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Monmouth’s Colleges Against Cancer hosts Relay for Life

Relay for Life returns to campus after a four-year hiatus

MAIREAD SPELLACY
SPORTS EDITOR

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FEATURES EDITOR

Students, faculty, parents, caregivers, and survivors all gathered in Anacon Hall of the Rebecca Stafford Student Center to honor all those who have battled or are currently battling cancer on April 11. Put on by Monmouth’s Colleges Against Cancer, a club affiliated with the American Cancer Society, Relay for Life has made its return to campus for the first time since 2019.

Despite Relay for Life’s 4-year hiatus, Julia Rice, President of Colleges against Cancer at Monmouth, shared that last year they held an event that Rice explained as a condensed version of Relay for Life. “We didn’t do any fundraising because we wanted to kick it off again and see how the students and the community were able to become apart of it again but once we realized how successful it was and how much everyone loved being there as a community, for such a good cause we decided it would be time to start Relay for Life again,” she said.

The success of bringing Relay for Life back to campus was evident through the devotion of donations, which will go towards patient support, advocacy, research, and even local community members. Before the

event’s start, \$11,041 was raised, and as of April 15, \$12,775 has been donated to the American Cancer Society.

The opening ceremony began at 6:00 p.m., where Rice gave the opening remarks, “Whether you are from the 60’s, 70’s, 80’s 90’s, 2000’s, 2010’s, one thing’s for sure, we are all here for the same reason, to celebrate, remember, and fight back against Cancer.”

Following the opening ceremony was a survivor ceremony, during which the survivors present were honored alongside their caregivers and given flowers and sashes.

Ludrianna Bazile, a survivor and treasurer of Colleges against Cancer, shared, “CAC has kind of been a part of my life from the

Relay for Life
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“Monmouth Review” celebrates upcoming Volume 68 with launch party

TAYLOR MEMOLI
EDITOR-IN-CHIEF/ NEWS EDITOR

Monmouth’s student-run literary magazine, the “Monmouth Review,” is releasing its 68th edition on April 25. After the publication is released, the organization will host a launch party on the same day where the authors will have the opportunity to read their work starting at 4:30 in Rechnitz Hall, Room 107. This year, there will be a new feature added to the party: students from outside the publication will also be invited to share their work at the event.

“We thought this would be a good opportunity to increase visibility for the Review,”

explained Zafira Demiri, Editor-in-Chief for the “Monmouth Review.” “We want to reach out to more people across the disciplines because art is for everyone, and so in inviting more people to come and giving them a safe space to read their work, we hope we can extend this appreciation of the arts to more people. Of course, our contributors for this issue will have priority for the reading, but we hope that allowing more interested students to read in an open mic afterward, if time allows, would boost interest and involvement.”

The “Monmouth Review” has been in print for 68 years and publishes yearly, giving student participants experience with

Volume 68
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PHOTO COURTESY of Beyonce Carranza.

WMCX hosts annual Live Music Fest

TAYLOR MEMOLI
EDITOR-IN-CHIEF/ NEWS EDITOR

Once a year, WMCX hosts their Live Music Fest, an event where local musicians get to showcase their talent on Monmouth’s own student-run radio station. This year, the event ran for 15 hours and included acts such as Beach Daze, Tash Even & Kyle, calyx!, and many more.

“The Musicfest was an outstanding event thanks to my current executive board, broadcast technical engineer, Eric Reisher, and office coordinator, Casey Cantaffa,” said Aaron Furgason, Associate Professor and

advisor for WMCX. “The current executive board did an amazing job of finding bands, producing the show, and documenting the event via live streaming performances and posting social media posts. Most importantly, all the bands expressed positive feelings about their experience, so overall it was a great event.”

In the past, Live Music Fest has been held for 24 hours. This year, the event was cut down to 15, but the energy and enthusiasm for the music still remained. “Although it wasn’t 24 hours long, it was still a very long day for everyone involved,” explained Beyonce Carranza,

senior communication major and WMCX program director. “One of my favorite things about working on such a long event like that is that the energy is what can make it or break it. After a while, everyone gets a little tired, but the mood never goes down, which makes working a 15-hour event really special because everyone is just happy to be there.”

The show consisted of half-hour segments of music, followed by a half-hour of interviews with the previous acts. Students were able to attend this event as well

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Leon Hess Business School hosts 2025 H.R. Young Lecture Series with keynote speaker Vincent Forlenza

BAILEY FREDERICKS
MANAGING EDITOR/LIFESTYLES
EDITOR

Monmouth University's Leon Hess Business School will sponsor and host "Building a Global Medtech Leader," a lecture presented by Vincent Forlenza, on April 24 at 7 p.m. in the Great Hall Auditorium.

The presentation is a part of the 2025 H.R. Young Lecture Series. The H.R. Young Lecture Series is an annual event held at Monmouth which has previously featured many accredited professionals across multiple disciplines, such as last year's keynote, Carmine Coppola, Executive Vice President and Chief Financial Officer of Sony Entertainment. "Last year, the Business School brought in Carmine Coppola, the CFO of Sony Music, as a guest speaker for our H.R. Young Lecture

Series. The event was nothing short of a success. This year, we look forward to putting on another spectacular session with Mr. Vincent Forlenza and aim to provide students with valuable industry insight and networking opportunities within the Healthcare Industry," explained Kylensky Miracle, sophomore business student and Event Coordinator.

Another notable speaker the school hosted in the past was Patrick O'Keefe, author of "Empire of Pain". In the lecture he addressed the The Sackler family, owners of Purdue Pharma, and their role in contributing to the opioid crisis in America, particularly through their production of OxyContin.

This year, the event welcomes Vincent Forlenza, chair of Lehigh University's Board of Trustees and retired executive at Becton, Dickinson and Company, a medical technology organization. "For this event, we

are honored to have Mr. Vincent Forlenza speak to us about how he transformed Becton, Dickinson and Company into the global med-tech leader it is today. This presentation will offer students interested in the business side of healthcare valuable insights into what it takes to succeed, while also providing a glimpse into the healthcare industry for those curious about the field," said Kyle Bleiweis, senior business student and Event Coordinator.

Bleiweis and Miracle, under the guidance of Richard Riccardi, MBA, Corporate Relations Officer at Leon Hess Business School, and Lead Coordinator of the event, are working in conjunction with the Business School to organize and promote the lecture series.

Bleiweis shared his role in putting the event together, "My role lies within assisting the everyday operations to make sure this event runs without a hitch. Everything from planning,



MONMOUTH UNIVERSITY | LEON HESS BUSINESS SCHOOL

2025 H.R. Young Lecture Series
BUILDING A GLOBAL MEDTECH LEADER

Thursday, April 24, 7 p.m.
Great Hall Auditorium

Meet Vincent Forlenza

Vincent Forlenza, chair of Lehigh University's Board of Trustees, is a retired executive known for transforming Becton, Dickinson and Company from a medical supplies manufacturer into a global leader in medical devices, diagnostics, and life sciences.

A Lehigh University alumnus with a bachelor's in chemical engineering and an MBA from The Wharton School, he has held key leadership roles in the U.S. and Europe. Forlenza serves as a director for MARABIO Systems, Inc. and MNH, is lead director at Moody's Corporation, and is chair emeritus on the Valley Health Systems Board of Trustees.

Scan the QR code to register.

PHOTO COURTESY of Kylensky Miracle.

organizing, and executing."

"As a second-year student here at Monmouth, I've been asked by the Business School to be a part of the planning process for this year's H.R. Young Lecture Series. More specifically, I'll be promoting our event through various on-campus mediums, including 'The Outlook' and WMXC Radio," added Miracle.

Riccardi urges students

to attend the event, especially those interested in both business and healthcare, "What we try to do at The H.R. Young Lecture Series is present to the student body and community someone of great excellence. The purpose is to create exposure to students looking into both the business and healthcare sectors for careers."

If you are interested in attending, scan the QR code on the flyer to register for the event.



PHOTO COURTESY of Beyonce Carranza.

Spyne! performing at Live Music Fest.

Live Music Fest

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as alumni. Carranza also explained that the alumni turnout was so immense that the board was able to have an alumni hour where past graduates were able to go on the air and discuss their experience at Monmouth.

Carranza continued, "This year's artists, which consisted of New Jersey-based artists from as close as Asbury Park

to as far up in Montclair, were all extremely talented. The fest was kicked off with Monmouth's very own DJ Cass and followed by a mixed bag of artists with unique sounds. Every artist brought something new to the table, and it was amazing to see and hear them put their all into their performances. WMXC is a welcoming space for all kinds of artists and music, and the Live Fest is the best

way to showcase that."

WMXC recently celebrated its 50th year here at Monmouth, demonstrating the endurance and relevance of radio in a video-filled modern age. "WMXC is a special organization. A testament to this is that last spring, to celebrate its 50th year of broadcasting, almost three hundred alumni returned to celebrate and reminisce about their time at WMXC. The alumni's participation in the May 2024 event and [Live Music Fest] shows the

importance of and continued engagement/mentorship between alumni and current students that WMXC offers members. This is a full circle moment for me, as I am both an alum of Monmouth and WMXC, and I know that membership at WMXC fosters lifelong friendships, lasting memories, and important life experiences outside of the classroom," said Furgason.

"For our listeners, I hope that the biggest takeaway that you have from the Live Music Fest is how

special WMXC and music is," Carranza concluded. "Even though these artists all have different styles, they come together on this very special day to celebrate each other, and their musical journeys with us at WMXC. Whether our listeners were already fans of these artists, or discovered them through the fest, I hope they can appreciate the artistry and dedication that these artists have and see how WMXC fosters an environment where they can reach a bigger audience with their music."



PHOTO COURTESY of Beyonce Carranza.

Loveseat Pete photographed inside of the WMXC office.



PHOTO TAKEN by Mairead Spellacy.
The survivor lap honored all survivors of cancer and their caregivers.

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beginning. The first encounter that I had with CAC and really American Cancer (Society) as a whole was Girl Scouts, going to my first ever Relay for Life, and seeing that experience. I did my first-ever luminary bag because some of my family members have suffered from cancer in the past. It is nice to see everyone coming together and trying to raise awareness and money.”

Kathy Dabney, Ludrianna’s caregiver, has been at Monmouth for about 25 years and serves as the faculty advisor for Colleges

Against Cancer. As both Ludrianna’s caregiver and mom, she is able to apply her personal experiences to her role. “I just try to bring that compassion, that support, and my experience to the table. And I want to bring awareness to the campus, because it is needed here,” said Dabney.

Bazile said, “Everyone knows about cancer but sometimes if we are not faced with it, we kind of let it go to the back of our minds, but there is so much more that we need to do just in terms of funding, so we can get the research and maybe in a few years, we have better solutions, so we can get to place where we can say there

is no more cancer. We can’t do that without funding.”

Awareness has grown on campus, as tables lined the sides of Anacon Hall where clubs and organizations gathered members of their groups to create teams, to show their support by posting their own on-site fundraisers. Kappa Sigma hosted a lemonade stand, Blue Hawk Records hosted an iced coffee stand, and First to Fly sold bracelets, to name a few.

Leilani Alma, a member of the Lambda Theta Alpha Latin Sorority, Inc., shared, “We are here because, like somebody had said before, everybody is affected by cancer... as well as everybody on my team.

Relay for Life

Personally, I’m here for my aunt who suffered from breast cancer.”

Support for the event expanded beyond just clubs and organizations. Students and faculty, along with the local community, demonstrated a commitment to the cause. Gillian Omotoso, junior music industry major, shared that she came out to the event after finding out the day of. She said, “It is undeniable how noble and beautiful the cause of the event is.” After sharing that she honors her dad and two aunts who have faced cancer, she added, “I’m glad that we are able to make joy out of the cause and bring people together, and I love that Monmouth is doing that.”

In the opening ceremony, Monmouth President Patrick Leahy said, “I hope that events like this, however formal, motivate us all through the year, day in and day out, to be as sensitive to others who are dealing with this as we can be.”

Two-time survivor and junior at Monmouth, Alayna Riozzi-Bodine, shared at the Survivor Ceremony, “I am honored to be here tonight not just as a two-time cancer survivor but as someone who has been forever changed by

the community, compassion, and purpose that events like Relay for Life bring into the world. Relay for Life is more than just a fundraiser. It’s a movement, a collection of life in the darkness.”

Shortly after remarks and personal testimonies were shared, the survivors took a survivor lap around Anacon Hall, where they were then joined by their caregivers and all who were present. After the survivor laps were complete, all participated in games and activities that honored their loved ones. At 9:30 p.m., just before the event started to come to an end, the Luminary Ceremony took place, and tears were shed as people connected with the reason why they were there.

Rice concluded, “Relay for Life is a beacon of hope. For 40 years, we have empowered communities to take action, but the journey isn’t over. Every 15 seconds, someone hears the words ‘you have cancer.’ Together, we raised over 6.9 billion dollars, supported over 30,000 survivors, and contributed to saving over 4.1 million lives through research and support. That’s definitely one for the history books.”

WMCX is set to receive new recording equipment this Spring

SARAH EIDELMAN
STAFF WRITER

According to associate professor and the station’s advisor Aaron Furgason, new equipment is scheduled to be installed by Eric Reisher, Director of Broadcast Engineering, this Spring at Monmouth University’s student-run radio station, WMCX 88.9 FM.

Monmouth University’s website explains that the station, which has 1,000 watts of power and is transmitted over a 35-mile radius, features newscasts, talk shows, sporting events, and interviews, all conducted by students from different years and a variety of majors.

The current boards in both the on-air studio and production room are over 20 years old, according to Furgason, who said, “It’s amazing it lasted this long...this technology has run its lifecycle.”

Reisher explained, “[The technology] is always working and looking brand new as a result of thorough care and attention from me for the past two decades, but the reality is

this stuff doesn’t last forever.”

Furgason said that the University will fund the new equipment. He elaborated, “[There was] ongoing conversation about technology that had been running non-stop for twenty-plus years and might need to be replaced soon. Gratefully, they also saw the need to replace it.” As a result of bringing in new equipment, Furgason said, “It is current technology, so it will make it simpler to be in that room.”

Ava Hubinger, sophomore Health Studies major and WMCX executive board member, explained, “I’m very excited to get new equipment for the X. I am only a sophomore, so I have not been around the equipment for a long time, but I think having new equipment will bring about many new creative opportunities and possibilities.”

Hubinger said that she looks forward to creating more space in the on-air studio. According to her, the new equipment will allow for the opportunity of more guests and additionally give a fresh feel to the studio.

With the implementation of this new equipment, students are

looking forward to benefiting from these new upgrades. Bailey Fredericks, a senior communication major, said, “I’m happy it will free up some space because it’s so jammed in there. I also hope to actually be able to see my co-host while we are on air if there is more space.”

Fredericks also added, “I’m looking forward to learning how to work the new equipment to optimize my show.”

Dean Heidel, a junior communication major, also explained, “I feel it can add a lot to what we do, especially as a production manager. It can make the process of uploading and making content quicker and more effective.”



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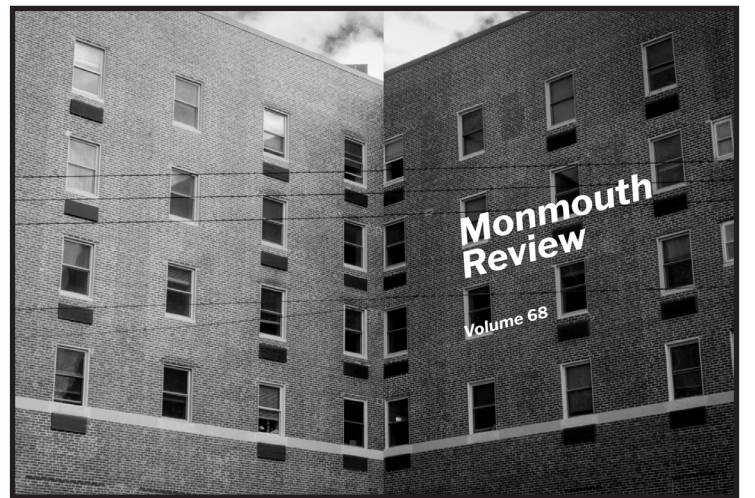


PHOTO COURTESY of Zafira Demiri.

The debut cover for Volume 68.

Volume 68 launch party

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having their art published. “We host this launch party to recognize all of the contributors who bring the magazine to life: the authors and artists who submit their work, the editors who put in so much time and energy to polishing up the work for print, our advisors who help us sort out the logistics and make the printing process possible. By the end of it all, we have a work of art only possible through the collaboration of all these individuals—and the best way to celebrate that is with a celebration that brings us all together! And most importantly, to give

those contributors the chance to share that hard work out loud,” said Demiri.

The party will feature a podium for students to read their work, as well as refreshments and copies of the new edition.

Demiri concluded, “With every launch party, I hope people recognize the kind of artistic talent we have at Monmouth. Artists, painters, writers, poets—you name it, we have it! All of our contributors have something worthwhile to show the world, and it’s important to create a space and hold events like this where those words and ideas can be received and appreciated by the community.”

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Are devices at the forefront of people not living in the moment?

EDITORIAL STAFF

With festival season in full swing, like Lollapalooza, Stagecoach, and High Water, music fans are flocking to locations all around the world for these experiences. This weekend was the Coachella music festival in Indio, California, held at the Empire Polo Club. Coachella is known for its high-energy atmosphere, stacked musical lineups, and outlandish outfits. It's always a highly anticipated event whether you attend, watch a livestream, or follow on social media platforms.

Coachella 2025 received not-so-great reception after many videos surfaced of the performances where the crowd was close to silent. One in particular was Benson Boone's set, where he covered "Bohemian Rhapsody," the iconic Queen song, and brought out guitarist Brian May. Not only was the crowd unenthusiastic about the performance, but Boone noticed and made a TikTok video in response. It wasn't just that the audience wasn't receptive, it was about that everyone watching his set had their phones out.

Why was the crowd so quiet? Why weren't they singing? Our editorial staff has concluded that it's due to cell phone usage and trying to get the "perfect video" for social media. The question is, are devices at the forefront of people not living in the moment?

One editor commented on the viral social media videos, "It looks so weird and boring... Why is no one fun anymore? I feel like people are so scared of not looking cool; I think that has a lot to

do with people constantly filming EVERYTHING, so people have a fear of going internet-viral for dancing weird or something."

With most of the guests in attendance being influencers and celebrities, this theory is totally valid. Another editor said, "There is honestly nothing these influencers and social media personalities wouldn't do for the perfect video. Not only does it ruin their experience, but it ruins it for the people around them."

When asked if festival experiences are changing due to phone usage, one editor replied, "I think people are sometimes more focused on showing off their experience than living in the moment...I think it's sad people will pay hundreds of dollars on a concert ticket and spend the whole-time filming it to share with others rather than enjoying it for themselves."

The editors were asked if they were at Coachella would they be worried about their social media presence. "No, I am pretty good about staying off my phone at events," an editor said.

Another editor said the opposite, "If I was at Coachella I would be posting a TON. I wouldn't say I would be worried about my social media presence though... As long as I got a few good pictures in my outfit of the day I would be good to go."

Generation Z and even some millennials, grew up with the rise of social media. It's engraved into our society to share as much as we can on social media. Which greatly impacts how we spend our time and enjoy simple life moments. From

concerts, dinners, night-outs, and even every day activities, taking photos and posting them has become the new normal.

"I hate when a cellphone is in my direct view (for the whole night) during a concert I paid a lot of money for. I also hate constantly having to worry about being filmed or caught making a weird face in someone else's picture, because people will twist anything to go internet viral these days," an editor said.

Another said, "When I go out to dinner, everyone is on their phones. When I see videos of concerts, it's all phones. I think people need to enjoy living the moment and that it's okay not to capture every moment on film."

As bad as phone usage is, it's something that is definitely not going away, especially with new platforms popping up every day. However, there has to be a way to modify our usage or at least stop big events like Coachella from being a sea of phones instead of enjoying the live performance.




"I think it would be hilarious if Coachella just started locking people's phones away if that person is taking way too many pictures. I also think a festival that bans phones (maybe even has payphone on stand by) would be fun," said one editor on their solution to the issue.

Another commented, "I think everyone has to be on the same page about phone usage before we actually solve the issue. Everyone needs to realize it's impacting every life decision we make. Festivals are supposed to be about letting loose and enjoying the music and art around you. We need to bring that mindset back but without the cell phones."



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A look into the Yankees first couple of weeks

CHRIS ARP
STAFF WRITER

With the 2025 MLB season officially underway, all eyes in the tri-state area are on the defending American League champion New York Yankees. After losing the World Series to the Los Angeles Dodgers, the main focus of the offseason was to re-sign Juan Soto. However, that did not happen as he signed a record breaking deal with the crosstown rival New York Mets. I believe they used the money to do what was best after that, signing SP Max Fried, 1B Paul Goldschmidt, while also trading for OF Cody Bellinger and RP Devin Williams.

Up to this point, I think Max Fried has pitched very well. After 3 starts with his new club, he is 2-0 with a 1.56 ERA with 21 strikeouts in 17.1 innings pitched. I think his last start against the Detroit Tigers solidified his “Yankee moment”, as he threw 7 shutout innings with 11 strikeouts, in a time when the Yankees offense just couldn’t get going. After

signing him to an 8 year contract for 218 million dollars, I believe it was super crucial for him to get off on the right foot in the New York environment, which he definitely has done.

Many were worried about 1B Paul Goldschmidt and whether he had anything left in the tank at his age, and I think up to this point, he’s proven a lot of people wrong. Goldschmidt has been hitting extremely well in his first season in New York, with a batting average north of .300. Yankees manager has moved him around in the lineup as he has led off some games, while also being in the 4 or 5 hole in others. He has also played a very solid defense up to this point. I think if Goldschmidt can play like this over the full 162 game season, the Yankees will be positioned nicely heading into October.

Now to the not so good side, up to this point Yankees closer Devin Williams has not looked good. In 3 innings pitched, he has given up 4 earned runs. Last season, Williams only gave up 3 earned runs total. I think he is still working through some things but if he doesn’t figure things out, that could

be a huge problem moving forward.

On the offensive side, Cody Bellinger has not played his usual self up to this point, as he is batting .206 with only one home run. I do think he will find success soon, as he has already dealt with back issues and food poisoning in the past 2 weeks since the season began.

I think it is going to be a very competitive season for the New York Yankees. While the American League is wide open, it seems as if it is going to be super competitive and I don’t think one team is going to run away with it. The Red Sox, Orioles, Astros, Rangers, Mariners, and a few other teams look up to par this season and I think it will end up coming down to the wire. However, it is very early into the season and a lot can happen. The AL East division race is going to be a very good one I believe, as the Yankees, Red Sox, and Orioles all seem like they are very similar ball clubs this year. I think it is going to be a very interesting and exciting season. Do you think the New York Yankees will win the AL East again this season?

The Masters Tournamnet is underappreciated

DYLAN LANE
STAFF WRITER

“A tradition unlike any other” is the signature phrase for legendary announcer Jim Nantz in how he describes the Masters. Jim Nantz, the voice of The Masters since 1986, has described the tournament as: “The Masters is the one tournament with a timeless quality, where legends are celebrated.” The Masters is one of the most historic and prestigious tournaments in all of sports, yet it often doesn’t receive the recognition it deserves. First played in 1934 at Augusta National Golf Club, The Masters has become a symbol of tradition, excellence, and timeless beauty in the world of golf. The Masters is played every year at Augusta National Golf Club in Augusta, Georgia. It’s the only major golf tournament that is held at the same course each year. The tournament traditionally takes place during the first full week of April, with the main rounds running from Thursday through Sunday. This year’s tournament, The Masters was held April 10–13. The Masters is home to the winner receiving an iconic green jacket, perfectly maintained course, and rich history of legendary champions, the tournament offers a unique experience unlike any other. Still, despite its legacy and impact, The Masters is frequently overlooked in other professional sport tournaments and in how the sport is looked as a whole.

One of the most unique aspects of The Masters is its strict set of rules and standards, both for fans and broadcasters, that help preserve the tournament’s tradition and atmosphere. At Augusta National, fans are referred to as “patrons,” and

they’re expected to follow a strict code of conduct. Cell phones are strictly prohibited on the course, there’s no running allowed, and patrons are expected to remain respectful and quiet, especially during swings. Even announcers are held to a high standard—words like “fans” and “rough” are avoided in favor of more refined language, and the tone is always respectful and composed. These traditions create a timeless, almost sacred environment that sets The Masters apart. Despite its exclusivity, the tournament is surprisingly affordable in some ways. Getting a ticket for The Masters has its challenge due to high demand. Ticket prices are relatively modest, and food at the course is famously cheap. A pimento cheese sandwich costs just \$1.50, and even beers are only around \$5—a major comparison to the high prices seen at most major sporting events. This balance of tradition and professionalism is part of what makes The Masters so special and awesome.

The Masters will forever hold high importance because it’s more than just a golf tournament—it’s about tradition, respect, and the beauty of the game. Everything from the quiet crowds to the green jacket makes it feel different from any other event in sports. People come from all over the world to be a part of it, and it reminds fans why they love golf in the first place. As more people start watching and playing the game, golf will keep growing. But no matter how much the sport changes, The Masters will always be the tournament that stands.



INTERVIEWED by
MICHAEL GRUSEKE

Is the Masters Tournament underappreciated?



“Yes, I think the Masters is underappreciated because it contains some of the best athletes in the world.”

- Gino G.



“I think the Masters is underappreciated because it is a very cool sporting event.”

- Victoria C.



“I think the Masters is underappreciated because it is one of the best sporting events of the year.”

- Stone C.



“I do believe the Masters is underappreciated because it’s such a beautiful event when it comes down to all things about Augusta.”

- Alex F.

Culture Fest brings the world to Anacon Hall

HENRY BOODY
STAFF WRITER

Last Tuesday, the ordinarily quiet Anacon Hall in the Rebecca Stafford Student Center was buzzing with sound, smell, and celebration. Tables lined the room, each one alive with color, conversation, and culture—from Italian masks to global trivia wheels to Japanese drumming echoing throughout the room.

This was Culture Fest, a student-led event designed to bring together the many backgrounds that make up Monmouth's community. Organized by the Student Activities Board (SAB), the event returned for its second year and saw an estimated turnout of over 300 students.

"It's really just to celebrate all the different cultures we may not see around campus," said Ella Swisher, a sophomore member of SAB. "We go to a predominantly white university, so shining light on cultures that aren't always recognized is kind of the gist of it."

Throughout the evening, Anacon Hall transformed into a vibrant showcase of food, performances, and student-run cultural displays. Whether that was national flags, traditional items, or curated backdrops, each table had something different to offer. The Italian table displayed Carnivale masks and necklaces

shaped like cornicelli, an amulet worn to protect oneself against the evil eye or bad energy. The Palestine table featured cultural textiles such as a keffiyeh, a traditional scarf worn in Palestinian culture that symbolizes strength and perseverance. Around the food stations, labels marked each dish with its country of origin, from chicken parm to spicy Indian curries to Korean barbecue.

Ziv Cohen, a sophomore representing the Intercultural Center, helped run a table filled with international candies, trivia games, and photo displays. "We're trying to bring all the community together," he said. "It's amazing to see how big our international presence actually is on campus."

The ambient evening also included a rotating lineup of live performances. Early on, students took turns singing karaoke, but the most striking performance came toward the end of the event. Taiko, a traditional Japanese drum performance, turned the energy from festive to awe-struck. Five drummers in blue and purple robes took to the stage, two in front and three above, letting their performance fill the room. For a moment, the crowd fell silent, captivated. The performers even invited some students to try the drums themselves.

"It's not your typical event," Swisher added. "A lot of events are like, 'Here's some Monmouth merch, here's some free food.'"

This actually gives people a chance to learn more about each other."

Junior Olivia Crocco, who helped run the Italian table, agreed. "It feels good sharing my culture with the campus community," she said. "Italian culture is all about love and togetherness, and events like this help build that kind of community here at Monmouth."

Others in attendance echoed that same sentiment. "Every table had something unique to offer," said junior Moises Meza. "With many people proudly representing their culture."



PHOTO TAKEN by Henry Boody.

At its heart, Culture Fest wasn't just about showing off traditions—it was about connection. Whether through food, music, or conversa-

tion, the event reminded students just how many stories live side by side and the importance of interculturalism.

Phi Alpha inducts new members

AVA MCGINTY
FEATURES EDITOR

"Through Knowledge—the Challenge to Serve." That is the slogan of Phi Alpha, the Social Work National Honor Society that inducted 29 new members on Mar. 31, bringing the Upsilon chapter to a total of 51 active members.

Melissa MacDonald, MSW student and Phi Alpha president, explained, "Our mission as a society is to provide a closer bond among students of social work and to promote humanitarian goals and ideals. Phi Alpha fosters high standards of education for social workers and invites those who have demonstrated excellence in scholarship and achievement into membership each year."

Phi Alpha means love of humanity. Membership in Phi Alpha can help increase the confidence of social work students in their abilities as a social worker. Having the opportunity to collaborate with other social work students paired with exposure to different cultural and professional perspectives can help members develop their skills and further their knowledge.

Shantice Wright, second year DSW student and Phi Alpha secretary, said, "Joining Phi

Alpha Social Work Honor Society allows students to foster cultural humility, connections, community, fellowship, and mentorship amongst each other. Also, professional connections are established based on the society's values, further advancing varieties of social work practices."

"The induction ceremony was an amazing experience to acknowledge inductees and their dedication to social work. Inductees and their family members were celebrated, and the passion of social work in the room was incredibly moving," said Adriana Mellios, MSW student and Phi Alpha treasurer.

"We had a wonderful time welcoming all of our new inductees into the chapter and recognizing their high achievement," said MacDonald. "The whole day would not have been possible without the efforts of my fellow e-board members and our faculty advisor, Professor Colleen Beach."

"The induction ceremony was an amazing experience to acknowledge inductees and their dedication to social work... Having the opportunity to celebrate the inductees' hard work and shared passion for social work fostered a lot of empowerment and hope for the future of social work," concluded Mellios.

HawkTank spotlight: Buzz & Board

AVA MCGINTY
FEATURES EDITOR

As we get older, social gatherings can often revolve around going out for drinks. However, not everyone may want to—or can—participate in this drinking culture. Despite this, there is a notable lack of social spaces for adults that do not center around bars or alcohol. Graduate English student, Veronique Manfredini, realizes that there is a much-needed late-night alternative to the bar scene for socialization, which led to the creation of her business, Buzz & Board.

"Buzz & Board will be a late-night literary board game café that offers snacks, beverages, and a welcoming, alcohol-free space for people to connect. Featuring board games, special events, and community-focused initiatives, we support local artists, honey farms, and sustainability efforts while donating to the Save the Bees Foundation," explained Manfredini.

Growing up in Italy, Manfredini noted that, "Bars are more than just places to grab a drink—they're the heart-

beat of the community. Whether it's a morning espresso, an afternoon aperitivo, or a late-night celebration, they offer a space for connection at any hour. Open late, they're where people gather when there's nothing else to do—or everything to celebrate."

Manfredini found a similar sense of community at The Inkwell in Long Branch. When it closed, she noticed that diners, another late night alternative to drinking, were shutting their doors even earlier. Late night gathering spaces were scarce and there was a clear void. After discovering Hex & Co. located in Manhattan, a gaming store with a bar, it was clear that connections can be made with other people outside of the expectation of drinking. Feeling inspired, Manfredini created Buzz & Board, "A place where community comes first."

"Beyond fostering social connections, we're committed to supporting sustainability and local businesses. We plan to donate to the Save the Bees Foundation, highlight local honey farms, source most of our ingredients locally, and offer a platform for local artists to showcase their work," she said.

"I believe Buzz & Board will have a positive impact on our local community by providing a late-night alternative to drinking—a welcoming space where people can be themselves, have fun with friends, and meet new people," explained Manfredini.

On Apr. 29, Manfredini will pitch Buzz & Board at the HawkTank final. Despite feeling nervous, Manfredini is excited to share this business idea she has had for almost a decade. Manfredini said, "Alison at the Center for Entrepreneurship at Monmouth University has been a godsend. She's been a fantastic resource that has helped me flesh out this ethereal concept I've been thinking about for nearly half my life into a solid business idea."

Manfredini has received support from other people in her life as well. She said, "...My girlfriend Morgan has been incredibly supportive throughout all of this. I'm lucky to have her by my side."

Manfredini concluded, "By creating a space that values community, sustainability, and creativity, Buzz & Board will be more than just a place to hang out—it will be a hub for positive change."

Finals week essentials

BAILEY FREDERICKS
MANAGING EDITOR /
LIFESTYLES EDITOR

Finals week is just around the corner - which means it's time to start prepping! Make sure you have all these items secured in your backpack before you head off to the library for a full night of studying.

1. Noise Cancelling Headphones: headphones are a must, especially when we all know the best study spots on campus are going to be packed to the brim the next couple of weeks. My favorite pair of noise canceling headphones are the Beats Studio Pro, though they will run you close to \$400. If you're like most college students who are not in the market for \$400 headphones, Sony has a few pairs from \$60 - \$80 and JBL also carries a pair for only \$40. Trust me when I say this is going to be an investment you use not only for the rest of your time here at college, but for the rest of your life.

2. Brain food: Food is fuel. If you are spending long hours studying away from your residence building or home, remember to pack some snacks. I like to pack a variety of food from fruits (blueberries and strawberries), veggies (mini carrots and cucumbers), and sweets (chocolate covered pretzels) to help get through my study sessions.

3. Reusable water bottle: Staying hydrated is the key to eliminating brain fog and staying focused. Pack a reusable water bottle, my favorite at the moment is my Owala, and refill it at the many water fountains located around campus. It will also give you an excuse to stop your studying and take a little walk to a fountain - remember that movement is important too!

4. Caffeine: I don't normally recommend caffeine on a day to day basis, but desperate times call for desperate measures. However, instead of buying coffee and energy drinks that are packed with artificial sugars and sweeteners, try finding some herbal, naturally caffeinated tea at the grocery store. Or, if you really need your coffee, I recommend making it at home and keeping it black. This way you are getting in the much

needed caffeine for finals week, without all the unnecessary additives.

5. Comfy clothes: One word: layer. There is nothing more unbearable than when you're trying to focus, but all you can think about is how uncomfortable you feel. The temperatures of all the buildings on campus range from the Arctic Tundra to the Sahara Desert. So, if you are planning on studying at school, you have to layer. Start with a basic tee-shirt and leggings (or shorts if you get very hot). Then, throw on a fuzzy hoodie (and possibly sweatpants, if you get very cold). This way you can adjust what you're wearing to what building you're in, thus never having to worry about feeling uncomfortable.

6. Self-care kit: I love carrying around a small cosmetic bag filled with carry-on sized, self-care essentials. In my school bag, I have a mini deodorant, a travel-sized body spray, a lip gloss, a



CARTOON BY Kiley Hubbard.

small hair brush, a pocket-sized pack of tissues, and some gum. I can't tell you how many times my friends have asked to borrow my kit because you never know when a hygiene product will come in handy.

7. Study guides: I cannot stress enough how important it is to have your study guides completed before final exam week. I try to finish my guides a week before reading day, so during reading day, all I have to do is study the content. Even if your professor makes a study guide, making your own allows you to

individualize the course to focus on specific topics and sections you need the most help with. Writing out a physical copy also helps you retain the information better.

8. Portable chargers: Don't be caught with a dead phone or computer during your study sessions! Remember your chargers and bring some portable ones in case no outlets are available at your study spot.

I hope this list serves as a guide to make your nights studying a little less stressful. Good luck on finals Hawks!

Dear sweat sets, see you next winter: Predicting this summer's fashion trends

EMILY STACHERSKI
STAFF WRITER

As we get closer to summer, the fashion scene is getting ready to upgrade its wardrobe in terms of color, material, and style. Here's a glimpse of the key trends set to dominate the 2025 summer season!

First, let's go over what you will see in terms of color. This summer is all about bold, bright colors. Deep blues, vibrant oranges, and sunshine yellows are the predicted colors we'll see in many different styles. These bright colors create a great contrast against neutral tones, creating an eye-catching outfit.

While neon shades are making a comeback, pastel shades are being incorporated to soften a look and add a touch of subtleness. Lavender, ballet pink, and mint green are the colors that will be perfect to balance the more intense hues. These accents will be perfect for both casual and formal looks.

Patterns will also be a popular staple of this summer. Vi-

brant designs like florals, shapes, and animal prints will be huge, especially in fun tops and long skirts. Tropical prints like leaves and flowers will be everywhere, especially in beachwear. Bold geometric patterns will create fun retro-type prints. Animal print, including cheetah and zebra print, will make a creative, wild outfit.

There will be a trend in popular fabrics that are going to be all summer long. This summer is all about silk and sheer. Silk dresses and shirts will be all the rage, as will sheer, knit, crochet, and breathable linen outfits. The silk material will bring elegance, while the knit outfits will bring the bohemian flair back this season.

Lightweight and breathable materials like linen will continue to be a fan favorite for daytime. The airy-ness mixed with the ability to keep you cool makes this material perfect for summer. A staple piece that is a must for your wardrobe is white, breathable linen pants. Whether they're paired with an oversized sweatshirt, tank top, or bathing suit, they're perfect for summer.

Oversized sweaters and low-rise

pants have not left and will be appearing this summer. These two pieces are great for lazy outfits to lounge in. Even when it's warm out, the oversized sweatshirts will still be a hit, especially in the evenings. Low-rise pants, including jeans, will continue to serve looks while staying comfortable. Additionally, comfort-based aesthetic will continue to grow all summer long, offering a good contrast between style and comfort.

Not only are long skirts mak-

ing a comeback, but butterfly skirts are too. These fun, whimsical skirts have a tighter waist with flared hems. These will be perfect for sunny days and can be paired with a neutral colored top or with a top with one of the fun patterns I mentioned before. This skirt will offer a playful twist on silhouette outfits, giving you light, fun feelings that match the energy of summer.

The trend this year is "siren season.". This is basically wearing vacation outfits as everyday outfits. To have a "siren" look, think flowy sundresses, beachy vibes, lightweight fabrics, and see-through materials. These pieces are designed for the appeal of a beach vacation with everyday practicality. These outfits will include sandals, sun hats, and knitted bags.

Lastly, stacking and layering is

sticking around when it comes to accessories. In fact, the clunkier, the better. It's all about chunky necklaces, oversized sunglasses, layered bracelets, and stacked rings. These bold accessories will add a sense of fun and help personalize every outfit you wear. Not only will the accessories complete your look, but they'll be a statement on their own. Hats and belts will also be fun accessories you will see styled more this season.

Whether you opt for the bold pieces with bright colors, different patterns, and sheer material, or the subtle look with light colors, solid patterns, and soft materials, this summer is all about expressing your style and yourself. With this knowledge, step into the season with confidence, knowing that 2025 summer fashion is all about expressing you!

The surprising effects sleep has on your health

RILEY MCGEE
STAFF WRITER

Sleeping is very important, and it holds importance in every physical and mental aspect of our lives.

According to the Center of Disease Control (CDC), the amount of sleep that we need as we age changes and they believe that good sleep is important for our well-being physically and

mentally. Getting enough sleep can help with our heart health. Getting a short amount of sleep or too little sleep is linked to things like high blood pressure, strokes, and heart disease (CDC). So, we must ensure that we get a proper amount of sleep each night. Although getting enough sleep can't prevent these things, it can help to make them less of a problem.



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Monmouth University's Music and Theatre Department presents "Industry Alumni Networking Event"

LORELAI HILARCZYK
ENTERTAINMENT EDITOR

On April 8, at Woods Theatre, successful Monmouth alumni gathered to share their advice, lives, and love of music. Over the years, Blue Hawk Records (BHR) has made 25 compilation albums with 132 original artists creating 147 tracks, involving over 900 students. Their contributions to not only the university but also to these students' lives are remarkable. This event was the ultimate celebration of the past, present, and future of the music industry.

The hosts were future BHR President, Antonia Bongiorno and Joe Rapolla, Professor and Chair of the Music and Theatre Arts Department. The event was split into three sections: Panel one, musical performances, and then panel two. It was all so well done, the decor outside the theatre doors, the food provided, and the welcoming atmosphere.

The first panel consisted of five industry professionals who are thriving in their positions. Those included Taylor Coigne, Premium Experiences Coordinator at Live Nation; Kayla Booker, Music Central Assistant at William Morris Endeavor; Jenna

was open to exploring everything in college and gravitated toward BHR and MU's radio station, WMCX. Booker, Hawryluk, and Heim all said the same, that being a part of BHR cultivated their love of music and made them want to work in the industry.

"What you do at Monmouth and through internships are gonna help you in your career," Heim said. Hamilton explained how his love for music made him long to be near his favorite artists and bands. "I was a huge Incubus fan—So I had to get my way in there," He said. All of them had that driving force inside, leading them to where they wanted to be.

The group also had some strategies for making and maintaining connections, especially on LinkedIn. Heim explained that you should "hit connect, connect, connect" to build your following and get to 500+ connections. Hamilton mentioned following every company of interest could have some value in looking at what they post, interacting, and finding people who work for them.

While the virtual connections are great, Booker said to take it a step further by asking to go out for coffee. She said, "Try your best to stand out and take it beyond that

body language when you communicate with people," is especially important. Heim also added that how you approach certain people will be different depending on their role. You can't talk to coworkers the same as you would talk to your friends.

She said, "Humor goes a really long way when you're trying to get to know people." It's important to remember that we're all human; showing your personality is not a bad thing. In fact, it's a great strength when it comes to making that first impression.

Hawryluk and Hamilton talked about technical skills, saying it's important to be adaptable, especially since the industry changes every day. From platforms like TikTok to Microsoft Excel, it's important to keep up with trends and learn new outlets. You never know what you'll be asked of or what you can contribute.

Finally, before panel one concluded, each person gave their advice to the students in the audience. One piece that really stuck with me. Heim said, "Don't think that graduating means you need to know what you want to do in life... Learning doesn't end when you graduate; learning ends when you die." The world is endless, and if you love what you

effortless talent. Truth be told, I've never seen a bad performance at Woods Theatre.

The second panel included Katherine Fernandez, Digital Ad Sales Associate at Paramount; Michelle Etienne, Recruiting and Operations Associate at TurnkeyZRG; Zack Sandler, Producer at Danny Clinch Photography and Transparent Clinch Gallery; And last but not least, Abigail Garcia, Office Operations Coordinator at Vydia.

Most of the alumni had landed their first jobs from connections through MU like Rapolla and Rashida Scott-Cruz or networking events on campus. It's all

goes such a long way." In most job settings the world might seem large but everyone knows each other, so how you treat others will definitely reflect your connections.

Fernandez emphasized the importance of building your personal brand and being consistent in sharing your accomplishments. Etienne followed her up by saying personalized resumes are really what draws people in. Templates are great, but after seeing a million carbon copies of the same resumes, you'll get lost in the crowd.

Garcia gave her input by saying, "Be emotionally intelligent,"



PHOTO COURTESY of Riley Kindler.



PHOTO COURTESY of Riley Kindler.

(From left to right) Professor Joe Rapolla, Taylor Coigne, Kayla Booker, Jenna Hawryluk, Ryan Hamilton, Mia Heim, and Antonia Bongiorno at the "Industry Networking Event" held in Woods Theatre on April 8.

Hawryluk, E-Commerce Fan Services Specialist at Universal Music Group; Ryan Hamilton, VP of Business Development and Digital at Spirit Music Group and Founder of CTLG (Catalog Management Services); And finally Mia Heim, Content Manager at Colossus Media Group.

They began by explaining how they landed their first job cementing them into the industry. Coigne talked a lot about how she

[making a virtual connection]." Living behind a screen is definitely something we've all gotten used to since the COVID-19 pandemic, but there's nothing like face-to-face communication. It's how we show our personalities and connect on deeper levels.

The group also had a discussion about what technical and interpersonal skills are helpful once you're out in the field. Booker said, "Being mindful of your

do, you'll never stop grasping for more.

Before the second panel started there were two performances by MU students, Taylor Wichterman and Jeffrey Mendez. Wichterman sang a beautiful rendition of "Vienna" by Billy Joel taking us on the journey of growing up. Mendez sang "Northern Lights" by Teddy Swims in his first ever live singing performance. Both took my breath away with their

about the timing.

Etienne was inspired to pursue a career in the industry because she's a "big fangirl." Garcia said the same, explaining that after seeing the "Best of Both Worlds Tour" with Miley Cyrus, she knew where she wanted to be.

The group talked about technical aspects as well and how to cultivate those skills. Sandler said, "You know what you know and you don't know what you don't know." It's all faking it until you make it, while acquiring skills by doing research and figuring it out. Everything is a learning curve until you practice and improve.

Fernandez and Etienne mentioned learning about all operational business aspects no matter what job you find yourself in. It's always good to have that learning mindset. Everyone stressed the rising usage of AI platforms like ChatGPT and Google Gemini, something all of us are going to have to get used to in the workforce.

They gave some really great advice for making a name for yourself while making those connections. Etienne said, "Kindness

and it goes a long way in knowing how to approach and talk to people. Sandler reminded everyone that being behind a desk isn't everyone's future. "You can be an artist. The end all be all doesn't have to be corporate," He said. Remembering why you love music is so important: the curtain going up, the lights going out, that first note, and hearing the crowd go wild.

While students were there to get advice regarding their future careers, there was still time for laughs. Specifically, when Sandler revealed his "Roman Empire," of exploring other creative outlets in his downtime, like the video game "X-Plane 12," a flying simulator. This entire interaction got a lot of laughs from the audience. It was such a wholesome moment in between the serious career advice.

This event was truly a success and left students filled with the drive to forge their network. It gave MU students hope for their own futures of sitting on panels like this once they graduate. It all starts with love and passion for music.

A night at the Transparent Clinch Gallery: The Nick Moss Band and Dennis Gruenling

LORELAI HILARCZYK
ENTERTAINMENT EDITOR

If you're ever looking for an experience that'll last a lifetime, go to the Transparent Clinch Gallery in Asbury Park.

I had the pleasure of attending the "Blues Band Workshop & Show with Nick Moss and Dennis Gruenling Live at the Transparent Clinch Gallery," on April 10, which featured a Q&A discussion and a live performance. The event explored all things Blues along with what goes into being a part of a band full of creative freedom.

Stepping into the Clinch Gallery is unlike anything you'll ever experience. As a Sea.Hear.Now Festival fanatic, after going the past couple of years, the atmosphere is all-consuming inside the Gallery, much like being in the Transparent Clinch Gallery pop-up tent at the festival.

Danny Clinch's photography of artists, including Bruce Springsteen, Phish, Bob Dylan, Tupac, and Dolly Parton, lined every wall in sight. Along with the insane moments in music history on the walls, were collections of merchandise and the most reasonably priced vinyl I've ever seen. I will be going back to sift through and pick out some must-haves for the household.

The Nick Moss Band and Dennis Gruenling kicked the night off by holding a discussion where any of the audience members could ask their burning questions. The group consisted of guitarist and vocalist, Nick

Moss, Dennis Gruenling on the harmonica, Rodrigo Mantovani on bass, and Pierce Downer on the drums.

Gruenling is a New Jersey native known worldwide for his harmonica playing and patience to teach others. He released his first album, "Dennis Gruenling & Jump Time" in 1999. Since then, he's recorded six more albums and even started a Harmonica Camp and Workshop through his platform Badass Harmonica. So, needless to say, Gruenling and his friendship with Moss for over 20 years, was bound to lead them to the stage together.

Moss, a Chicago native, made his debut into the Blues scene as a bass player for Blues icon

Jimmy "Fast Fingers" Dawkins. From there, he played in a band with Willie "Big Eyes" Smith on guitar, which led him to tour with another big Blues star, Jimmy Rogers.

After being signed to Alligator Records, the Chicago based Blues record label that recorded artists such as Koko Taylor, Brewer Phillips, and JJ Grey & Mofro, they recorded their first two albums together, "The High Cost of Low Living" in 2018 and "Lucky Guy!" in 2019. "Lucky Guy!" won "Best Traditional Blues Album" and "Best Song" for the title track at the 2020 Blues Music Awards. The band also won "Band of The Year" for their remarkable collaboration

and dedication to the music and one another. And while I'm not an avid Blues listener, I could tell I was with talented musical greatness.

Gruenling and Moss opened up the discussion and urged people to ask their most burning questions about Blues and being in a band. They talked about the collaborative process of being active listeners throughout their improvisational performances. While most Blues music follow the same 12-bar format, improvised solos moments can get lost in translation if a band isn't locked in. Not only do they have to focus on their individual performance, but they also have to gage the other members throughout the entire song. That way, their sounds complement each another instead of drowning them out. It's all a give and take when it comes to this style of Chicago Blues. It's also about finding the balance between playing what the crowd wants and what the band wants.

Being a member of an audience is tricky and almost selfish. As a fan, you know what you wanna hear and what you don't. The beauty of unspoken (or sometimes spoken) communication between an artist and their audience is what makes a performance. When asked how the band finds that balance, Moss and Gruenling had one common theme: if you love what you play, then the audience will love it too. Once again, confirming that music in any fashion brings love and unity to whatever audience that gathers to hear it. That's exactly what

surrounded the gallery for the band's performance.

The band kicked off the performance with "Land of 1000 Dances" by Wilson Pickett. If you're having trouble placing that, think back to any high school band performance. What you'll probably remember is singing along to, "Na na-na-na-na na-na-na-na na-na-na na-na-na." The performance immediately gained smiles from the crowd and even got them to clap along.

They also performed some originals from their records, like "It Shocks Me Out," "Count On Me," "Someday," and "Love Me." "It Shocks Me Out" was a sure crowd favorite as it was tied to Brazilian bassist Mantovani and his funny way of mashing common sayings together. The high energy level performance compiled with witty lyrics made the audience feel they were in on the joke.

They closed out the performance with "Love Me," written by Moss about his love for his wife, who he stated is, "way above his pay grade." But before that, Danny Clinch joined them playing harmonica with Gruenling, which was such a wholesome moment. It felt as if everyone in that room was already part of a family without having ever met each other.

That was the underlying factor of Moss and Gruenling, they formed a community that night without even having to try. Their immense talent and love for Blues don't call for bells and whistles or theatrics; just pure love for music and living in the creative space.



PHOTO TAKEN by Lorelai Hilarczyk.

College student star: Ley Soul makes her mark in R&B and soul

MARISSA ALVAREZ
STAFF WRITER

Calming melodies that soothe the mind and tranquil lyrics define the music of Chicago-based R&B/Soul singer-songwriter Ley Soul. As a college student, she redefines neo-soul by drawing inspiration from artists such as Erykah Badu, Jill Scott, and Kadhja Bonet. Her jazzy voice and dreamy ballads create an out-of-body experience.

Although her discography consists of only five tracks, her unique music style offers a refreshing experience for neo-soul listeners and makes each song memorable. Soul's distinctive production style

and creativity bring her songs to life, reflecting her deep appreciation for and study of 90s neo-soul influences. Despite the challenges of replicating this sound, she does it effortlessly. Her debut track, "Save Your Love," was released in June 2023 exclusively on YouTube and has garnered over 101,000 views.

Following the release of her first single, Soul achieved her first big hit in November 2023 with "Intergalactic Janet." The song gained traction on TikTok, gaining attention for its beautiful melodies and spacey instrumentation. According to Genius, the song was inspired by space: "Ley Soul created this song about a galaxy woman who lives in space. She was inspired by the stars outside her window as well

as the sound of Erykah Badu. It was created in her dorm room over the span of many weeks." Her deep vocals and soothing high notes throughout the track showcase her powerful voice at just 19 years old. "Intergalactic Janet" has now amassed over 36.5 million streams on Spotify, making it her most popular song.

Soul built on the success of "Intergalactic Janet" by releasing "Fortune Eyes" in April 2024, which further showcases her evolving musical style and evocative lyrics. She then released "Into Sands" in September 2024. She followed up in November 2024 with her alternative track "Fly Away," demonstrating her ability to blend genres like soul and alternative to create an ethereal sound.

Each of these tracks highlights

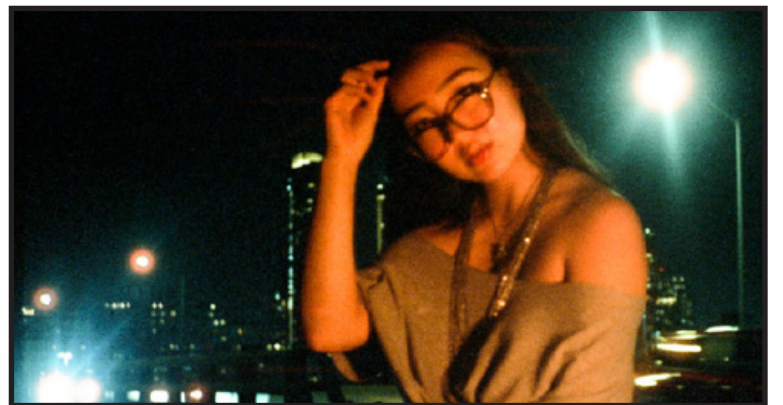


IMAGE TAKEN from Spotify.

Soul's artistic journey and her commitment to delivering powerful music, continuing the momentum established by her previous hits. Although she hasn't released a track since November 2024, the anticipation for new music remains high, as each song in her discography has offered a different glimpse of her talent.

Over the past two years, Soul has built a substantial audience,

amassing over 1.2 million listeners on Spotify. As she continues to innovate and evolve her musical style, she is poised to make an even greater impact on the music scene in the coming years. Her talent and dedication indicate that she is just at the beginning of a promising and successful career. We'll just have to see what Soul graces us with next and hopefully new music is on the horizon.

Man breaks in, sets fire to home of Pennsylvania Governor Josh Shapiro

BRENDAN SHEEHAN
POLITICS EDITOR

In the early morning hours of Sunday, April 13, a man broke into the Pennsylvania Governor’s Mansion and set it on fire while the Governor and his family were sleeping inside. Officials said 38-year-old Cody Balmer scaled a fence, evaded state troopers protecting the home, and broke into the Pennsylvania Governor’s Mansion located in Harrisburg, and started a fire, forcing Governor Josh Shapiro and his family to evacuate. The family and their dogs made it out of the home unharmed. Balmer was arrested Sunday afternoon and is facing charges of terrorism, aggravated arson, attempted murder and more. Speaking to the press, Shapiro said, “This kind of violence is becoming far too common in our society.” Balmer’s mother told CBS News that her son is, “Mentally ill and he went off his medication.” Shapiro explained he woke

up to bangs on his bedroom door by Pennsylvania State Troopers around 2 a.m. The troopers evacuated the Shapiro’s as fire crews battled the flames. On Monday, President Donald Trump spoke on the attack, “Certainly a thing like that cannot be allowed to happen,” and referred to Balmer as a, “Whack job”. According to a NewsHour poll released in April 2024, one in five Americans believe political violence can be justified. Shapiro said after the attack, “I don’t give a damn if it’s coming from one particular side or the other, directed at one particular party or another, or one particular person or another, it is not okay, and it has to stop. We have to be better than this. We have a responsibility to all be better.” The attack is the most recent in what has been a rise in political violence across the United States. In July 2024, 20-year-old Thomas Matthew Crooks shot at Trump during a rally in Butler, Pennsylvania. Trump survived a gunshot wound to the ear, but a fireman in the crowd was killed shielding his family. In Oct. 2022, an armed

intruder broke into former Speaker of the House Nancy Pelosi’s San Francisco home and beat her husband, Paul Pelosi, with a hammer. On Jan. 6, 2021, supporters of Trump stormed the United States Capitol Building in an attempt to delay or stop the certification of Joe Biden’s 2020 election win. More than 140 police officers were injured and five police officer deaths were attributed to the attack, according to a bipartisan Senate report. In Oct. 2020, federal and state law enforcement officers foiled an attempt to kidnap Governor Gretchen Whitmer of Michigan. Thirteen men linked to a right-wing extremist group were arrested with the plot, according to TIME Magazine. Jason Blazakis is the Director of the Center on Terrorism, Extremism and Counterterrorism at the Middlebury Institute of International Studies. He said, “The election polarization driven by the rise of conspiracy theories, mis and disinformation, and then the global political scene is making for a really dangerous situation.” Shapiro and his residence will have additional security, according to the Pennsylvania State Police.



PHOTO COURTESY of Commonwealth of Pennsylvania.

Beyond our coverage

“The Outlook” is committed to bringing you the most important and essential news coverage on Monmouth University’s campus. However, we live in rapidly-changing times and continue to strive to inform you of local, national and international headlines of the utmost importance.

Compiled by Brendan Sheehan

Local

- “Ciattarelli far ahead of Spadea in GOP gubernatorial primary, per his internal poll” (NJ Globe)
- “Alina Habba says she’s investigating New Jersey governor, AG over immigration enforcement” (Politico)
- “Trump administration revokes student visas at Rutgers” (NJ Spotlight News)
- “NJ Congressman Norcross in intensive care, has sepsis, doctor says” (NBC 10 Philadelphia)

National

- “Bernie Sanders draws massive crowd during his ‘Fighting the Oligarchy’ tour in deep-red Utah” (Salt Lake Tribune)
- “Trump admin slashes over \$2.2B in funding to Harvard after school defies demands” (FOX News)
- “‘Everybody is to blame’: Trump slams Biden, Zelenskyy and Putin for war in Ukraine” (Politico)
- “Trump says he wants to imprison US citizens in El Salvador. That’s likely illegal” (Associated Press)

International

- “Philippines, China accuse each other of dangerous moves in disputed South China Sea shoal” (Reuters)
- “‘Be prepared’: Hamas releases warning video on Gaza captives” (Al Jazeera)
- “Ukraine allies pledge €21bn in fresh military aid” (BBC)
- “French prisons targeted in wave of unexplained arson, gunfire attacks” (Daily Sabah)

Student Employee Appreciation Week

Academic Success and Retention- Peer-Assisted Learning (PAL) - Ava, Becca, Claudia, Fritz, Gianna, Gillian, Hannah C, Hannah P, Jack, Jane, Julia, Kyle, Lillian, Malea, Macklin, Melissa, Michael, Nicholas, Olivia, Samantha L, Samantha S, Sarah, Sophia, and Tomas: Thank you for all you do to support the students and faculty in your PAL classes. Your dedication in sitting in on lectures, keeping track of attendance, planning and leading group sessions, and offering any assistance to help students succeed truly makes a difference. As the quote from our manual reminds us: “Tell me, and I forget; Show me, and I remember; Involve me, and I understand.”, your involvement is undoubtedly helping students not just remember, but truly understand the material. Thank you for your hard work, commitment, and positive impact on the students. It does not go unnoticed, and we are grateful for everything you do!

Athletics Department- A big thank you to Leidy, Kayla, and Olivia for your service in monitoring study hall for our student-athletes in the library in the evening hours this past year. You were without a doubt a part of the success of our athletic programs. Fly Hawks!

Athletics- Live Broadcasting-To all our MDN Student Employees, thank you for all your hard work this year! We appreciate all the time, effort and contributions put towards MDN and the broadcasts through long hours and battling crazy weather. The dedication does not go unnoticed. Your hard work is what makes the Monmouth Digital Network and our broadcasts not only possible but to the level they are! Thank you.

Department of Biology- Anne Marie and Tricia would like to thank, Alex Kalina, Luke Hernandez, Scarlett Pizarro, Jenna Jackson, Angelia Dessureau-O’Hara for their hard work and dedication in supporting the Biology Department!!!! They always arrive with a smile, a positive attitude, and their lab coats! The third floor of Edison shines with their creative touches! Congratulations to Alex and Luke as they are nominees for Student Employee of the Year! Thanks too to Julia Caccarelli and Jessica Sundberg for all their help as TA’s in the Genetics lab! They are our Rocks Stars and we could NOT have made the Biology labs happen this year without them!

Department of Disability Services for Students- DDS Outlook announcement and poem below. The Department of Disability Services would like to thank Mairead, Johnny, Jess, Daniella, Lauren, Taylor F., Chris, Nashalie, Siarah and Taylor J-B. for all of your support and dedication. You make DDS shine throughout the year!

Roses are Red
Violets are Blue
The Exams are all Delivered
Because of YOU!

Department of Nursing- Cecilia Aversano, Shannon Denehy, Nooran Hasson, and Melanie Roney. Thank You from the Department of Nursing -The Department of Nursing would like to express our sincere gratitude for the support you’ve provided in the Birch Hall Nursing Skills Lab. Your hard work, willingness to lend a hand, and positive attitude have truly made a difference. Thanks to you, our lab remains organized, clean, and well-maintained. We appreciate your contributions and want to send much-deserved recognition your way. Thank you for being part of our team!

EOF Office- “The EOF Staff would like to extend our heartfelt thanks to our Office Assistants and Ambassadors - Kayla Canales, Lourdes Castillo, Andrew Conklin, Maira Gutierrez, Alexis Reid, Bryana Ruiz, Isabella Torres and Allan Zavala. We appreciate and thank you for all your assistance, creativity, versatility and hard work.”

Global Education Office- The Global Education Office extends the warmest grazie, gracias, and “cheers” to our student mentors! Ava, your bubbly personality encourages (especially Nursing) students to take the leap! Isabella, your Cadiz-expertise and confidence are top notch. Gill S, we admire your “can do” attitude, preparedness, and London know-how. Amy, your enthusiasm and willingness to learn makes you a pleasure to work with.

To our SENIOR STARS & GA...

- Sunn, your name describes your beautiful disposition & endless enthusiasm for studt abroad!
- Haley, your empathy, understanding, and creativity makes you an excellent mentor & role model.
- Cheyenne, your sense of humor and graphic design prowess will continue to sail you new adventures.
- Jordyn, your speaking skills, hardworking ambition, and unique style are any PR firm’s dream.
- Jenna, your diverse travel expertise and environmental interests make you a paragon of our office’s values.
- Nora, can’t sing enough praises about your amazing positive attitude (can you organize our entire office, please?)
- Gillian D, as our Italian esperta, we’ll miss your humor, clever ideas, e passione per la vita!

Joey, McKayla, Lindsey L, Lindsey B, and Bingjunt: The Global Education Office is so unbelievably lucky to have such wonderful employees. We appreciate all of you so much. You have made a considerable impact on our office and our lives. Thank you for all of your hard work and dedication. For those of you graduating, we will miss you more than you know. Please keep in touch! With all the gratitude.

Global Education, Int’l Students Services– Louise Barker, Erik Reis and Sushika Reddy Gade. I wanted to take a moment to express how grateful I am to each of you for the work and time you give towards participating as International Student Ambassadors. This past year has really helped our office to set the foundation for this program going forward and will no doubt positively impact incoming int’l students for years to come. This is in great part because of your efforts, so thank you so much!

Long Branch School District-George L. Catrambone School

It is a pleasure having Julie in my 3rd grade class. She is a handworker and always with a smile. The students love when she comes! Thank you, Kalli Papayiannis :)

I have had the pleasure of having Maxine Rosenstein assisting in my first-grade classroom for the past 2 months. Maxine has been a valuable asset in my classroom. She pitches in where ever she is needed-during specials classes, instructing a small reading group, and working with individual students when needed. Her willingness to do whatever is needed in the classroom has not gone unnoticed, and I truly appreciate her professionalism and hard work. Ms. Elizabeth Gannon

Celebrating Carly – A True Asset to GLC School! GLC School is incredibly grateful for Carly, a dedicated Monmouth University tutor who makes a lasting impact on our students. Her responsibility, compassion, and unwavering support create a positive and nurturing learning environment. Carly connects effortlessly with students, helping them build confidence and succeed academically. Her kindness and willingness to give of herself make her an invaluable part of our school community. Whether offering guidance, encouragement, or a listening ear, Carly’s dedication does not go unnoticed. Thank you, Carly, for all you do – GLC staff and students truly appreciate you! -Laura Tracey

For Rachel Damstra: In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. Smiles, Mrs. Zergebel and her 3rd grade students at GLC:)

Political Science and Sociology- Alexis, your creativity, boundless enthusiasm, and unwavering hard work are truly invaluable to our department! Thank you for being such a fantastic champion for our students and for so effectively celebrating their achievements with everyone. With deepest appreciation from all of us in the Department of Political Science and Sociology.

School of Education- To Emma, Hanna, Kate, Julie, and Lainie—Thank you for all you do to keep the School of Education running smoothly! Your creativity and hard work are truly appreciated. Emma, we are going to miss you!!

Student Employment Office- Leslie, Grace, Breana, Kaitlyn, Jessica, Lianna, Liliana, Emma, and Bianca. As Student Employment Appreciation Week wraps up, I want to take a moment to personally thank each of you for all the hard work, dedication, and positive energy you bring to our team. Your contributions—big and small—do not go unnoticed. Whether it’s juggling tasks, stepping up when things get busy, or simply showing up with a great attitude, each of you plays a valuable role in keeping everything running smoothly. You’ve brought not only your skills and creativity, but also kindness, reliability, and a spirit of teamwork that makes all the difference. Thank you for everything you do. It’s truly a pleasure working with such an amazing group of students, and I’m so grateful for your continued efforts. Wishing you success in everything ahead—both here and beyond!

The School of Science- “Lindsey, thank you so very much for everything you do in the School of Science Dean’s Office. You’re the best!” Joe Coyle, Catherine Duckett, Steve Picken, Donna Volpetti and Koorleen Minton

Student Government Association -Dear Maura, Kiera, Jenna, and Finn. I wanted to thank each of you for your hard work and dedication to the office and The Nest! Your contributions have truly made a difference, and I’m so grateful for everything you’ve done. It’s always a pleasure working with you all! With Appreciation, Bette & SGA

The Division of Student Life- Thank you to our team of student workers from The Division of Student Life. We appreciate all of your hard work throughout the semester. Anastasia, Andrew, Annaliz, Ashley, Asia, Biranna, Brendan, Bridget, Brittany, Carly, Declan, Evan, Finn, Hope, Jake, Jenna, Katrina, Kiera, Kiley, Kristina, Matthew, Maura, Maxy, Megan, Melanie, Melany, Nasir, Nayeli, Nora, Rachel, Rebecca, Ruaa, Ryan, Samantha B, Samantha F.

Monmouth University Student Employment Office announced the Student Employee & the Supervisor of the Year awards on April 14th in celebration of National Student Employment Week held April 14-18th.

2025 STUDENT EMPLOYEE OF THE YEAR

Leslie Fuentes



Leslie Fuentes is a Senior majoring in Education who was selected as the Student Employee of the Year 2025 for her extrodianry work as Lead Office Assistant for the Student Employment Office.

Favorite Student Employment Memory: One of my favorite memories as a student employee is working Open House with my amazing office. I always look forward to this event because I get to connect with students who are just beginning to explore all the opportunities college has to offer. I love hearing about their intended majors and helping them think through what kind of on-campus jobs could help them gain valuable experience in their field. It’s exciting to have the chance to share my experience with them and what I’ve learned throughout my time in college—how different roles I’ve taken on have helped me grow personally and professionally. One of the most rewarding parts of my job is helping students find positions that not only align with their interests but also build confidence and clarity about their goals. Being part of those early conversations and encouraging them to see how their passions can translate into real-world experience is something I genuinely enjoy. It reminds me of why this work matters and why I’m grateful to be part of it.

Please share what your job has given you: My student employment experience has given me more than just a job. Through this job, I have gained new opportunities and have made meaningful connections across campus. I have been able to branch out and work with different departments and gained behind-the-scenes insight. I’ve seen real growth in my communication skills and have become much more comfortable engaging with a range of people. Beyond the professional skills, this job has given me a support system that truly feels like a second family. Working in my office has truly been one of the best parts of my college career. Being away from home was difficult at the beginning until I interviewed for this position during my freshmen year. Sandy and Carol welcomed me with open arms and have not let go ever since. I am beyond lucky to have found a home away from home in this office. The girls on my team have listened to so many of my stories and have provided me with so much advice. Going to work has never felt like a job to me. I look forward to being in the office, catching up with my team, and being part of such a positive environment. The energy and support we share make every shift amazing.

2025 Student Employee Nominees:

- **Matthew Boyle, Live Broadcasting Assistant, Monmouth Digital Network**
- **Victoria Chiusano, Desk Assistant, Writing Center**
- **Leslie Fuentes, Lead Office Assistant, Student Employment**
- **Jefferson Gonzalez, Live Broadcasting Assistant, Monmouth Digital Network**
- **Joseph Guglielmo, Front Desk Office Assistant, Global Education Office**
- **Luke Hernandez, Lab Assistant, Biology**
- **Michael Ivanicki, Event Assistant, Athletics Engagement**
- **Alexander Kalina, Lab Assistant, Biology**
- **Gianna Olsen, Production Crew, Production Services**
- **Emilia Porier, Event Assistant, Athletics Engagement**
- **Kylie Schadt, Marketing Assistant, Athletics Marketing & Promotions**
- **Catherine Senatore, Marketing Assistant, Athletics Marketing & Promotions**
- **Vaughn Staiger, Live Broadcasting Assistant, Monmouth Digital Network**
- **Dan Yeserski, Live Broadcasting Assistant, Monmouth Digital Network**

2025 SUPERVISOR OF THE YEAR

Kelly Valentine

Associate Athletic Director for Marketing & Promotion Nominators: Shadow Squad



The Supervisor of the Year program is a regional program that beins at an institutional leval and progresses to the regional level. Each year, NEASEA looks to students at colleges across the region to nominate supervisors who they feel are especially worthy of recognition.

2025 Supervisor Nominees:

- **Bette Fariello, Student Government Association**
- **Erin Fleming, Production Services**
- **Andrew Kurtz, Athletics Live Broadcasting**

The Monmouth University Student Employment Office thanks all the businesses that made our 29th Annual Student Employee Appreciation Week such a success!
Shop Local. Eat Local. Spend Local.

10 TH AVE BURRITO BELMAR	GRATEFUL DELI LOCH ARBOUR	MJ'S RESTAURANT BAR AND GRILL LONG BRANCH & NEPTUNE	PARTY FAIR OAKHURST
AMY'S OMELETTE HOUSE LONG BRANCH	GROSSMANS DELI & GRILL OAKHURST	MOGO KOREAN FUSION TACOS ASBURY PARK	PLAYA BOWLS LONG BRANCH
APPLEBEE'S OCEAN	HAND & STONE WEST LONG BRANCH	MONMOUTH ADMISSIONS	RED BULL SOCCER HARRISON
ASBURY ALE HOUSE ASBURY PARK	HIGHBROW LASH BAR BY AIMEE	MONMOUTH ADVANCEMENT	THE ROBINSON ALE HOUSE RED BANK
BAGEL GUYS LONG BRANCH	MICHELLE LONG BRANCH	MONMOUTH ATHLETICS EQUIPMENT ROOM	ROCKY MOUNTAIN CHOCOLATE FACTORY LONG BRANCH
BAKED BEAR LONG BRANCH	THE HERD JUICERY LONG BRANCH & OAKHURST	MONMOUTH ATHLETICS MARKETING & PROMOTIONS	ROONEY'S OCEANFRONT RESTAURANT WEST LONG BRANCH
BLUE CLAWS CHARITIES LAKEWOOD	HOAGITOS OAKHURST	MONMOUTH CAREER DEVELOPMENT	SCALA'S PIZZERIA LONG BRANCH
BOOSKERDOO ASBURY PARK	I LOVE NAILS EATONTOWN	MONMOUTH FITNESS CENTER	SHERATON EATONTOWN HOTEL EATONTOWN
BUFFALO WILD WINGS EATONTOWN	INFINITE HEALING & WELLNESS MIDDLETOWN	MONMOUTH GOURMET DINING	STATE THEATER NEW JERSEY NEW BRUNSWICK
CARLA GIZZI ASBURY PARK	JACK'S GOAL LINE STAND LONG BRANCH	MONMOUTH HUMAN RESOURCES	STONE PONY ASBURY PARK
CHEFS INETRNATIONAL/ JACK BAKER POINT PLEASANT	JOE'S PIZZERIA WEST LONG BRANCH	MONMOUTH SGA	STROLLO'S LIGHTHOUSE ITALIAN ICE LONG BRANCH
CHICK-FIL-A EATONTOWN	JOHNNY MAC'S HOUSE OF SPIRITS ASBURY PARK	MONMOUTH UNIVERSITY STORE	STUMPY'S HATCHET HOUSE EATONTOWN
COSTCO OCEAN	JR'S WEST END LONG BRANCH	NAILS MAX SPA OAKHURST	SURF N SPARK AVON
COSTCO CORPORATE STERLING VA	MCLOONE'S RESTAURANTS LONG BRANCH & SHREWSBURY	NEIL'S KITCHEN LONG BRANCH	TAKA ASBURY PARK
DANA RISI ALLENHURST	MCDONALD'S WEST LONG BRANCH	NELLY'S GRILL & PIZZERIA WEST LONG BRANCH	TURNING POINT OCEAN
ESCAPE THE PUZZLE LONG BRANCH	MILLERS ALE HOUSE OCEAN	NIKKI'S HAIR STUDIO OAKHURST	TWO RIVER THEATRE RED BANK
FANAGLE THE BAGEL LONG BRANCH	MING YING CHINESE RESTAURANT LONG BRANCH	NIP AND TUCK BAR & GRILL LONG BRANCH	WINDMILL RESTAURANTS WEST END
FIN'S TROPICALI CUISINE BRADLEY BEACH	MIX LOUNGE & FOOD LONG BRANCH	OTTO'S TAVERN OCEAN	
GIANNI'S PIZZERIA OAKHURST			
GRANDMA'S CHEESE CAFÉ LONG BRANCH			

Guest Speaker – Michael Sabanos

The Leon Hess Business School at Monmouth University is excited to announce guest speaker Michael Sabanos, who is currently EVP, COO and the head of M&A at HUB International, the fifth largest insurance broker in the world, with revenues of \$4.5 billion and 50+ acquisitions per year. He received his Bachelor's in Accounting from Villanova University, and his MBA in Management and Finance from NYU. He actively participates in Financial Executives International, the American Institute of Certified Public Accountants, and several other insurance and accounting organizations.

The lecture is centered around a real-world case, with both the seller and the acquirer providing a unique insight in the process: Sheldon Horowitz sold his own insurance company to the HUB International, and Mr. Sabanos will follow up on his experience on the acquiring end, and in general will talk about the process of M&A process and strategy of HUB. He will also talk about the internship opportunities at HUB International.

The talk is set for Monday April 21st at 10.00am. This event will be held at Monmouth University in West Long Branch, New Jersey, Pozzoli Hall auditorium (PZ-115). It is part of the course Mergers and Acquisitions, taught by Dr. Tjeerd Boonman, McMullen Family Professor in Economics.

"Guest speaking events offer our students invaluable experiential learning opportunities, connecting classroom concepts to real-world application." Raj Devasagayam, Dean of Leon Hess Business School said, "The experience and insights shared by Mr. Sheldon Horowitz and Mr. Michael Sabanos, provide a unique look into the dynamics of business growth, strategic partnerships, and industry specialization from both the buyer and seller perspectives."

The event is open to all Business students, and to the general public. Please confirm attendance by sending an email to tboonman@monmouth.edu



STUDY ABROAD INTERNSHIP & RESUME

WORKSHOP

LEARN HOW YOU CAN EARN CLASS CREDIT INTERNING ABROAD

TAILOR YOUR RESUME WITH EXPERT HELP FROM CAREER DEVELOPMENT

LEARN HOW STUDYING ABROAD CAN MULTIPLY YOUR CAREER OPPORTUNITIES!

WED, 16 APRIL 2025
2:45PM AT INTERCULTURAL CENTER



RECOMMENDED FOR
PROSPECTIVE &
ALUMNI STUDY
ABROAD STUDENTS

RSVP HERE!



MISSION ACCOMPLISHED

SENIOR SEND OFF

April 18th | 2pm
Great Hall Auditorium


Graduating military-connected students are invited for refreshments as we celebrate graduates with ceremonial cords, awards, & more!



THE HAWK MONMOUTH UNIVERSITY VETERAN SERVICES

MOVIE NIGHT

HOP & CRAFTS



APRIL 19 | PINWOOD LOUNGE | 7 P.M.

SNACKS AND PRIZES WILL BE OFFERED!

MONMOUTH UNIVERSITY | STUDENT ENGAGEMENT

Ryan Mealy tosses a shutout in outstanding performance



PHOTO COURTESY of Anya Kazmierczak.

Ryan Mealy earned CAA Co-rookie of the week after throwing ten strikeouts in the contest

NATALEE MATTEI
CONTRIBUTING WRITER

Ryan Mealy, a true freshman right-hander coming out of upstate New York, threw his first complete game shutout of his college career to help the Monmouth Hawks take down the North Carolina A&T Aggies at the War Memorial Stadium in Greensboro, North Carolina this past Sunday in a 13-0 win. Mealy has put together a dazzling debut season, building just a 3.15 ERA through 40 innings pitched. He has managed to walk just six hitters while striking out 33. Mealy flexed his young skills on the mound in the bottom of the first and continued to do so through the rest of the game. Mealy was perfect through the first three innings until the fourth when the Aggie's Bruce Wyche, freshman right fielder, singled through the left side. Mealy allowed just six total runs across his nine innings, also forcing the Aggies to strand five runners on the bases. He also managed to put up 10 strikeouts, the most that any Monmouth pitcher in a single game this season. His shutout pushed him to

4-0 on the season.

Mealy's spectacular performance was accompanied by a few other great accomplishments for the Hawks.

In the top of the ninth, Monmouth batted around, pouring on seven more runs to extend their lead to the final 13-0 score. This included a homerun from Wyatt Hunt, sophomore third basemen. This was Hunt's first homerun in his college career, as well as the third homerun of the game. The other two came from Jay Bant, senior designated hitter, and Chris Walsh, sophomore left fielder. Bant's homer was his fifth of the year and is now leading the Hawks in homeruns. He also passed the 40 RBI threshold, becoming the first Hawk to do so since the 2022 season. Casey Caufield, graduate second basemen, and Harry Padden, graduate center fielder, both extended their on-base streaks. Caufield to 31 and Padden to 16.

The Hawks have returned home and will face Rutgers Tuesday Apr. 15 before facing Elon in a three game CAA series April 18 through April 20.

Monmouth Softball falls short in series at Stony Brook

MICHAEL GRUSEKE
OPINIONS EDITOR

The Monmouth Hawks (9-33) were handed a tough loss on the road by the score of 14-1 against the Stony Brook Seawolves (18-18) this past Sunday (4/13/25). The Seawolves bats came to play early as they managed to put up 11 runs in the first two innings against the Hawks, which set the tone for the rest of the game.

In the bottom of the first inning Stony Brook went up 2-0 after a double by Madelyn Stepski that scored two runners.

Later in the first inning, Emily Reinstein hit a three run homerun and Naiah Ackerman hit a two run home run, putting the Hawks in a 7-0 hole after just one inning.

Monmouth put a run up in the top of the fifth inning after sophomore infielder Giana Scotti hit an RBI double that allowed senior infielder Isabella Slape to score, making it 14-1 in favor of Stony Brook.

This run was the only time Seawolves pitcher Crimson Rice would allow the Hawks to score, helping Rice pick up the win (8-4).

The story of this game was Stony Brook's hitters coming to life and Rice pitching a gem, only allowing 5 hits and 1 earned run through 5 innings, resulting in the 14-1 loss for the Hawks.

Monmouth will look to bounce back when they travel to Bethlehem, PA to take on the Lehigh Mountain Hawks on Wednesday Apr. 16 at 3:30pm.



PHOTO COURTESY of Emily Webb.

Giana Scotti recorded her team-leading 16th RBI against Stony Brook

Monmouth Lacrosse is unsuccessful in latest matchups

EMILY STACHERSKI
STAFF WRITER

On Thursday, April 10, and Saturday, April 12, the women's and men's lacrosse teams both fell short against competitors in CAA games.

The women played Drexel at Kessler Stadium at 3:00 pm on Thursday. Drexel is currently first in the conference and is on a winning streak of eight games that continued to extend after this game.

The first ten minutes of the game were filled with strong defenses with no goals. Drexel first scored around the ten-minute mark and ended with a 2-0 advan-

tage going into the second quarter.

A few minutes into the second, the Hawks junior midfielder, Sophia Lymberis, scored unassisted. Shortly after, Drexel took an 8-1 lead going into the break.

The third and fourth quarters were filled with points from both teams. Senior attack Caroline Brennan scored all four goals for Monmouth in the second half. This is the third time this season she's scored at least three times in a single game.

Senior midfielder Danielle McNeely and junior attack Shea Berigan both had two assists for Monmouth, but the Hawks were unable to take control of the game and lost 15-5.



PHOTO COURTESY of Monmouth Athletics.

Caroline Brennan recorded four goals, the third time this season she has scored at least three times in a single game.

In total, Drexel won 15 out of 23 draws and earned 11 free-position opportunities, helping them win their ninth consecutive game.

Two days later, the men's team played at noon against Stony Brook in New York, also unable to pull out a win.

After the first quarter, Monmouth led 4-3, with ju-

nior attack Ty Caffarelli scoring twice. In the second, Monmouth kept control of the game and scored three times. Graduate student and midfielder Sean Ketchen scored two in a row, and Caffarelli came back to score another with three seconds to go into the half.

With a 7-5 advantage start-

ing the third quarter, the Hawks scored twice, one from Ketchen again.

In the final quarter, the Hawks weren't able to get a goal, however, Stony Brook was able to score five. This led the Seawolves to victory with a final score of 13-9.



PHOTO COURTESY of Troy Fenton Jr.

Ty Caffarelli and Sean Ketchen led the Hawks, with three goals apiece despite the loss.



In a 13-0 win for the Hawks against North Carolina A&T, Ryan Mealy has a shutout performance to secure their win.