.” O’Kane said that drinking black coffee can help manage students’ weight and maintain energy levels all day.

Beyond physical health, excessive coffee intake can negatively affect mental and cognitive functions. According to Dr. Weinberg, short-term effects of excessive caffeine intake include jitteriness, anxiety, and digestive issues. Long-term overconsumption can lead to dependency, increased heart rate, and potential cardiovascular issues.

Coffee can temporarily heighten concentration, making it appealing to college students for late-night study sessions. Dr. Weinberg warns that while coffee can boost performance, exces-

sive use leads to overstimulation, which reduces academic performance. “Caffeine acts as both a cognitive and physical performance enhancer by increasing alertness, concentration, and endurance. However, it also functions as a psychoactive drug, influencing mood and behavior, and can lead to dependence or negative psychological effects like anxiety when consumed in excess,” Dr. Weinberg stated.

Coffee can alter eating habits, especially among college students, leading to skipped meals. Without proper nutrition, students can first have an energy spike and then have an energy crash. “Students who drink coffee in the morning may experience disruption in their appetite due to caffeine being a stimulant, leading them to skip meals or choose less nutritious options. This can result in nutrient deficiencies and energy crashes throughout the day,” O’Kane said.

But one of the biggest mistakes students make is drinking coffee too late in the day, which can diminish sleep. “It is recommended that students

stop drinking coffee by 2-3 p.m. to avoid sleep interference,” Dr. Weinberg advised. Lack of sleep might lead to a vicious cycle, with students needing to consume more coffee the next day to stay awake.

As stressful times arise in college students’ lives, like midterms and finals, coffee can become a second lifeline to keep up with the workload. The feeling of anxiety and heart palpitations can become worse as overconsumption of coffee continues. O’Kane recommends students monitor caffeine intake, especially during stressful times. “Maintaining balanced blood sugar through regular meals and snacks, along with mindful caffeine consumption, can help alleviate these effects,” she said. To reduce spiking cortisol levels, limiting one to two cups of coffee a day can be beneficial.

Anya Stuckert, a senior communication major, said, “I usually drink about three cups of coffee a day. On days that I do not have coffee, I usually have a lingering tired feeling and headache and am more irritable.” Dependency on coffee can become a daily need for students.

For many students, like Ju-

liana Leiningen, a senior communication major, the effects of coffee led to a change in lifestyle. “I used to drink two to three cups a day, but I’ve since scaled back after experiencing negative side effects of anxiety,” she said. “Now I stick to one cup a day, before noon, and it’s enough to help me start my day.”

Baristas at Parsons café also see the impact of overconsumption. One barista noted that while most students order coffee responsibly, there are times when they order alarming amounts. “I had a student come in wanting a quad shot with cold brew, and I warned them and helped them fix the order. Most of the time, they agree with me anyway because I’ll make you a drink that will still get you through the day, but won’t give you a heart attack.”

O’Kane recommended that students try one to three cups of coffee per day and alternating between coffee and teas to reduce the coffee cravings. She added, “Incorporating short walks, exercise, or fun activities can relieve stress and boost your energy without the dependence on coffee.”

Michael Malpass: Renaissance Man

AVA MCGINTY
FEATURES EDITOR

Michael Malpass: Renaissance Man is a collection of works created by artist Michael Malpass, currently on display in the DiMattio Gallery located in Rechnitz Hall.

In the mid 1960s, Malpass was enrolled at Pratt Institute working towards his MFA when he was inducted into the U.S. Army. Here, he had limited artistic supplies, working with the military materials around him. Malpass stretched army tents into canvases, making oil paintings of famous artists like Janis Jo-

plin, Jimmy Hendrix, and John Lennon.

After his time serving in Berlin, Malpass had a solo exhibition in The Betty Parsons Gallery in Manhattan, launching his career into the art world. Malpass’ career gained momentum in the 1980s and Malpass was using discarded scrap metals, welding them into spherical shapes. Malpass had a fascination with the sphere shape because it maximized volume for the least amount of surface area.

Malpass used traditional blacksmithing techniques in order to manipulate steel, bronze, copper, and brass into the spherical shapes for which his work is best known for. He took these

discarded scrap metals, giving them new life and meaning. His work can be seen as juxtaposing the blue collar nature of the materials with the high regard his art has received, Malpass ended up with highly praised and valued art that would sell for tens of thousands of dollars today.

Nicolaus Burr, Monmouth University’s social media coordinator, said, “What I love about Malpass’s work is how he takes things that might be considered junk and turns them into something amazing. A lot of artists repurpose materials, but what makes him stand out is how he does it with metal. There’s just something so cool about

shaping raw metal into intricate, three-dimensional pieces. And on top of that, his oil paintings are just as impressive.”

The second floor of the gallery features images of Malpass working on the sculptures, including images of him welding the spherical structures, allowing the viewers to peer down at the bottom floor of the exhibit, where most of the sculptures are located, with a better visual understanding of its creation.

The exhibit is welcoming visitors from the university and local communities. Allie Corsey, a junior psychology student, has been working at the gallery since the fall of 2022. She said, “Not a lot of students are coming in them-

selves but there are a lot of art classes coming in with their professors. I believe a photography class was recently in here as well.”

Corsey’s favorite works showcased in the gallery are Malpass’ oil paintings but she appreciates the entire collection, “I think it is really cool, all of the sculptures have really stood out to me, especially because it is not only on the walls,” she continued, “It feels as if the exhibit is interactive even though it’s not. There are many different mediums to look at, making it feel that way.”

The exhibit is free and open to the public; Michael Malpass: Renaissance Man will be on display until Mar. 23.



PHOTO TAKEN by Henry Boody.



PHOTO TAKEN by Henry Boody.



PHOTO TAKEN by Henry Boody.



PHOTO TAKEN by Henry Boody.



PHOTO TAKEN by Henry Boody.

10 staple pieces every woman needs in her wardrobe

BAILEY FREDERICKS
MANAGING EDITOR /
LIFESTYLES EDITOR

I've crashed out more times than I care to admit in the morning. It's not because I'm not a morning person (though I'm really not), but actually because I get up early, I am ahead of schedule, everything is looking bright, and then bam: I have no idea what to wear. After throwing every single piece of clothing I own onto the floor in a fit of rage, I always seem to gravitate towards creating an outfit with the same few items.

So, here is a list of my top 10 staple items every woman needs in her closet to help save money, time, and frustration.

1. A Plain white tee: Not talking about the "Hey There Delilah" music group here. Rather, I'm talking about your basic, simple, plain white T-shirt. I have an issue with buying loud, colorful pants and then have no shirts to style them with. You know what comes in handy then? You guessed it, my plain white tee; it's probably the most worn top I own.

But, be warned, not all plain white tees are created equal. I would steer away from shirts on Amazon or other mass selling websites. In my experience, shirts bought from there, though cheap, tend to be sheer and thin. I rec-



ommend investing in a high quality T-shirt, since you're going to be wearing it non-stop.

2. A black mini skirt: Night out to the bars? Black mini skirt. Going on a dinner date? Black mini skirt. Day trip to NYC? Black mini skirt. A black mini skirt is a classic and timeless piece that will surely never go out of style. It's the perfect base to layer on an eclectic-inspired outfit - like a 70s faux-fur, oversized coat or 90s grunge ripped tank. Regardless of the occasion or dress code, a black mini skirt always has your back.

3. A Colorful blouse: If you're feeling like your outfits are giving a sad beige baby, purchase one colorful layering item like a blouse or cardigan. Keep it solid: a solid color is so much easier to style over a crazy pattern. I love throwing on my yellow (my favorite color) blouse on top of a black-on-black outfit to give less funeral and more sunshine.



4. Knee-high, heeled boots: Knee-high heeled boots are the perfect way to make any outfit go from casual to elevated with no effort. You can pair these boots with dresses, skirts, or even layer them under super wide leg jeans (I do this all the time because my jeans are always too long on me). I recommend keeping the color of these boots in the neutral



range - beige, brown, black, or white - to ensure you can pair them with virtually every outfit you put on.

5. Tights: It's cool to wear tights! In the 2010s there was a weird stigma that arose around tights for some reason. Luckily, tights are coming back in style which is great news for us east coast girlies. Not only do tights keep you warm, but they can also provide an outfit with a much needed solid or basic, especially when we are layering tons of clothes and accessories in the winter months.



My favorite "going out outfit" to recreate is with tights, my black mini skirt, and knee-high boots. I love mixing these three staples with different jackets, scarves, and tops to make unique outfits every time I go out without breaking the bank.

6. Blue jeans (not ripped): I reminisce on the days before I owned my favorite pair of non-ripped blue jeans when I would freak out because I had nothing to wear to a casual, yet classy event. I wear my non-ripped blue jeans all the time; they are another staple item that will go with anything in my closet and fit the vibes for a plethora of occasions. Blue jeans are the most classic, all-American fashion



item that will absolutely never go away.

A quick note: make sure your staple pair of non-ripped blue jeans don't teeter on the side of micro-trends. Stay away from any patterns on the pockets, anything super oversized or extremely low waisted; make sure they are basic and timeless as can be.

7. Neutral ballet flats: You cannot wear sneakers to all events. In the past, I remember having to borrow "professional" shoes from my friends and family because all I had was a pair of scuffed-up sneakers to wear to a job interview. Rather than taking everyone



else's shoes, invest in a pair of everyday ballet flats. Again, stay neutral to ensure you will never have to go shoeless to any professional networking event or interview again.

8. A skin toned tank: When my aunt gave me a skin toned tank top in middle school I was really confused on why I needed it. This is my formal apology to my aunt. In all honesty, the quality of clothing items nowadays has decreased tremendously. I've ordered countless dresses, shirts, and skirts off of websites that are internet viral, but end up disappointed in the sheer quality of the clothing.



My skin toned tank saved me

big time when I bought what I thought was the perfect 21st birthday dress. When I received the bright yellow mini dress in the mail, it turned out to be totally see through. So, I slipped on my skin tone tank and pulled it down to cover my entire body from chest to thighs. When I say this simple act took my 21st birthday dress disaster to an absolute home run, I mean it.

9. An oversized scarf: Living in the tri-state area means the winters are cold. But, being cold isn't an excuse to not be fashionable. An oversized scarf, whether it's colorful, neutral, patterned, or basic, will elevate your outfit beyond just a puffer coat. I love throwing on an oversized scarf before running out the door and even keeping it on to

shuzh up my outfit after I take my other layers off.

10. A large tote bag: If you like me and carry around way too much stuff, you need an everyday tote bag that you can bring on a casual day running errands but also to a professional setting. Make sure to get a bag that is large enough to fit your laptop, but not so big that people will be wondering where you are going for the weekend. Bonus tip: look for a bag with a zipper closure, especially if you carry your whole life around in that tote.



Play like a girl: Highlighting female athletes

RILEY MCGEE
STAFF WRITER



Growing up watching sports and playing sports, the popularity of female athletes has never been nearly as great as male athletes. It's time to give female athletes the highlights they deserve.

To start, one famous female athlete that I looked up to growing up is Alex Morgan. She was the first athlete that I really took inspiration from; She has had such an impact on the game of soccer and female sports in general. For those that don't know who Alex Morgan is, she played in the National Women's Soccer League (NWSL) and for the U.S. Women's National Team. She has won two World Cups, an Olympic Gold Medal, and was named U.S. Female Athlete of the Year twice. Alex

Morgan, inside of the game of soccer, had skill, speed, and team leadership, which is something every little girl, including me, looked up to. Outside of soccer she is an advocate for equal pay and better playing conditions, thus laundering the Alex Morgan foundation. The Alex Morgan foundation fights for equal pay, rights, and opportunities for women on and off the soccer field. She is someone that has done nothing but inspired me in life, and although she is now retired, she has left her mark on the world of sports.

Another famous female athlete that has inspired many girls and women in the athletic world is Simone Biles. As a gymnast, Biles has won 11 Olympic medals, 30 World Championship medals, and the Presidential Medal of Freedom in 2022. Besides being extremely talented at her sport, something that I have found very inspiring is her advocacy for mental health. During the 2020 Olympics, Biles took a stand, and withdrew from the Olympics due to mental health issues. This

is something that wasn't easy for her, but that stand she took sparked inspiration for all athletes around the world. The advocacy for mental health has been so much greater and I believe that part of it is because of her.

Another famous female athlete is Serena Williams. Even if you have never played a sport, you know who Serena Williams is. Throughout her career she has won 23 Grand Slam Titles, and as well as an Olympic Gold medal. Williams is also an activist who is passionate about fighting against racism and sexism, inspiring young girls all around the world to do what they want, and that they can accomplish anything.

Finally, although they are not famous, I would like to take a second to admire and highlight the female athletes in my life that have inspired me. Last year I had the privilege to work with the Monmouth University's Women's Soccer team and learned a lot from them. Be-

ing someone that played soccer my whole life, these girls helped to bring my love for soccer back. Going to the games, being around the team, and cheering them on helped me to see it from a new perspective. The girls on the team are proof of never giving up; they show up after wins and losses and keep moving forward, which is something I will forever admire.

This year, I have the privilege of working with the women's basketball team, and they are also the definition of never giving up. Everyday they show up to practice and put the work in no matter what the result of the game was from the day before. Along with this, they are some of the funniest and kindest girls I have ever come across, making working with them an absolute pleasure.

Finally, I'd like to highlight my roommates, five of seven who are on the swim team here at school. My roommates are truly the strongest people I know.

Growing up I didn't know much about swimming, but since living with them I have learned how hard the sport truly is. They wake up early almost every day of the week for lift or morning practice, and then go back in the afternoon for practice and dryland again. This is something that I admire, because I never realized how time consuming the sport was. They stay on top of their school work while trying to be the best they can be at the event they all swim. Along with this, they are all leaders in their own way, and the whole team are people that light up the room whenever they walk in. These girls are some of my closest friends, and I believe that they are the best athletes I have ever met, even if they don't think so.

Female athletes deserve equal recognition as male athletes because the phenomenal women listed above, and so many more, are talented, intelligent, amazing role models that will inspire little girls to follow their dreams for generations to come.

CELEBRATING MONMOUTH'S WOMEN IN MUSIC

LORELAI HILARCZYK
ENTERTAINMENT EDITOR

In celebrating Women's History Month, there are so many talented and strong women when it comes to music and the arts. As a matter of fact, there are many women right here at Monmouth University, paving their way into the industry; teaching us that following your dreams and staying true to who you are is what makes a woman unbreakable.

Chelsea Lagotta, a sophomore Music Industry major, has loved music for as long as she can remember from listening to whatever music her family had playing, such as "I Don't Care" by Fall Out Boy. "I think one of the first moments I remember falling in love with music and singing, was in the back of [her mom's] car, listening to some of the songs she would play that I have always remembered as my childhood favorites," Lagotta said.

Looking back, it was these moments that had a big influence on her sound and wanting to play with that energy and intensity that entices people to listen. Her musical journey officially started when she was in fourth grade and decided to join the school chorus choir and take piano lessons. She gradually moved from the piano

to other instruments like the guitar and ukulele, which she still plays today.

Lagotta is the lead singer of her very own band, The Peach Trees who performed at Blue Hawk Records (BHR) "Rocktober: Battle of the Bands." She has also performed originals like her song, "Do You Feel The Same?" which debuted at BHR and the Black Student Union's "Valentine's Day Classroom Concert."

When asked about her songwriting process, she explained that it's way more chaotic than people think, endless amount of notes in her phone to say the least. But it's the experiences throughout her life that make her art worth it. "People go through a lot in their day-to-day lives, more than they often realize, so it can be therapeutic to just sit down and take all of those feelings and channel them into something really artistic and beautiful," Lagotta said.

She draws from her inspirations from older generations of music and newer like Sara Bareilles and Chappell Roan. Both of which have created such an accepting and healthy creative environment for other women in the industry. As always, nothing is every easy when you're in the public eye as a woman.

She said, "Sometimes it feels



PHOTO COURTESY of Olivia Melfi.

Olivia Melfi fell in love with music from being exposed to 2000s icons on Disney Channel like Demi Lovato.

riences with being a musician. She explained how, music is such an intimate world and her private life, and experiences are out in the open for all to listen. Vulnerability is no easy task for any artist, but in that she's found a sense of feeling and connecting with other artists.

It's Melfi's sound that sets her apart from other musicians. "I would have never guessed I would be making such gritty pop-punk-inspired recordings if you had asked teenage me writing annoying heartbreak songs in my bedroom; but it honestly makes a lot of sense given the Disney Channel pop-rock music I grew up listening to."

Her very first recordings with BHR have subtle nods to that Pop/Rock/R&B sound she's grown so fond of. Melfi's newer music such as, "SECOND GUESSING" and "TOO FAST" scream pop-punk princess; Lovato would be proud. These along with her song "Proud of You," "place card," and her Christmas cover of the Alvin & the Chipmunks classic, "Christmas Don't Be Late," turned out to be her favorite productions.

She explained how creating, as beautiful as it is, can also be a curse. "...Perfectionism can be so consuming. But I think it's a privilege to be able to create something that means so much to you and because of that, you want everything you poured into the song to be felt by your listeners as well," she said.

Throughout her entire musical journey Melfi chooses to live by her father's words: "The saddest thing in life is wasted talent." An important reminder that people were born with talents for a reason, and living a life of loving your passion is the most fulfilling life one could ever have. Melfi also mentioned having the ability to be that inspiration for younger girls who might be shy, just like how Demi Lovato inspired her to break out of her shell.

"My past with social anxiety used to be something I was em-

ous)" was featured on BHR's "Vol. 23: Chapter XXIII," which really shows who Adelekan is as an artist. "...I just love it for the creative expression that reflects my personal sound so well, both lyrically and melodically. I have Max Wolf to thank for the production on that one," she said. Her songwriting process comes from her personal experiences, whether it's past or present. She starts with the chords and melodies, gradually getting into the creative headspace while playing her guitar as the lyrics get flushed out. While she's always loved the Pop and R&B sounds and styles she would love to explore other genres like Country, Rock, Jazz, and Christian music.

Music has shaped her into becoming a more fearless version of herself. "I used to be very shy to share my passion with the world and those around me. A lot of that shyness came from a place of self-doubt that I could not achieve the things that I am actively pursuing now," Adelekan said.

It's this feeling that led Adelekan to be the President of Monmouth's Women In Music chapter, where she can pour her heart and soul into ensuring future generations of women here have support. She said, "It means so much to me...Being a black woman in this creative space has its ups and downs, but most important it gives me the courage to keep pushing boundaries of the inclusivity of the music industry."

As we continue on through this month celebrating women in all sorts of different spaces, let's lift each other up instead of down. The possibilities when music is involved are endless, it's one of those art forms that connects and unites so many people. I'll leave you with some advice from Adelekan, "Don't let fear hold you back from following your dreams. You would rather be scared while taking risks than comfortable and regretful."



PHOTO COURTESY of Chelsea Lagotta.

Chelsea Lagotta performing at Blue Hawk Records "Rocktober: Battle of the Bands" on Oct. 23 of last year.

like you have to work twice as hard to get any recognition, but at the same time, knowing there are other women out there who have been through the same experiences as you and being able to share that with them is really comforting. You can support each other and really help each other succeed. I think that's a really beautiful thing."

Another woman in music is Olivia Melfi, a senior Music major with a concentration in Music Industry. You might know Melfi from being featured on BHR compilation album's such as, "Vol. 21: Queen of Hearts" and "Vol. 19: Back On Track."

Her love of music came from

something us 2000s kids know all too well: Disney Channel. "My all time idol has always been Demi Lovato. I fell in love with her as Mitchie Torres in Camp Rock and just resonated so much with her character. That ended up carrying into my life-long obsession with her and her entire discography, and the fuel behind why I write and pursue music," Melfi said. This led her to discovering artists such as Ariana Grande, Olivia Rodrigo, Alessia Cara, Tory Kelly, and GAYLE, all of which breathe the Indie Pop and Punk sound.

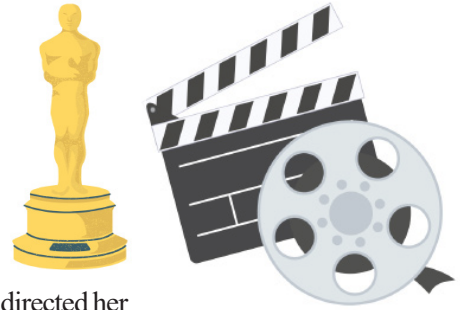
Melfi's songwriting has evolved as she has, in terms of structure and her personal expe-



PHOTO COURTESY of Amani Adelekan.

Amani Lillian's song "Take Up Everything (Oblivious)" can be found wherever you stream music.

Female directors who are shaping the film industry



TAYLOR MEMOLI
EDITOR-IN-CHIEF / NEWS EDITOR

In 1896, Alice Guy-Blaché became the first female director with her film, “La Fée aux Choux” in France. In 1912, Lois Weber became the first female director in Hollywood with her film, “The Merchant of Venice.” Since these two pioneers, women have been making a name for themselves behind the camera in the film industry. From writing to editing to directing, women have been fighting for a spot behind the camera now more than ever. Today’s focus is on honoring some of the greats in female directing and filmmaking, women who have pushed away from the norm of the male-dominated position.

Chloé Zhao:

During the 2021 Oscars, Chloé Zhao became the first woman of color, first Chinese woman, and second woman ever to win the Oscar for Best Director. Her award-winning film for that year, “Nomadland,” won the Golden Globe, Critics Choice, and Directors Guild Awards for Best Director.

Zhao was born in Beijing, China, and got her start in the

industry after graduating from New York University’s Tisch School of the Arts. Her early works include two short films, “The Atlas Mountains,” released in 2009, and “Daughters,” released in 2010. Her first feature film, “Songs My Brothers Taught Me,” was released in 2015. The film follows the story of a brother and sister living on the Pine Ridge Indian Reservation. The film was developed at the Sundance Institute workshops and put Zhao on the map for years to come.

Greta Gerwig:

Since Gerwig’s 2017 debut film, “Lady Bird,” Gerwig has become a household name. Gerwig started in the industry as an actress, starring in multiple low-budget films such as “LOL” in 2006 and “Hannah Takes the Stairs” in 2007. One of her most famous roles took place in Noah Baumbach’s 2012 comedy, “Frances Ha.”

So far, Gerwig has directed by herself three movies— “Lady Bird,” “Little Women,” and the 2023 box-office hit, “Barbie,” which she co-wrote with her now-husband, Baumbach. Gerwig’s work has been nominated for a total of four Oscars, and she is currently working on her new

film based on the “Chronicles of Narnia,” set to hit theatres sometime in 2026.

Ava DuVernay:

“Selma,” “When They See Us,” and “13th” are all big title movies, all directed by one powerful woman. Ava DuVernay began her filmmaking career at age 32 with her short film, “Saturday Night Life,” in 2006. Since then, DuVernay has gone on to make some big-name films in the industry. Her most acclaimed film “Selma” takes place in the segregated South during the time of the signing of the Voting Rights Act.

She is the first Black woman to direct a film nominated for the Best Picture at the Oscars with “Selma.” She was also the first Black woman to be nominated for a Golden Globe Award for Best Director for the same film.

Sofia Coppola:

Daughter to Francis Ford Coppola, sister to Roman Coppola, and cousin to Nicolas Cage and Jason Schwartzman, Sofia Coppola is no stranger to the film industry. She started her film journey at one year old in 1972 in her father’s film, “The Godfather.” Following in her

father’s footsteps, she directed her first film, “The Virgin Suicides,” in 1999. The film starred James Woods, Kathleen Turner, Kristen Dunst, Josh Harnett, and many others. The film went on to become a cult classic and cause Coppola to have a name away from her father’s.

She has been directing films that center on themes of femininity, isolation, and alienation ever since. Her most popular film, “Lost in Translation,” was awarded the 2004 Oscar for Original Screenplay and was nominated for Best Picture and Best Director. Her most recent film, “Priscilla,” came out in 2023, giving modern audiences a taste of the signature Coppola style.

Kathryn Bigelow:

Kathryn Bigelow was the first woman to ever win Best Director at the Oscars for her work in her 2008 project, “The Hurt Locker,” a film that follows a Sergeant and his army bomb quad during the Iraq War. Before this, Bigelow got her start in 1981 with “The Loveless,” which she directed with Monty Montgomery. She graduated from San Francisco Art Institute, where she studied

painting.

Some of her other projects include “Point Break” (1991), “Strange Days” (1995), “Zero Dark Thirty” (2012), and “Near Dark” (1987). Since then, Bigelow has become a household name and arguably one of the most important females in the film industry.

Emma Seligman:

Being the youngest person on this list, Emma Seligman has already appealed to a large group of film fans and has gained a dedicated following. Seligman was born in Toronto, Canada in 1995, and is a NYU Tisch School of the Arts graduate. As of now, she has two feature films, “Shiva Baby” (2020), based on her short film of the same title, and “Bottoms” (2023). Seligman is also a member of the LGBTQIA+ community and incorporates this into each of her films, creating gay female characters. She has been noticed for her directing, with nominations at the Gotham Awards and Directors Guild of America. At 30 years old, Seligman is already making a name for herself in the film industry.

Monmouth University’s Theatre Department presents: “Singin’ in the Rain”

LORELAI HILARCZYK
ENTERTAINMENT EDITOR

Get ready to be absolutely transported back into the roaring twenties of Hollywood’s star-studded movie stars for the story of Don Lockwood and Cosmo Brown.

The Theatre Department has truly outdone themselves with this musical. This writer was lucky enough to sit in on their dress rehearsal run as they polished up the final details for opening night. This show truly has it all, from tap dance numbers, to wholesome fan-favorite songs, to Grace Allison’s Lina Lamont voice that we love to hate.

John Terista (Don Lockwood), Taylor Wichterman (Kathy Selden), and Kylensky Miracle (Cosmo Brown) are the perfect trio to play these iconic characters. All three, especially Terista and Miracle, complement each other so well. It’s hard not to smile through their songs “Fit as a Fiddle” and “Moses Supposes” when those two are dancing around one another.

When the three of them come together for the song “Good Morning” in their yellow raincoats it’s hard not to have flashes of the original movie playing throughout your mind. It’s breathtakingly nostalgic.

They also performed and

sang incredibly individually. Wichterman’s voice is effortlessly beautiful. Her songs, “Would You?” and “You Are My Lucky Star” will leave you speechless. Her control and stage presence are magnetic. As are Miracle and Terista in their own solo numbers. Miracle’s, “Make ‘Em Laugh” was full of that Donald O’Connor

slapstick comedy that always gets a chuckle out of most people. It’s ridiculous spectacle humor is what makes it fun loving and laughable. Terista, naturally embodies Gene Kelly, it’s something you have to see to believe. His songs, “You Were Meant For Me,” “You Stepped Out of a Dream,” and of course,

“Singin’ in the Rain” were so well done. All three leads are true triple threats, lookout Monmouth, they are certainly not done.

As I mentioned before, Allison’s portrayal of Lina Lamont is absolutely hysterical. Not only is her voice a spot on depiction of Jean Hagen who originated the character in the 1952 classic, but she brings a new side of Lamont to the table. Even though she’s technically the “villain” you can’t help but want Lamont on the stage at all times, especially after her Act two number, “What’s Wrong With Me?” You’ll love her, even if she can’t pronounce the word “can’t” to save her life.

The dance ability of this cast is remarkable, especially since most had little tap experience. All of the ensemble members and minor role characters like Sami Khatri, Lyndsey Buren, Alli Spinelli, Kira Fisher, Chloe Garcia, Caroline Bader, Emily Stein, Ky Gray, Sid Phillips, and Frank Dige made the show worthwhile. There’s nothing I appreciate more than a strong ensemble run production.

Even one’s with bigger roles like Andrew Shuberda who sang his big number “Beautiful Girl” left a lasting impression. I also enjoyed watching the dynamic of Hollywood lot bigshots, RF Simpson played by Domenic Giampetro and Roscoe Dexter played by Kiefer Walsh. It was

all of the little small acting details that made this story come to life.

It’s also important to note all of the work that went into the direction and concept of the show, the technical aspects, costume design, and lightning. This show certainly could not have been easy for this crew, yet they handled it with grace. Even though there was no actual water effect for the iconic song “Singin’ in the Rain,” the stage was filled with blues and cool colors to give that stormy feel. Another effect to mention is the projector screen that is used to showcase the movie premieres of Lockwood and Lamont. A genius choice in my opinion.

“Singin’ in the Rain” has plenty of show dates to choose from. You’re not gonna want to miss out on this wholesome tale filled with good fun. And if you’ve seen the 1952 film, this show is sure to put a smile on your face.

All performances will be held at Woods Theatre and opening night is this Thursday, Mar. 6, at 8 PM. Don’t worry if you miss the first performance there are more shows on Friday, Mar. 7, at 8 PM, Saturday, Mar. 8, at 2 PM and 8 PM. Sadly, the show will close out the run with a matinee on Sunday, Mar. 9, at 3 PM. So don’t miss out on this talented group of students.

As Don Lockwood sings, “Come on with the rain, I’ve a smile on my face,” that’s how you’ll leave Woods Theatre.



PHOTO COURTESY of John Terista.

Remembering Evita Perón: A voice for Women's Suffrage

HENRY BOODY
CONTRIBUTING WRITER

Eva Perón, also known as “Evita,” was a transformative figure in Argentine history. She tirelessly fought for women’s rights and political inclusion. Born in the rural village of Los Todos, Eva faced inequality firsthand, which profoundly influenced her devotion to social justice. As the First Lady from 1946 until her untimely death in 1952, Perón played a key role in securing women’s suffrage in 1947 and establishing the Female Peronist Party, which rallied millions of Argentine women into politics for the first time. Her legacy to this day continues to echo in Argentina’s political landscape, being a symbol of empowerment and controversy.

One of Eva Perón’s most recognized achievements was her role in securing the right to vote for Argentine women in 1947. Her efforts led to the passing of Law 13,010, which granted women suffrage. Eva’s passionate radio addresses

and speeches galvanized support, presenting women’s enfranchisement as both a political right and a moral essential. In her famous 1951 renunciation speech, she remarked, “I did not have then, nor do I have right now, more than one ambition, only one, great personal ambition: That my people may say... that at the side of Perón, there was a woman who was dedicated to bringing to the President, the hopes of the people.” This sentiment captured her devotion to the Peronist cause and reinforced her belief in women’s active political participation. Amidst growing political polarization in post-war Argentina, her appeals to women and the working class helped solidify support for the Peronist movement. She understood the power of women’s voices in shaping the nation’s future and worked tirelessly to bring them to the political forefront. By 1951, women participated in national elections for the first time, marking a historic shift in Argentina’s political landscape.

In 1949, Eva founded the Female Peronist Party (FPP),

which eventually grew to over half a million members. Through the FPP, Eva empowered women to engage directly in politics, filling positions previously dominated by men. The party facilitated political education for women, organized rallies, and even secured 23 parliamentary seats for women in the 1951 elections. Her ability to mobilize so many women was unprecedented in Argentine politics and showcased her influence beyond her role as First Lady. The party’s success is another example of her influence and larger political strategy to integrate women in a politically divided Argentina.

Beyond politics, Eva Perón’s legacy is also strongly tied to her charitable work through the Eva Perón Foundation. Established in 1948, the organization provided scholarships for women and children, housing, healthcare, and employment opportunities. Hospitals, schools, and maternity wards were built under her name across Argentina, such as the Burn Institute in Buenos Aires. From distributing sewing machines to visiting underdeveloped areas, Eva’s hands-on involvement

cemented her image as a champion of people experiencing poverty and a protector of working-class women.

While Eva Perón’s contributions

to women’s rights and social welfare are still celebrated today, her legacy is not without controversy. Critics have often remarked on the unclear funding of the Eva Perón Foundation and her close ties to Juan Perón’s authoritarian regime. They accused her of using her influence to suppress dissent and consolidate power. The blurred lines between charity and politics sparked debates about the Peronist regime’s true intentions during a time of heightened political tension in Argentina. However, these criticisms pale compared to her achievements in the fight for women’s suffrage. Nevertheless, for many Argentines, Eva’s impact on women’s rights



IMAGE TAKEN from notimerica.com

remains a defining feature of her legacy, overshadowing the controversies.

Even after she died in 1952, her influence remains unwavered in Argentina and worldwide. Her life has been memorialized in books, films, and the musical *Evita*, transforming her into a global symbol of compassion and resilience. In contemporary Argentina, women leaders frequently invoke her legacy when advocating for social and political reforms. Decades later, Eva Perón’s legacy continues to inspire debates on social justice and the role of women in politics, cementing her as a figure of both admiration and controversy.

FAMCO holds Teach-In on Trump’s first month in office

BRENDAN SHEEHAN
POLITICS EDITOR

The Faculty Association of Monmouth University (FAMCO) held a teach-in on Tuesday, Mar. 4 in the Great Hall Auditorium to discuss President Donald Trump’s first month in office.

The first session was held from 10:05am to 11:25am, where students Nashalie Garcia and Rafael Martinez Ponce moderated the faculty panel that included Professor Stephanie Bobbitt, Associate Dean Catherine Duckett, Specialist Librarian Laura Jacobbe, Specialist Librarian Lisa Iannucci, Specialist Professor Mark Ludak and Chair of the Department of Communications Deanna Shoemaker. The first session featured a “Faculty MC”, Professor Sanjana Ragudaran.

The second session was held from 1:15pm to 2:35pm, where Garcia and Marisa Chiarini served as the student moderators. The second session featured Professor Kerry

Professor Anne Deepak, Professor Johanna Foster, Senior Lecturer Elizabeth Gilmartin-Keating, and Professor Hettie Williams. The “Faculty MC” was Professor Maryanne Rhet, Chair of the Department of History and Anthropology.

The second session began with Garcia discussing Trump’s impact on students, including potential cuts to federal student aid and Pell Grants, as well as crackdowns on transgender students’ rights and immigration concerns with international students. Dr. Anne Deepak of the School of Social Work spoke on how, “every aspect of our profession is impacted” with a new list of words banned in certain areas of the federal government which include “female” and “hate speech.” Deepak went on to discuss Trump’s executive orders, “All these executive orders are about leaving people behind intentionally.”

Dr. Kerry Carley-Rizzuto from the School of Education discussed how Trump’s plans to eliminate the Department of

Education will, “likely come to fruition.” Linda McMahon, a former WWE executive, was just confirmed as the next Secretary of Education. Carley-Rizzuto also talked about the potential for Immigrations and Customs Enforcement (ICE) agents arresting people at schools, “schools are no longer a safe haven...a child can not learn if they don’t feel safe.”

Dr. Hettie Williams of the History & Anthropology Department discussed the potential for funding freezes to higher education institutions, “Some of the major universities in the country have closed their admissions offices,” due to funding uncertainty. She named Stanford University, Ohio State and Iowa State universities. She ended her opening speech with, “We have no kings here,” and emphasized that the United States was, “Built on protest... that is who we are as a people.”

Dr. Johanna Foster, of the Department of Political Science and Sociology and President of FAMCO, said, “When it comes to education...we have seen a move, even before Trump, to capture public education for

private use.” Foster stated that privatization of education has two goals; to make profit and control the curriculum. Foster spoke on the political atmosphere in America, “It’s not surprising to any of us who study fascism that we’re in this moment.” However, Foster said her greatest concern was that, “The country is being run by folks who have not been elected by the people,” referring to Elon Musk and others.

Dr. Elizabeth Gilmartin-Keating of the English Department spoke on the state of free speech and book bans, “It’s really quite frightening.” She talked about a new executive order signed by Trump designating English as the official language of the United States. Gilmartin-Keating said, “What that does is all federal information will only be in English. So, anyone who doesn’t speak English will not have access to tax forms, immigration forms, college applications and FAFSA.” She closed with, “It just feels like everyday we get barraged by new executive

orders we need to be worried about.”

In the Jan. 29, 2025 edition of “The Outlook,” Dr. Johanna Foster wrote an open letter to students on behalf of the FAMCO Executive Committee. One section of the letter read, “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 of office, and the expected onslaught of additional authoritarian policy changes to come.” Foster also wrote, “In these dangerous times ahead, FAMCO is committed to using our power to do our best to protect you.”

The second session drew approximately 50 students and faculty and was sponsored and coordinated by FAMCO. President Trump is set to deliver his annual State of the Union address to the nation on Tuesday, Mar. 4. The theme of his speech is the, “Renewal of the American Dream” as he lays out his vision for his second term and his first year back in office.

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

HAWKTV Hawk TV
CHANNEL 12-1

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

PRSSA PRSSA
MONMOUTH UNIVERSITY SHADOW PR FIRM

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

- Bailey Fredericks, Co-President

MU CD College Democrats

We have 34 reasons you should join the College Democrats. Join Team Freedom today!

- Owen Bros, President



Real Estate Club

Hello everyone! The 19th of this month is a career night in the Bey Hall auditorium at 6:30 p.m. If you have any questions, please feel free to email me at s1322694@monmouth.edu.

- Margaret McNeil, President



WMCX

Here at WMCX, there is so much space to grow and use your voice! With opportunities such as broadcasting Monmouth University's home basketball games, having weekly talk shows on a variety of topics surrounding sports, music, pop culture, or politics, or becoming part of the E-board, there's a place for you at WMCX! If this sounds like something for you, come to one of our weekly meetings every Wednesday at 2:45 in Plangere 236. Our doors are always open if you want to come and visit us upstairs. And stay tuned for some exciting events happening later this semester!

- Beyonce Carranza, Program Director (VP)



LASO

The Latin American Student Organization (LASO) brings students together to celebrate Latin American culture. The club is open to everyone and hosts events like Día de los Muertos and their annual Outdoor Movie Night where they show a movie from latin american and have latin american cuisine. LASO also supports minority representation and encourages leadership. It's a great place to meet new people, learn about different traditions, and be part of an inclusive community.

- Jeff Gonzalez, general member



"College Core" - WMCX

Tune in next Wednesday from 1-2 for my last show before spring break!!

xoxo - Bailey



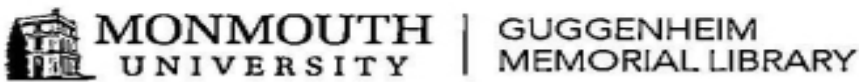
College Republicans

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

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The New York Times
THE WALL STREET JOURNAL.
THE CHRONICLE OF HIGHER EDUCATION

Go to
my.monmouth.edu
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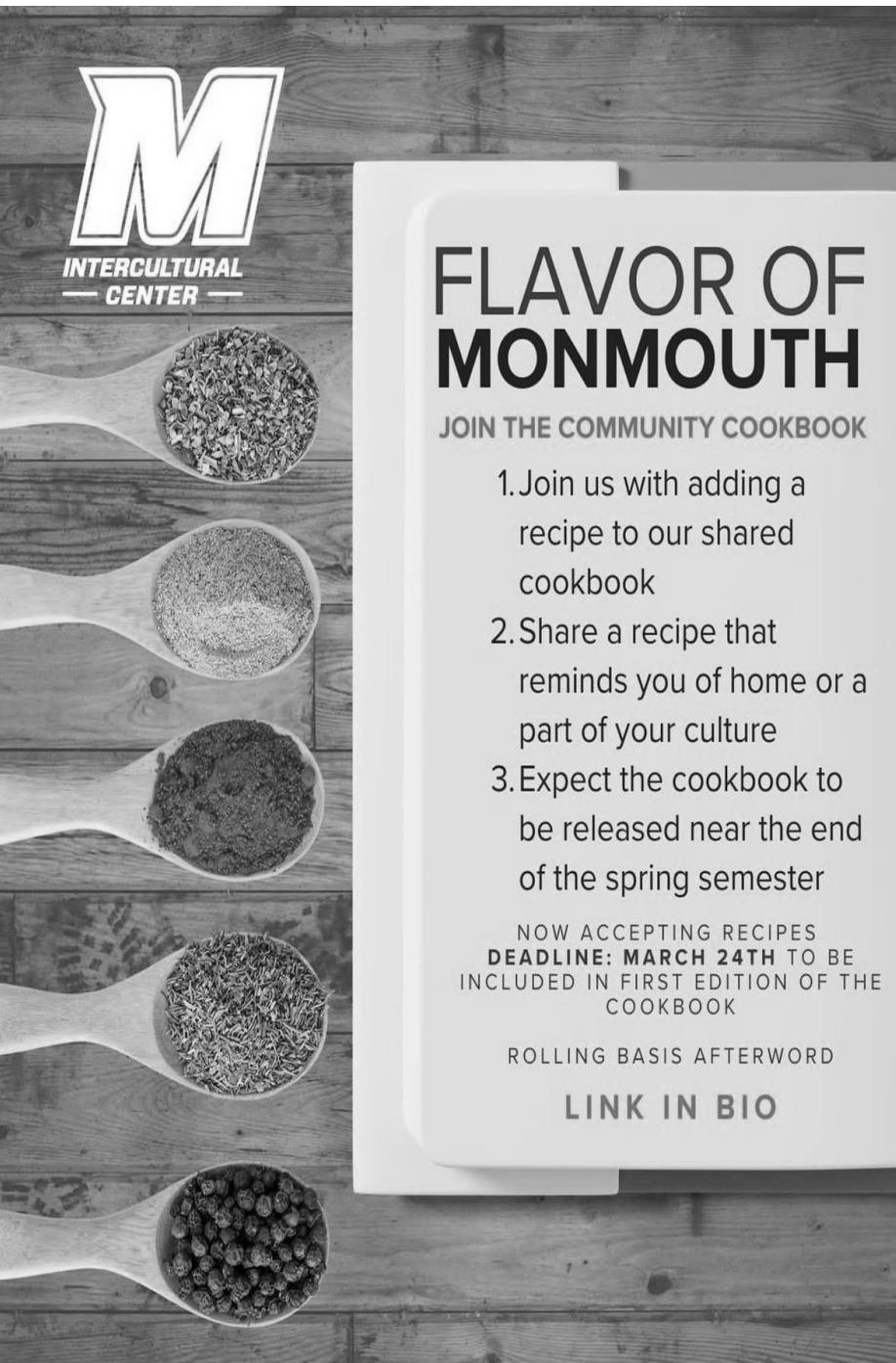
MSA PRESENTS

Iftar Night

Halal food, photobooth, henna station, and bead making!

Intercultural Center | Friday March 7th 5:30-8:30pm

Hosted by MSA with co-sponsors LASO and LAMDA THETA PHI LATIN FRATERNITY INC.



M
 INTERCULTURAL CENTER

FLAVOR OF MONMOUTH

JOIN THE COMMUNITY COOKBOOK

1. Join us with adding a recipe to our shared cookbook
2. Share a recipe that reminds you of home or a part of your culture
3. Expect the cookbook to be released near the end of the spring semester

NOW ACCEPTING RECIPES
 DEADLINE: MARCH 24TH TO BE INCLUDED IN FIRST EDITION OF THE COOKBOOK

ROLLING BASIS AFTERWORD
 LINK IN BIO



COMM. CAREER PANELS & NETWORKING EVENT

Wed., March 12, 2025
 1:00 pm - 5:00 pm
 OCEANFIRST BANK CENTER

Career Panels:

- "Life After Monmouth: Emerging Trends in Communication Fields" 1:30 pm - 2:30 pm, 3rd floor
- "All the Places You'll Go! Diverse Careers in Communication" 2:45 pm - 3:45 pm, 3rd floor

Networking Session with Panelists & Alumni 3:45 pm - 4:15 pm, 2nd floor

Internship/Job Fair 3:30 pm - 5:00 pm, 2nd floor

Don't Miss:
 One-on-One Resume Review
 LinkedIn Headshots
 Interview Training

Students Register here: 

Monmouth concludes their regular season with a win at home and loss on the road

MICHAEL GRUSEKE
OPINIONS EDITOR

MAIREAD SPELLACY
SPORTS EDITOR

The Monmouth Hawks (12-19) defeated the Elon Phoenix (17-14) by the score of 79-76 at OceanFirst Bank Center this past Thursday (2/27/25). This win gave Monmouth ten wins in CAA play on the season (10-8).

Sophomore guard Abdi Bashir was a major factor in the win over the Phoenix, scoring 29 points and going 8-16 from behind the arc.

Sophomore forward Cornelius Robinson III also played a big role in this game, posting a statline of 21 points, eight rebounds, and three assists.

Junior guard Jack Collins was a very efficient passer, collecting a career high 10 assists in this game.

The Hawks offense started off slow, which caused them to find themselves trailing 10-2 with 16:12 left in the first half after Elon's Isaac Harrell made a three pointer.

Elon's offense continued to stay hot and went up 29-16 with 7:35 left in the first half after a made free-throw from

Elon's Sam Sherry.

In the final minutes of the first half, Monmouth was finally able to limit Elon's scoring and cut the Phoenix lead to 42-36 going into halftime.

The Hawks were the better team coming out of halftime and eventually took the lead after back to back three-pointers from Bashir that made the score 54-52 in favor of Monmouth with 12:15 left in the game.

Elon quickly took the lead back after a three-pointer from Sherry that put the Phoenix up 64-62 with 7:09 left in the game.

Just a few minutes later, redshirt sophomore Jaret Valencia went on a personal 7-0 run for the Hawks. The run put the Hawks up 71-68 with 3:46 left to play.

The Phoenix would cut Monmouth's lead to two points with 0:22 left in the game, but successful free throws from junior guard Madison Durr, Bashir, and Valencia sealed the narrow 79-76 victory over the Elon Phoenix for the Monmouth Hawks.

The Hawks went on to face Drexel at the Daskalakis Athletic Center in Philadelphia,



PHOTO COURTESY of Monmouth Athletics

Madison Durr contributed eight points in the contest against Elon.

Pennsylvania on Saturday Mar. 1, falling short by just 10 points, 71-61, to conclude their regular season.

Drexel took a quick seven point lead in the first half, followed by a 7-0 run from the Hawks, that ultimately allowed them to take the lead after Robinson III recorded a three-point play. While the first half featured 11 lead changes, Robinson III secured the lead once

again going into the half, 34-33.

Drexel found themselves up in the second and while the Hawks were able to get within six, a 9-0 run from the Dragons with 5:54 remaining locked in their win.

Robinson III finished with 10 rebounds, matching a career high, while Bashir Jr. added three made threes to his NCAA lead. He now has 121 made threes this season,

which is only four away from the all-time CAA record.

Monmouth finishes their season sixth in the CAA with a 10-8 record. The #11 and #14 seeds will play Friday Mar. 7, where the winner will go on to play Monmouth at 8:30 p.m. Mar. 8.



PHOTO COURTESY of Monmouth Athletics

Abdi Bashir Jr. extended his NCAA lead in made threes, now with 121 on the season.



PHOTO COURTESY of Monmouth Athletics

Dok Muordar had a career-high four blocks against Drexel.

Monmouth Hawks earn CAA Softball Awards

NATALEE MATTEI
CONTRIBUTING WRITER

This past week two of Monmouth's softball players, junior pitcher Jayla Cadena and freshman outfielder Kylee McClain were honored with CAA Softball weekly awards.

Cadena was honored as the CAA Pitcher of the Week. Over 32 innings pitched, Cadena has earned herself a 4.17 ERA. Her season numbers do not reflect her outstanding performances that earned her the title of CAA Pitcher of the Week. The senior righty, and newly transferred Hawk, recorded her first win on the season this past weekend (2/21/25-2/23/25) at the Scotsman Invitational. Coming in for relief against the Cleveland

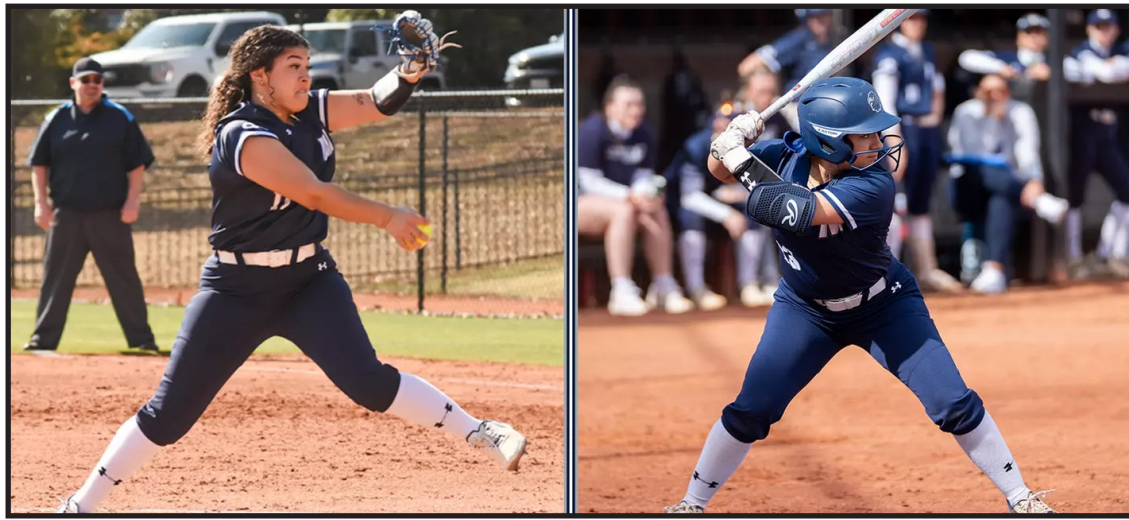


PHOTO COURTESY of Monmouth Athletics

Jayla Cadena pictured left, Kylee McClain pictured right.

State Vikings in the top of the 5th, Cadena only allowed two hits across the final three innings. Ending the weekend at 2-2, Cadena threw a complete game shutout to earn her second win. The shutout

coming against the Presbyterian College Blue Hose, where she allowed only seven runs across seven innings. McClain also had an outstanding performance at the Scotsman Invitational,

earning her the title of CAA Rookie of the Week. After earning a spot in the starting line up in all four games for Monmouth, McClain pieced together a staggering offensive performance. She

ended the weekend with a total batting average of .333 for the invitational, going 5-for-15. McClain hit a game-tying sac-fly against Cleveland State. The same game resulted in a walk-off win for the Hawks. Truly shining in the last game of the weekend, McClain reached base four times, going 3-4 and one walk against University of Maryland Eastern Shore. When asked how she felt about receiving such an honor, McClain stated, "I was very happy when I saw I won the award. I knew I had a pretty good weekend, but I wasn't sure if it was good enough to win rookie of the week, so I was very excited to see that I did."

Monmouth baseball falls 0-3 against George Mason in Virginia over the weekend

NATALEE MATTEI
CONTRIBUTING WRITER

Going into the weekend, George Mason lead Monmouth 5-4 in the pairs all time series. On Friday, Feb. 28 the Patriots extended their series lead in a 9-3 victory over the Hawks. Though the Patriots took the win, it was the Hawks who took the first lead of the game. In the top of the first, graduate infielder, Casey Caufield, scored the first run for the Hawks off a

Jay Bant (senior, infielder) double. The lead was short lived as George Mason tied the game in the bottom of the inning. George Mason's Lucas Alberti, scored off an Andrew Raymond, single to left field and Owen Hull scored on a double play. The game was tied at two a piece until the fifth inning. The Hawks tagged on one more run through an error that occurred on a Bant single, Lovarco scoring again. George Mason's James Quinn-Irons, took the lead for the Patriots with a two-

run homer to left center with Hull on the bases. The Quinn-Irons blast ended up being the game winning run and swung the momentum completely in George Mason's favor. The Patriots tagged on five more runs before their victory was sealed.

Monmouth came back looking to make a statement in game two on Saturday Mar. 1, but fell just short of doing so. In a high scoring game that ended in another George Mason win, the Hawks had a seven-run rally in the top of the ninth to put pressure on the Patriots. After losing an early lead and falling into a deep hole through offense and defensive errors, the Hawks were down by eight going into the top of the ninth. The rally started with a Bant single, scoring sophomore outfielder-Chris Walsh. Next was an unearned run scored by Caufield that occurred on a fielding error off a Chris Andrews (graduate student and outfielder), swing. He reached base because of that error. Another two unearned runs were scored due to a Hunt single. Sophomore outfielder Trey Porter, sent home two more with a triple to right center. He proceeded to score the



PHOTO COURTESY of Monmouth Athletics

Jay Bant recorded two hits and two RBI's in the Hawks first game against George Mason.



PHOTO COURTESY of Monmouth Athletics

Harry Padden had a pair of base for the Hawks.

final run of the rally on a wild pitch. Despite the valiant efforts by Monmouth, George Mason left the field with another win. The final score of the game being 12-11.

In the third game of the series, the Hawks faced another tough loss. In the top of the first, Caufield singled in graduate outfielder Harry Padden, after he served up a triple. Caufield proceeded to score on a wild pitch. Unfortunately, that would be the last run scored by Monmouth this series. George Mason proceeded to drop sixteen runs unanswered. Brandon Cassedy, was credited with the win for the Patriots.

Although the Hawks did

not come out of the weekend with a win, they still had some positives come out of it. Padden and Caufield were able to extend their hit streaks to six games apiece. In game two, the bullpen combined for seven Ks, matching their season high. Freshman catcher, Jake Howlett, earned a pinch-hot single in his collegiate debut. Monmouth's next series match up will be against University of Central Florida in Orlando, FL. Before the team heads south they have a local one-game set against NJIT on Mar. 4. The Hawks look to turn up their offense and lock down their defense before conference play starts.

THE OUTLOOK



MONMOUTH CONCLUDED HOME SCHEDULE WITH WIN OVER ELON



This was Monmouth's 600th win as a Division I program.