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Nursing students build intergenerational connections

AVA McGINTY
EDITOR-IN-CHIEF/ NEWS EDITOR

Monmouth University nursing students are participating in a new initiative that pairs them with older adults at Imperial Healthcare in Neptune, giving students an opportunity to build relationships with residents while addressing social isolation.

The program, which began this semester, gives nursing students the opportunity to spend time with residents outside a traditional clinical setting. Through weekly visits, students build relationships with older adults while helping address loneliness and social isolation.

The initiative grew out of a partnership between Family & Children Services (FCS) in Long Branch and Imperial Healthcare. FCS received a New Jersey Department of Human Services Senior Wellness Program Grant to support community outreach addressing social isolation among older adults and individuals with disabilities. FCS then contacted Cheryl Leiningen, DNP, RN, PMHNP-BC, Hess Endowed Chair in Nursing Education and associate professor at Monmouth, about involving nursing students in the effort.

Leiningen incorporated the visits into the acute care portion of a 14-week nursing course. During the first seven weeks, students focused on mental health and completed a clinical rotation at a psychiatric facility. For the second seven weeks, students visited assigned residents at Imperial Healthcare for one hour each week.

Because students did not have an in-person clinical rotation during the acute care portion of the course, Leiningen introduced the visits as an experiential learning opportunity.

The goal was to help residents develop social connections while giving students a chance to learn from older adults through conversation and shared activities.

Leiningen said she initially expected to see residents become happier and more engaged through the visits. "I thought I would really see a difference in the residents, see them be a little bit happier and more engaged, and they were," Leiningen said.

However, she also noticed the experience was having an impact on the students. "I almost feel like it's a

"Intergenerational connections"
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Alpha Sigma Tau hosts 2nd annual anchorbowl, raises over $2000

HANNAH FIERRO
LIFESTYLES EDITOR

The second annual Anchorbowl volleyball tournament organized by Alpha Sigma Tau raised over $2,000 in support of 180 Turning Lives Around, on Nov. 13. Fraternities, sororities, sport clubs, and other student organizations participated in the tournament hosted in the Boylan Gymnasium.

Alpha Chi Rho won the tournament, and Delta Phi Epsilon received the best team spirit award. Phi Sigma Sigma was awarded for raising the most money, according to Savannah Fragetti, junior social work major and the chapter's director of women's wellness initiative, who was the primary event planner.

All of the proceeds went to support 180 Turning Lives Around, a nonprofit located in Monmouth County that helps domestic and sexual violence victims through provision of shelter, counseling, and legal assistance. The representatives of 180 participated in Anchorbowl and gave information to the students about their organization, according to Kate Cashion, the chapter president of Alpha Sigma Tau.

Cashion, a junior health sciences major in the 3+3 occupational therapy program, said, "Philanthropy events like Anchorbowl are incredibly important to our chapter, as they give us the opportunity to support local philanthropic organizations."

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Monmouth celebrates first-generation students with week of campus events

AVA McGINTY
EDITOR-IN-CHIEF/ NEWS EDITOR

Monmouth University celebrated its first-generation college students with a series of campus events following National First-Generation College Celebration Day on Nov. 8, recognizing the experiences and accomplishments of students who are the first in their families to pursue higher education.

The university hosted several events throughout the week, beginning Nov. 9 with its National First Generation Week Celebration in the Nagy Commons. The event featured a dessert party, photo opportunities and First to Fly stickers for students, faculty and staff.

On Nov. 10, students participated in Linked by First-Gen, a bracelet-making event centered on the shared experiences and individual journeys of first-generation students. The following day, the university hosted two additional events: an Alumni in Management (AIM) Zoom Series at 6:05 p.m. and You've Got This: College to Career in Pinewood Lounge. The latter gave students the opportunity to hear from first-generation alumni about their experiences transitioning from Monmouth into their careers.

According to Monmouth's First Gen Student Support page, 42% of the university's freshman class identifies as first-generation college students. Nationally, 54% of undergraduate students in the United States are first-generation students, according to FirstGen Forward.

James Holder, Monmouth's First Generation Graduate Assistant and a Master of Business Administration (MBA) student, understands the challenges that can come with navigating higher education without a family background in American colleges and universities.

"My college journey began pretty hectic and at times confusing. Neither of my parents went to school in the US, since they were both educated in South Africa, so the admissions process and university process were new for me and my family."

Holder attended multiple universities while pursuing his wrestling career before arriving at Monmouth in 2024. After completing his bachelor's degree, he decided to continue his education at the graduate level.

"I made the decision to go to graduate school to be at the top of my field. My position as the First Generation Graduate Assistant came about through an opportunity from my professor and mentor, Dr. Palazzolo, and my hope is to make the university experience more manageable and easier to navigate for first generation students."

Holder said one of his biggest challenges in graduate school has been

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Intergenerational connections

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ripple effect. I thought we were going to help them, but what's happening is that it's almost reciprocal. Who's gaining more? I can't even tell. Sometimes I might think it's us," she said.

Leah Weinreb, a BSN pre-licensure student, said the experience helped her recognize that the relationships benefited both the residents and the students.

"It taught me that everyone needs human connection. It does not matter your age, gender, abilities, etc., that everyone deserves to have friends and connection. It also made me realize that maybe I needed to meet my resident, just as much as she needed to meet me," Weinreb said.

At first, some students felt nervous about approaching older adults and starting conversations. Leiningen developed conversation prompts to help students learn about residents' lives, including questions about what school was like when they were growing up, how people met their significant others, their favorite singers and what they did on weekends.

Students were also asked to identify three things they had in common with their residents, something they learned, something that surprised them and one piece of advice they received.

As the visits continued, students became more comfortable and developed relationships with residents. Some looked through family photographs and listened to stories about residents' lives, while others participated in activities such as painting nails.

During one visit, a student painted her assigned resident's nails. The resident's roommate then asked if she could have hers painted, bringing another person into the interaction.

Ariana Wells, a BSN pre-licensure student, said the experience showed her how even brief interactions can affect someone. "Connection is truly important and makes an impact on someone's day, whether we realize it or not," Wells said.

Senior nursing student Samantha Salerno said she was surprised by how much she enjoyed the experience, particularly because she had not previously considered geriatric nursing as a career interest.

"The nursing home experience was not one I would have expected to like as much as I did. I never had any interest in geriatric nursing but seeing the smiles on all of the residents faces any time we showed up made it so worthwhile," Salerno said.

Salerno said residents were eager to talk with students, regardless of whether they were assigned to them. She particularly enjoyed visiting during the facility's weekly happy hour, when a performer sang oldies and classics while residents played maracas and tambourines.

"I could walk up to any one of them and start dancing or singing (if I knew the words) and they would be so happy," Salerno said.

The experience also changed how Salerno viewed the role of a nurse. Students were not permitted to practice clinical skills during their visits, allowing them to focus entirely on building relationships with residents.

"As students we were not permitted to practice any skills during our time at the rehab, so our only purpose was to sit and create relationships with these residents and I think that is incredibly important to remember going into my career," she said. "I am so much more than just a person to give medications, I can be a support system for my patients as long as I give them the time of day to create that trusting and caring relationship."

Cristina Kokkinakos, a BSN pre-licensure student, also said the visits reinforced the importance of addressing patients' emotional and social needs alongside their medical care. "This experience showed me the importance of connection. It also taught me that nursing is not only about treating health problems or doing routine duties but also about supporting a person's emotional and social well-being. My experience with my resident reminded me that even little moments matter. As I continue my nursing education, I hope to carry these lessons with me," Kokkinakos said.

Leiningen said the initiative also gives students an opportunity to see older adults outside the hospital setting, where they may primarily encounter patients who are sick or receiving treatment.

At Imperial Healthcare, students see residents participating in activities, spending time outdoors and connecting with family members.

"Who's filling the bird feeder? Who's going to happy hour? Who's sitting out in the courtyard in the sun talking to their family?" Leiningen said. "So they see a more active older adult, but maybe not someone who can be in their home."



PHOTO CURTOSY of Cheryl Leiningen.
Nursing students spent seven weeks connecting with residents at Imperial Healthcare.

She said the experience can help students recognize the person beyond a patient's age or medical needs. "It's not just that they're old and have nothing to offer," Leiningen said. "This is just you, but the shell is older. Inside is still that young person."

The initiative will continue next semester with the same group of nursing students, expanding from seven weeks to a full semester. Students will continue visiting residents for one hour each week, with visits scheduled around their existing coursework and home care visits.

Leiningen also hopes to expand the program to other academic disciplines. Occupational therapy faculty have contacted her about involving their students during the summer, and the physician assistant program has also expressed interest in connecting students with older adults.

Leiningen is also interested in exploring a future research project to examine whether the experience affects students' empathy. One idea would involve nursing and health studies students participating in the facility visits while a sociology class serves as a control group. Students would complete surveys before and after the program to measure potential changes in empathy.

The research project is still in the planning stages and would require approval from the university's Institutional Review Board before it could move forward.

For Leiningen, the initiative has become an opportunity for students to apply what they learn in the classroom while making a difference in the community.

"I think they're going to see people on a deeper level and understand that even short moments of connection matter," she said.

First gen week

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understanding the process and learning what to expect beyond the terminology often associated with higher education.

"One of the challenges I have faced with graduate school has been demystifying what graduate school actually is and getting a true understanding of it without the buzzwords and jargon, like what schools look for and how it will help my career."

Despite those challenges, Holder said working with professors on academic research has been one of the most rewarding parts of his experience.

"One of the most rewarding parts has been working with professors to publish studies and work."

For Holder, recognizing first-generation students is important because it gives them an opportunity to celebrate their accomplishments and connect with others who share similar experiences.

"To me, the recognition given during First Generation College Student Week means highlighting our students and building a sense of pride around being first generation. It is a huge accomplishment for students to be the first in their family to be in higher education, and it should be celebrated."

National First-Generation College Celebration Day is observed annually on Nov. 8, commemorating the anniversary of the signing of the Higher Education Act of 1965, which expanded access to higher education through federal financial aid programs and initiatives.



PHOTO FROM firstgenmonmiuth@instagram.com

Anchorbowl

cont. from pg. 1

The event was coordinated by Fragetti, along with 180 Turning Lives Around to help expand the fundraiser through the participation of other student run organizations and locally owned businesses. She said the chapter received donations from Bev Shack, Little Words Project, Paris Baguette, Wawa and Hoggitos. 180 Turning Lives Around had a table outside of the gym with representatives available for attendees to ask questions and provide resource information.

Through the tournament, participating student organizations created a team, and the students who watched had a chance to be spectators and cheer from the sidelines.

For the Student Government Association, joining a team was an opportunity to interact with other members outside of their usual meetings. Mark Volpe, SGA vice president and a junior business administration major, said the group wanted to support the fundraiser while getting involved with other members of the Monmouth community.

"What made SGA want to put a team together was the opportunity to raise money for a good cause while also being engaged with the greater Monmouth community," Volpe said. "This event was also a good bonding event for members of our cabinet and Senate."

Kelly Sniffen, a senior health studies major and president of the Student Government Association, said SGA entered a team, regarding it as a good opportunity to support other campus groups, and she said she wanted SGA to continue taking part in events like it.

"SGA had an absolute blast, and one of my favorite parts had to have been seeing organizations cheer each other on, even when they weren't competing," Sniffen said.

Before playing against other teams at Anchorbowl, we had a pep talk amongst ourselves as a team for the game. For Lexie Hudyma, a sophomore criminal justice major, that was the moment that stood out.

"We were all nervous but we were ready to give it our all!" Hudyma said.

Fellow SGA player Nico Vartolone said the competition between teams made the tournament more fun.

Fraggetti added that one of the most memorable aspects of this fundraising initiative was watching students from different areas of campus get involved with each other. "The teams, organizations, and MU students coming together and supporting a great cause stood out to me because it created a heartwarming atmosphere over the whole gym," she said.

Cashion noted that meeting people from organizations other than Fraternity and Sorority Life is another one of the chapter's notable aspects of hosting the Anchorbowl tournament. With sports teams and student clubs joining fraternities and sororities on the court, the event enabled Alpha Sigma Tau to reach a wider range of students.

Anchorbowl was featured on the 180 Turning Lives Around "50 for 50" events calendar, encouraging people to go to Boylan Gym at 7 p.m., where the games took place until 9 p.m. Prior to the tournament's start, attendees had the opportunity to hear directly from women that work for 180 Turning Lives Around and hear what support is available to survivors.

Cashion hopes Anchorbowl and having representatives talk to attendees can help reduce any stigma around domestic violence and sexual assault. She added that just by participating in the competition, participants helped in achieving the purpose of the event, raising awareness. Students were actively taking part by raising funds and competing while the spectators got an opportunity to interact with the nonprofit organization and hear what they were doing on their campus.

"I hope that students who participated or attended the event know that they made an impact on their community just by showing up," Cashion said.

Dean's distinguished speaker series event

Join Ned Scott Laff and Scott Carlson to discuss their book

FOR IMMEDIATE RELEASE

WEST LONG BRANCH, N.J. (Nov. 18, 2026) – The Wayne D. McMurray School of Humanities & Social Sciences is pleased to announce Ned Scott Laff and Scott Carlson's discussion of their book Hacking College: Why the Major Doesn't Matter—and What Really Does. Laff and Carlson's talk will take place on Friday, Nov. 20, 2026, from 10:05 a.m. to 11:25 a.m. in Pozycki Auditorium.

Ned Scott Laff Ph.D. spent 35 years working in academic affairs at a range of public and private institutions on curriculum development and student success, and Scott Carlson is a senior writer for The Chronicle of Higher Education who explores where higher education is headed. College is a complex, high-stakes game, but Laff and Carlson argue that students can learn how to win it. Their book, Hacking College: Why the Major Doesn't Matter—and What Really Does, offers a groundbreaking guide to rethinking higher education so that students can succeed in an increasingly complex world. Drawing from extensive research and real student experiences, this essential book exposes the hidden challenges and bureaucratic traps that undermine student success, from convoluted transfer processes to a single-minded emphasis on majors.

On inviting Laff and Carlson to discuss their work in one of her classes, Dr. Melissa Alvare says, "Their book is particularly relevant to students in my Introduction to Sociology course, who may find the material interesting, yet struggle to see how this course and other electives offer transferable skills and enrich their overall undergraduate learning experience. Students are frequently asked what career path a sociology major leads to, as it lacks an obvious pipeline to one specific job. Hacking College directly speaks to that experience. I hope hearing Laff and Carlson's compelling analysis provides the 'aha' moment that encourages students to explore their intellectual interests and passions rather than simply fixating on a single 'right' major."

Copies of Laff and Carlson's book will be available for purchase. To learn more, visit the event website.













PHOTO CURTOSY of Gabriella Sklanny.

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A low unemployment rate does not guarantee job opportunities

EDITORIAL STAFF

Recent reports paint a mixed picture of the U.S. job market. The New York Times reported on Nov. 6 that employers added 165,000 jobs in October, bringing the unemployment rate down to 4.1%. A Nov. 10 report from U.S. Bank also pointed to a rebound in hiring, with an average of 137,000 jobs added each month from August through October. While these numbers suggest improvement, they do not necessarily reflect the experiences of everyone looking for work, particularly recent college graduates.

According to the Federal Reserve Bank of New York, the unemployment rate for recent college graduates reached 5.2% in the third quarter of 2026. Even more concerning, 42.5% of recent graduates were underemployed, meaning they were working in jobs that typically do not require a college degree. These figures raise an important question: Are graduates finding opportunities that reflect the education they have worked toward?

One major obstacle is the expectation that applicants already have professional experience, even when applying for entry-level positions. College graduates are often entering the workforce for the first time, yet employers continue to prioritize candidates who have already worked in similar roles.

"Employers want experienced workers without investing in training them. That leaves graduates stuck needing experience for jobs that are supposed to provide it. A strong economy means little to students if companies aren't willing to give them a start," one editor said.

Artificial intelligence may make the transition into the workforce even more difficult. As companies adopt AI tools to increase productivity, some may become less willing to hire for positions traditionally filled by new graduates. The New York Times reported that some employers are slowing hiring as AI allows existing employees to take on more work.

"I feel AI will make landing a first job harder by taking over tasks traditionally assigned to beginners. Students should learn to use it, but companies also need to recognize that cutting entry-level positions undermines their future workforce," one editor said.

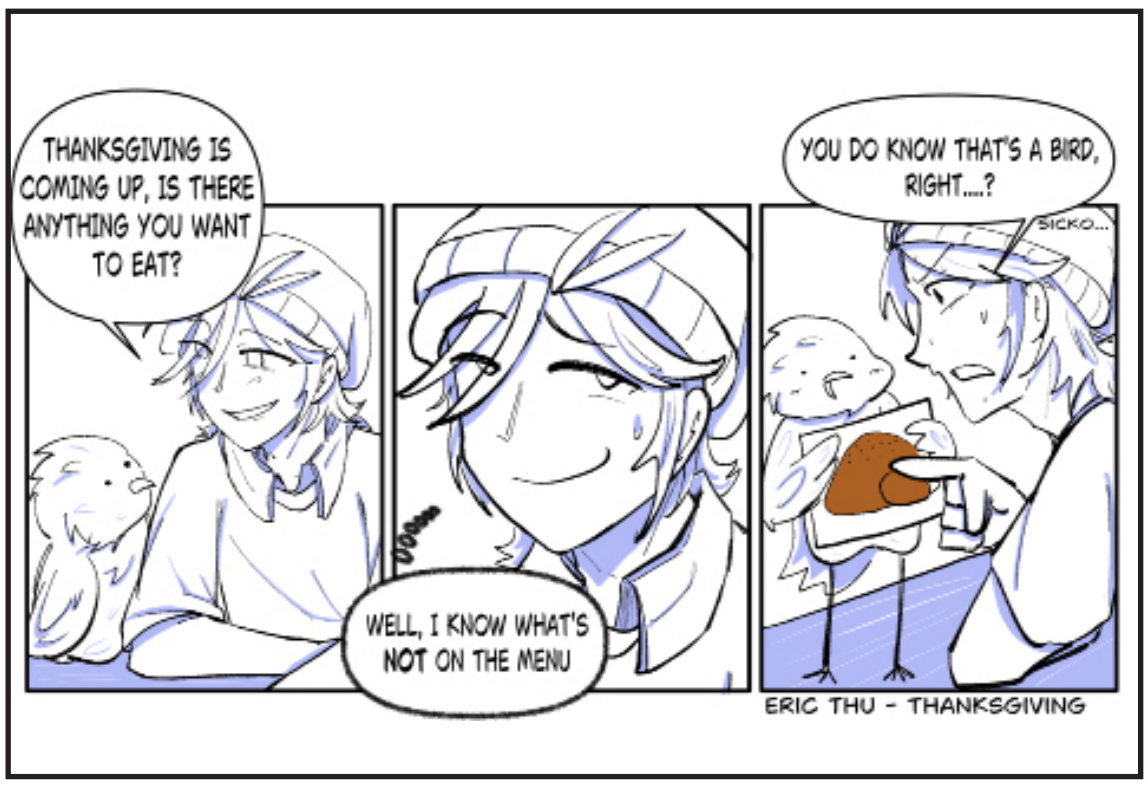
Students should be encouraged to understand and use emerging technology, but companies must also consider the long-term consequences of reducing entry-level opportunities.

Universities also have a responsibility to help students prepare for the transition from college to the workforce. Monmouth offers career resources, workshops and career fairs, but students should not have to rely on optional opportunities to make professional connections. Internship promotion, hands-on experience and access to employers should be more consistently integrated into the college experience.

"Monmouth offers helpful career resources, but I don't think optional workshops and career fairs are enough. More internship promotion, opportunities, and connections should be presented to students, and overall career preparation should be a core part of the education we are paying for," one editor said.

A college degree should help open doors, but earning one does not guarantee that graduates will find meaningful work. Employers need to give entry-level applicants a genuine opportunity to begin their careers. Universities should strengthen the connections and experiences that prepare students for that transition, while students continue adapting to changes in the workplace.

The job market cannot be measured by unemployment numbers alone. A healthier workforce also depends on whether people entering it can find opportunities to use their education and build sustainable careers.



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Are sports fans out of control, or have they always been this "passionate"?

RILEY KINDLER
OPINIONS EDITOR



PHOTO CREDIT: Fred Greenslade/The Canadian Press via APr.

Connor Hellebuyck, newly traded to the New Jersey Devils, in warmups against the Winnipeg Jets on Nov 10, surrounded by hateful fan signs and jeering fans. Hellebuyck was not allowed in the net that night.

Have you noticed that sports fans have seemed nastier and nastier recently? Have you noticed that every game you go to has fans fighting and screaming at players, and that social media is full of avid fans threatening violence on players after the final score is announced? Offensive signs are brought to games, fans get into players' faces, and more and more items are being banned from games because of violence.

Sports has become a place of shame instead of celebration, and it's starting to affect more than just a few teams at a time. Gone are the days of having just a divisional rival you and your friends poked fun at. Now, the stakes have grown so high that these rivalries and controversies are sparking hands-on violence and threats both among players and fans.

If you're a fan of the NHL, you are probably aware of the trade that recently happened between the Winnipeg Jets and the New Jersey Devils around Connor Hellebuyck. What you may not be aware of, though, is what happened the first time the Devils played the Jets after the trade. When Hellebuyck first took the ice in Winnipeg on Nov. 10, Jets fans filled the arena with boos, screaming "where is Connor?" and "pull your goalie," and brought signs with malicious slogans targeting Hellebuyck.

The violence didn't stop when the clock hit zero, though. According to Devils announcer Don La Greca in an interview on Don, Hahn, and Rosenberg, Jets fans followed the Devils to their hotel after the game, asking if the hotel they were arriving at was Hellebuyck's, and the police eventually had to get involved in dispersing the angry crowd of Jets fans. Helleybuyck also addressed threats made to him and his family while in Winnipeg in a press conference after the game, which were "more than online death threats". Keep in mind that Helleybuyck did not play in the game against the Jets, but did state in the press conference that he had wanted to.

These actions aren't exclusive to hockey, though. On Nov. 8, ABC 7 reported that multiple fights broke out inside and outside of a San Francisco 49ers and Las Vegas Raiders game, resulting in 11 arrests and 45 ejections from the stadium. Multiple videos circulated online of people being knocked unconscious in the parking lot and huge brawls breaking out in the stands.

Another similar incident occurred on Nov. 15 at a San Francisco 49ers and Dallas Cowboys game. Multiple fights broke out amongst Cowboys and 49ers fans inside and outside of the stadium, with multiple of these fights having to be broken up by law enforcement.

The internet is also a hotspot for cyberbullying of teams and players, especially on X. As recent as this week, the internet has been full of death threats, serious or not, against Pittsburgh Steelers wide receiver DK Metcalf after their loss to the Cincinnati Bengals on Sunday night. One X user posted "DK metcalf meet and greet" with a short video of bodycam footage of a victim being shot repeatedly by police. Whether this was intentionally harmful or thought of as funny by the fan, this could be seen as an extreme threat against Metcalf, his team, and his family.

This behavior is even seen at school sporting events, including ours. Earlier this year, Erik Pratt, a basketball player from Stony Brook University, was ejected from a CAA conference game after spitting on a Monmouth University fan who was sitting courtside in the student section. While Monmouth went on to win the game, the event was a huge controversy on campus and led to Pratt being suspended from the CAA for Stony Brook's next game.

Abby Kosch, a junior communications major said that she has witnessed Monmouth fans acting unsportsmanlike against players. "I know it happens at many schools across the country, so I don't think its an isolated issue at Monmouth" said Kosch, "but I would agree by saying our fans can get rowdy at times, especially at basketball games when they're given access to the courts." Fans seem to be more rowdy when they are given closer access to the players, as their words have more velocity up close rather than on social media or from far up in the stands.

Frank Horale, sports editor, also added that he notices an uptick in "rowdy fans," as many tailgate before kickoff, making their emotions run higher.

Our students have also noticed increased cyberbullying when it comes to our student athletes at Monmouth. "I've also seen after some sporting events on campus, students running to social media apps to blame our athletes and borderline bullying them," Kosch said.

Juliana Marcello, a junior marine and environment biology and policy major, added, "I definitely see a problem on social media, especially after a loss."

On YikYak, an anonymous campus-wide social media app, fans always make fun of our players while asking them to throw parties, bullying them if they don't succeed and celebrate with the students. They will even target students off the field, pointing them out just because they are a college athlete. One anonymous user posted, "MONMOUTH FOOTBALL FRESHMAN YOU ARE IN TROUBLE! YALL ARE P***** FOR STEALING A TABLE FROM FEMALES". If this had happened with a group of students who were not college athletes, there probably would not have been a post about it, but because the students involved were football players, they get blasted schoolwide on YikYak.

While a lot of this activity boils down to rivalries, a lot of it has to do with the psychology of the fans. A study published by the Arizona State University Center for Problem-Orienting Policing stated that fighting at stadium sporting events is more likely when teams have dedicated fanbases, when a particularly important victory or loss happens, and when division rivals face each other. For example, as stated before, the 49ers and Raiders are conference rivals due to their close proximity.

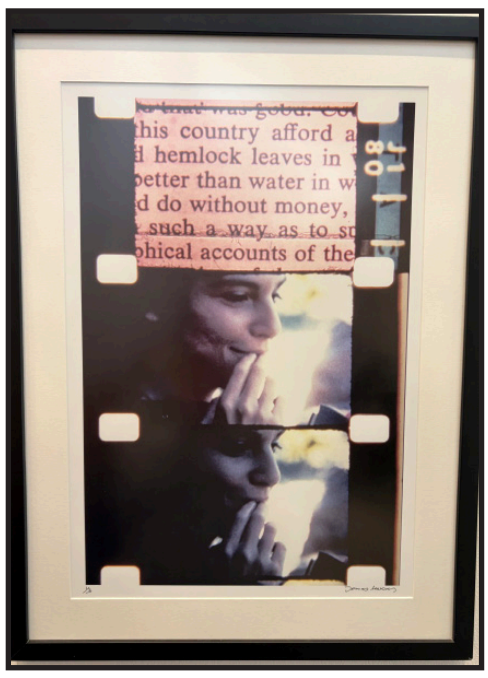
Another factor is linked to alcohol availability and consumption. At professional games, alcohol is available for purchase to fans 21 years old and over, and at professional and college games, many fans tailgate and drink before entering the stadium. ASU states in their study, "While drinking does not 'drive' people to act violently, alcohol can impair the judgment of people who are predisposed to violent behavior. Excessive drinking can cause people to act overconfidently and carelessly, lose awareness of their surroundings, and react violently to people they perceive as offensive."

While fighting is never a welcome thing at sporting events, it is becoming more and more common in the stadium, outside of it, and online. Even at our school, bullying on and off the court happens more often than you think, and it's due to a multitude of factors. While many may not realize that what they are doing is bullying and harassment, it is. If you ever notice something like this at a game, just know that it's more common than you think. By not engaging in the activity, you're helping it become less common. So, grab a staff member, move somewhere safer, and help make games safer for fans everywhere.

Ice House Gallery features art from Jonas Mekas, the "godfather of American avant-garde cinema"







PHOTOS TAKEN by Payton McGeough-Gamache

PAYTON McGEOUGH-GAMACHE
FEATURES EDITOR

Right behind Rechnitz Hall, you'll find the Ice House, which is home to a collection of limited-edition photographic prints, film stills, and archivals dedicated entirely to Jonas Mekas's work. The exhibition, open to all Monday-Friday until Dec. 15, offers a glimpse into the moments, big and small, that Mekas captured on camera.

From the Kennedy's, Yoko Ono and John Lennon, Elvis Presley, and the World Trade Center, to the more ordinary like nature, being human, and celebrating life, Jonas Mekas completely transformed what it meant to curate art. Because of his style, he is considered to be one of the leading figures of American avant-garde filmmaking, and his films have been screened at festivals and museums around the world.

Born in 1922 in Semeniskiai, Lithuania, he emigrated to the U.S. with his brother in 1949 and eventually settled in New York. An unknowing perspective allowed him to approach new surroundings with a sense of wonder.

The content he produced in pursuit of understanding this unfamiliarity was the same content that would go on to win awards like The Lithuanian National Award (1995), The New York Film Critics Circle Award (1996), and International Documentary Film Association Award, Los Angeles (1997), according to the university's Department of Art & Design.

But what truly distinguishes Jonas Mekas from other filmmakers isn't necessarily the people he captured or the recognition he received, but rather the way in which he chose to take in the world around him.

According to Corey Dzenko, a professor for the Department of Art and Design, Mekas challenged traditional approaches to filmmaking by turning his camera towards the people, places, and experiences closest to him.

"His images were like snapshots of every day at a time when showing the personal was still experimental. He would store his personal archive, and one of his approaches to editing would be to pull random things from the archival shelf, cut them together, and then make sense of them," said Dzenko.

A particularly good example of this is Jonas Mekas's film Lost, Lost, Lost (1976), which features material from his arrival in New York that sat unused for years. What began as a documentation of immigrant life transformed into a reflective piece on displacement, memory, and identity.

That same film immortalized little details like dancing and singing and neighborhood streets and storefronts, as well as peace demonstrations and anti-nuclear protests. Much of his identity is rooted in the "ordinary" moments, so those moments naturally became subjects worthy of preservation.

Dzenko explained that Mekas's work carries multiple layers of meaning, allowing audiences to connect with moments that might otherwise seem insignificant.

"Mekas' films and visual work embody common experiences that are relatable to people. It gives those relationships and moments a weight or importance," said Dzenko.

She further elaborated by saying, "I teach my students that art has layers of meaning. Regarding Mekas, this means that when he presents his images and films as art, they take on additional meaning from fleeting moments. They are not merely documentary records of his experiences. Rather, his audience can relate to and interpret the fragments that Mekas presents edited together."

Perhaps one of the most interesting aspects of Jonas Mekas' artwork is how relevant it remains to this day, especially in an age where documenting everyday life comes as second nature. From Instagram posts to short-form videos on TikTok, this generation has developed its own way of preserving personal histories.

"Studying the past helps us better understand the present. You can draw a direct link between experiments by Mekas and others using the personal archive to today's selfies culture. I'm not equating them, but there are parallels to consider about sharing our private lives publicly," said Dzenko.

Decades later, the human experience remains remarkably familiar.

"This is not something that has been done across time and cultures. Doing so depends on cultural practices. It also depends on the various technologies we develop and use–film for Mekas and social media for many of us," Dzenko concluded.

So while technology might be different, both methods raise interesting questions about what we choose to preserve, what we choose to share, and how those moments shape the way others understand us.

As a photo historian, Dzenko drew a connection to Nan Goldin, who, similar to Mekas, worked with intimacy and snapshot photographs. She explained that there isn't a universe in which there is no manipulation by the observer or the artist. The difference for Mekas is that he grants us access to the more intimate moments.

Goldin first showed her work through slideshows set with music. She chose to photograph her "chosen family".

"The instance of photographing, instead of creating distance, is a moment of clarity and emotional connection for me. There is a popular notion that the photographer is by nature a voyeur, the last one to be invited to the party. But I'm not crashing; this is my party. This is my family, my history," Goldin wrote in her photography book, The Ballad of Sexual Dependency.

For a generation that has grown accustomed to documenting nearly every aspect of daily life, Mekas' work offers insight into the history and meaning behind that instinct. For the Monmouth community, this exhibit reminds us that capturing a moment is only the beginning. What we choose to preserve and the meaning behind the memories is what makes them lasting.

After all, as Mekas' work suggests, sometimes the most extraordinary stories are found in the most ordinary moments.

Upcoming events!

WEDNESDAY

Wellness Wednesday With Mollie
12 p.m. - 2 p.m.
Magil Commons Dining Hall

Get a New LinkedIn Profile Photo
12 p.m. - 2 p.m.
Career Development (Student Center)

Biopic Literary Salon Visiting Author
2:45 p.m. - 4 p.m.
The Great Hall 104

Pilates
6:30 p.m. - 7:30 p.m.
South Boylan Gym

THURSDAY

Restore at the Shore
12 p.m. - 1 p.m.
In front of the Student Center

Get a New LinkedIn Profile Photo
12 p.m. - 2 p.m.
Career Development (Student Center)

BSU General Body Meeting
8 p.m. - 9 p.m.
Intercultural Center

FRIDAY

Dean's Distinguished Speaker Series
10:05 a.m. - 11:25 a.m.
Pozycki Auditorium

Friday Live: Trivia After Dark Roast
7 p.m. - 9 p.m.
Student Center Patio

SATURDAY

Pop Culture Showdown
7 p.m. - 9 p.m.
Pinewood Lounge

To keep up to date with things happening around campus, follow @monmouthose on Instagram!

Song of the Week!

"Party With The Boys"

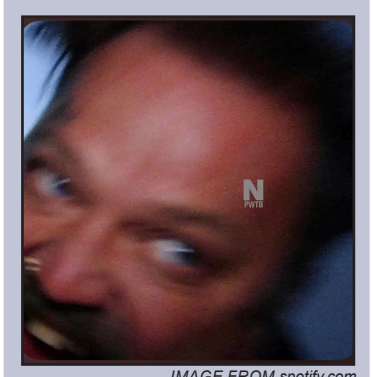


IMAGE FROM spotify.com

By Don Toliver

This song, released on November 13, 2026, serves as the lead single for his upcoming studio album, *NITROUS*, which is scheduled for release on Decmber 4, 2026.

Sleep smarter, study setter: tips for finals

JULIANA TERRITO
STAFF WRITER

Sleep is extremely important for proper brain function, and with finals season quickly approaching, I think it is essential to highlight some healthy habits students can incorporate into their nighttime routines to improve their sleep quality.

One thing you can do before bed to improve sleep quality is turn on some mood lighting, dimming the lights creates a softer atmosphere that prepares your brain for rest. I know personally, living in the dorms my roommate and I are very "anti-big light" as the harsh fluorescent overhead lighting can interfere with melatonin production and make it harder to wind down.

Although students may be tempted to stay up late studying, it is actually better for your memory to maintain your normal routine and keep consistent with waking up and going to bed around the same time everyday.

Many students also rely on caffeine to stay motivated and focused while studying late at night for finals. Whether it is coffee or energy drinks, it is important to limit your caffeine intake as it gets closer to bedtime. As someone who typically drinks two coffees a day, I understand the struggle of wanting another cup to help you stay focused while studying. However, consuming caffeine later in the day can interfere with your sleep quality, making it harder to feel well-rested and energized when taking exams the following day.

Another step to incorporate into your nighttime routine is to reduce blue light exposure and avoid screens for at least 1 hour before bed. Blue light blocks melatonin, and tricks your brain into thinking it's day time. The best way to do this is to avoid not only not scrolling but checking your phone altogether. I have definitely been guilty of thinking I will just check my texts or emails before bed and suddenly I'm on my phone for hours. Phones are designed to keep you occupied and your brain engaged which makes it harder to put it down for sleep. If you don't think you can stay away from screens completely before bed, wear some blue light glasses! If you don't have blue light glasses you can pick up a free pair at the sensory station in Edison Hall.

If you're used to scrolling on social media before bed, replacing that habit with reading a book this finals season could help lower cortisol and be the perfect alternative to being on your phone. You could also create something like the viral TikTok bedtime basket to help create the perfect atmosphere for sleep! If I were to make my own, it would contain blue light glasses, a journal, a book, and a lavender pillow spray or lotion. Having a basket of items like this by your bed can give you the convenience of having all your nighttime routine essentials in one place.

Eddie Kraft, junior political science major, knows it's important to value good sleep throughout finals and shares how he usually sleeps "much more than he normally would during finals." Prioritizing good sleep is important during demanding academic times, such as finals.

Sleep impacts your ability to focus, learn, manage emotions and stay motivated. The research study, "Sleep Quality, Duration, and Consistency Are Associated With Better Academic Performance in College Students," conducted by Kana Okano and fellow researchers in 2019 and published in the journal npj Science of Learning, found a significant positive correlation between sleep quality and academic performance among college students.

Good sleep can strengthen and improve memory, making it easier to remember everything you've studied for finals. Good sleep also boosts concentration, helping you focus and make better decisions. Your brain works to process and organize new information while you sleep, which is another reason good sleep is important during finals. Lack of sleep can cause more stress and anxiety in test takers the following day.

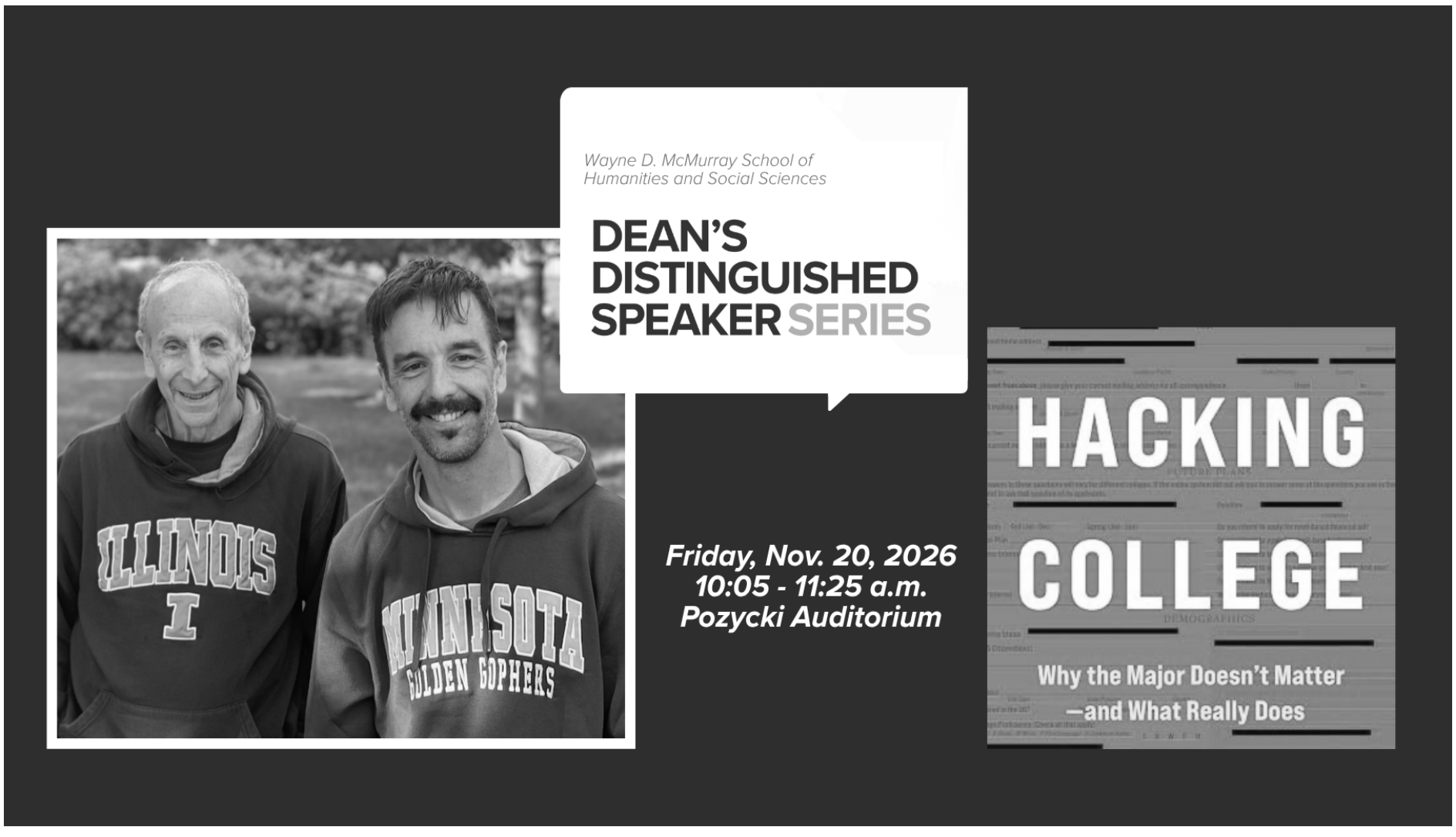
Emma DiMeglio, a psychology major, shared how she finds good sleep before finals "extremely important, lack of sleep heightens my anxiety which leads me to perform worse on my test." Her perspective highlights how a lack of sleep can directly affect students' stress levels and exam performance.

Similarly, according to a report published by The Insomnia and Sleep Institute of Arizona, "A lack of sleep can reduce learning capacity by nearly 40%." This statistic further emphasizes how sleep deprivation, especially during finals, can affect students' ability to learn, process information, and maintain their energy.

As finals approach, students may feel the need to cram and spend long nights studying. However, I urge you to take a minute to prioritize a good night's sleep before finals, as it can benefit you more than you may think. Incorporate small changes such as putting your phone down, limiting caffeine, maintaining a consistent sleep schedule and creating a bedtime basket. You can help put your mind at ease and prepare you for success.



IMAGE TAKEN from Pexels.com



"The Only Living Pickpocket in New York:" An old-school crime thriller

KATELYN SANDVICK
STAFF WRITER

Said by Harry Lehman, the phrase "No rest for the wicked" seems to be one of the predominant themes of "The Only Living Pickpocket in New York." Released on Oct. 28, the film tackles an interesting new reality in which pickpocket Harry, played by John Turturro, is suffering due to the shift in society to use cashless currency.

Opening to the LCD Soundsystem's "New York, I Love You, But You're Bringing Me Down," a Wall Street commuter is making his way to work when Harry strikes, lifting the man's wallet without a hint of suspicion. As the man continues through his workday, he finally notices his wallet is missing when he attempts to pay for what seems to be a client meal at a restaurant. The scene then cuts to Harry opening the wallet, and surprise, surprise, finding no cash, only credit cards.

After heading to a pawn shop run by a character named Ben, played by Steve Buscemi, he goes to pick up his wife Rosie from a daycare facility. Rosie, played by Karina Arroyave, is disabled, being wheelchair bound and nonverbal. Heading home with Rosie to their apartment, Harry's deep love for her is shown. The stairs in the apartment building are broken, so Harry has to carry her up flights of steps as well as her wheelchair, no easy feat. In their apartment, Harry has set up an at-home hospital for Rosie, with an IV pole, heart monitor, etc. Not only does Harry physically care for Rosie, but he also reads to her, plays music, and dances, hoping to give her mental solace as well. After staying with her for a little while, Harry heads back out, hoping to find a target and score some money.



IMAGE TAKEN from @sonyclassics Instagram.

Harry finds his mark in Dylan, played by Will Price, a young, stuck-up, arrogant kid driving a vintage muscle car. Successful in his quest, Harry has no idea what he's gotten himself into as Dylan is actually part of a crime family. Once Dylan realizes his wallet, bag, and a USB drive have been stolen, he tracks Harry down, forcing him to retrieve the USB. Harry has until 4:00 p.m. of that same day to get it back, threatening to harm Rosie if he is unsuccessful.

That serves as the main conflict of the film, and unlike Dylan's car, there are no flashy sideplots to take away from it. Instead, with the focus fully on Harry, the tension builds and builds throughout, allowing it to feel like a thriller, specifically a 1970s crime thriller. It has the grittiness and camera technique of an older film. From slow zoom-ins of characters to atmospheric shots of New York, the film makes you want to go back in time to the New York Harry and his Detective buddy, Allan Warren, played by Giancarlo Esposito, reminisce about.

With the film honed in on Harry, the spotlight is completely on Turturro, who delivers a standout performance. Audiences may be familiar with Turturro from a lot of different projects, with a decades-long career; however, he is able to break completely free of past characters. Turturro brings a sense of empathy to Harry, a character who steals for a living. His love for Rosie at the forefront of his decisions, asking audiences the question: how far would you go for the ones you love? His performance is sparking award buzz, particularly a potential Oscar nomination which Turturro has never received before.

Created by Noah Segen, "The Only Living Pickpocket in New York," was actually created due in part to the success of the murder mystery film, "Knives Out." The two have had a long career together, dating back to 2003. In an interview with The Hollywood Reporter, Segan described that when he initially wrote the film and showed it to Johnson, the latter responded, saying, "If things go well with this detective movie [Knives Out] we're making, I might start to produce movies, and this is the kind of movie I could produce." With the mega success that "Knives Out" was, as well as its subsequent two films, "Glass Onion," and "Wake Up Dead Man," Segen and Johnson began fully developing this film.

"The Only Living Pickpocket" has received rave reviews from critics and audiences alike, with a near-perfect score on Rotten Tomatoes. It's definitely a refreshing watch when compared to recent films laden with special effects, action, and fight sequences. Instead, the film is grounded in reality with flawed, authentic characters that feel so real, you might just bump into them on the streets of New York.

Hollywood legend's new biopic: "Jimmy"

LAYLA GREEN
STAFF WRITER

From stage to plane, Jimmy Stewart led an iconic and legendary life, all of which has been captured in the biopic titled "Jimmy," that follows the life of the golden age Hollywood actor, James "Jimmy" Maitland Stewart. The film focuses on Jimmy Stewart's, played by "Riverdale" star KJ Apa, WWII service as a bomber pilot for the U.S. Army Air Corps and U.S. Army Air Forces. It was released on Nov. 6, and has a runtime of about two hours.

The movie is in the style of a wrap-around, meaning it starts at the end and then goes to the beginning and visits the end again. The movie begins after WWII with another Hollywood golden age icon, director Frank Capra, telling Jimmy about his idea for a movie that he wants Jimmy to star in. The movie is "It's a Wonderful Life." This one is about a man named George Bailey who faces Post Traumatic Stress Disorder from his service in the war after he comes home, and it has a dark undertone as it follows George's descent into poor mental health.

Then the movie jumps back to a couple of years prior, to when Jimmy Stewart won his first Oscar for the movie "The Philadelphia Story." But soon after that win, Stewart was drafted for the war. With his fame he could have very easily avoided service and just made propaganda films for the allies instead, but Jimmy Stewart chose to serve his country and went into the U.S. Air Force. If you go into the movie not knowing anything about Jimmy Stewart then you certainly will learn so much about him, and if you go into the movie knowing at least a little about Jimmy Stewart then you will still definitely leave the movie learning so much more about him!

When thinking about Jimmy Stewart, many people may simply just recall his movie "Mr. Smith Goes to Washington," or other small details, but this film reveals the true vastness of his life and shows who the man Jimmy was behind the actor. Notably, the movie specifically focuses on his service during WWII; he trained in the United States and then went overseas and was stationed at a base in England. During his service, he went through a lot, and the movie does a great job of portraying Stewart as a changed man during and after his service compared to before his service.

Additionally, the movie shows the pain that Stewart went through during his service and after he returned home from the war. Seeing the movie, you begin to understand the man Jimmy Stewart was outside of his filmmaking, especially when it comes to showing his family and his hidden pain.

However, the opening of the film was a bit ambiguous as to who Jimmy Stewart is, which could possibly take away from the watching experience, especially if you are unaware as to who he is. Despite this, the film was still fascinating and gripping, and Apa's acting is worth a mention. He nailed Stewart's mental struggles and his voice acting was phenomenal. It was the type of portrayal, and film, to viscerally make you feel.

While not all of us are not going to be iconic Hollywood actors like Jimmy Stewart was, just like Stewart, we all have the power to be great people and do something good, whether that be serving our country, community, or something greater! This was a great informative and entertaining film that surely honored the legend it's based on. So clear your calendars and go see "Jimmy" in theatres.



IMAGE TAKEN from @thirdcoastreview Instagram.

Blue October celebrates 20 years of "Foiled" on tour

MELANY McCANN
ENTERTAINMENT EDITOR

On Thursday, Nov. 12, Blue October brought their "Foiled 20th Anniversary World Tour" to the Hackensack Meridian Health Theatre in Red Bank, New Jersey, and it was certainly worth celebrating. From an electrifying opener, a powerful connection with the crowd an incredible set, and good vibes all around, this was an unforgettable night.

The night began at 8 p.m. exactly, when the opener Danny Malone came on stage. Malone shared that he is a recovering addict and has used writing as an outlet. Once he was sober, he began to perform again. When a member of Blue October had gotten word that he was sober, they invited him to join them on tour as an opener.



PHOTO TAKEN by Melany McCann.

Before he began singing, Malone confessed in an encouraging statement that the only way he's able to be where he is today is because "one day I decided I have to stop running." This emotional speech by Malone was just the start of a touching set, as he shared both new and older songs, all of them encompassing what it means to be human–to love, to hurt, and to persevere. His set included "Animal," "Spiderlegs," and "Brick by Brick," along with various other original songs. During one of his songs, Blue October member Justin Furstenfeld joined in on stage and supplied his vocal talent.

Malone's set was about half an hour, and it was followed by a 30-minute intermission afterwards, as the stage was being prepped for the main act. The stage itself was mesmerizing. It had three large glacier-looking blocks that lit up, and the stage was dominated by intense lighting, ranging from hues of blue to red that filled the entire theatre and fit the essence of the song they were singing. For instance, while they sang "Into the Ocean," the venue was enveloped in a shade of deep blue. This intense lighting was combined with fog machines, all of which perfectly matched the raw and emotional nature of the music being sung.

On stage leading the show was the lead vocalist Justin Ferstenfeld, drummer Jeremy Furstenfeld, and violinist Ryan Delahoussaye. Because this was a tour celebrating the anniversary of their 2006 album "Foiled," they sang that entire album, including "Hate Me," "Congratulations," "You Make Me Smile," and "Into the Ocean."

Truthfully, what's more iconic than hearing their song "Into the Ocean" while on the Jersey Shore, the water just a walk away? Along with singing the entirety of the "Foiled" album, they had a second act and an encore, with some of their classic and most memorable hits, "Oh My My," "Fear," and "I Hope You're Happy."

The energy on stage from singer Justin Ferstenfeld was contagious and palpable among the crowd. There wasn't a single song that people sat out on–throughout the night, everyone was dancing, singing, and clinging to their loved ones as they screamed their favorite lyrics. What made this such a mesmerizing evening was the fact that it was an anniversary tour, meaning that the music being sung was the backdrop to so many people's childhood and formative years. It was a night of nostalgia and fun. Throughout the evening, Furstenfeld constantly interacted with the crowd in-between songs, urging us to sing-along or cracking jokes about the songs content.

The venue itself was incredibly intimate. This theatre has a seating capacity of just under 1,600 seats, with floor seats and a raised balcony. This made the room feel small and close, making it the perfect setting for the raw and personal tracks sung by both Malone and Blue October.

They kicked off this tour earlier this year, and their North American leg is still running, with dates for later this year and even in 2027. While Danny Malone will soon depart and the opener will change, this is still an electrifying and emotional performance worth seeing. So grab a friend and revisit your past with a night of nostalgia and emotion with Blue October. Dare I say, Justin Furstenfeld sounds even better live.

As they sang in their closing song, "I Hope You're Happy," after this incredible night, "I remember everything."

"A return to sweetness and decency:' Why "Roman Holiday" is still the perfect romcom

MOLLY ARCARA
STAFF WRITER

As a self-proclaimed Audrey Hepburn fan, I am a little ashamed to admit that only recently did I view "Roman Holiday," released in 1953, for the very first time. The film, directed by William Wyler, holds up incredibly well in the modern world's sea of fast paced, constantly changing romances, and fulfills today's void of a romance that is simple, well-paced, and a little whimsical. The film, though shot in black-and-white, is a very valuable classic, and it's surprising to learn the film was Hepburn's first leading role in an American blockbuster. When looking for a film that's not only an easy watch, but also a wonderful, joyful experience that any movie-lover can value, "Roman Holiday" is the perfect fit, even in today's age.

The movie, advertised in the 50s as a romantic comedy, truly is produced solely to put a smile on your face. As a viewer, you are immediately attached to Hepburn's Princess Ann, a young royal who longs to escape from her regal duties and spend a day in the real world. The movie is set in Italy, a truly quaint and charming place in the 50s, and the city of Rome is as essential as the characters themselves. Wyler does a great job of incorporating landmarks such as the Spanish Steps and the Mouth of Truth into the plot, using them as points of comedy for the two main characters, the princess and an American reporter, Joe Bradley.

The director also chose to shoot on location, avoiding Hollywood backlots that were characteristic of the time so that he could make the city feel more alive. In choosing to portray the real, open, and historic streets of Rome truly allow the princess to experience ordinary joys alongside her love interest Mr. Bradley, and it is exactly in that charming idea that both the story and setting come to life.

Audrey Hepburn won the Academy Award for Best Actress for this film. Young Hepburn takes this film into her hands. She's natural, witty, and disarmingly funny; her slightly whimsical demeanor playing well against the more stoic, mysterious Joe Bradley. Hepburn brings both regal elegance as well as girlish charm to the role. Wyler originally had Elizabeth Taylor in mind for this role, but when he saw Hepburn's screen test, he immediately knew he wanted her to be his Princess Ann, even though she was relatively unknown at the time and hadn't done any American films. Wyler's gamble was well rewarded—Hepburn not only earned the Oscar for this role, but also a Golden Globe and a BAFTA. Even in a film over 50 years old, Hepburn is still appealing, funny, and relatable to audiences.

Her co-star, Gregory Peck, is a perfect foil to this character, playing a sophisticated reporter, Joe Bradley, who slowly falls in love with the princess and her sense of wonder. Peck is charismatic, kind, and has a magnetic personality, bringing classic, vintage charm to the role that is still desirable, especially on the modern landscape of today's fast-paced romances. Their characters break each other's walls down, with the Princess finally learning what the outside world is all about, and Bradley coming to find joy in the things he took for granted while living in the city of Rome. He was a big name at the time of release, which makes his humility in the role all the more appealing. Peck's contract contained a clause that stated he would receive top star billing for his role, but as production went on, he requested Hepburn's name in lights next to his, predicting she'd win an Academy Award for her role—and right he was. The act was practically unheard of at the time, but Peck and Hepburn got along well on set.

"Roman Holiday" is a beautiful blend of story, setting, and acting, and William Wyler created a movie that holds up even some seventy-three years later. It's worth a viewing, and a perfect comfort movie fit for a cozy night in or a viewing with friends. From Hepburn's natural wit and simple beauty to Peck's handsome charm, this movie is a wonderful combination of classic counterparts. It truly takes you right into 1950s Rome, and in the words of Princess Ann, "I will cherish my visit there in memory as long as I live."



IMAGE TAKEN from @makeupincinema on Instagram.

Community solar forum explores ways to lower electric bills

REPORTING BY
CHRIS MARGOTTI
POLITICS EDITOR

SAMANTHA TATE
MANAGING EDITOR/ASSISTANT POLITICS EDITOR

A free statewide online forum offered to members of Monmouth University on Thursday, Nov. 12, explored how New Jersey municipalities can help lower-income residents reduce their electricity bills through community solar.

Held on Zoom, "Local Power, Lower Bills: How Municipal Community Solar Can Help New Jersey Communities Take Control of Rising Electricity Costs" brought together local government representatives, sustainability advocates and solar industry professionals. Third Act New Jersey and the New Jersey Sierra Club presented the forum, according to the event website.

Alejandro Meseguer, co-chair of Third Act New Jersey's Solar, Wind & Sustainability Committee, moderated the discussion, which focused on shared solar installations and municipal automatic enrollment. Through that enrollment model, participating municipalities identify eligible residents and arrange community solar subscriptions on their behalf, allowing households to receive savings without signing up individually.

According to Sustainable Jersey's program guide, selected residents receive mailed notices 90 days before their first bill credit and a reminder 30 days before. Residents are enrolled unless they opt out and can decline participation at any time by phone, in writing or online, without enrollment or exit fees. Community solar credits and subscription charges appear on their regular electric bills.

Tracey Woods, program manager at Sustainable Jersey, explained that community solar allows households to subscribe to a portion of a large solar installation and receive credits for the electricity it generates.

These installations can operate on commercial rooftops, landfills, brownfields and canopies over parking lots. Presentation slides highlighted a Solar Landscape warehouse rooftop project in North Brunswick and illustrated how a single installation can serve multiple electric accounts.

For renters, residents with shaded roofs and households unable to afford rooftop panels, community solar provides another way to benefit from renewable energy.

Professor Daneshgar, a Monmouth University plant ecologist who specializes in climate change impacts on coastal forests in New Jersey and The Bahamas, also emphasized the value of expanding solar installations. Although he noted that alternative energy is outside his area of expertise, he still supports making greater use of developed spaces to generate renewable electricity.

"I personally think all spaces should be considered for solar installations — roofs, landfills, parking garages, office buildings, retail spaces etc.," Daneshgar wrote.

He also identified roof repairs and replacement costs as potential barriers for homeowners considering solar panels. Community solar avoids the need for subscribers to install equipment on their own homes.

During the forum, Woods explained that a household's electricity usage helps determine its subscription size. Participants receive credits for their share of a project's generation and pay a subscription fee that is lower than the value of those credits.

"Your fee will always be lower than your benefit," Woods said.

According to Woods, this structure limits financial risk during periods of low electricity generation. If a project produces little or no electricity, subscribers would not owe more in subscription fees than they receive in credits.

Woods said New Jersey reserves 51% of community solar capacity for low- and moderate-income residents, making access for those households a central part of the program.

Reaching eligible residents, however, remains a challenge.

Jennifer Schneider, growth partnerships director at Solar Landscape, said households that do not qualify based on income voluntarily enroll at a much higher rate than income-qualified households. She described municipal automatic enrollment as a way to connect residents with savings they might otherwise miss.

Schneider highlighted how Solar Landscape develops, builds, owns and operates community solar projects on commercial rooftops. Before joining the company, she served as environmental director for Secaucus, which she identified as one of the first municipalities to host a community solar pilot project.

Municipalities do not need to own a suitable rooftop or build their own installation to participate, Schneider explained. Instead, they can request proposals from developers with approved projects and available capacity.

That process allows local officials to help eligible households access community solar without requiring residents to compare providers and arrange subscriptions independently.

Glenn Weinberg, executive vice president of market development at Joule Community Power, discussed community solar as part of broader efforts to improve energy affordability through collective purchasing strategies.

Weinberg said Joule serves more than 70 municipal clients across several states and has run municipal community solar campaigns since 2019. He said the organization launched an automatic enrollment community solar program in western New York in 2021, using a model similar to New Jersey's.

Highland Park Borough Councilman Matthew Hersh offered a local example of how municipal participation can address barriers to solar access.

According to Hersh, Highland Park adopted its community solar program in 2023 to make utility bills more affordable while advancing clean energy goals. About 65% of residents in the approximately one-square-mile Middlesex County municipality are renters.

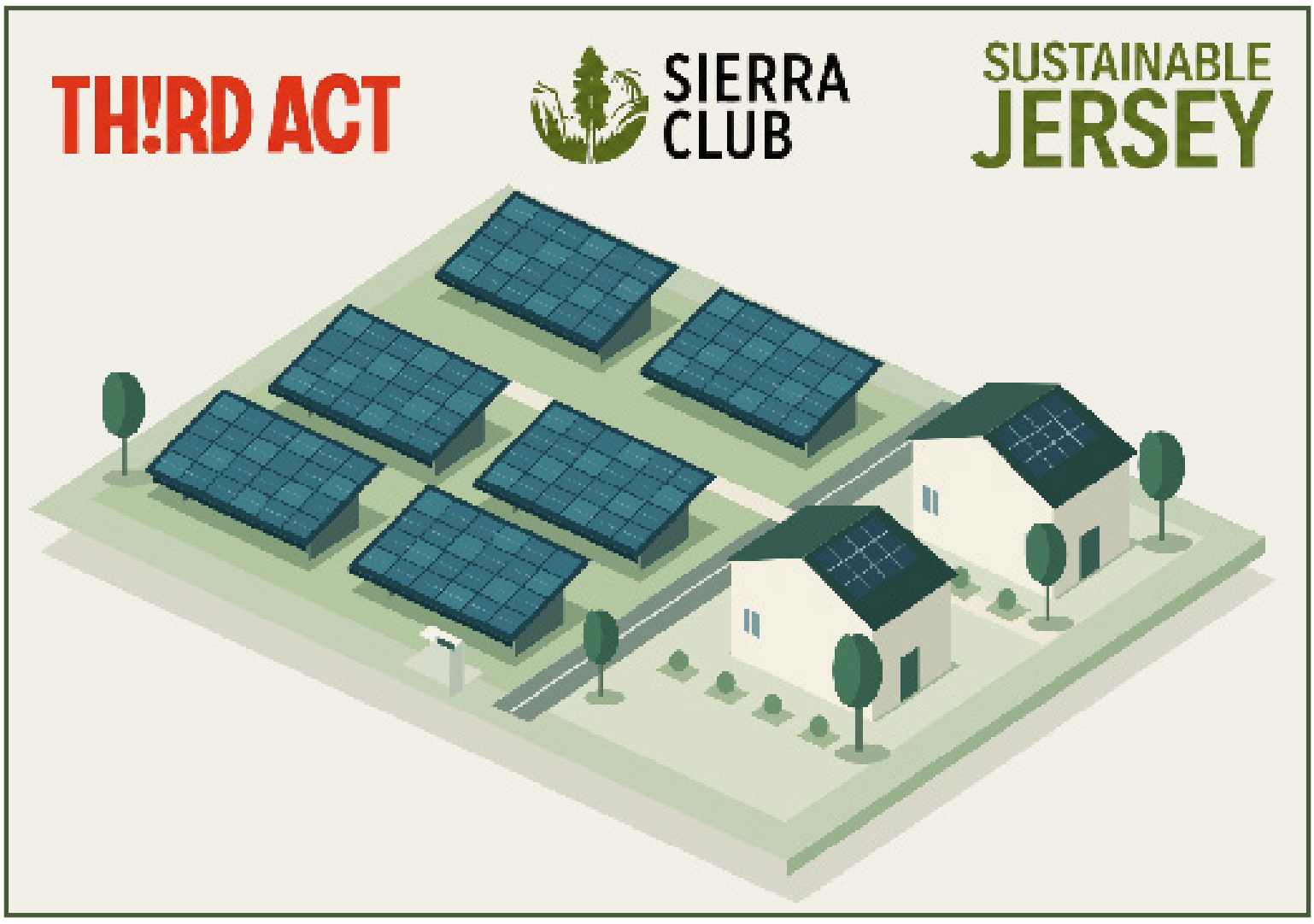
"One of the challenges with solar, particularly in densely built out towns like Highland Park, is accessibility," Hersh said.

Through its municipal program, Highland Park helps eligible residents participate without having to evaluate community solar subscriptions on their own. Hersh reiterated how this assistance is particularly important for residents living in rental properties and multifamily housing.

For the Monmouth University audience, the forum connected renewable energy policy with household expenses and local government decisions. Speakers emphasized how municipalities can extend solar savings to residents whose housing or financial circumstances have limited their access to rooftop panels.

Daneshgar's comments echoed the broader call to expand renewable energy throughout New Jersey.

"In a state with a dense population, we have a large demand for energy and we need to make this renewable in any way we can," he wrote.



GRAPHIC CREATED BY Samantha Tate

The Outlook

Hello, everyone! My name is Ava McGinty and I am so honored to be this year's Editor-In-Chief and News editor! I can't wait to work with each of you. I am so passionate about *The Outlook*, and I hope all of you will want to share that passion with me. Student journalism is incredibly important. As students, you have the right to know what is going on within your campus, and at *The Outlook*, we promise to promote honest and informative articles that educate students on what is going on around them here at Monmouth University. If anyone has any questions or story ideas for The Outlook, please feel free to reach out to me at any time! My email is s1356207@monmouth.edu. Happy reading!

Ava McGinty, Editor-in-Chief and News Editor '26/'27

Monmouth Finance Society

We host regular workshops, invite guest speakers, and organize trips to places like the New York Stock Exchange and the Federal Reserve Bank of New York. This semester, we expect to host around 12–14 speakers from companies such as Morgan Stanley, Apollo Management, JPMorgan, and Société Générale, among others.

Hawk TV

HawkTV is a great place to come if you have any interest in TV! We try to work in every idea and get our members diverse and hands on experience during every shoot. Whether you want to be on the reporting or technical side, or maybe even just want to explore the entertainment world, HawkTV is the place for you!

Natalee Mattei, HawkTV Station Manager

PRSSA

The Public Relations Student Society of America (PRSSA) & Shadow PR, Monmouth's student-run and nationally affiliated PR firm, PRSSA gives students the opportunity to gain real experience in the PR world through hands-on work with local clients and guest speaker events. All majors & grade levels are welcome!

PRSSA x Hawk TV is hosting a Hawk Holiday Extravaganza on Wednesday, Dec. 2 at 9 p.m.! Our vision for this event is to unite every corner of Monmouth's campus and bring them together for a big game of family feud for charity!

In order to get as many organizations involved as we can, our request is that you send us 1-2 people from the outlook that would like to participate in the event with their contact info. You are welcome to bring as many guests as you wish in addition to support your participants or just have fun in the audience!

We will randomize the teams and the wining team will be donating all the proceeds from the GoFundMe link to their charity of choice.

There will be fun plot twists and surprises throughout the night and it will be a great way to get into the holiday spirit!

Sage Fernandez, PRSSA President '26/'27

WMCX

Here at WMCX, there is so much space to grow and use your voice! With opportunities such as broadcasting Monmouth University's home basketball games, having weekly talk shows on a variety of topics surrounding sports, music, pop culture, or politics, or becoming part of the E-board, there's a place for you at WMCX!

If this sounds like something for you, come to one of our weekly meetings every Wednesday at 2:45 in Plangere 236. Our doors are always open if you want to come and visit us upstairs. And stay tuned for some exciting events happening later this semester!

LASO

The Latin American Student Organization works hard to a bring vibrant and energetic community to campus. Anyone is welcome to the events and meetings.

It really works to give campus a stronger understanding and connection to Latin culture. A home away from home.

Black Student Union

The Black Student Union is a safe space and a home away from home for our black and brown students here on campus. Everyone is always welcome and we are rooted in family and community.

We believe that the only way to cultivate community is to pour into the communities around us and create bonds and friendships that last. BSU is not just about having fun it's about building communities that last well after we're gone and creating a space where our students can finally feel like they fit.

Alpha Xi Delta

Throughout the remainder of the semester, Alpha Xi Delta has many tablings planned in collaboration with other organizations on campus. There will be something for everyone, so be sure to stop by, get involved, and show your support!

- Toy Drive Tabling with Tau Delta Phi on Nov. 23 inside the student center.
- Waffle Bar with Phi Sigma Sigma on Dec. 2 inside the student center.
- Hot Cocoa Bar with Sigma Pi on Dec. 14 inside the student center.

All tabelings are from 12 to 4, can't wait to see everyone there!

Melanie McGowan-Pollack, Philanthropy Vice President '26

MU Sports Industry Club

We are a club dedicated to connecting aspiring students with sports industry professionals through networking opportunities. Follow our Instagram @musportsindustry for more info!

We will be be hosting Speaker Series meetings on Zoom so be sure to follow our Instagram so you don't miss it! We will be hosting more club trip events throughout the year. If spots are limited, attendees are selected based on involement, so be sure to attend our meetings!

Ava McGinty, President '26/'27

MONMOUTH UNIVERSITY | The Princeton Review®

Princeton Review Undergraduate Student Survey

Please use the QR Code below:

SERVING UP SWEETS & GRATITUDE

Location: Reichnitz Hall (RH) room 107

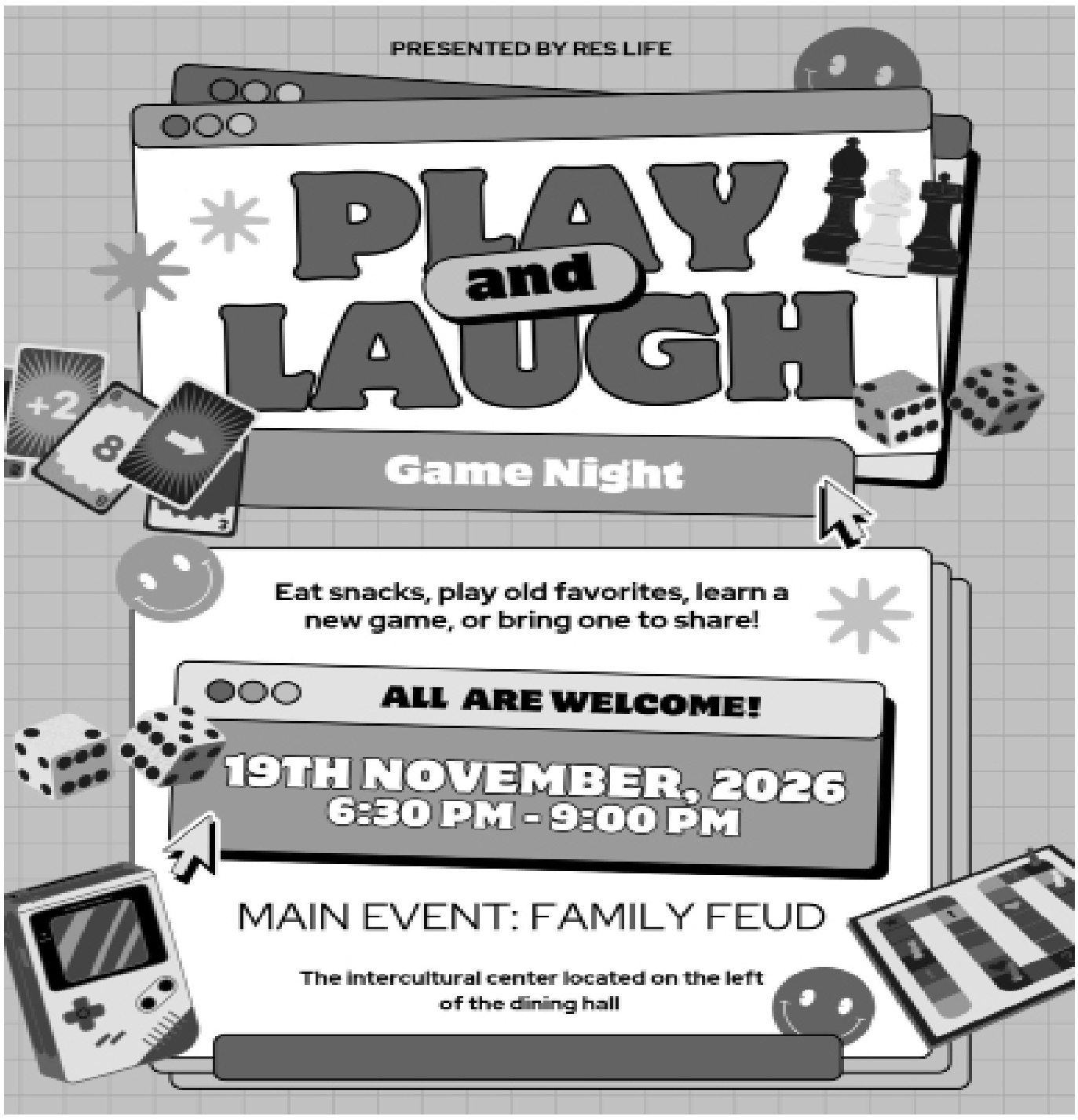
Date: Wednesday, November 18th

Time: 2:45pm-4:30pm

Description: Decorate and put together Thanksgiving-themed treats and gratitude cards to hand out to those you are grateful for! All materials will be provided!






PRESENTED BY RES LIFE
PLAY and LAUGH
Game Night
Eat snacks, play old favorites, learn a new game, or bring one to share!
ALL ARE WELCOME!
19TH NOVEMBER, 2026
6:30 PM - 9:00 PM
MAIN EVENT: FAMILY FEUD
The intercultural center located on the left of the dining hall


ΛΘΑ
LAMBDA THETA ALPHA
Latin Sorority, Incorporated
Tau Chapter
Lovely
Tie Blankets
Join us for a cozy community service initiative!
TUESDAY, NOVEMBER 19TH 2026
INTERCULTURAL CENTER
8-9:30PM

Football clinches CAA title despite upset loss

FRANK HOARLE
SPORTS EDITOR



PHOTO COURTESY of Katelyn Sandvik.
Monmouth Football will play their first postseason game *since the spring of 2021 thanks to clinching the CAA title on Saturday. Their opponent in the first round will be revealed this Sunday.*

The Monmouth football team experienced a whirlwind of emotions on Saturday, as they went from a low point to a high point within a few hours.

Heading into Saturday's slate of games, Monmouth was firmly in the playoff mix and likely would have secured a bid into the FCS playoffs with a win against a struggling Merrimack team.

However, things did not go as planned for the Hawks as they were upset on their home field. It's the second straight year the Hawks have suffered a late season upset loss at home. Last season's loss in the season finale to 1-10 UAlbany knocked Monmouth out of the FCS playoffs entirely. That won't be the case this year. Despite losing, Monmouth clinched the CAA title due to results elsewhere and secured an automatic bid into the FCS playoffs. It will be their first appearance in the postseason since the 2020 season that was moved to the spring of 2021 as a result of the COVID-19 Pandemic.

The Saturday game was a struggle for the Hawks. The offense couldn't get going early, and Merrimack pounced and took a 6-0 lead late in the first quarter. Merrimack has had kicking issues all season, so they went for two and failed to convert.

Monmouth took a 7-6 lead with 14:11 remaining in the first half as quarterback Frankie Weaver found wide receiver Tra Neal open in the endzone for a 19-yard touchdown. Neal had a massive day for the Hawks despite the loss, catching 10 passes for 139 yards and two touchdowns.

The Hawks extended their lead to 14-6 when Elijah Jennings ran a route out of the backfield and got open for a 23-yard touchdown pass. Merrimack responded one play into their next drive, as top receiver Austin Palmer made a Hawk defender miss following a catch and broke loose for a 75-yard touchdown. The Warriors again went for two, but failed to convert keeping the score at 14-12. Monmouth took a two-score lead heading into halftime after Neal scored his second touchdown of the game with 33 seconds remaining.

Merrimack took possession to open the second half and went 80 yards down the field to cut the lead back down to 21-19, then after four punts in a row, Monmouth took a 28-19 lead early in the fourth quarter after Gavin Nelson caught a 32-yard touchdown pass.

The teams again exchanged punts, but then Merrimack and Palmer once again converted on a one-play touchdown. This one was from 61 yards and gave the Warriors life with eight minutes to go in the game.

The Hawks went on a slow, methodical drive to try to kill as much time off the clock as possible to end the game, but a costly interception on third down with less than two minutes to go in the game gave Merrimack the ball back with a chance to win.

The Warriors took the ball down the field and got just outside the Monmouth red zone when they were faced with a fourth down. Despite kicking issues all year, they put faith in kicker Mike Ryan and he delivered Merrimack's longest field goal of the season, a 39-yarder, to put the Warriors up 29-28 with 15 seconds to go. A Merrimack sack with Monmouth looking for a miracle ended the game for good.

Despite the loss, Weaver passed for 361 yards and four touchdowns, both season highs for him. It was the run game that struggled on Saturday, as the typically strong combo of Jennings and Kenny Smith Jr. was held to just 93 yards combined. On defense, Jaedan Jones led the team in tackles with eight. Charlie Sasso had six tackles and also forced a fumble on a drive where Merrimack nearly scored early in the second quarter. Jones, Jake Davis, and Mounir Keshen all had sacks in the game.

Since the game against Merrimack was a non-conference game, the defeat did not affect the Hawks' positioning in the CAA standings. Their scenario to clinch the conference title on Saturday depended on the result of the Campbell-Elon game. If Campbell lost, Monmouth would clinch the outright title and the automatic bid to the playoffs. If Campbell won, the Hawks matchup against the Camels next week would determine who got the automatic bid to the playoffs.

Campbell ended up also suffering an upset on Saturday, losing to Elon 28-24 and taking their second conference loss, clinching the outright CAA title for Monmouth.

With the conference title secured, Monmouth has a little less pressure on them in their game against the Camels on Saturday. There are still seeding implications in the game, and a Monmouth victory could seed them in the top 16 and thus give them a home playoff game. As for Campbell, they are very much still in the mix for an at-large bid at 8-3, and they may be playing for their playoff lives. The Hawks are also now 8-3 on the season, and will look to cap an undefeated run in conference with a win this Saturday before shifting their focus to the playoffs.

Women's Basketball hoops their way to history

MATTHEW SEFJACK
CONTRIBUTING WRITER

Monmouth women's basketball made history on Friday, Nov. 13, after defeating the Bryant & Stratton-Albany Bobcats 125-31 at the Hackensack Meridian Athletic Center. The Hawks put together a record-breaking performance, setting new program highs for points scored in a single game, margin of victory, field goals made, and steals, all in front of the Hawk crowd.

Coming off a heartbreaking 64-62 road loss to Rutgers just two days earlier, Monmouth came out looking to get back in the win column. The Hawks did exactly that, improving to 3-1 on the season while remaining undefeated in front of the Hawk faithful.

Monmouth wasted no time getting things going offensively, opening the game on a 20-0 run before Bryant & Stratton finally got one to drop with 3:23 remaining in the first quarter. The Hawks continued to dominate on both ends of the floor, holding the Bobcats to just two points in the entire opening quarter, and went into the second with a commanding 28-2 lead.

The Hawks kept draining their shots in the second quarter, scoring another 27 points while continuing to give Bryant & Stratton problems defensively. Monmouth entered halftime leading 55-19. With a whole half remaining, they'd already put together one of its strongest offensive displays of the season.

Coming out of halftime, Monmouth showed no signs of slowing down. The Hawks scored 35 points in the third quarter alone, while holding the Bobcats to just 10. By the end of the quarter, Monmouth had built a 90-29 lead, putting the program's single-game scoring record within the Hawks' reach.

Then came some Hawk history in the fourth quarter. With just over four minutes into the period, Monmouth broke its previous single-game scoring record, with Kellyn Preira knocking down a putback layup to give the Hawks 108 points.

Monmouth continued to pile on the points, scoring another 35 in the final quarter while holding Bryant & Stratton to just two points. The Hawks finished with 125 points, securing the largest victory in program history with a 94-point margin.

Kailah Correa led the way offensively for Monmouth, finishing with a career-high 24 points on 11-of-20 shooting and eight assists. Vanessa McManus and Sanai Tyler were not far behind, each putting up 23 points in the historic win.



PHOTO COURTESY of Abbey Ford.
***Kaliah Correa** scored a career high 24 points in Monmouth's 125-31 win over Bryant & Stratton-Albany on Friday, Nov. 13.*

Tyler was especially impressive off the bench, shooting 11-of-13 from the field while pulling down 11 rebounds to secure a double-double. Tessa Carman also had a big night, finishing with 15 points and 14 rebounds for her first collegiate double-double.

Claudia Xaudaro made her presence felt on both ends of the floor, finishing with 17 points and 8 assists, and was all over the court with an impressive 9 steals. She was a headache for the Bobcats all night, and her defensive performance helped Monmouth create scoring opportunities.

The Hawks dominated nearly every statistical category, shooting 57.6% from the field while holding Bryant & Stratton to just 13.5%. Monmouth also won the battle on the glass 59-30, absolutely dominating the inside, and scored 82 points in the paint compared to just six for the Bobcats.

Perhaps the most impressive part of Monmouth's performance was its ability to turn defense into offense. The Hawks forced 29 turnovers and capitalized, scoring 44 points off those mistakes. Monmouth also finished with 55 fast-break points and 68 points from its bench, which further shows what a complete team performance it was.

For Bryant & Stratton, Ty'Zanae Reed led the way with 10 points, while Mei Lin Calliste was right behind and added 8 points. The Bobcats struggled to find any offensive rhythm whatsoever, making just seven field goals in the entirety of the game.

The victory marked Monmouth's third straight home win to open the season, something the program had accomplished only twice before. The Hawks also set a new school record with 53 made field goals and 21 steals, adding to an already historic night.

With the win, Monmouth bounced back from its first loss of the season in a big way and showed just how high its offense can soar when everything is clicking.

The Hawks hosted Marist on Tuesday in a game too late to be covered in this edition of The Outlook. They will play MD-Eastern Shore on Saturday.

Men's Basketball earns first win of season over Quinnipiac

FRANK HOARLE
SPORTS EDITOR

The Monmouth men's basketball team got their first win of the season on Thursday, taking down Quinnipiac thanks to a second half surge.

The Hawks opened the season with losses against nationally ranked St. John's and Rhode Island, two of the stronger teams in the country. The Quinnipiac game was tightly contested throughout, as no team led by more than nine points at any point in the game.

The Bobcats controlled the pace of play for most of the first half, as they led from the 15:20 mark of the first half to the 19:20 mark of the second half. After taking a 37-30 lead late in the first half, Monmouth got the score down to 37-36 at halftime thanks to three-point baskets from Jack Collins and Ashton Walker.

Monmouth took its first lead since early in the first quarter thanks to a hook shot from Stefanos Spartalis, and they eventually extended the lead to 42-37. From the 1:23 mark of the first half to the 17:39 mark of the second half, the Hawks went on a 12-0 run.

Monmouth did not give the lead back at all for the rest of the game after taking it. The Bobcats did tie the game back up at 46, but a 9-0 by the Hawks following that re-extended Monmouth's lead.

The closest Quinnipiac got after that was within two points with three minutes to go in the game, but a three-point basket by Torrey Brooks Jr. put the Bobcats away for good, and Monmouth escaped with a 74-70 victory.

Spartalis had one of the best games of his Hawk career in the win, scoring 20 points and making eight field goals. He also had 14 rebounds, eight more than anyone else on the team. Walker scored 14 points for the Hawks, and Torrey Jr. was the other Hawk in double digits with 13 points off the bench.

The win was the first ever for the Hawks against Quinnipiac, as the Bobcats took the matchup between the two teams in Monmouth last year.

The Hawks played old friend Justin Ray and Wake Forest on Tuesday in a game too late to be covered in this edition of The Outlook. The Hawks will travel on the road to play Princeton on Friday, and they will head back down to North Carolina to take on UNC in Chapel Hill on Monday night.



PHOTO COURTESY of Megan O'Brien.
***Stefanos Spartalis** had 20 points and 14 rebounds in Monmouth's 74-70 win over Quinnipiac on Thursday, Nov. 12.*

THE OUTLOOK
SPORTS
MONMOUTH UNIVERSITY

FOOTBALL SECURES SPOT IN FCS PLAYOFFS FOR FIRST TIME SINCE 2021



Despite losing on Saturday, Monmouth football clinched a spot in the FCS playoffs and an outright CAA conference title thanks to results elsewhere.

SEE STORY ON PAGE 14

PHOTOS COURTESY of Monica D'Ippolito.