

Monmouth

THE MAGAZINE OF MONMOUTH UNIVERSITY » FALL 2019

PATRICK F. LEAHY

Monmouth's new president
takes the reins and our questions.

PAGE 20

SMOKE SIGNALS

What parents need to
know about teen vaping.

PAGE 04

SCIENCE OF SUPERHEROES

A biological breakdown of
Marvel and DC characters.

PAGE 08

SERIOUSLY SPOOKY

Alumna studies history through
the lens of the paranormal.

PAGE 28



“Together, we have the power to make an impact.”

—Pooja Shah '19, new alumna
and future physician assistant

A few short months ago, I joined over 400 members of the Class of 2019 who made a commitment to supporting Monmouth by donating to our class giving campaign.

When I was a student, it took many people to help me soar, including my family, faculty, peers, and especially, the generous donors who made my Monmouth experience possible through student scholarships.

Thanks to the philanthropic support from alumni and friends, I graduated in May with a degree in biology and am currently studying to become a physician assistant. My student experience proves that every gift, no matter the size, enhances the value of a Monmouth degree.

Together, we have the power to make an impact. Won't you join me and make your gift today?

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CONTENTS

Features | Fall 2019

BACKSTORY »

Gavin Kane and his dad, Christian, share a tender moment during one of Gavin's physical therapy sessions.

Story, page 40.

20

PRESCIENT PRESIDENT

New President Patrick F. Leahy takes our questions.

28

SCARY BUT TRUE

Kathy Kelly examines the past through the lens of the paranormal.

34

CUBA: A TROPICAL SYMPHONY

Sixty years after the revolution, Cuban voices tell their stories.

40

A FAIR FIELD AND NO FAVOR

Christian Kane turned a family tragedy into a greater good.

CONTENTS

Departments | Fall 2019



The Front

●○○○ **CURRENTS** » RESEARCH & REFLECTION

04

NEED TO KNOW

Addiction expert Douglas S. Collier discusses the dangers of teen vaping.

07

EXPLAIN THIS

How to recover from five common injuries.

08

CONCEPTS

A biological breakdown of your favorite comic book characters.

○○○○ **TIDES** » CULTURE & COMMUNITY

10

MEET MEHDI HUSAINI

From the SGA offices to the bio labs, the senior is making his mark on campus.

12

HOW MONMOUTH WAS MADE

How exotic birds led to a chapel in Wilson Hall.

14

A DAY AT THE BEACH

Sailing still waters and the halcyon days of summer.

○○○○ **PLAY** » SPORTS & FITNESS

16

THE FIELD GENERAL

Kenji Bahar is perfecting his management skills in the classroom and on the gridiron.

18

HEAD IN THE GAME

Senior co-captain Anna Lazur talks soccer and more.

19

ALL THE BEST

The top five achievements from coach Joe Compagni's storied career.

The Back

○○○○ **CLASS NOTES** » ALUMNI LIFE

44

THE CHANGEMAKER

Gillian Shaw's app takes pre-natal care into the digital age.

56

THE RECOMMENDER

Bary Sherman explains how anyone can seize the day.

The Rest

Letters, 03.

Campus Briefs, 13.

Alumni Roundup, 46.

In Memoriam, 55.

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On the Cover

Monmouth's new president, Patrick F. Leahy, photographed for the magazine by Matt Furman.

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RE: SUMMER 2019

I loved the issue, especially the “Day at the Beach” photo of Belmar Beach. This was my beach and always will be. My family and I lived on E Street for 14 years—actually on the hallowed grounds of Bruce Springsteen. Our house was a subdivision of David Sancious’ family’s property, which also held the garage where the band practiced. I once met Clarence, who told me, “Your house was blessed.” My husband, Jerry, and I are retired schoolteachers. Five years ago, we moved to New Orleans; Jerry is a jazz trumpet player, and this is where he belongs. But what great memories that photo brought back.

Susan (Shincarick) Pashin '70

I was a student when Dr. King spoke at Monmouth (“Exhibit honors MLK’s visit to Monmouth”). At the time, I was surprised he would speak at a small liberal arts college, but it’s a day I never will forget. I’ve told my daughter and grandson about his speech. Thank you, Monmouth, for making that happen.

Leslie (Stern) Castellucci '68

SAGE ADVICE

Editor’s note: Readers responded in droves to our question about the advice they would share with their college self. Read more replies at monmouth.edu/magazine.

I have six words of advice that are carved in stone—literally. If you follow the path behind Wilson Hall, you’ll come across a brick with my name on it that reads, “Pay Attention. Someday You’ll Be Tested.” Taken at face value, the message simply means listen in class and pass your exams. The broader intent extends much further. Pay attention to everything you encounter. Keep your eyes and ears open at all times. Get outside yourself. See the bigger picture. You’ll be surprised how much you can absorb in a single day. Inevitably, life is going to challenge you in ways you never expected and for which there is never enough preparation. That’s when you’ll need to draw upon not just your education and experience, but all the emotional strength, fortitude, integrity, moral fiber, and stamina you can muster.

Arnold Simon '72

Don’t resist change. As the cliché goes: The things that scare and challenge you the most are the things you’ll grow from the most.

Lauren Niesz '17, '19M

If you’re not from Monmouth County, give the locals all the waves they want. Then watch and learn.

Ryan Gallagher '17

Don’t take one minute for granted.

—@runninggirlkait via Instagram

CORRECTIONS

We mistakenly listed Sharon (Pitt) Campagnola '79 as deceased in our Summer 2019 issue. In July, Campagnola wrote us to say that she is alive and well. We sincerely regret the error.



LET'S CONNECT

For more content and photos, follow us on Twitter and Instagram:

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TELL US WHAT YOU THINK

Email us at magazine@monmouth.edu, or write us at *Monmouth magazine*, Monmouth University, Alumni House, 400 Cedar Ave., West Long Branch, NJ 07764. Submissions for the Letters page are subject to editing for clarity and length and must include the writer’s name, address, and phone number for confirmation.

NEED TO KNOW » Topics & trends

BEHIND THE SMOKE SCREEN

TEEN VAPING IS ON THE RISE. HERE'S WHAT EVERY PARENT NEEDS TO KNOW.

INTERVIEW BY LESLIE GARISTO PFAFF

Introduced to the U.S. market in 2007, electronic cigarettes were designed to help smokers kick the habit by gradually reducing their intake of nicotine. But a few years ago, addiction experts like Douglas S. Collier '99M began to notice an alarming trend. While the number of middle and high schoolers smoking traditional cigarettes continued to plunge, the percentage of teens smoking e-cigarettes (or “vaping”) was increasing rapidly, and there was evidence that the new cigarettes weren't as benign as many believed.

Collier, who worked as a special agent and, later, as a drug demand reduction coordinator and public information officer for the U.S. Drug Enforcement Administration, is an adjunct professor and director of professional outreach and engagement in Monmouth's Department of Criminal Justice. To help stem the tide of teen vaping, he's spent the past three years educating parents and adolescents about its potential dangers in a program he calls “The Smoke Screen.”

How prevalent is vaping among teenagers?

In my field, we use an educational tool called Monitoring the Future, an ongoing study of adolescent behavior, including drug use. The jump in vaping it recorded from 2017 to 2018 was the single biggest annual increase in the use of any drug by teens since 1975, when the study began.¹ I can tell you anecdotally that when I talk to kids in high school and middle school and ask them to raise their hands if they or some-

1. According to *Monitoring the Future*, between 2017 and 2018, vaping increased by 17.6% among eighth graders, 32.3% among tenth graders, and 37.3% among twelfth graders.

2. In a 2018 study, researchers at the Centers for Disease Control and Prevention concluded that Juul was largely responsible for the steep rise in teen vaping, stating, “Juul's high nicotine concentration, discreet shape, and flavors could be particularly appealing to, and problematic for, youths.”

3. Most so-called “vapes” consist of a mouthpiece, a container for the e-liquid (usually comprising, among other things, flavors; synthetic substances like propylene glycol, or the oil derivative known as vegetable glycerin and diacetyl; plus nicotine), and a battery-powered heating element that turns the liquid into inhalable vapor. “Open-container” vapes must be filled manually with e-liquid; “closed-container” vapes, like Juul, are sold with prefilled (and closed) pods.

4. As of August 2019, nine states, including New Jersey, have passed laws restricting the sale of e-cigarettes to those 21 and older.

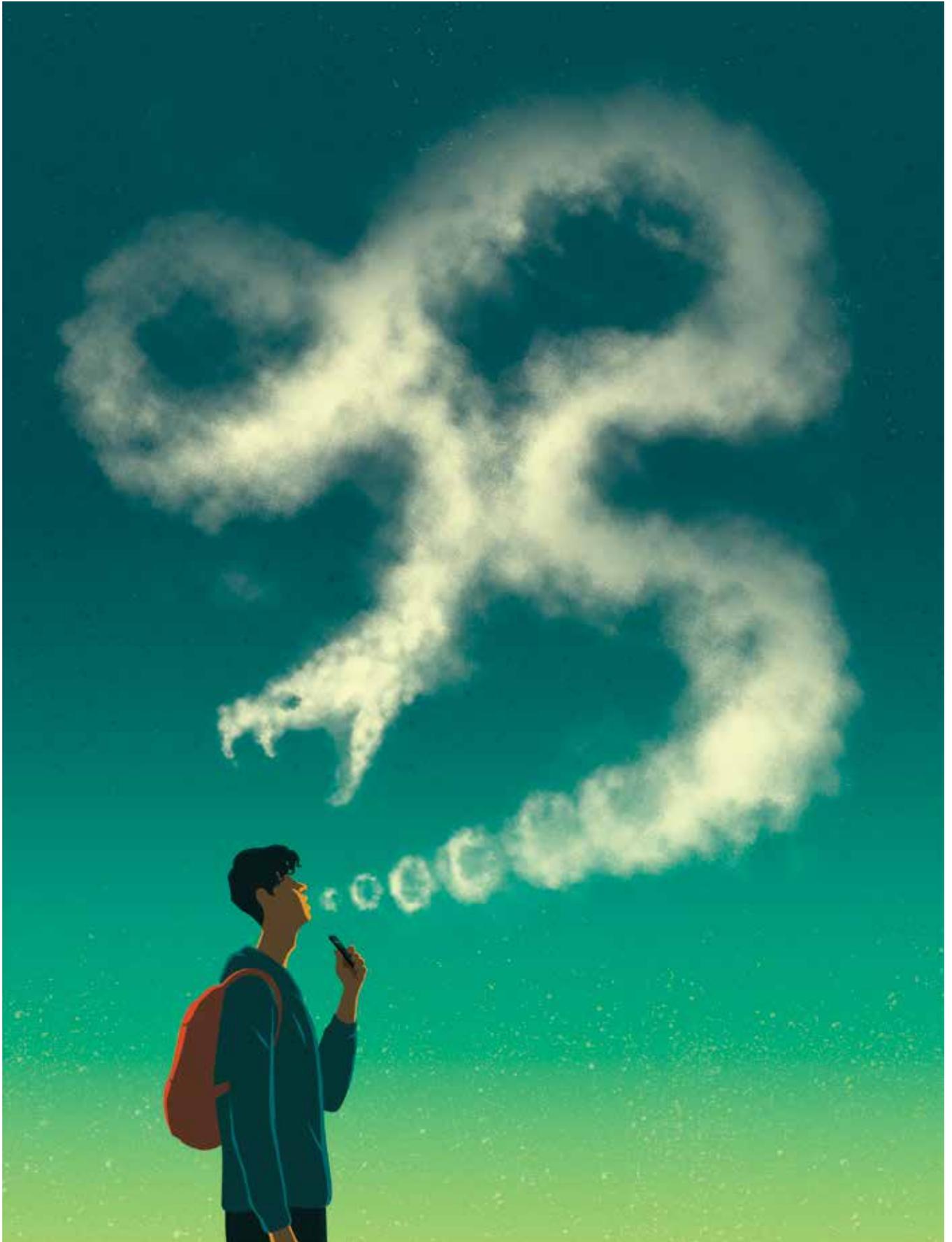
one very close to them has ever vaped, 98% of the hands go up.

Is it accurate to say that e-cigarettes today are marketed mainly to young people?

Absolutely. Flavors like mango, orange, and bubblegum are deliberately aimed at teens, and vaping is promoted as “cool.”² It's also being sold as safer than cigarettes.

What are some of the common misconceptions people have about vaping?

I call my program “The Smoke Screen” because those e-devices³ produce a lot of smoke, metaphorically. A couple of years ago, when we saw the uptick in use, vaping was completely unregulated with regard to adolescents. There was no age requirement because, back then, the Food and Drug Administration (FDA) didn't consider the e-cigarette a smoking product.⁴ And even though the FDA recently required vaping products to



carry a black box warning stating that they contain nicotine and that they're addictive, most adolescents remain uneducated about vaping.

The most common myths among kids and many of their parents are that vaping is harmless—it's not, especially to young people, whose brains and bodies are still growing—and that e-cigarettes don't contain nicotine—most of them do. A lot of parents buy e-cigarettes for their kids, and when I ask them why, they say, "At least it's better than smoking, right?" What they don't understand is that vaping *is* smoking.

What specific dangers does vaping pose to adolescents?

As I said, most e-cigarettes contain nicotine. In fact, the vaping system marketed as Juul comes with a pod that contains the same amount of nicotine as a pack of cigarettes, and some of these kids are smoking three to five pods a day. Even when adolescents know that e-cigarettes contain nicotine, they don't always understand that it can be toxic. A lot of vapes, for instance, come with gauges that allow you to regulate the amount of nicotine they deliver, starting at a higher number and going down to a lower number. Often, kids will say, "Give me the higher number—I can deal with it." Nicotine, of course, is addictive, but too much of it can also cause headaches, nausea, increased blood pressure, and tachycardia, a rapid heartbeat.

It's not just nicotine: E-cigarettes contain unregulated flavors and other substances—usually either propylene glycol or vegetable glycerin, which help disperse the vapor—and diacetyl, a chemical flavor enhancer, all of which may affect the lungs.⁵ Another danger is that so-called "open-container" vapes can be customized with the addition of contraband like butane hash oil, flakka, and MDMA, all of which we're now seeing.

5. Propylene glycol (PG) is a synthetic liquid used in cosmetics, medicines, and food products and in the manufacture of polyesters and deicers. The FDA has classified it as "generally recognized as safe" when ingested, but there is no FDA judgment as to its safety when inhaled. There are indications that inhalation of PG may contribute to "wet lung," a serious inflammation that causes scarring and symptoms similar to those of chronic obstructive pulmonary disease. Animal studies have found that inhalation of diacetyl can damage the airways, and the CDC notes that airborne diacetyl likely contributed to lung disease in workers at a microwave popcorn manufacturing facility (hence the name "popcorn lung").

6. None of these signs guarantees that a child is vaping, says Collier. Parents should be aware of their child's baseline behavior and watch out for deviations.

For parents who are concerned that their kids may be vaping, are there any signs they should be aware of?

There are many signs. One is scent: Because kids tend to use the flavored vapes, they may smell like mango, orange, cherry, or bubblegum. Another involves the devices themselves: They often look like pens or USB drives—you actually charge the Juul in your computer, so keep in mind that a pen isn't always a pen. Then there's excessive thirst. Propylene glycol is hygroscopic, which means it attracts moisture; it dries out the mouth and the nasal passages. If young people suddenly complain of dry mouth or start sipping water constantly, or if they suffer from nosebleeds, they could be vaping. Another sign is reduced consumption of caffeine. Teens who normally drink coffee or energy drinks like Red Bull may cut back on them because caffeine can intensify the headaches and nausea caused by nicotine. Look out, too, for unrecognized charges on your Amazon or other internet account. A lot of vapes and the e-liquids that go into them are sold over the internet, but the charges don't always identify the products ordered.⁶

What should parents do if they know or suspect that their child is vaping?

It's important to have an open conversation about the perception of vaping versus the reality. The perception among teens is that it's not a big deal—they may tell you that lots of their friends are doing it and a few are even getting it from their parents. So the job of a parent is to discuss the perception and then the reality: that there's nicotine in e-cigarettes, that nicotine carries health risks and is addictive, and that there are other substances in e-cigarettes that can be toxic. The idea is to arm teens with accurate information so that they can make an informed decision.

“
A LOT OF PARENTS BUY E-CIGARETTES FOR THEIR KIDS, AND WHEN I ASK THEM WHY, THEY SAY, 'AT LEAST IT'S BETTER THAN SMOKING, RIGHT?' WHAT THEY DON'T UNDERSTAND IS THAT VAPING IS SMOKING.
 ”

Is there a role for schools in this?

Unfortunately, the schools are being reactive right now because vaping wasn't on their radar screen—it came on so quickly, especially in middle schools. I'm doing a lot of outreach with the schools, including parent presentations and student presentations. The role of schools should be to facilitate this kind of education, so kids understand the risks of vaping. When I'm done talking to these kids, I put up a slide that asks "E-cigarettes: Safe?" The majority get it. They tell me: "I didn't know." **M**

EXPLAIN THIS »

Answering your burning questions

Q: HOW CAN I RECOVER FROM COMMON INJURIES?

BY MELISSA KVIDAHL REILLY

You don't need to be an athlete to suffer from one of these common sports injuries, says Christina Merckx, Ph.D., director of Monmouth's M.S. in Athletic Training program. Anyone who goes to the gym, plays with their children, or works at a physical job is susceptible. We asked Merckx how anyone can quickly and safely get back on their feet.



LIGAMENT SPRAINS

Pain at the joint is sign of a sprain. "Sprains happen when two bones are forcefully separated and the connective tissues holding the joint together tear," says Merckx. "Twisting the ankle, falling, or overstretching at a joint can all lead to sprains."

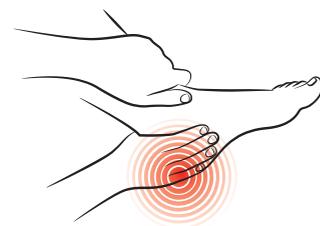
How to recover: Ice in the first 48 hours, and get some easy movement in.*

*Caution! See a doctor if you lose feeling or function in the joints below the sprain or strain, lose blood flow (if a body part gets tingly or very pale), or have excessive swelling.

MUSCLE STRAINS

Caused by overstretching a muscle, strains feel like a pulling sensation or warm burn, sometimes discoloring to a bruise. Common in people who don't warm up enough (think hopping off the bench at a weekend softball game without stretching).

How to recover: Ice in the first 48 hours, and stretch with slow, purposeful movement.*



PLANTAR FASCIITIS

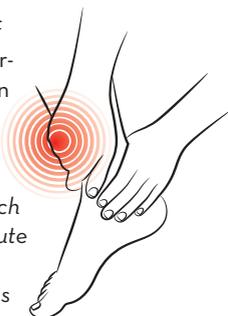
Pain in the heel after sitting or first thing in the morning is the hallmark of plantar fasciitis, caused by inflexibility in the arch of the foot.

How to recover: Fill a bottle of water, freeze it, and roll under the feet for 10 to 15 minutes. Keep the injury at bay with stretching, like rolling a golf ball under the foot each day.

SHIN SPLINTS

Characterized by pain in the front part of the shin, shin splints are caused by muscle overuse, inflexibility, and lack of muscular endurance. "If you're not wearing proper shoes, or if you're running on hard or slanted surfaces, you may get them," says Merckx.

How to recover: Ice after running. Stretch the calves and warm up with a five-minute walk before jogging. See a doctor if the pain becomes localized or there is a loss of feeling or function.



TENNIS ELBOW

Pain on the outside of the elbow and weakness when rotating the hand are signs of tennis elbow. "Holding objects steady, and moving from side to side, causes this," says Merckx. "It gets its name from tennis, but it's also common in industrial settings where you're moving a lever, for example."

How to recover: Take a hot shower and massage the area, but end the day with ice. See a doctor if it doesn't resolve in two weeks, or if there's numbness or discoloration in the fingers.



THE 10-SECOND BONUS QUESTION

ICE OR HEAT?

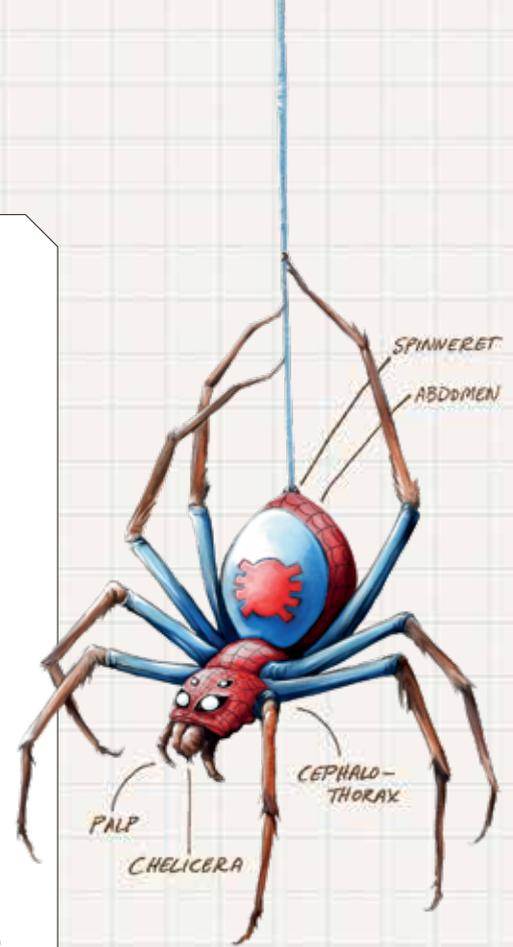
In the first 48 hours, it's all about ice, which reduces swelling and pain, says Merckx. Keep it on for 20 minutes, and then wait an hour before icing again. After two days, heat can be helpful for minimizing soreness.

THE SCIENCE OF SUPERHEROES

A BIOLOGICAL BREAKDOWN OF YOUR FAVORITE COMIC BOOK CHARACTERS.

BY BREANNE MCCARTHY

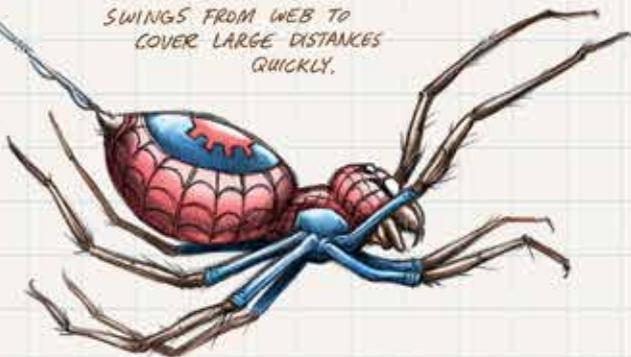
Do wolverines have supernatural healing abilities? Can poison ivy really kill you? These are the types of questions that Associate Professor Pedram Daneshgar and Kelly Zimmerman '09 answer in their panel talk, "Wolverines Don't Howl: What Comics Get Wrong (And Right) about Animal and Plant Abilities." Since bonding over their shared interests in the natural world and comics, the ecologists have become a popular attraction at comic conventions, where they discuss what is biologically accurate and inaccurate about some of the world's most beloved superheroes (and villains). Here, they share the science behind five plant- and animal-inspired characters.



DO NOT
STEP ON!

SPIDER-MAN

SWINGS FROM WEB TO COVER LARGE DISTANCES QUICKLY.



INACCURATE:

SPIDERS DON'T SHOOT WEBBING OUT OF THEIR HANDS OR WRISTS. IT ACTUALLY COMES OUT OF THEIR, err, BUTTS.

ACCURATE:

LIKE SPIDEY, REAL SPIDERS SHOOT DIFFERENT TYPES OF WEBS — SEVEN TO BE EXACT — THAT ARE USED FOR SUCH TASKS AS CATCHING PREY AND TRAVELING FROM PLACE TO PLACE.



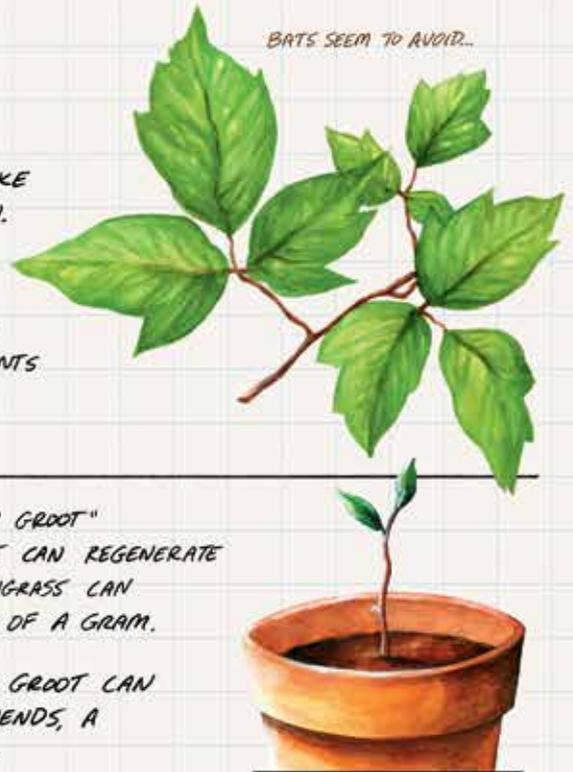
POISON IVY

ACCURATE:

POISON IVY CAN KILL YOU, BUT IT'S NOT "DEATH BY KISS" AS PORTRAYED IN THE COMICS. IF BURNED AND INHALED, THE SMOKE WILL INFLAME THE LUNGS, WHICH COULD LEAD TO SUFFOCATION.

INACCURATE:

THE DC COMICS VILLAIN IS OFTEN PORTRAYED AS A SEDUCTRESS, AND WHILE THERE IS EVIDENCE THAT INGESTING CERTAIN PLANTS INCREASES LIBIDO, POISON IVY IS NOT ONE OF THEM.



GROOT

ACCURATE:

SIMILAR TO HOW ROCKET GROWS A "BABY GROOT" FROM A SMALL PIECE OF TWIG, PLANTS CAN REGENERATE FROM TINY FRAGMENTS. AN EXAMPLE: COGONGRASS CAN REGROW FROM AS LITTLE AS ONE-TENTH OF A GRAM.

INACCURATE:

THE REGENERATION TIMESCALE. SO, WHILE GROOT CAN QUICKLY GROW LIMBS TO PROTECT HIS FRIENDS, A REAL TREE WOULD TAKE MUCH LONGER.

WOLVERINE

ACCURATE:

SIMILAR TO CHEETAHS, WOLVERINES ACTUALLY HAVE SEMI-RETRACTABLE CLAWS THAT COME OUT OF THE TIPS OF THEIR FINGERS.

INACCURATE:

WOLVERINES DO NOT HEAL FASTER THAN OTHER MAMMALS.



ANT-MAN

ACCURATE:

ANT-MAN CONTROLS FELLOW ANTS VIA HIS CYBERNETIC HELMET. SIMILARLY, REAL ANTS COMMUNICATE WITH—AND CONTROL—ONE ANOTHER VIA CHEMICAL CUES THAT TRIGGER VARIOUS RESPONSES.

INACCURATE:

NEARLY EVERYTHING ELSE. ANTS DO NOT CHANGE SIZE AT WILL AND CANNOT TRAVEL THROUGH TIME (THAT WE KNOW OF).



MEET MEHDI HUSAINI

FROM THE SGA OFFICES TO THE BIO LABS, THE SENIOR IS MAKING HIS MARK WHILE LOOKING TOWARD TO THE FUTURE.

AS TOLD TO MOLLY PETRILLA

I'm a senior majoring in biology with a concentration in molecular cell physiology. I'm also minoring in Spanish and physics. Keeping up with a major and two minors definitely keeps me busy, but I enjoy it—even if it's already given me a few gray hairs.

As a student researcher with Assistant Professor Cathryn Kubera since my freshman year, I've been investigating the importance of a protein called fascin in the aggressiveness and motility of certain brain cancers. Doing cancer research as an undergrad has been a highlight of my time at Monmouth. I've even presented my research at the National Collegiate Honors Council, where I won second place in natural sciences at their national conference.

From the time I was a child, my parents have told me that we're here to help other people. That's part of the reason I work as a volunteer interpreter for Spanish-speaking patients at the Parker Family Health Center in Red Bank, New Jersey. The patients are uninsured, mostly from the Latino community, and some have made it through incredible hardships. The experience

has opened my eyes to the things we take for granted—and the work that has to be done by my generation.

I have already taken the MCATs, and I'm currently applying to medical schools. I don't know what specialty I want to pursue yet, but I know that I want to balance clinical work with a role in health care policy or administration. With the way things are today, the medical field needs good, vocal representatives who are also physicians.

I've been involved in Monmouth's Student Government Association since my first year, and last year served as president. When I found out that roughly 30% of college students nationally struggle with food insecurity, I wanted to help Monmouth take action. So last year, SGA started The Nest—a University-owned

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**DOING
CANCER
RESEARCH AS
AN UNDER-
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BEEN A
HIGHLIGHT
OF MY
TIME AT
MONMOUTH.**
”

food pantry for Monmouth students. The effect on campus has been palpable, and I think we've created something that will continue to influence the culture at Monmouth for a long time to come.

The walls of the SGA office are covered with inspirational quotes by everyone from Shakespeare to Dolly Parton. Each president and vice president gets to pick something to put up there when they leave. Former Vice President Leslie Valdez and I haven't decided exactly what we'll write yet, but we're leaning toward “Be the change you wish to see in the world.”

I'm from East Windsor, New Jersey, and at first I wasn't sure about going to Monmouth—a small school that's so close to home. Now I tell everyone that I've never been more proud to be wrong about something in my life. I've found people at Monmouth who have become my mentors, I've met friends who have changed my worldview, and I've had countless experiences that made me who I am today.

OPPOSITE: Husaini is serving as president pro tempore of SGA this academic year.





HOW MONMOUTH WAS MADE » Landmarks & stories

WITHEY CHAPEL

A DIVINE RESTORATION CENTURIES IN THE MAKING.

COMPILED BY BREANNE MCCARTHY

Clarance “Walt” Withey first came to Shadow Lawn, the palatial estate that Monmouth now calls home, in 1933 when then-owner Hubert T. Parson was having trouble with his brood of exotic birds.

Parson’s collection of poultry and game birds included 350 turkeys suffering from a life-threatening disease, so he called upon Withey—considered an authority on poultry pathology—to help.

After successfully curing the flock, Withey continued to work for Parson through the height of the Great Depression. He was only forced to leave in 1938, when the estate was handed over to the borough of West Long Branch for nonpayment of taxes.

More than a decade later, in 1954, Withey was asked by the founder and president of Monmouth Junior College (MJC), Edward G. Schlaefer, to accept the position of bursar at the junior college.

At the time, MJC was located at Long Branch Senior High School, but within two years of Withey’s appointment, MJC gained full college status and moved its headquarters to its current location, on the grounds of the former Shadow Lawn estate.

It was then that Withey took up restoring the room that the Parsons had designated as “the English lounge.” Located on the lower level of Wilson Hall, the lounge had been incorporated into the original building plans next to the bowling alley.

A portion of the room’s contents reportedly had origins as part of an early-16th-century Tudor abbey. On a trip to Europe with his wife May-

sie, Parson had parts of an English chapel—including wooden paneling, four original church stalls fitted with seats, and original stained-glass windows set in Gothic arched frames—disassembled and shipped to the States.

When the estate was sold and later purchased by the college, the paneling had been removed and the forgotten lounge had mostly functioned as a storage unit until Withey stepped in.

Withey had the paneling reinstalled, added in new paneling of similar style and color, and purchased nine pews from the Methodist Church, in Bay Head. The pulpit was donated by the Long Branch Presbyterian Church and the pulpit chairs came from the Methodist Church in Navesink, a section of Middletown.

On Nov. 22, 1969, the chapel was dedicated as the C.W. Withey Chapel in honor of the man who restored it to its original use.

Today the chapel is used for intimate gatherings, from poetry readings to small wedding ceremonies, and for those in need, it provides a place of quiet contemplation.

THIS IS MONMOUTH » The scene at West Long Branch

CAMPUS BRIEFS



SURPASSING THE MARK

Together We Can: The Campaign for Scholarship, which concluded on July 31, raised \$19,644,297 in gifts and pledges, including planned gifts, surpassing the initial target by more than 30%. “The success of this campaign will support our ongoing efforts to attract exceptional students from economically, geographically, and culturally diverse backgrounds,” said President Patrick F. Leahy.

MONMOUTH ON THE BIG SCREEN

Blinded by the Light, the based-on-real-life movie about a Pakistani immigrant living in England who finds solace in the music of Bruce Springsteen, includes a shout-out to Monmouth College (the movie is set in 1987). Eileen Chapman, director of the Bruce Springsteen Archives and Center for American Music at Monmouth, says filming took place in and around campus,

and that the film’s director, Gurinder Chadha, visited the archives prior to filming. Some of the production and promotional items will eventually be donated to the archives, says Chapman, who attended the film’s Asbury Park, New Jersey, premiere along with President Leahy and several University faculty members.

MONMOUTH ON THE SMALL SCREEN

In July, the National Geographic Channel aired an episode of “When Sharks Attack” that was partially filmed aboard Monmouth University’s *R/V Heidi Lynn Sculthorpe*. The episode, titled “Jersey Gore,” looked at the infamous Jersey Shore shark attacks of 1916 that inspired *Jaws*, and examined theories about the causes. During the filming, which took place last year, the crew interviewed Assistant Professor of Biology Keith Dunton aboard the vessel and observed as he and student researchers caught and tagged sharks off Sandy Hook.

ABOVE: Monmouth University ambassador and current senior Angelo Napoli (holding flag) shepherds members of the Class of 2023 between events during July’s New Student Orientation.

GREEN IS GOOD

The University is now recognized as a New Jersey Sustainable Business, joining small businesses across the state on the New Jersey Sustainable Business Registry. The University achieved this recognition through pursuing green initiatives on campus, such as the development of the Sustainability Advisory Council (SAC), environmentally friendly purchasing, waste reduction, reuse, recycling, energy efficiency, and air quality improvements, among other accomplishments.

A FAB WIN

A Beatles-inspired illustration that was commissioned for the fall 2018 issue of this magazine was honored with a bronze Circle of Excellence Award from the Washington, D.C.-based Council for Advancement and Support of Education. The illustration was created by artist Julie McLaughlin.





A DAY AT THE BEACH

» Coastal moments, captured

GOLDEN SILENCE

Sailing still waters and the halcyon days of summer
off the coast of Manasquan, New Jersey.

THE FIELD GENERAL

KENJI BAHAR IS PERFECTING HIS MANAGEMENT SKILLS IN THE CLASSROOM AND ON THE GRIDIRON.

BY MARK GOLLA

While earning his undergraduate degree in business administration, budding entrepreneur Kenji Bahar '19 loaded up on as many management classes as he could take: Operations Management, Principals of Management and Organizational Behavior, Logistics and Supply Management, to name just a few.

But the classroom isn't the sole source of training that makes Bahar an appealing prospect should he decide to enter the business world. He is also about to complete a five-year study through which he's gained more hands-on managerial experience than any internship could offer. Bahar is a college quarterback—a really good one at that—and when it comes to developing management skills, there may be no better training ground than standing behind center and assuming the role of field general.

"At some point, I'd like to operate my own business," says Bahar, a fifth-year senior who is now pursuing his Public Service Communication Specialist certificate. "I think my greatest strength is being an effective communicator. To be a good leader, being personable, talking to people, and getting to know them goes a long way."

Consider these syllabus requirements of being a start-

ing quarterback: Bahar has to manage relationships with the coaching staff, players, and media. He has to manage a medley of personalities on the field, manage successes and failures, and manage emotions. And he has to do all of that with an incredibly hectic schedule.

Expectations are high for both the Hawks and Bahar this year, and Bahar has also had to manage those under an intense spotlight. He was named the Big South Preseason Offensive Player of the Year and one of 40 Football Championship Subdivision players cited for the College Football Performance Awards Performer of the Year Watch List. Monmouth is looking to return to the playoffs, a goal that Bahar had a major hand in achieving in 2017.

"All of those preseason polls and watch lists don't mean anything," says Bahar. "You have to keep your focus on preparation and winning games. Our goal is to win games and win the con-

CAREER YEAR

Bahar is looking to top his 2018 stats, all personal bests.

2,626
passing yards

20
touchdowns

207
completions

139.6
passing efficiency

ference championship. If you do that, other things may come as a result."

A clear strength of Bahar's is his ability to slow things down in a hyper-paced environment. He is a master of managing his emotions, a skill that he's been developing since Pop Warner football. Bahar believes composure is essential to being an effective leader, and he credits Hawks' offensive coordinator Jeff Gallo with refining his innate talents.

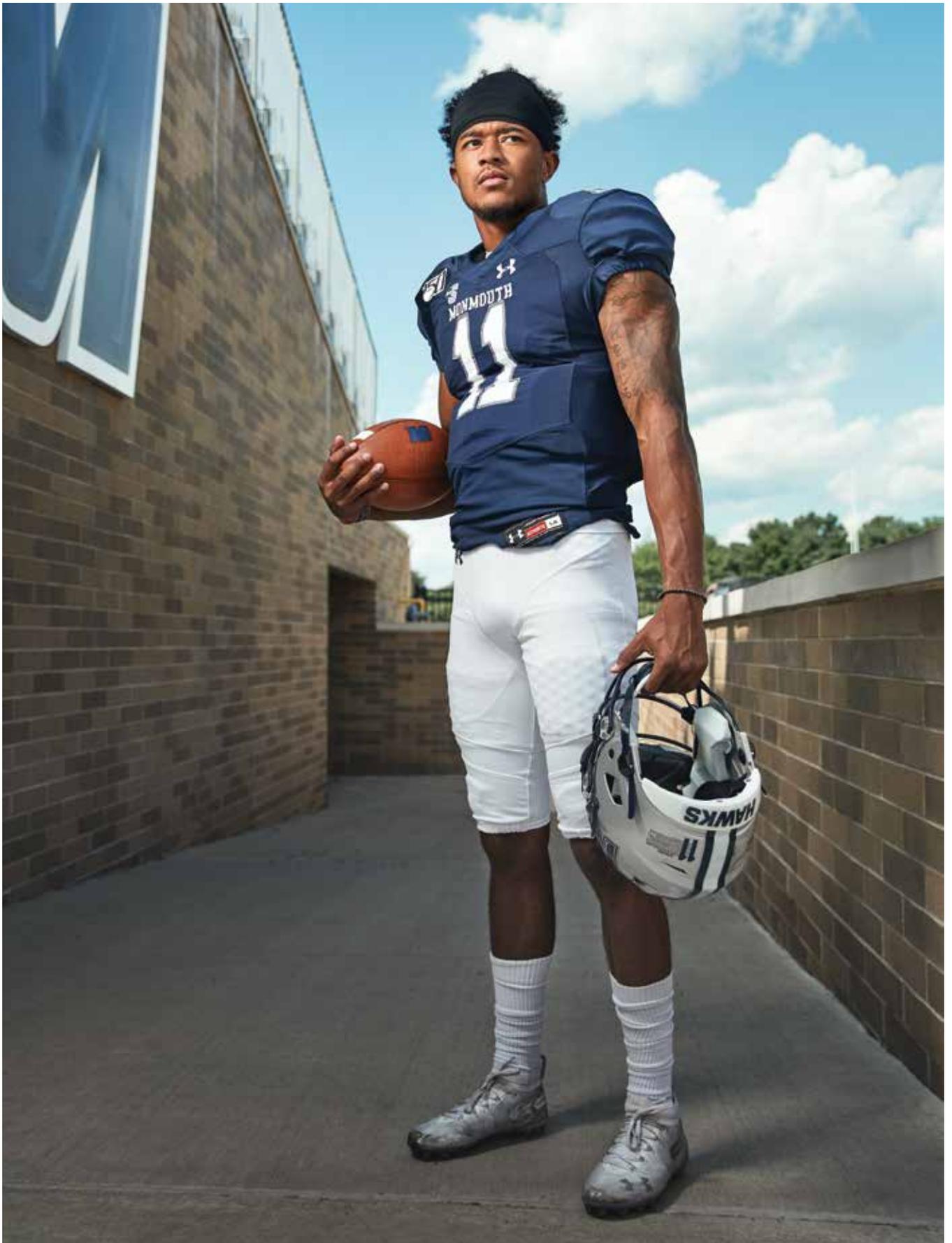
"As the quarterback, everyone is looking at you, so you have to showcase confidence and control, especially in the most stressful situations," says Bahar. "I have a responsibility to my teammates to stay calm whether we're up by a lot or down by a lot. It's the only way you can lead and to help your teammates manage their own emotions.

"Coach Gallo recruited me out of high school [Calvert Hall in Maryland] and we've built a great relationship. He's given me a lot of advice on how to be a better leader and a better man."

He's also made him a better player. And so before Bahar posts his resume to LinkedIn, he has unfinished business on the gridiron. His goal is to play professionally, and his success leading the Monmouth offense has made him a legitimate prospect.

"I'm going to work as hard as I can to play as long as I can," says Bahar.

The future is bright with possibilities for Bahar. He'll soon bid farewell to the West Long Branch campus with a comprehensive education. And whether it's between the lines, behind a desk, or in the front office, one thing is certain for him: He'll manage.





HEAD IN THE GAME

CO-CAPTAIN ANNA LAZUR TALKS TEAM BONDING, THE HILARITY OF DWIGHT SCHRUTE, AND LIFE LESSONS.

BY PETE CROATTO

Anna Lazur, the reigning MVP of Monmouth's women's soccer team and a MAAC All-Academic Team selectee for two years running, returned to campus in August excited for the start of the season and dreading its end.

Welcome to the bittersweet duality of senior year.

"It's going to be really hard," says Lazur about the prospect of never taking the field with her Hawk teammates once the final whistle blows later this fall. And though the inevitability of that moment weighed on her mind all summer, she entered the 2019 campaign focused on three things: nabbing a fourth straight MAAC championship, finally winning an NCAA tournament game, and enjoying her good fortune one last time.

On what it takes to be a great defender.

Defense is all about communicating, which I'd never been big on [laughs]. You have to really talk to everyone around you. It's a lot more mental. You have to constantly have your head on a swivel. It's a lot of keeping yourself organized and making sure everyone else is organized.

On her favorite team hangout.

Coach Kylee's [Flynn] in-laws have a house on the lake in Denville, New Jersey. During pre-

season, we all hang out there for a day: swim in the lake, paddleboard, kayak. That's a lot of fun. As much as we all love soccer, to not think about it for a couple hours and just hang out as normal people—I think it just helps.

On the joys of victory.

There's definitely no better feeling than winning the way we do, with our best friends right next to us and being able to celebrate. Everyone's just happy for each other and for the team.

On the lessons to be learned from defeat.

It's a reminder that we all need to try our best every single day. It's hard and it's tough, but I think it gives us a good reminder of what we're there for and what we need to do.

On how she achieves academic and athletic success.

I'm a lot more focused and structured during the season than out of season. Knowing, "OK, I have a game this day, we're going to be away for this many days, this is when we get back," it forces you to do the work when you need to do the work.

On what she's currently binge-watching.

The Office. My favorite episode is the one where Stanley has a heart attack after Dwight cuts off the CPR dummy's face.

On what success has taught her.

Coach always says we don't have to be here—that it's a privilege to be where we are. I think that's something I didn't really get until I got to college. There are so many girls who dream of playing college soccer who maybe don't get this opportunity. I've just kind of been trying to soak it all in and absorb it, and learn as much as I possibly can, because I was lucky enough to make it here.

ALL THE BEST

THE TOP 5 ACHIEVEMENTS FROM COACH JOE COMPAGNI'S STORIED CAREER.

COMPILED BY MARK GOLA

How do you approach selecting the top five moments in the illustrious career of cross-country and track and field coach Joe Compagni, who retired last summer? You do the best you can. The Hawks captured 58 conference championships and produced 25 All-Americans under Compagni's reign, so the exercise is a bit like picking the cutest newborn in a nursery. Nonetheless, here is our list of the five most impactful achievements during Compagni's 24-year tenure at Monmouth.

5. 1998 NEC MEN'S OUTDOOR TRACK AND FIELD CHAMPIONS

All great runs have a starting point, and when the men's team won the 1998 NEC title, it laid the foundation for a Hawks dynasty. Monmouth was an underdog to two-time defending champion Mount Saint Mary's and Rider University, but the scrappy group rose to the occasion. The championship came down to the 4x400 relay, and the Hawks raced to a two-point victory to register the program's first conference title. Monmouth defended their crown the following season and won 11 of the next 16 NEC trophies.

4. 2000 NEC WOMEN'S OUTDOOR TRACK AND FIELD CHAMPIONS

Mount Saint Mary's and Fairleigh Dickinson University had a stranglehold on the conference trophy for a decade. But the Monmouth women rallied to register 125 team points and win the first of three straight titles. The Hawks won 10 NEC championships by 2013, including five consecutive titles from 2009-13. The women's cross-country team followed with its first NEC title in the fall of 2000.

3. 2019 MAAC MEN'S OUTDOOR TRACK AND FIELD CHAMPIONS

The men's track and field program put an exclamation point on Compagni's prolific career with arguably the greatest season in program history. Monmouth won its sixth straight MAAC title by shattering the conference record, amassing 339 team points. It was the highest team point total in any conference championship across the nation.

2. TRIO COMPETES AT 2019 NCAA OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Star power boosts program recognition, and Monmouth has featured its share. Three Hawks qualified for the national championship meet last spring, the highest number in program history. Allie Wilson '18, '19M (800-meter), Corey Murphy '19 (shot put), and sophomore Danielle Steff (javelin) all competed at the outdoor championships in Austin, Texas. Murphy and Steff earned national honors, while Wilson placed fifth to earn First Team All-American honors, the third national citation of her distinguished career.

1. 70-PLUS CITATIONS FOR ALL-ACADEMIC TEAM HONORS

For 20 straight seasons, the men's and women's track and field teams have been honored by the USTFCCCA as All-Academic Teams by accumulating a team GPA over a 3.0. The women's cross-country team has been named to the list for 18 straight seasons, and the men's cross-country team has made the list 13 out of the last 14 seasons. Those incredible numbers are a testament to placing academics at the top of the priority list.



PRESCIENT PRESIDENT

CHALLENGES LIE AHEAD FOR AMERICAN
COLLEGES AND UNIVERSITIES.
PRESIDENT PATRICK F. LEAHY EXPLAINS
WHY MONMOUTH UNIVERSITY IS UNIQUELY
POSITIONED TO MEET THEM HEAD ON.

INTERVIEW BY TONY MARCHETTI

Patrick F. Leahy, Ed.D., took office on Aug. 1 brimming with unbridled optimism about this University's future and greeted by a meeting schedule so jam-packed it could make anyone's head spin. Luckily, the latter could do nothing to subdue the former for Monmouth's 10th president.

Leahy came to Monmouth from Wilkes University in Pennsylvania, where during a successful seven-year presidency he led an expansion of that university's academic and extracurricular offerings that culminated in the one-time junior college achieving doctoral university status. No stranger to success, Leahy also spearheaded a nine-figure capital campaign while serving as vice president of university relations at the University of Scranton, and before that, cofounded and served as president of a 15,000-member distance learning community.

When we met with Leahy, four days into his tenure at Monmouth, he expressed little interest in talking about his past accomplishments and was focused instead on the unparalleled potential he sees in Monmouth University.

What have your first few days in office been like?

It's been a whirlwind, but one that I welcome and I'm enjoying immensely. I've been introducing myself to people whom I didn't have the chance to meet during the transition, and with those whom I had met before, we're starting to take the conversations to the next level. So it's been wonderful.

Thinking back to last year at this time, before you were selected as Monmouth's 10th president, what was it that excited you about the opportunity to lead this University?

It was a combination of two things. One was the rich history of this institution, which as you know started in the throes of the Great Depression as a junior college to provide academic opportunity to students from this region who could not otherwise access it, and has evolved into a university committed to making a first-class, private education accessible to students who are deserving.

The second was the untapped potential I saw here—from the broad program mix, which I feel positions Monmouth to serve student interests going forward, to the University's location, to the many different assets the University supports that, I feel, can bring increased recognition to Monmouth in the future.

You've worked in higher education for a number of years. I'm wondering if there was anything you noticed about Monmouth that struck you as unique?

What I found so interesting is you take what is a really fine academic institution—and I'll say more about that in a moment—and then you add to it the Division I sports program, which gives us a chance to compete with universities across the country and bring exposure to what we're doing. Add to that the Polling Institute, where—and I've said this to others before—I'd be sitting in my living room in Wilkes-Barre, Pennsylvania, and hearing repeatedly on cable news the latest polling coming out of Monmouth University. That's a unique opportunity to shine a light on this fine

academic institution. And there is also the Urban Coast Institute and the Kislak Real Estate Institute, two academic enterprises that are making real contributions in terms of research and community outreach. And, of course, there is The Bruce Springsteen Archives and Center for American Music, which obviously brings significant exposure to Monmouth. My point in saying all of that is that most colleges and universities around the country would give anything for *one* of these opportunities—and we have all of them and more.

And let me say just one thing about the underlying institution. I have a saying, which people will probably hear repeatedly from me: Great people make great universities. That's because this is such a human-service enterprise. And what was most attractive to me about Monmouth was the quality of the people I met throughout the search and the transition period—people who are deeply committed to student success.

How will you be spending your first semester?



FAMILY MATTERS:
President Leahy and his wife, Amy,
at home in Doherty House with
their children (left to right) Brian, 12;
Molly, 18; Grace, 20; and Jack, 14.

Visiting with every constituency of this University and asking them some fundamental questions about their Monmouth experience, what they think makes Monmouth unique, and what they see as the challenges we need to face as an institution going forward. I'm going to be showing up everywhere, but I will be seen more than I'm heard in this first semester.

You mention challenges, and some of the ones facing private institutions such as Monmouth seem daunting: changing demographics, public concerns over the cost and value of a college degree—are there others?

Those are certainly the most significant. Now I don't say this to alarm anyone, but in the coming decade, American higher education faces challenges that I'm not sure this industry has ever faced. And while I do have ideas from my experience on how this institution can face them, one thing I know for sure is that the only way we're going to thrive is if we all work together. That includes all constituencies of the University: the

board, faculty, staff, administrators, students, alumni, donors, and members of the local community. We all have to band together, and if we do that, then the future for this University is incredibly bright.

With regard to the changing demographics, what do institutions like Monmouth face?

This part of the country is going to see the greatest demographic decline in traditional high school graduates who want to matriculate into college. So for institutions like ours that right now rely on enrolling X number of 18-year-olds, it's going to get incredibly competitive. The Northeast also happens to be the part of the country with the most high-quality, well-respected, and, in some cases, wealthy institutions. So, you put those things together and that's a challenging market. You'll have to try to get more students to travel to your location, because if you just serve those around you, the demographics are against you. And it will be hard for colleges and universities to differenti-

ate themselves among the 5,000 or so other higher education institutions in the country.

What you said before about Monmouth's "untapped potential"—does that give you a degree of confidence that Monmouth is prepared to face these changes?

Yes. We need to shine a spotlight on this place so that people across a much wider area will understand the marvelous things that happen here. We have opportunities to do that here that thousands of colleges and universities across the country just do not have. All those things we talked about that make Monmouth special and unique make me think we can break out of the pack. And it's because my predecessors and the community made those investments in the past to set us up for that.

And one thing I'll add—the demographic changes we're talking about are high school graduates. There is still a huge market for adults in this country who have some college credits and would like to finish their degree. There





CAMPUS CONNECTIONS:

The president gets a visit from the other big man on campus, 6'11" Sam Ibiezugbe, a center on the men's basketball team.

is also a significant global demand for higher education. The question is, can Monmouth reach out to those markets somehow? It's an open question, and until I've had a chance to dialogue with all of my constituents, I'm not about to say yes or no. But there are things to think about if we're willing to expand our horizon a bit.

Getting back to the other challenges, do news reports of the public's concern over the cost or perceived value of a college degree concern you?

The ticket to a better life in America is still, by far, getting a quality bachelor's degree, and maybe someday getting a quality graduate degree so that you can continue to enhance your credentials and get a better job. So my worry is not that fewer people will choose to go to college. It's that people will choose to trade off the value they get at a medium-sized private university like ours to go to a huge public institution simply because it's less expensive.

When you make a buying decision, what you want is the highest value option available. Some people equate low cost with high value. But value is a function of two things: One is the cost, of course; the other is what you're getting for your money. Every time you've purchased something, whether you're conscious of it or not, you're making a value judgment. And I would argue that what prospective students and their families need to look at with Monmouth is, though we may not be the lowest-cost alternative, what we provide, through a careful integration of investments in quality and being careful about price, is the highest value option in our market. That's a very important distinction.

You'll be meeting with many alumni as you settle in to your new role, but for those with whom you might not yet have spoken, what message would you share with them?

That I hope they'll be a team of ambassadors that can help tell the Monmouth story more widely. What an

institution like ours needs, almost as much as anything, is positive exposure. Their willingness to mentor Monmouth students; to interview our students for jobs; to talk about, in a positive way, their Monmouth experience in the networks of which they're a part—that's all an important part of getting the Monmouth story out and getting this institution the exposure it deserves. It builds value in the Monmouth degree and, in turn, adds value to alumni degrees.

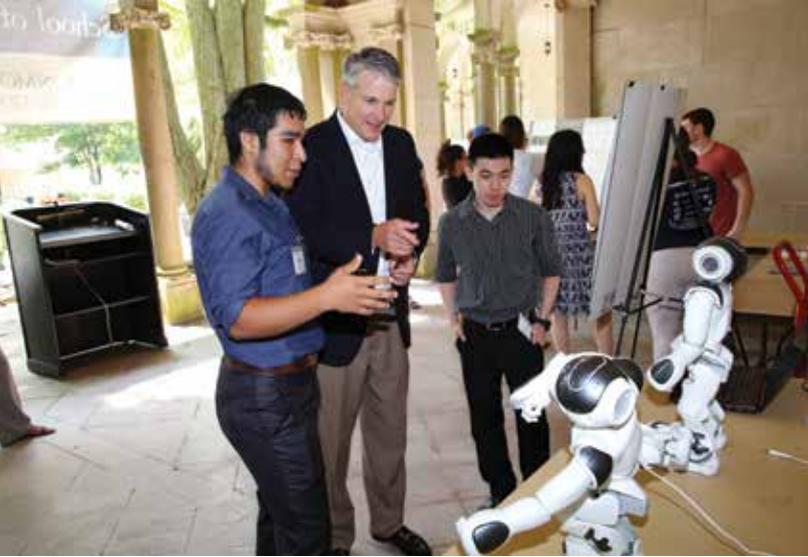
You mentioned Monmouth's founding as an institution that gave area high schoolers access to educational opportunities they might not otherwise have had during the Great Depression. Do you see the University continuing to play a role in the development of the local community?

Absolutely. We have an obligation to continue to be a significant contributor to the economic, cultural, and social development of our host community. By virtue of the fact that we do business here, we bring a ton of spending into the area. We offer all of our art shows and productions and other cultural events. And through our research institutes and service learning initiatives, we'll continue to move the needle so that, in the process of educating our students, we can figure out ways to improve the social situation in our community.

You've spoken before about a commitment to the liberal arts being essential to a university's success. Why is this so important for you?

You can't be a true university without an enduring commitment to the arts. In my mind, the very nature of the term *university* implies a commitment to the sciences and the arts, to professional programs and liberal arts programs. There are communication and critical thinking skills that you learn, and perspectives that you gain through your required humanities courses that will make you a better nurse, scientist, business professional, or

WORK-LIFE INTEGRATION:
(Below) Leahy talks robots with Monmouth students Anthony Vives, at left, and Jimmy Duong at the School of Science Summer Research Program Symposium. (Right) The president takes our questions in Erlanger Memorial Gardens. (Bottom) The Leahys pictured at home with the family's dog, Sasha, and cat, Schmidt.



math teacher. I wouldn't feel so confident in making that case if I wasn't myself a product of it.

I read that your father, four brothers, and sister all worked in business. Was there an expectation you'd follow the same career path?

After finishing my undergraduate degree, I stayed at Georgetown and worked in development. But I had people encouraging me to pursue a career in business. So, I listened to others, and for eight years or so I followed a more traditional business path—working in finance and sales, getting my MBAs. I don't regret it. In fact, I think now how fortunate I was to have those experiences because I use them every day in my work. But what I really always wanted to do was work in higher education. I always tell students I took a circuitous route to landing in the career of my choice, and one of the lessons there is I shouldn't have let other people influence me. There's only one voice that students should listen to, and it's that voice deep inside each one of them. That's the most authentic voice, and it took me a few years to listen to mine.

When you were announced as Monmouth's president, you thanked University of Scranton President Scott Pilarz for his role in helping you return to your career of choice. What has his mentorship meant to you?

I think what mentors do for their pupils, if you will, is they believe in you in a way that you don't believe in yourself. They give you opportunities that, in a funny kind of way, you may or may not think you deserve or have not yet earned. But because they believe in you so much, they give you opportunities to perform. That's what Scott Pilarz did for me. I don't have the chance to be a university president without him.

What personal accomplishment are you most proud of?

Probably earning my doctorate from the University of Pennsylvania while working full time and having four children, ages 1 to 7, at home. Frankly, it makes me think they should have given my doctorate to my wife, Amy.

How is your family adjusting to the move?

“
AFTER FINISHING MY UNDERGRADUATE DEGREE, I STAYED AT GEORGETOWN AND WORKED IN DEVELOPMENT. BUT I HAD PEOPLE ENCOURAGING ME TO PURSUE A CAREER IN BUSINESS. SO, I LISTENED TO OTHERS, AND FOR EIGHT YEARS OR SO I FOLLOWED A MORE TRADITIONAL BUSINESS PATH—WORKING IN FINANCE AND SALES, GETTING MY MBAS. I DON'T REGRET IT. IN FACT, I THINK NOW HOW FORTUNATE I WAS TO HAVE THOSE EXPERIENCES BECAUSE I USE THEM EVERY DAY IN MY WORK. BUT WHAT I REALLY ALWAYS WANTED TO DO WAS WORK IN HIGHER EDUCATION.
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We love this location. I have roots in New Jersey, because for the past 43 years, I've been spending every summer at the Jersey Shore.

What was the first thing you unpacked in your office?

I'm not sure. [Looks around, then laughs.] I jumped in so eagerly I haven't unpacked anything yet.

Do you have any hobbies?

I love golf, but I don't know if I can refer to that as a hobby, because in order to count it as one I'd have to do it some minimal number of times a year, and I don't get many chances to play.

What's your strategy for balancing the demands of a 24-7, 365-days-a-year job with the responsibilities that come with being a husband and father of four?

One of the great privileges of being a university president is I have the opportunity to integrate my work life and personal life. My wife gets invited to a lot of University functions. I can take my kids to athletics and arts events, or walk my dog on campus, and in a way cover both my commitments to my family and my job. Not every organization head is afforded that opportunity.

Another one of my mentors, a highly successful business executive, once told me you can do two things in life really well, but it's hard to sometimes fit that third thing in. His point was, you can be totally engaged in your job and be a great father and husband. But if you commit to those two, it might crowd out that third—let alone a fourth or fifth. So, if I never push my golf handicap any lower, I've made peace with that.

Last question: If you bumped into a prospective student right now, what would you say to convince them to come to Monmouth?

We have a program mix that allows you to explore whatever your interests are. We have a physical plant that is second to none. And we have a culture of dedication to student success that is not easily replicated at other institutions. Do yourself a favor and take a close look at Monmouth. [M](#)



FOR KATHY KELLY, THE PARANORMAL IS A FACET THROUGH WHICH TO EXPLORE THE UNCANNY AND UNEXPLAINED ASPECTS OF OUR SHARED HISTORY.

SCARY BUT TRUE

BY NICK DIULIO
PHOTOS BY MATT FURMAN



Three years had passed since Kathy Kelly first opened Paranormal Books & Curiosities in Asbury Park, New Jersey, when she stumbled upon something extremely offensive in the summer of 2011.

To be sure, the shop was doing very well. Drafting off the burgeoning revival of the formerly beleaguered shore town, Kelly had managed to coalesce her lifelong passion for folklore and paranormal phenomena into an experience that catered to a diverse demographic that included die-hard believers, incredulous skeptics, and everyone in between. Not only did she specialize in selling an extremely varied collection of more than 4,000 books concerning all manner of supernatural experiences, but she also curated a second-story Paranormal Museum comprising dozens of haunted and historic artifacts from around the world, and hosted regular ghost tours of downtown Asbury and its storied boardwalk.

“Asbury Park was just such a unique place back then. Such a Wild West of a town,” recalls Kelly from the cozy confines of her dimly lit shop on Cookman Avenue, which feels like an ancient, whimsical village library from a fantasy novel. “If I hadn’t stumbled upon Asbury Park at the time, I don’t know that I would have been inspired to open this anywhere else. Because back then, you could still see all of Asbury Park’s scars, and no one thought twice about a paranormal shop opening downtown.”

Life, in short, was good. But then Kelly came across an article written by someone from the Monmouth County Historical Society wherein the author claimed ghost tours were “the prostitution of history.” And that was something Kelly simply could not abide.

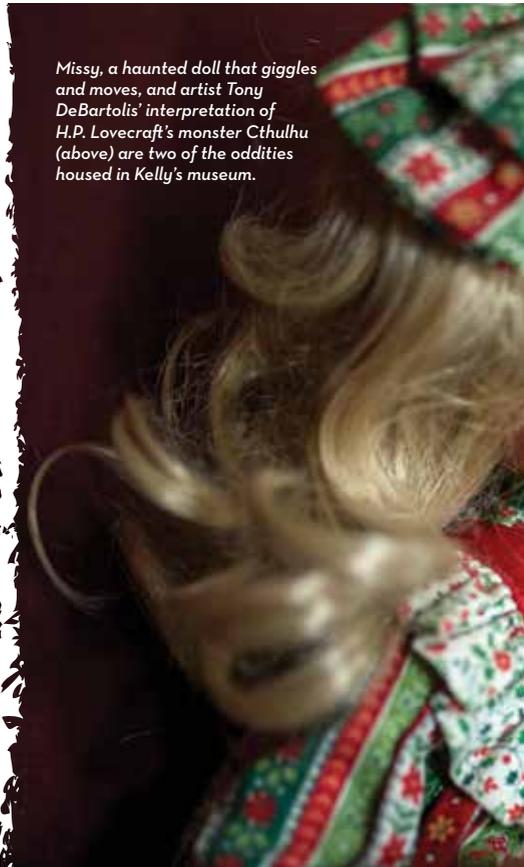
“I was just *so* offended by that,” says Kelly, leaning into the sentiment with signature animation and impassioned articulation. “Look, I don’t care if you’re a believer or not. That isn’t the point. Ghost tours are *storytelling* tours where you are trying to inspire people to think beyond dates and facts and this notion that history is some kind of linear movement through time—because it’s not. I thought they were a good thing, and that’s what made the article so profoundly insulting.”

And in the context of Kelly’s ethos as a lifelong student of paranormal history, her ire makes perfect sense. As one who admittedly “sits more closely with the skeptics than the believers,” Kelly has never been interested in professing or proselytizing a belief in the supernatu-

ral. Sure, she’s been aesthetically drawn to hauntings, Gothic literature, ghost stories, and paranormal artifacts for as long as she can remember, but her fascination with these things is less about reaching beyond the veil of the physical world and more about exploring the uncanny and unexplained in an effort to better understand this strange, shared aspect of our humanity.

“Ultimately, I always saw myself as an historian. A folklorist. It’s just another facet through which we can look at history,” says Kelly. “It’s no different than the way you might look at art or religious or military history. It’s just one more way that people link different times together.”

And Kelly opened her shop and museum as an attempt to share that philosophy with the rest of the world. So when she stumbled upon the disparaging quote about ghost tours, she immediately took action and enrolled as a graduate student in Monmouth University’s history department in 2013, eventually earning her master’s in 2017.



Missy, a haunted doll that giggles and moves, and artist Tony DeBartolis’ interpretation of H.P. Lovecraft’s monster Cthulhu (above) are two of the oddities housed in Kelly’s museum.

“Part of it was to legitimize myself, sure. But getting my master’s degree also afforded me a certain confidence in how I communicate this subject matter,” says Kelly, who also hosts a weekly podcast called *Paranormal Tales from the Tower*. “I do think there’s a certain amount of bullying or intellectual elitism when it comes to the paranormal. There’s this idea that you’re some kind of hillbilly if you believe in this. But just because you have an interest in something that other people aren’t interested in is not an indication of your intelligence or value. And I want to make that clear to as many people as possible.”

FROM POE TO POLTERGEISTS

Whenever Kelly is asked to pinpoint the moment she fell in love with the paranormal, she often winds up saying, “I was born this way. But growing up across the street from a graveyard certainly didn’t hurt.”

When Kelly was 6, she and her family moved from a modest apartment in Jersey City to a sprawling farmhouse in Glen Ridge. As the sixth of eight chil-



dren, Kelly could often be found with her face buried in a book of Edgar Allan Poe stories or writing her own works of fiction, which included a play written when she was seven about a little boy who befriends a spooky gang of ghouls living in his attic. It was simply called *Monsters*.

“I still say that’s the best thing I’ve ever written,” says Kelly with a laugh. “I just had a really wild imagination, which was kind of a necessity when you have seven brothers and sisters. But I also had this constant sense that there was so much more to this world than what we see, and those possibilities were so amazing to me.”

The family’s move to Glen Ridge was foundational to this budding sense of expansive awe. During her early childhood in Jersey City, Kelly recalls that her “whole world was a single city block,” which couldn’t have contrasted more starkly with the rural sprawl of her new farmhouse and its property, which included countless trees, a Revolutionary War-era cemetery across the street, and a yawning backyard overgrown with tall weeds and grass, under which, Kelly dreamed, forgotten grave-stones were hidden from the world.

Interestingly enough, Kelly never considered making any sort of career from her paranormal passions. She hadn’t even considered attending college until she found out her Glen Ridge High School guidance counselor had submitted her name for a four-year scholarship to Ramapo College.

“I wound up winning the scholarship but hadn’t even applied to the school,” says Kelly, whose parents were both first-generation Irish immigrants who hadn’t given their daughter’s college education a second thought. “So I kind of had to work backward, which is sort of indicative of how so much of my life has progressed.”

After earning an undergraduate degree in literature in 1991, Kelly went on to work for her father, who had launched a satellite company out of East Orange that rebroadcast news and sports for U.S. immigrants living in New York and New Jersey. For nearly 20 years, Kelly was in charge of market development, specializing in the sport of cricket. But by 2007, the company had been sold to a larger corporation, and Kelly felt as though she’d reached the pinnacle of her broadcast experience.

“So I decided to leave,” says Kelly. “And I didn’t have a plan. I was kind of adrift. But it was a friend of mine who said, ‘Whatever you do, you have to do something with the paranormal.’ And that made sense. It really was the only thing since my childhood that was a lasting passion for me.”

Taking a page from her broadcast marketing experience, Kelly pulled ratings data on basic cable shows that year and discovered that there were more hours of original programming devoted to the paranormal than anything else except Major League Baseball.





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THAT WE
WILL 100%
EVENTUALLY
GET AN
ANSWER TO.**
”

“I realized that there were a lot of people out there consuming the paranormal like me, so I decided to give them a destination that would appeal to their passions,” says Kelly, adding that she originally wanted to call her shop House of Spirits. “But the marketer in me was never happy with that. It felt like too much of a statement or a belief. So at the very last minute, I changed it to Paranormal Books & Curiosities, and this place was pretty much the first of its kind.”

SUPERNATURAL, SUPER SERIOUS

It may come as a surprise to most, but Kathy Kelly has only ever seen one ghost in her lifetime.

It was the summer of 2010, and Kelly was visiting the historically haunted Eastern State Penitentiary in Philadelphia as a member of a small paranormal research group. As midnight approached, Kelly and her colleagues gathered their equipment and prepared to leave. Just then, with the moon shining brightly through an enormous skylight, Kelly looked up to a second-story catwalk and saw an immaculately dressed female figure duck under a doorway to stand on the walkway for a few seconds before she disappeared.

“It’s very difficult for me to even tell this story as a skeptic, but at the end of the day...I think I saw a ghost,” says Kelly, whose remarkable talent for storytelling is as integral to her success as her exhaustive knowledge of all things paranormal. “I don’t like to even say it out loud because it moves me from one category to another, but I would be a liar and a coward if I didn’t.”

This is the essence of the fascinating space Kelly occupies with her work—a delicate balance between competing forces of rational skepticism and agnostic wonder about the possibilities of all we do not yet know. Sure, Kelly’s shop contains all the requisite tomes one might expect on topics like past life regression, hauntings, and communing with the dead. And yes, the museum comprises all manner of creepy and unnerving artifacts—a shrunken head, unexplained ghost photos, a wall of supposedly possessed Ouija boards, a witch’s cauldron passed down through several generations, and a piece of Abraham Lincoln’s hair along with a

shred from the flag that was draped over his coffin. And indeed, the cumulative effect of it all can bring a chill to one’s spine. But for Kelly, it’s all just a conduit for those who want to experience the past in unique and oftentimes perplexing ways.

“She really is like an historian, but she’s also an entertainer and she tells such captivating ghost stories with a really good sense of humor,” says Monmouth lecturer Brooke Nappi, who teaches a course called Magic, Witchcraft, and Religion. “I particularly love that during her ghost tours of the boardwalk and downtown she talks about the way places can sometimes hold memories if they’re important to people. It feels very magical, but at the same time Kathy works very hard to avoid any kind of ‘new age’ label.”

To be sure, Kelly doesn’t shy away from deep dives into heady conversations about the broader existential implications of supernatural phenomena. For instance, she’s fond of saying that everyone, to one degree or another, is drawn to the paranormal because “there’s an inevitability to our experience as humans. We *will* know whether we exist after death or not, but we’re just biding our time. It’s literally the only question that matters, individually, and it’s the only question that we will 100% eventually get an answer to.”

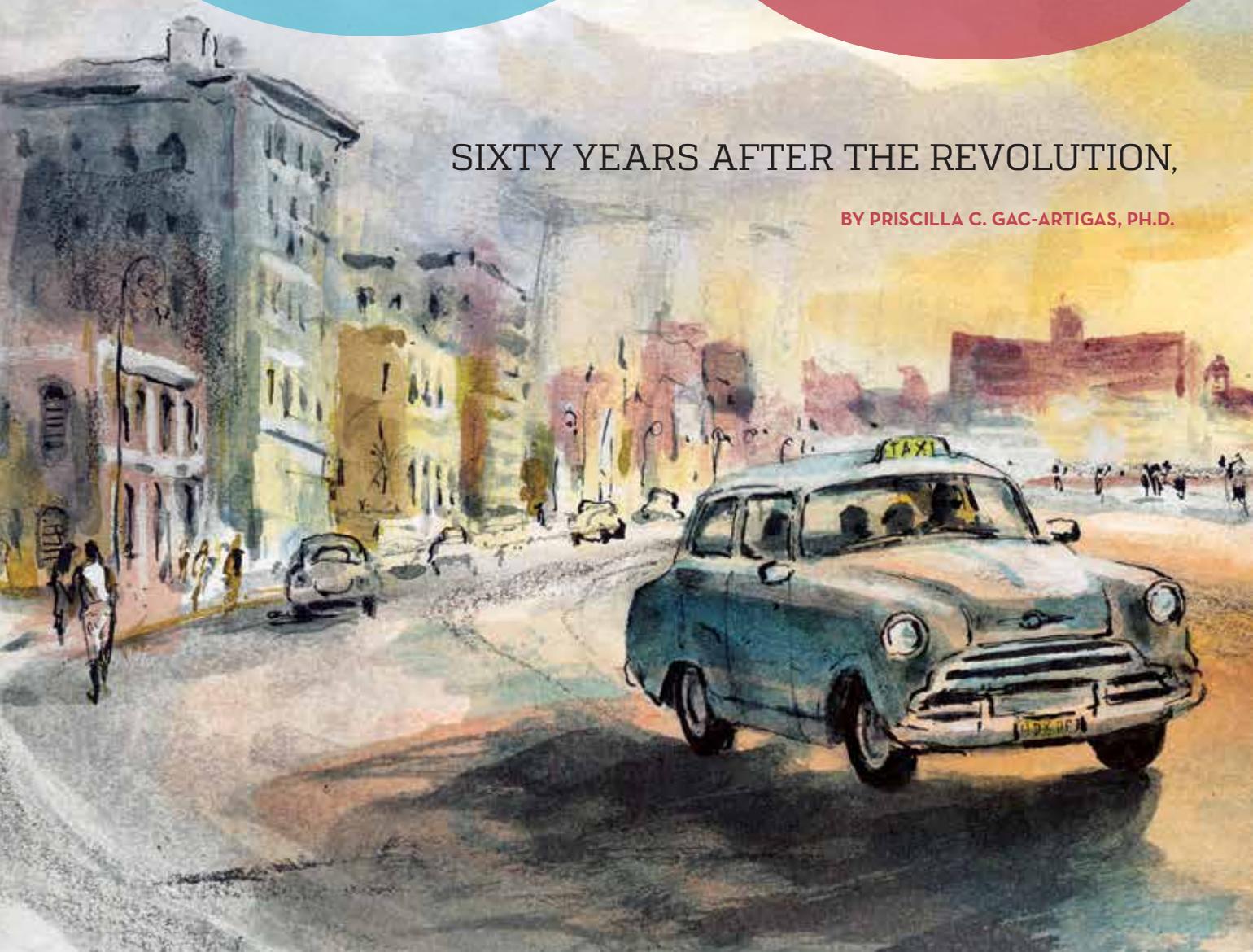
In a world where popular culture seems increasingly intent on constructing binary boxes into which one must fit his or her identity, Kelly’s elusiveness of classification is an exceedingly refreshing and stimulating quality. Because for her, whether or not someone holds supernatural convictions isn’t nearly as important as the fact that the entirety of human history has been undeniably shaped by countless encounters with the uncanny, the creepy, and the unexplained.

“Don’t the actions of the past continue to haunt us in a certain way? Isn’t there something profoundly wonderful about that?” says Kelly. “I’ve never seen Lincoln’s ghost, but I still feel his presence in certain places. And to me, that’s history. It’s not dusty and old! It’s that welling up of emotion you get when you realize you’re just a drop in a stream. I think we need more of that. And to me, this shop and museum are the perfect way to help others experience it.” **M**



SIXTY YEARS AFTER THE REVOLUTION,

BY PRISCILLA C. GAC-ARTIGAS, PH.D.



B A

a tropical symphony

CUBAN VOICES TELL THEIR STORIES.

ILLUSTRATIONS BY DAN WILLIAMS

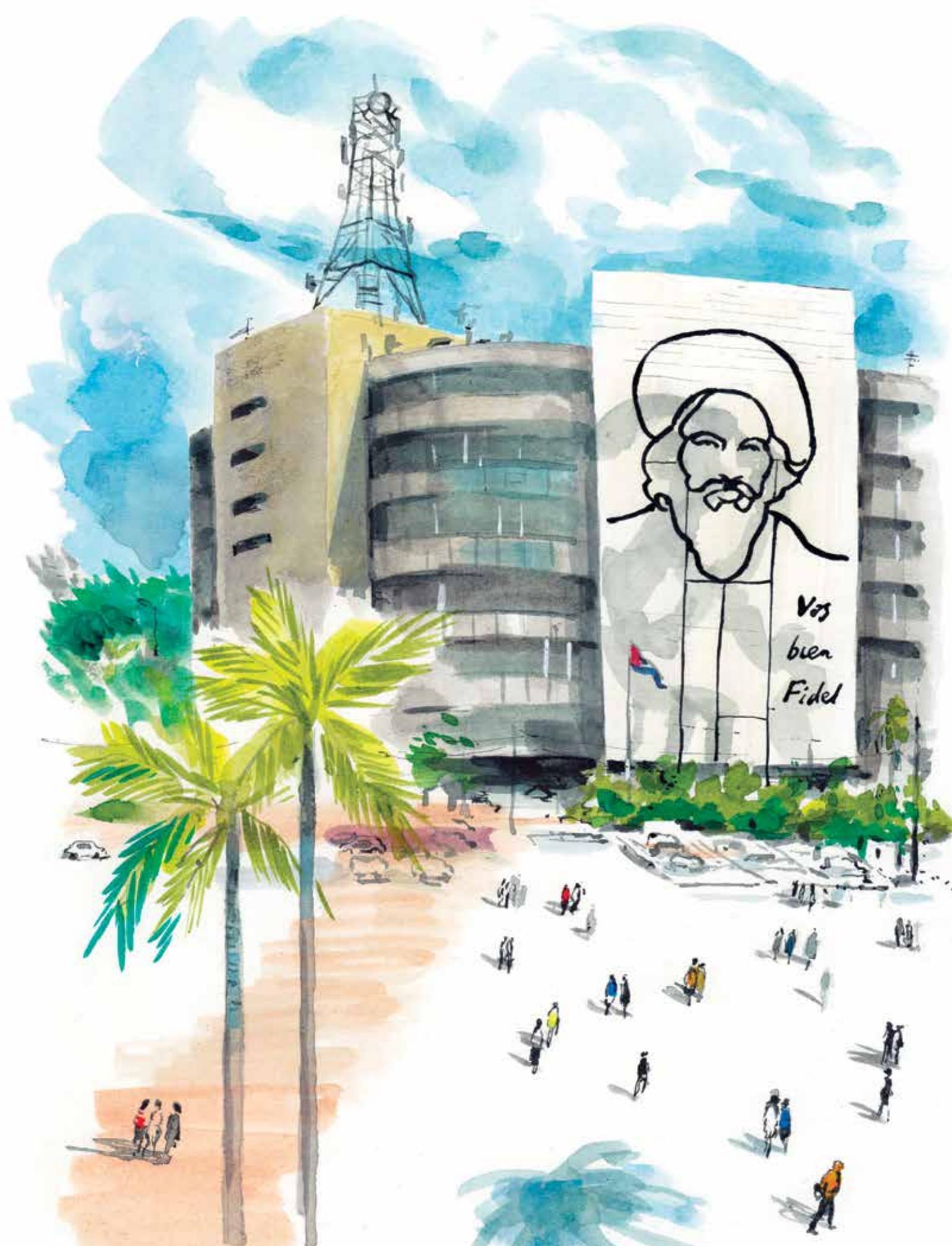


Upon my arrival at the José Martí International Airport,

I was struck with a realization: Cuba lives and moves at a different pace; it vibrates with a singular rhythm. If you want to get a sense of the real Cuba, you have but to adapt to those tempos and embrace the flexibility, openness, and richness of the unexpected. And of course, you need to know how to listen. The country is a symphony of voices that assault your senses at every level and in every context, but you must enter the concert with ears wide open so you can distinguish the different instruments and intertwined melodies.

I had been invited to Cuba to present my research on innovative ways of teaching literature, and so when I arrived in the island nation last June, the conference, VII Taller Internacional de la Enseñanza de las Disciplinas Humanísticas: “Las humanidades y la identidad cultural en el siglo XXI” (Humanities and Cultural Identity in the 21st Century), was my first stop. There, the tongues of presenters from Cuba and around the world, as well as of those of the audience members, were unleashed, and voices of sundry colors and textures jumped from the papers to the open space of the Américas Convention Center. Some of them—sounding out the reactions—whispered, while others were more open to speaking out about the need for critical thinking, of a more creative and disruptive approach to teaching literature and the humanities. The worn-out voices of those who advocated for the status quo, those who, fearing changes, sought shelter in past rhythms and melodies, could also be heard.

But the overwhelming committed love for the word; for literature, culture, and education; and for the construction of people’s cultural identities spread harmony through the symphony of voices. As a fellow researcher¹ noted in her presentation on Cuban poet and statesman José Martí, in Martí, “teaching and real education intertwine with the struggles for the improvement of the human race.” Martí’s thoughts indeed represent the continuation of a humanist heritage that considers education as a basic human right, essential to progress and individual and political freedom; his voice could not be left out of a conference highlighting the importance of the humanities, education, and strategies on how to reach the goals of the adopted United Nations Global Education 2030 Agenda of “ensuring inclusive and equitable quality education and promoting lifelong learning opportunities for all.” Martí’s words would be foremost on my mind throughout my journey through Cuba.



VOICES OUTSIDE ACADEMIA

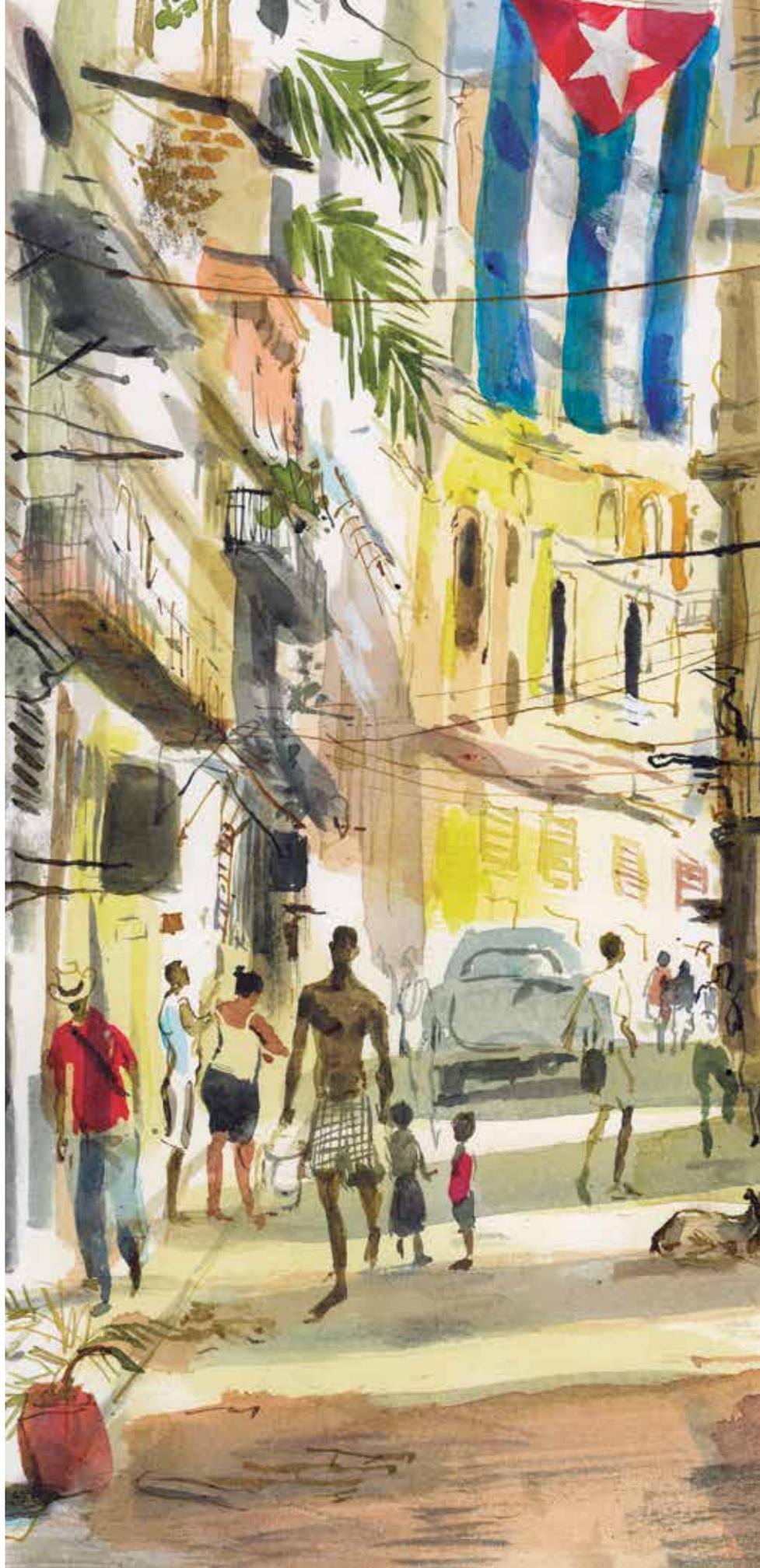
Besides being heard, Cuba's voices can also be seen. They scream from the wounded walls of ancient palaces and exclusive buildings in old Havana, which today is home to the poorest of the poor in Cuba—those orphans of relatives in foreign countries, hence without access to foreign money, or those who left the countryside in search of better opportunities, sometimes three generations of families living in the same room. They scream, with dignity, for help, for the end of the suffering, for the right to dream of a better life and the means to make it happen.

The other buildings, the ones that have been renovated after the foreign investment was approved, serve as lodging for tourists who go to Cuba not to get to know the people, but to witness “the end of a revolution”; those buildings utter a different discourse.

Cuban voices spoke to us from the brilliant colors of the classic postcard cars of the '50s, their drivers inviting you to take a trip back in time; from the old Havana; from the Vedado—the modern part of the city, its central business district and most affluent part; from the Hotel Nacional, which in the mid-'40s hosted Lucky Luciano and other mobsters; from the Plaza de la Revolución, or Revolution Square, where Fidel Castro used to address Cubans and political rallies still take place; from John Lennon Park, which in the '60s sheltered the voices of young Cubans who dared to dream with him of a “life in peace,” disobeying their government's prohibition on the Beatles' music; and from the *malecón*, where Cubans of lesser means go to kill hot summer nights with families, or to fish, or to sell whatever they can to survive: cheap handicrafts, eggs, or *raspados*, a kind of slush with tropical syrups.

THE PEOPLE'S VOICES

And while showing the landmarks, the chauffeurs—sons or grandsons of original revolutionaries—add their notes to the symphony of voices. While thanking the revolution for what it gave them—free education and medical coverage—their voices become gloomy and sour recognizing that they earn more as taxi drivers than as engineers, doctors, or lawyers. And they fear the





effects of the embargo, and Donald Trump's latest measures prohibiting the entrance of cruise ships to Havana, which decimated the number of tourists visiting the island, but also the internal embargo imposed by the restrictions of the Cuban government. They love their country; they do not want to leave, but they dream of a better life for their children and for more freedom to make that happen.

At the impressive and breathtaking Revolution Square, a mandatory stop in any visit to Cuba, we were surrounded by voices coming from every corner of history. Presiding, the Cuba of the Independence was embodied in the monument of Cuban national hero, José Martí. Facing Martí, enclosing the area where people who make history stand for political rallies, images of revolutionary heroes were embroidered with one of their idiosyncratic quotes: Camilo Cienfuegos with "Vas bien Fidel" ("You are going down the right path, Fidel") and el Che with "Hasta la victoria siempre" ("Until victory always"). To the right was the remarkable National Library José Martí, home to Cuba's and the world's literary and intellectual heritage, where they gladly accepted copies of some of my books, a humble contribution.

The silent voices of Cubans absent from the Revolution Square, the ones of the geologists, pharmacists, attorneys, and so many other professionals with diplomas from the Universidad de La Habana, could be heard across the square. There, people waited at the bus station to tend to their daily business as tenants, waiters or waitresses, managers, or even as owners of an apartment for rent or a *paladar* (small restaurant) after Raúl Castro legally authorized the *cuentapropistas* (self-employed workers or literally, "on your own-ists"). Voices that, like the taxi drivers', expressed their sweet and sour feelings for life in Cuba, their satisfactions and disappointments, their expectations and lack of hope. Voices interrogating Cienfuegos: *When did we lose the path? Which is the right path?*

ARTS AND LITERATURE

A couple of days before I arrived in Cuba, the national poet Nancy Morejón, a longtime friend, was leaving for Ecuador, returning only on the last day of the conference, the

only day she could meet with me. I was torn between meeting with her or going to the discovery of a treasure. I opted for the second, and do not regret it. After all, I can eventually meet with Nancy at any other professional meeting, but I will perhaps never have another opportunity to visit the premises of Ediciones Vigía, an independent publishing house located in Matanzas, Cuba.

Ediciones Vigía specializes in handmade books. Its artisans use collaged and repurposed materials such as recycled paper, buttons, yarn, fabric, dried leaves and flowers, and pebbles to put together a limited number of volumes—a maximum of 200 copies of each title are published. Today, these books are part of the collections at New York's Museum of Modern Art and the Beaubourg in Paris, to name but two. These books of unique colors and textures make us hear the voices of both Cuban and international authors. Inside Ediciones Vigía, Martí's omnipresent voice was calling me, as it called me from the José Martí International Airport, or the José Martí National Library, or the José Martí monument in Revolution Square, from the voices of the *balseros*, Cubans who lost their voices and their lives fleeing the country in search of a better life for their children.

I bought two bilingual books by Martí, not only because he represents a paladin of humanism, freedom, social justice, and education as means to build a more humane society, but because he embodies many of the voices of Cuba and Latin America, including a literary heritage that still informs us.

On the plane home, while pondering my experiences listening to the Cuban voices, whether coming in words from the people or in screams from the buildings, parks, and squares, I kept wondering: What will be the subsequent movement of this ever-changing symphony? Where are all those voices heading to? **M**

ABOUT THE AUTHOR

Priscilla C. Gac-Artigas, Ph.D., is a professor of Spanish and Latin American literature at Monmouth University, a Fulbright scholar, and a correspondent member of the Academia Norteamericana de la Lengua Española. Her attendance at the International Conference Humanísticas in Varadero, Cuba, and her further research in Havana, was made possible in part through a Scholarship of Teaching and Learning mini-grant from Monmouth University's Center for Excellence in Teaching and Learning.

NOTES

¹ Lourdes Díaz Domínguez, professor of literature at the University of Matanzas.



ABOVE: Christian Kane stands on the future site of the RWJBarnabas Health Field of Dreams at the Ocean Orthopedic Associates Complex.

A FAIR FIELD AND NO FAVOR

WHEN A TRAGIC ACCIDENT LEFT HIS SON SEVERELY DISABLED, CHRISTIAN KANE SET OUT TO CREATE A FACILITY WHERE CHILDREN WITH SPECIAL NEEDS CAN EXPERIENCE THE SIMPLE JOYS OF CHILDHOOD. HIS VISION IS FINALLY BECOMING A REALITY.

BY RYAN JONES
PHOTOS BY JOHN EMERSON

There have been constant reminders since the accident of what Mary and Christian Kane '94 are up against—of the relentless series of challenges that come with parenting a child with a severe disability—but some are more memorable than others.

Perhaps the most impactful reminder came on a spring day two and a half years ago when Mary brought her then-6-year-old son Gavin to an “all-inclusive” playground not far from their home. Trying to lift Gavin into the accessible swing seat, she became aware that other children and parents were watching her struggle. “And she looks up,” Christian says now, painting the scene, “and everyone puts their heads down.” It wasn’t only the playground equipment that was insufficient; it was an environment that ensured they were outcasts.

It was around that time the Kanes decided that they, and Gavin, and every other family facing similar obstacles deserved better than an all-inclusive play-

ground with little more than, as Christian puts it, “some rubber flooring and a big red chair swing in a corner.” They talked, and they realized that what they needed was a facility that would let children *and* families thrive—a place, Christian says, “where caretakers can network, and feel typical, and see their loved ones do things they never thought they could do.” And somehow, despite having no experience or training in such things, they decided they’d do it themselves.

Themselves, yes, but hardly alone.

That decision, to create an oasis for children like Gavin and families like theirs, evolved into a mission that is now becoming a reality. This fall, the first phase of the RWJBarnabas Health

Field of Dreams at the Ocean Orthopedic Associates Complex is set to open in Toms River, New Jersey, the culmination of countless hours of dreaming and planning by the Kanes, and their almost compulsive insistence on getting help from everywhere and everyone they could. And this is how Christian has spent every spare moment since, asking and pleading and cajoling to get the land, time, and money needed to make the dream come true.

It's for Gavin. Doing less was never an option.

The beer delivery truck was fully loaded when it smashed into the back of Christian's car on that July day in 2012. Gavin, 19 months old, was in the back seat; when Christian got to his son, he was bleeding heavily and not making a sound. An ambulance arrived quickly, taking Gavin to Community Medical Center, where Christian called Mary, who was then four months pregnant with their sixth child. Gavin's skull was completely fractured; he'd suffered traumatic brain injury. Doctors told Christian they needed to fly Gavin north to Jersey Shore University Medical Center for emergency surgery to reduce the swelling on his brain and, they hoped, save his life.

They did, and Gavin began a slow recovery, but it wasn't clear what kind of life he would ever be able to have. He spent the next two months in the hospital, during which time his prognosis became clear: His mind was healthy, but the accident had severed the neural connections that enabled him to control his body. He faced massive limitations. Doctors told Christian and Mary to look into a facility where Gavin could live. Mary said no. They would bring their son home.

While Christian continued working at Toms River High School North, where he's been a math teacher for the last 13 years, Mary quit her job to become Gavin's full-time caregiver. They

built an accessible playground next to their home, and Gavin loved it; he recognized his parents, he began to sit up, he smiled. There were trips to an all-inclusive community playground, and as he got older, the Kanes became aware of the ticking clock: Mary, now with a baby daughter in tow, wouldn't be able to lift Gavin into that swing forever. And then it happened—that frustrating, unforgettable moment in the spring of 2017, and the Kanes' mission came into focus.

At first, it was going to be an all-inclusive baseball field—hence the name—but the idea quickly evolved and expanded into an entire complex with a ballfield; an accessible playground; a walking path with rehabilitative stations; courts for basketball, bocce, and shuffleboard; a snack bar; and a pavilion. There will be accessible sports leagues, concerts and other special events, and volunteer opportunities for local students. And running through it all is a sense, intangible but invaluable, that this is a place where, as Christian puts it, “Caregivers can go and sit on a bench and know that the person on the left or right of them is in the same boat. Nobody's going to be staring at you.” To the best of the Kanes' knowledge, there is no other complex like it in the country.

There was no doubting the beauty of the concept, no questioning the need. The only question was how to accomplish it. A lifetime of teaching and coaching had taught Christian how to pull the best out of people, but not how to pull money and resources from companies and municipal governments. He knew he had one thing going for him: a story. He would tell it to whomever would listen.

He started with Toms River Township, banking on that story, and on his reputation as a well-known educator in town. Before anything else, he needed land, and he says the town was “open to it right away—when I told them it was going to cost zero dollars,” he says with a laugh. “They were very receptive to that.” The township promised 3.1 acres at Bey Lea Park.



In retrospect, that was the easy part. Raising a little more than \$2 million would require a bit more effort.

And so, even as he maintained his full-time teaching gig, Christian dove into the task, eventually finding three engineering and construction firms that were willing to take on the job—in the end, donating nearly \$1 million worth of time, labor, and equipment. The rest of the money has come in chunks both small and large, drummed up through Christian's tireless speaking gigs in front of whoever will have him—“every Rotary and Kiwanis, every 55-and-over community,” he says. There have been fundraising events and a GoFundMe page. He's sold nam-



"I think you live on through your children, and in a way, this Field of Dreams is a part of me that will never die," says Christian Kane, pictured here with his son, Gavin.

ing rights to nearly everything in the park. (At press time, the Kanes were about \$161,000 short of covering the total cost of the project.)

Local corporations have stepped up, too, with Jersey Mike's among the early adopters. A funny story, that one. "I just Googled what the CEO looked like and where his office was," says Christian. "Then one day I drive to Manasquan, and no lie, as I'm about to walk into the building, he walks out. I say, 'You don't know me, but you will in five minutes.' Well, five turns into 20..." A few days later, Christian had a commitment from the sandwich chain, one of the early commitments that lent credibility to his efforts.

For Mary, it's all been rather fascinating to watch. "I think this brought something out in him," she says of her husband. "He's always been a focused individual, but I don't think there's ever been anything like this I've seen him chasing, something that he's so passionate about."

She doesn't need to wonder about his motivation. For that, there is a lively, smiling, funny 8-year-old who wants nothing more than to be a normal kid. Gavin won't be a kid forever, and so Christian has pushed, and his persistence has helped the Field of Dreams come together more quickly than anyone thought possible. "Our foundation board members thought

it would take five to seven years," he says. "I told them, 'I don't have time for that.'"

And Gavin? He knows what's coming, knows his own wait is almost over. He's seen the site, seen the renderings, heard his parents talk about all that's gone into bringing this park to life. His excitement fuels everything Christian and Mary have done. "He knows he's going to meet all these new friends," says Christian, "and that's when you see the smile." **M**

Visit monmouth.edu/magazine to see renderings of the RWJBarnabas Health Field of Dreams at the Ocean Orthopedic Associates Complex.

THE CHANGEMAKER » Alumni making waves

SOCIALIZING MEDICINE

GILLIAN SHAW'S APP TAKES PRENATAL CARE INTO THE DIGITAL AGE.

BY KELLEY FREUND

You might say entrepreneurship runs in Gillian Shaw's family. Her grandmother opened one of the first nail salons in New Jersey, and her father started his own company on Wall Street.

But it was science—not business—that was on Shaw's mind as an undergrad. After graduating from Monmouth in 2012 with a degree in chemistry, she earned a master's in chemistry from the University of Notre Dame. Realizing she didn't want to spend her life in a lab, she then enrolled in the university's entrepreneurship in STEM program with a goal of using her science background in combination with new ideas in business to help others.

That's what she does now as a program director for enFocus, a nonprofit organization in South Bend, Indiana, that works to attract and develop entrepreneurial talent across two counties in the state.

"We want to spark innovation and entrepreneurship by pairing young, talented people with meaningful projects in the community," says Shaw.

While most of Shaw's time is spent working with budding entrepreneurs on their business plans, her role also gives her time to work on other projects she's passionate about. In Shaw's case, that's an app called Healthy

Points, which she co-founded with colleague Andrew Wiand.

Healthy Points empowers at-risk pregnant women to make healthy decisions by utilizing HIPAA-secure technology that allows the women to communicate with each other as well as with health care providers. Users can post photos of themselves participating in healthy behaviors—like drinking water—and earn points that can be redeemed for items such as diapers and clothing for newborns. As of late August, over 200 people—including patients and health professionals—have utilized the app.

Shaw and Wiand saw a great need to address women's health during pregnancy, especially the health of at-risk populations, who tend to have more complicated deliveries. According to Shaw, these women—often from low-income, low-education, and socially disadvantaged groups—have traditionally been hard to reach by health systems, in part because they have felt marginalized and underserved, which leads to a mistrust of the medical community. But these wom-

JUST GO FOR IT

As a program director with enFocus, Shaw spends a lot of time with budding entrepreneurs, helping them to write business plans or secure funding for their projects. Her advice if you have your own project that you want to get off the ground? Just go for it. "One of the things I've seen with entrepreneurs is that they're scared to take that last step," says Shaw. "But there's never a case where you 100% know it's going to work. You're always taking a little bit of a risk—entrepreneurship is risky. But my advice is to just take the chance. Failure is a success in some ways because you learn a lot. You'll be OK. I promise."

en also experience other obstacles that can keep them from engaging in their own health, such as unstable home environments, living in a food desert, or lacking transportation.

"If you put yourself in these women's shoes," says Shaw, "you can see how you might make a decision to cancel your doctor's appointment to pick up an extra shift at work so you can make rent. Or maybe you've been evicted, so you place a priority on establishing a safe place to sleep."

Through Shaw's app, health care providers can engage these women digitally, and the women themselves can feel empowered to make a healthy change in their lives. During a Healthy Points focus group, Shaw spoke with one woman who saw someone else post about replacing soda with sparkling water.

"And the woman thought, 'I could do that!' Seeing the other person's post enabled her to make a switch as well," says Shaw. "And when you're talking about women who are diabetic while they're pregnant, a soda to a sparkling water is a huge shift. It really makes a big difference."

For now, Healthy Points has been growing through introductions from current clients. But Shaw hopes to eventually integrate the app with electronic medical records to reduce the burden on physicians, and by doing so, greatly expand its reach to the lives of pregnant women across the United States. "That's the big vision," she says. "That might be five or 10 years down the road, but within the next year or two, I hope we can expand our network to all of Indiana."

OPPOSITE: While pursuing her master's at the University of Notre Dame, Shaw researched organic molecules that can potentially detect cancer cells.



ALUMNI ROUNDUP

LISTED BY GRADUATION YEAR

1970s

» **Richard E. Carmichael, Ph.D.**

'70 recently published *Economics for Everyone Ninth Edition*. "The book examines the evolution of economic thought and the historical events that have affected the economic growth of the world's industrialized countries," Carmichael says. The book, available in paperback format on Amazon, Barnes & Noble, and in other leading bookstores, contains the most recent economic data available from the federal government, including information on the federal debt and deficit for fiscal year 2018, gross domestic product and employment data for 2018, and the president's 2020 budget. Carmichael is a professor of business administration in the Degree Completion Program at Gardner-Webb University in Boiling Springs, North Carolina. He previously served as the Alex Lee professor of business at Lenoir-Rhyne College in Hickory, North Carolina. He also served as a visiting professor of finance at Washington College in Chestertown, Maryland, and a faculty associate with the Johns Hopkins University Division of Business in Baltimore, Maryland. In addition, he has held executive positions with BankAmerica Corp., First In-

terstate Bank, and Manufacturers Hanover Corp. Also, he has more than 10 years of experience with the U.S. government as budget manager for the U.S. Bankruptcy Court in Maryland and as branch chief for credit programs for the U.S. Small Business Administration in Washington, D.C. He holds an MBA in financial management and a Ph.D. in business administration.

» **Pauline Amos Clansy '72** was recognized as a Pinnacle Lifetime Achiever by Continental Who's Who for her work as clinical director with Charis Psychological Associates, a Christian-based mental health care establishment located in Houston, Texas.

» The College of Fellows of the American Theatre recently inducted into its membership **James Fisher '73**, a professor of theater at the University of North Carolina at Greensboro (UNCG) since 2007. In a formal ceremony at the John F. Kennedy Center for the Performing Arts, in Washington, D.C., Fisher—one of seven inductees this year—was presented with a medal and a citation summarizing his contributions to American theater. Founded in 1965, the College of Fellows is an honorary society of outstanding theater educators

and professional theater practitioners, and membership to the college is conferred on individuals of acknowledged national stature who have distinguished themselves during their careers for notable dedication, exceptional service, and outstanding achievement. Fisher is also the recipient of the 2017 Mary Settle Sharpe Award for Teaching Excellence and the 2016 Outstanding Teacher Award from the School of Music, Theatre, and Dance at UNCG—now referred to as the UNCG's College of Visual and Performing Arts. Fisher previously spent 29 years teaching at Wabash College in Crawfordsville, Indiana, where he served as department chair for 13 years and was the McLain-McTurnan-Arnold Research Scholar in 1987-1988 and 1999-2000, and LaFollette Lecturer in 1992-1993. Fisher is also the recipient of the 2007 Betty Jean Jones Award for excellence in the teaching of American theater from the American Theatre and Drama Society and in 1997 was named Indiana Theatre Person of the Year by the Indiana Theatre Association. Fisher has directed and/or acted in over 200 theater productions, has authored several books, and has edited numerous essay collections and six volumes of *The Puppetry Yearbook*, part of the *Mellen Studies in Puppetry* series. He is also the author of two plays, *The Bogus Bride* and *The Braggart Soldier*, the latter a free adaptation of Plautus' *Miles Gloriosus*. He served as book review editor for the *Journal of Dramatic Theory and Criticism* for 15 years and *Broadside*, the publication of the Theatre Library Association. He has been married to actress/artist Dana Warner Fisher for 42 years and is the father of two children, Daniel and Anna.

» **John Greco '74** is chair of the Marketing IMPACT Council, a company that brings together all leaders, including chief executive officers, chief operating officers, chief marketing officers, chief

information officers, chief technology officers, chief financial officers, and all other stakeholders, to maximize the overall impact of marketing initiatives. Through a new partnership, Greco will serve as senior executive advisor to CommunicationsMatch, a group that helps companies find, shortlist, and engage communications, marketing, digital, and branding agencies, consultants, and freelancers by industry sector, communications expertise, location, size, designation, keywords, and diversity. Greco is co-founder, chairman, and CEO of Greco Enterprises, LLC, which includes Greco Associates and the Marketing IMPACT Council. Greco Associates is a strategic business advisor and an integrated solutions provider. Greco was previously CEO of the Direct Marketing Association and the Yellow Pages Publishers (now Local Search) Association. He also led AT&T Bell Laboratories' Consumer Lab/Marketing Sciences Center of Excellence and held various other executive positions at AT&T, RR Donnelley, and the Radio Corporation of America. Greco served on the boards of the Ad Council, Advertising Week, the Council of the Better Business Bureau (BBB) National Advertising Review Council (NARC), the U.S. Chamber of Commerce Association Committee of 100, and many other boards and advisory boards. He has an MBA from Columbia University.

1980s

» **John Gilligan '81** graduated from Georgian Court University, in Lakewood, New Jersey, with an M.A. in theology. He is to be ordained a permanent deacon in the Trenton Catholic Diocese in 2020.

» In May, the Towle family, all four of whom—**Martin '86**, **Vera '13M**, **Allison '15**, and **Stephanie '18**—are alumni, hiked into the Grand Canyon.

» **Susan Bulanda '87M** recently had her 11th book, *K9 Obedience Training: Teaching Pets and Working Dogs to Be Reliable and Free-Thinking*, published with Brush Education Inc. Bulanda is recognized worldwide as an expert in animal behavior and K9 search and rescue (SAR), and she has formed and run two K9 SAR units. She is a founding member of the National Search Dog Alliance and a former vice president and dog chairperson of the International Association of Animal Behavior Consultants. An award-winning author, Bulanda has written hundreds of articles and 11 books.

1990s

» Detective Lt. **Guido Bussinelli '90** was promoted to captain of the Mahwah Police Department. Bussinelli joined the department as a patrol officer in

November 1995. He was named detective in 2004 and detective lieutenant in December 2014. He served as the department's field training officer, on the Bergen County Prosecutor's Office hotel/motel unit and computer crimes task force, and as a juvenile officer. He holds a master's degree in human resources training and development from Seton Hall University.

» **Susan Looney, Ph.D., '92, '93M**, the president of Reading Area Community College (RACC) in Reading, Pennsylvania, was appointed to the Reading Hospital Board of Trustees. In her 20 years as a full-time community college educator, eight years as a faculty member, and 12 years as a senior administrator, Looney has worked in diverse roles, including assistant to the campus director and director of corporate and community programs at Delaware Technical Community College in Delaware, and interim assistant vice president of academic affairs, arts, and sciences at Colorado Mountain [▶](#)

GET INVOLVED » JOIN THE 50TH REUNION COMMITTEE



Calling all members of the Class of 1970! Join the 50th Reunion Committee to reconnect with classmates and plan your reunion celebration, set for June 12–15, 2020. Those interested should contact Laura MacDonald '10, director for Alumni Engagement, at Imacдона@monmouth.edu or 732-571-7563.

CELEBRATIONS

WEDDINGS: 1. There were many alumni there to celebrate the wedding of **Kate Stevens Kane '02** (center) and Michael Kane (far right) including (from left to right) **Kalagh (Stice) Mendoza '04**, **Billy Cerra '98, '01M**, **Erin Swetits '04**, **Tom P. Stevens '71**, **John VanBrunt '02**, **Country VanBrunt '04**, **Jon Butts '04**, **Chris Morrisy**, **Erica Seigal Bach '01**, **Justin Bach '01**, **Tom J Stevens '04**, **Jennifer Gradzki Harris '03, '05M**, **Stephanie Racaniello Warlick '03** and **Jamie Malikie-Freda '02, '17M**.



2. Jenna Case '06 wed Steve Martino on April 27, 2019.



BIRTHS: 3. Angela Strain '01 and her husband, Fielder Strain, welcomed a daughter, Meadow Margaret Strain, on Nov. 4, 2019.

4. Megan Dietrich '10 and **Matthew Dietrich '09** welcomed son Ryan Matthew Dietrich on April 5, 2019.



5. Dee Colbert '12 and her husband, **Chris Colbert '02, '11M**, welcomed a daughter, Piper Ann, on May 23, 2019.

6. Kaitlyn Sisombath '18 and her husband, Joshua Sisombath, welcomed a son, Hudson, on June 18, 2019.



ENGAGEMENTS: 7. Kristen Harz '14 is engaged to wed **Michael Parisi '14**.

8. Lauren Faria '16 is engaged to wed **Tom Carroll '16**.

9. KerryAnn DeMeester '18, '19M is engaged to wed **Daniel Kelly '18**.

ACHIEVEMENTS: 10. The Towle family—**Vera '13M**, **Martin '86**, **Allison '15**, and **Stephanie '18**—recently hiked into the Grand Canyon.



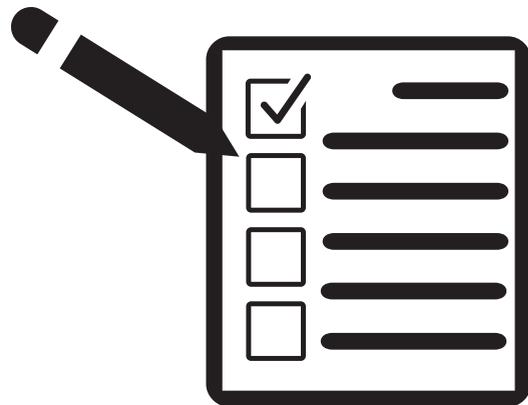
College in Glenwood Springs, Colorado. Looney was named dean of instruction at RACC in 2014 and named senior vice president of academic affairs/provost at RACC in 2015. She earned her doctorate in higher education leadership from Nova Southeastern University in Fort Lauderdale, Florida.

» **Judith Becker '93M** will judge the seventh annual Eastern West Virginia Juried Exhibit, set for this October. Becker, who is an award-winning member of the West Virginia Watercolor Society, is the creator of a unique art form called Spritzilism, which involves using botanicals as templates for sprayed watercolor paint.

» **Heather Levis Guzzi '96** was appointed director, brand communications at Ferring Pharmaceuticals in Parsippany, New Jersey, earlier this year. In this role, she is responsible for driving core brand marketing communication, including public relations and advocacy

for new and in-line products. Guzzi brings to Ferring nearly 20 years of experience working in public relations in the pharmaceutical industry. She also received a Master of Arts in corporate and organizational communication from Fairleigh Dickinson University in 2005.

» **John O'Donnell '96M** has been named chief executive officer of Safran Aerosystems and is now also a member of the of the Safran Executive Committee. O'Donnell started his career in 1987 at Air Cruisers, successively holding the positions of design engineer, manufacturing engineering supervisor, and vice president of engineering. In 2008, he was named president of Air Cruisers Company (now Safran Evacuation Systems), which designs and builds inflatable aircraft safety equipment, including evacuation slides, rafts, life vests, and helicopter floats. From 2015 until this latest appointment, O'Donnell was CEO of Zodiac »



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ALUMNI**

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Aerosafety Systems (now Safran Aerosafety). O'Donnell holds a master's degree and an engineering degree from Stevens Institute of Technology.

2000s

» *Among Us*, a debut audiobook by **Kristina Rienzi '00M**, was chosen as an Audible Editors Select Pick for April 2019 in the thriller category. *Among Us* was also spotlighted by Audible and ACX University in 2018 to help educate authors on choosing the best narrator for their audiobook. The audience was given a glimpse, directly from the control room with Audible Studios' director, of the exciting process of choosing an audition script and building a profile to seek auditions on ACX, bringing the story to life. After the video was released, ACX held an open casting call for *Among Us*. Narrator Lewis Arlt was chosen. A veteran actor for 35 years, performing on Broadway, in regional theater, and on television, as well as penning numerous scripts for daytime soaps, Arlt has been both a Daytime Emmy and Writers Guild Award winner.

» **Angela Strain '01** and her husband Fielder Strain welcomed a daughter, Meadow Margaret Strain, on Nov. 4, 2019, weighing 5 pounds, 15 ounces.

» After 16 years in higher education, **Joshua Waddell '01M** is now an elementary school counselor at Jean Phillips Elementary School in Oklahoma.

» **Chris Colbert '02, '11M**. See note for **Dee Colbert '12**.

» **Kate Stevens '02** wed Michael Kane on Sept. 21, 2018. Their wedding took place in Spring Lake, New Jersey, overlooking the ocean. There were many alumni in attendance, including the father of the bride, **Tom P. Stevens '71**,

the brother of the bride, **Tom J. Stevens '04**, and two of the bridesmaids, **Stephanie Racaniello Warlick '03** and **Jamie Malickie-Freda '02, '17M**.

» **Christina Blancone '04** founded the Reign Group, a full-service personal and commercial insurance brokerage located in Fort Lee, New Jersey. The Reign Group—serving New Jersey, New York, and Pennsylvania—is a one-stop shop for insurance offering coverage for car, home, life, or business insurance.

» **Lucas Charleston '04** has joined the firm Akin Gump Strauss Hauer & Feld LLP as a partner in its corporate practice in New York. Charleston is a debt finance lawyer with extensive experience in private credit, special situations, and distressed financings and restructurings. Previously, he worked for the law firm Stroock & Stroock & Lavan, where he was a partner in the firm's corporate and restructuring practices.

» As of June 2019, **Lauren A. (Strina) Williams '04** began working as a protocol manager with Bristol-Myers Squibb, working in Global Clinical Operations on the Innovative Medicine Development (IMD) team, with a focus on Crohn's disease and other immunological diseases.

» **Jennifer Aviado-Langer '05M, '14DNP** was recognized by Continental Who's Who for her outstanding contributions in the medical field as a doctor of nursing practice and family nurse practitioner at Memorial Sloan Kettering Cancer Center, where she assists oncology patients with pre-op evaluations and assists in the optimization of oncology patients undergoing anesthesia and surgery.

» The Council on Undergraduate Research (CUR) has selected **Lindsay Currie '05** as the organization's new executive officer. Currie, who has more than a decade of experience in nonprofit management and community

engagement, previously served as CUR's director of communications and membership. She received the 2019 Changemaker Award from MeetingsNet, which recognizes unique contributions to the meetings industry, and she was selected by *Association TRENDS* magazine as one of its 2019 Young & Aspiring Professionals.

» **Jameelah Stephens '05** was hired as a police officer with the Gastonia Police Department serving the City of Gastonia, North Carolina, on June 4, 2018. She holds master's degree from Walden University, located in Minneapolis, Minnesota, and completed basic law enforcement training at Gaston College, located in Dallas, North Carolina, in December 2018.

» **Jenna Case '06** wed Steve Martino on April 27, 2019.

» **Bob Wankel '08** covers the Philadelphia Phillies, breaking news, and sports gambling for the sports blog Crossing Broad. He is also a producer and co-host of *Crossed Up: A Phillies Podcast*.

» **Michael Demarest '09** has joined The Hill in Washington, D.C., as the director of audience development. Previously, Demarest worked at Fox News and Fox Business in New York City, last working as the manager of social media. He lives in Aberdeen, New Jersey, with his wife and two daughters.

» **Matthew Dietrich '09**. See note for **Megan Dietrich '10**.

2010s

» **Ellen Angelo '10M** is the chief nursing officer at Hackensack Meridian Health Jersey Shore University Medical Center in Neptune, New Jersey. Angelo previously served as vice president, chief nursing officer at Ocean Medical

Center in Brick Township and has held a nursing leadership position with Hackensack Meridian Health for nine years. Previously, Angelo served as senior manager, patient care at Ocean Medical Center and also as director of medical surgical nursing at both Monmouth Medical Center in Long Branch, New Jersey, and Union Hospital in, Union, New Jersey. A multiple nursing award recipient, she has received the Elizabeth Kellogg Nursing Excellence Award, Monsignor Bradley Nursing Research Award, and Critical Care Nurse of the Year award, among others. Angelo is an adjunct professor for nursing and medical programs at Georgian Court University in Lakewood, New Jersey. She is a member of the Organization of Nurse Leaders and the American Organization of Nurse Executives. Angelo holds a nursing diploma from Elizabeth General Hospital School of Nursing, located in Elizabeth, New Jersey; an Associate of Applied Science in Nursing from Union County College, located in Cranford, New Jersey; a Bachelor of Science in Nursing from Kean University, located in Union, New Jersey; a Six Sigma Certificate for green, lean, and black belt from Villanova University, located in Villanova, Pennsylvania; and a Doctor of Nursing Practice from Drexel University, located in Philadelphia, Pennsylvania.

» **Megan Dietrich '10** and **Matthew Dietrich '09** welcomed son Ryan Matthew Dietrich on April 5, 2019. Fellow alumni **Carolyn Matassa '10, '16M** and **Michael Dietrich '15** have been chosen as godparents.

» The Philadelphia Union has signed Major League Soccer (MLS) veteran defender **RJ Allen '11**. Allen, who kicked off his professional career with Skive IK in Denmark, made his MLS debut in 2015 with New York City Football Club, where he spent three seasons. This October, Allen will be inducted into the Saint Joseph High School 2019 Athletics Hall of Fame.

» **Dee Colbert '12** and husband **Chris Colbert '02, '11M** welcomed a daughter, Piper Ann, on May 23, 2019, weighing 6 pounds, 14 ounces.

» **Gillian Shaw '12** co-founded Healthy Points, a private social networking app that allows patients with like diseases or conditions to communicate with peers and medical staff around the clock. Users are encouraged to upload healthy posts, photos, and comments in the app to both promote and support a healthy lifestyle. These uploads are granted points by medical staff and, over time, can be redeemable for rewards. See story on p. 44.

» **Vera Towle '13M**. See note for **Martin Towle '86**.

» **Kristen Harz '14** is engaged to wed **Michael Parisi '14**. The couple

met through mutual friends during their freshman year at Monmouth in 2010. They have been together ever since and moved to Charlotte, North Carolina, in 2016. They were engaged in Asheville, North Carolina, at a "beautiful house in the mountains" during a Parisi family vacation in which Parisi surprised Harz and her family, says the bride-to-be. The couple is planning to wed on June 6, 2020.

» **Michael Parisi '14**. See note for **Kristen Harz '14**.

» **Emily Smith-Sangster '14** has been awarded the New York University Graduate School of Arts & Science Masters Award for Academic Achievement for her 2018 thesis titled "Body Doubles: an Examination of Artificial 'Reserve Parts' and the Conceptualization of Post-Mortem Bodily Completeness in Ancient Egypt." 

NOT TO MISS »

Nov. 13

HAWKS ON THE ROAD IN NEW YORK CITY



Join Monmouth alumni, parents, and supporters for a Hawk family gathering in the Big Apple. Visit monmouth.edu/hotr for more info and to register.

» **Emily Barbieri '15** is the head women's lacrosse coach at Wilson College in Chambersburg, Pennsylvania. Barbieri served as the assistant coach and offensive coordinator at Hood College in Frederick, Maryland, since 2015. She is also the founder of the Atlantic Coast Lacrosse Academy and is the director of the Maryland Lacrosse showcase. Barbieri was a standout performer at Monmouth, where she served as a team captain and helped the Hawks to two Northeast Conference championships.

» **Allison Towle '15**. See note for **Martin Towle '86**.

» **Tom Carroll '16**. See note for **Lauren Faria '16**.

» **Lauren Faria '16** is engaged to wed **Tom Carroll '16**. The couple—both of whom played intramural sports as Hawks—met at Monmouth in 2012 and started dating in 2014. They were engaged in Nashville on March 22, 2019, and are planning an Oct. 11, 2020, wedding.

» Former Monmouth women's soccer defender **Monique Goncalves '16, '17M** has signed a professional contract to continue her career with Sunnanå SK in Sweden. Goncalves began her pro career with UMF Sindri Höfn in Iceland and last played in Portugal for Clube Atlético de Ouriense. She will join Sunnanå SK immediately and play with the club through the remainder of the season. The club plays in Skellefteå, Sweden, in Swedish Women's Football Division 1. At Monmouth, Goncalves played from 2012 to 2015, and helped the Hawks win three consecutive Metro Atlantic Athletic Conference (MAAC) Regular Season Championships and the 2013 MAAC Tournament Championship. The 2013 team qualified for the NCAA Tournament in Monmouth's first season as a member of the MAAC.

» **Harvey Cottrell '17, '18M** received the Legal Services of New Jersey's Hero Award. Cottrell, an accomplished social worker

with the New Jersey Department of Children and Family Services, was recognized for his "extraordinary passion, dedication, and effort in helping to make families whole again."

» **David Perez '17M** is a clinical social worker and diversity services manager with the Long Branch Free Public Library. Perez, who says he is the first social worker hired directly by a public library in the state of New Jersey, recently presented as part of New York University's Silver School of Social Work seminar titled "An Emerging Alliance: Social Work in the Public Library," held in April.

» **KerryAnn DeMeester '18, '19M** is engaged to wed **Daniel Kelly '18**. The two have known each other for about 16 years even though "we are only 23!" the bride-to-be points out. The couple grew up in Point Pleasant, New Jersey, and attended the same schools for their entire lives: elementary school through college. They began dating during their junior year of high school in 2013, when Kelly suggested they switch their relationship status on Facebook ("We were both very shy," says DeMeester). They both attended Monmouth University from 2014 to 2018 in the software engineering program and graduated with bachelor of science degrees; DeMeester later went on for her master's. "Monmouth University definitely helped strengthen our relationship as we lifted each other up from stress that comes along with pursuing a technology degree," she says. "This school promoted a supportive environment where we could both grow individually and as a couple. Classes, sporting events, and even final exams brought us closer together, and it would not have been possible without Monmouth's culture and integrity." Kelly is working at Prudential Financial as a developer in emerging technology, and, after completing



NOT TO MISS »
Nov. 22
**HAWKS ON
THE ROAD IN
ORLANDO**

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Homecoming Weekend



October 18–19, 2019

Wine vs. Stein



March 21, 2020

Alumni Weekend



June 12–15, 2020

For a full schedule and to register for both on- and off-campus alumni events, visit monmouth.edu/alumni.



Monmouth University's five-year master's program in software engineering, DeMeester received a full-time offer from Prudential Financial, ranked a Top Fortune 50 Company in 2019. She will be entering the workforce as a systems developer and couldn't be more grateful for the education that Monmouth University provided her. "If it were not for the extremely talented and dedicated staff in the computer science and software engineering department, I do not think I would be where I am today," DeMeester says. "This department gave me the skills and confidence I needed to be able to inject myself in such an innovative profession. The future has never looked brighter thanks to Monmouth University."

» **John Holler '18M** joined Monmouth's Urban Coast Institute as its new administrative assistant. Holler specializes in team-building and financial management. For the past three years, he served

as a scenic designer with the University's Music and Theatre Arts Department, leading teams of students and faculty in the construction and painting of theatrical set pieces. He has also been a treasurer for the Oceanaires, a nonprofit musical organization whose chorus sings to communities throughout Ocean County.

» **Daniel Kelly '18**. See note for **KerryAnn DeMeester '18, '19M**.

» **Kaitlyn Sisombath '18** and her husband, Joshua Sisombath, welcomed a son, Hudson, on June 18, 2019.

» **Stephanie Towle '18**. See note for **Martin Towle '86**.

» **Bryce Wasserman '18, '19M** represented the Dallas Rattlers at the 2019 Major League Lacrosse All-Star game on July 27 in Annapolis, Maryland.

» **Erica Balman '19**, who completed a four-year career as a

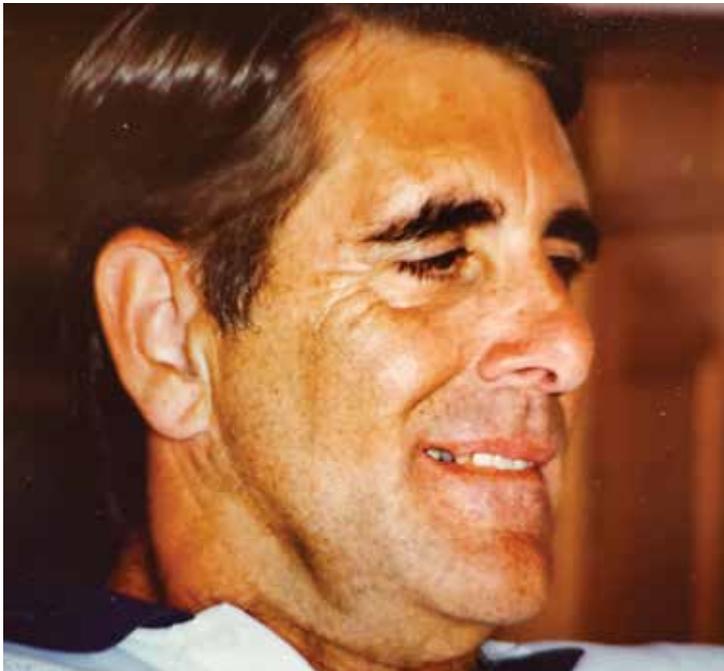
Hawk with Monmouth's women's basketball team, has signed a professional contract with Brose Bamberg in Germany. The team competes in 2. Bundesliga, the second division of professional basketball in Germany. In 109 career games played at Monmouth, Balman registered 3.0 points per game and 4.0 rebounds per game. Her best season came as a junior, when she averaged 4.9 points and 6.4 rebounds per contest. In four years, Balman started 35 games while averaging 12.3 minutes. As a junior, Balman led the MAAC in blocks with 61, and ended her career ranked fifth on Monmouth's all-time list with 127. The Marcellus, New York, native scored in double figures seven times in her career, including six as a junior. During her final season, she pulled down a career-high 14 rebounds to go along with a career-high five blocks at Lafayette. She scored a career-high 14 points (7-8 FG) at Niagara as a senior.

» Recent graduate **Connor Wagner '19** earned an internship with the Pentagon under the Department of Defense (DoD). Wagner works as assistant Afghanistan country director in the Office of the Deputy Assistant Secretary of Defense for Afghanistan, Pakistan, and Central Asia. In this role, Wagner works with U.S. forces in Afghanistan to develop requirements for requests to Congress for the Afghanistan Security Forces Fund in the 2021 fiscal year. He also assists the office by drafting responses to information requests and questions from congressmen, congresswomen, and senators about Afghanistan that are sent to the Secretary of Defense, as well as requests from the DoD Inspector General and the Special Inspector General for Afghanistan reconstruction. In the future, Wagner hopes to work in the field of National Security Policy and Foreign Relations as a civil servant in the Department of Defense. [M](#)



NOT TO MISS »
Oct. 18
5TH
DIMENSION

The legendary group continues to awe sold out audiences with their amazing harmonies, immaculate showmanship, and exciting energy. Don't miss their Pollak Theatre performance.



REMEMBRANCE

ROBERT L. HUBER

EMERITUS ASSOCIATE PROFESSOR OF SPEECH, COMMUNICATION, AND MASS MEDIA, 1939-2019.

BY ROBERT B. HUBER AND LILLIAN HUBER

Our father loved and served Monmouth University for more than 40 years. Joining the faculty in 1966, he taught full time until 2004 and part time until 2010.

During that time, he served as department chair for 10 years, parliamentarian for 17 years, forensics coach for five years, and directed summer theater for seven years. He was most proud of the success of his hundreds of students and most grateful for the outstanding colleagues in his department, many of whom he helped to hire and are still there teaching today.

In his 12 years as director of study abroad, he led one dozen student trips to London and Jamaica. Outside the classroom, he could often be found supporting his students on the ath-

letic fields, or sharing an informal lunch with a student in the Student Center.

Our dad was also an active member of the local community, serving nine years on the Oceanport Board of Education and coaching recreational soccer and softball. To quote three of his former students, "Anyone can make the smart students feel smart; Professor Huber made every student feel smart." "It was because of him I spread my wings," and "He helped me see beyond my weaknesses; that's the mark of a true teacher!"

IN MEMORIAM

ALUMNI

Eddie E. McCormack '60 (July 5, 2019)

James E. Friel III '62 (May 3, 2019)

William T. Kaeli '63 (July 2, 2019)

Raniero M. Travisano '63 (June 8, 2019)

Juhan Urm '64 (May 6, 2019)

Carole J. Kaplan '65, '80M (May 20, 2019)

Louis M. Gorra '67 (June 19, 2019)

Bartley M. Howley '67 (July 18, 2019)

Robert Johnson '67, '71M (Jan. 29, 2019)

Donald F. Butler '71 (Dec. 13, 2018)

Nelson E. Smock '71 (May 2, 2019)

Alice R. Blonkowski '73 (May 12, 2019)

Joseph Koenig '73, '79M (June 29, 2019)

Dolores K. Gallina '74 (June 30, 2019)

Robert Kling '75M (May 26, 2019)

Steward J. Leister '75 (May 17, 2019)

Michael A. Bochis '77M (June 1, 2019)

Barbara Nappen '81 (June 28, 2019)

Robert Hohenstein '83M (Feb. 15, 2019)

Mary D. Goldsmith '87M (March 8, 2019)

Shadi I. Haddad '06 (June 1, 2019)

FACULTY & STAFF

Patricia Conlon (purchasing assistant) June 13, 2019

Robert L. Huber (associate professor emeritus of communication) July 26, 2019

Barbara Johnston (Hess chair of nursing education) July 28, 2019

Joseph LaGanga Jr. (adjunct professor) May 15, 2019

James "Jim" Mazza (former patrol officer) June 19, 2019

Pierre "Pete" Salmon (associate professor emeritus and former chair of the accounting department) June 14, 2019

SEND US YOUR NEWS

» Online: monmouth.edu/ClassNotes

» By email: classnotes@monmouth.edu

» By mail: **Class Notes, Monmouth University Magazine, 400 Cedar Ave., West Long Branch, NJ 07764-1898**

Monmouth University encourages alumni to share news regarding career changes, awards and honors, marriages, anniversaries, births, and other life events for inclusion in Class Notes. All submissions are subject to editing for clarity and length. We welcome submissions of high-resolution digital images for possible inclusion with your class note; however, we reserve the right not to print submitted photos due to space limitations or issues with image resolution.

In addition to the news items sent by alumni, the University receives press releases from businesses and organizations announcing alumni achievements, and subscribes to an online news clipping service that provides news items about alumni. These items are edited and placed in the appropriate class section. Monmouth magazine staff members try to verify the accuracy of this information; however, the University cannot be responsible for incorrect information contained herein. If you would like us to correct any inaccuracies that have been printed, please contact the magazine at magazine@monmouth.edu.

5 WAYS TO GET MORE OUT OF EACH DAY

CORPORATE EFFICIENCY EXPERT BARY SHERMAN EXPLAINS HOW ANYONE CAN CARPE DIEM.



BY MELISSA KVIDAHL REILLY

You know you have it somewhere: that important receipt; last year’s tax return; the warranty for your washing machine. But where is it?

“People spend 1.6 hours per week looking for things they can’t find—that’s 75 hours per year,” explains Bary Sherman ’63. “What could you do with another two hours per week? What could you do with another two weeks per year?” These are the kinds of challenges Sherman helps people overcome every day as co-CEO of PEPworldwide US, a training and consulting firm specializing in efficiency.

Through seminars and multiday programs, PEPworldwide helps employees of all kinds streamline their work and keep their promises, whether that means being on time to a meeting, retaining important emails, or meeting deadlines. But the principles they use to help people get more of the right work done, in less time and with less stress, can work for anyone.



1. DON'T MULTITASK.

It sounds counterintuitive, but actively trying to do more than one thing at a time inhibits focus in the short and long term. “To stop multitasking, bring a project you’re working on to a stopping point and then move on to your next task,” says Sherman. “Doing one thing at a time allows you to get more things accomplished each day.”



2. DO THE WORST THING FIRST.

“We all have things we don’t like to do and subconsciously try to avoid them by filling our time with tasks of low or no value,” says Sherman. The result? Wasted time, forgetting to do that thing, and then remembering at the wrong time (like the middle of the night or in the middle of another project).



3. MAKE APPOINTMENTS WITH YOURSELF AND OTHERS.

Set times on your calendar for work events (like meetings) as well as personal events and priorities (like reading, keeping in contact with family and friends, and exercise). Treat these personal appointments with the same level of respect that you treat appointments with others.



4. USE TECH WISELY.

Sherman’s top tips? Set electronic systems to open to your calendar, not your email, so you see your priorities first. Use the task or to-do mode for quick reminders. Put all appointments in your electronic calendar, with enough time between them to allow you to get from one place to another on time.



5. PRACTICE PEP’S MANTRA: DO IT NOW!

When you first look at something new to do, make a decision—either Do It, Designate It, Delegate It, or Delete It. Here’s Sherman’s guide:

- » Do It: Anything that takes 5 minutes or less.
- » Designate It: If you can’t do a task now, make an appointment on your calendar (see #3) to get the job done.
- » Delegate It: Determine who else can do this task and assign it.
- » Delete It: If you decide that there is no value to you, your family, or your business, then delete it from your schedule.

YOUR FUTURE: MASTERED

Information Session 11/9 @ 10 a.m.

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1,000 WORDS » A story in a picture

COLLEGE JOBS

Whether you washed dishes in the cafeteria, shelved books in the Guggenheim Memorial Library, or waited tables at The Inkwell, we want to hear how you earned spending cash during your college years. Send us stories about your college jobs, along with any photos or artifacts you still have, to magazine@monmouth.edu or the address above.

