New Vice President of University Advancement at MU

COURTNEY MURRAY STAFF WRITER

Monmouth University will have a new Vice President for University Advancement as of January 15, 2005.

Jeffery N. Mills, Ph.D., will be advancing the institution in areas such as Special Events, the Alumni Association, the Development Office, and the Performing Arts Department. It is in these areas that Mills is responsible for raising more private gifts to the institution.

Mills is coming from the University of Maine where he was the Vice President for Institutional Advancement as well as the President of the Alumni Association. While there, Mills increased private giving to 79%. Mills grew up in western Maine, where his dream was originally to play left field for the Red Sox. Mills chose to attend the University of Maine because of its great baseball team that advanced to the College World Series several times. Vice President for University Advancement at the University of Maine, R. C. Mills realized that professional baseball wasn't exactly his calling. Mills did in fact figure out what he wanted to be his senior year at the University of Maine, and that was when he was elected Student Body President.

It was then he realized he liked being around students and the whole university atmosphere. Mills had a wide variety of interests andextracurriculars. In his freshman year, he started off majoring in Broadcasting and Theater. By the end of his four years he finished with a bachelor’s degree in History and Social Studies.

After that, he went to graduate school in order to be a college administrator. He then received his master's and doctorate in Policy Studies at Arizona State University.

Mills' wife Tammy, and his two children, Robbie, 9, and Olivia, 14, were very supportive and pleased to see him receive this job because it allows them to be close to the ocean and New York City. When asked if he believed his children will follow in his footsteps, he said, "I'm not sure if they did, even though they like the university environment, it is still too early to tell." Mills does still teach occasionally. "I liked to be involved with the students," he said. "I wanted to stay involved with the students, and to be close to the university." Mills has a passion for politics. In addition to his teaching, he works for the unlimited potential of this university.

The Second Annual College Bowl Tournament was held in Anacon Hall on Wednesday, December 1. The winners of the tournament were Sigma Tau Gamma.

After hearing about the College Bowl Tournament at a conference for the College Union, Mike Patterson, the Associate Director of Student Activities organized this trivia tournament.

“Three-hundred college campuses are involved in this tournament,” said Patterson. “We have only been doing this for two years, but this has been going on for at least 50 years.”

This year, 11 teams with groups of four participated, which has increased from last year by 20%. Students learned about this tournament through flyers that were posted throughout campus. As a result, College Bowl is getting more popular as more people are taking an interest in it. College Bowl is a trivia tournament with single eliminations that will further teams onto the next round until the final winner can be determined. College Bowl consists of various questions ranging from academics, religion, to entertainment. All of the questions are done in a pre-determined order so that each team gets a wide variety of questions.

“College Bowl is fun for everyone,” stated Jon Slevins a member of the TKE team. Students were able to have a good time, whether it is while on the stage or simply observing the action. College Bowl was interesting as well as informative to everyone.

Students sat anxiously awaiting their turns in hope of moving on to the next round. However, each team had their own way of preparing. Julie Rios, a sophomore and a member of the sorority Zeta Tau Alpha, turned towards her Greek Goddess for support.

“Let the spirit of Themis be with us,” she exclaimed. Rios was a member of the team, the Strawberry Smarties. The winner of the entire tournament was team Sigma Tau Gamma. However, it is the All-Stars of each team that will be the ones chosen to go to regionals at The New Jersey Institute of Technology. From there, Monmouth University will hope to make it to the National Tournament that will be held in Seattle, Washington to take the title.

Sigma Tau Gamma team wins Second Annual College Bowl

COURTNEY MURRAY STAFF WRITER

The second annual College Bowl Tournament was held in Anacon Hall last week.

An electrical system failure occurred in Boylan Gymnasium on Monday, November 28 at approximately 3:30 p.m. The failure caused the power to go out throughout the entire building.

Over Thanksgiving break a new electrical system was connected in the gymnasium to replace the old one.

The system was tested and ran fine,” said Robert Cornero, Associate Vice President for Campus Planning and Construction.

Cornero explained that on the night of Saturday, November 27, there was a men’s basketball game and the system was running fine. The reports have not yet come in, however we believe that cause of the blackout was either due to an overload or the system shut down,” said Cornero. The cause still has not yet been confirmed.

The entire gymnasium including the pool, trainer's room, locker room, gym, and the fitness center all lost power for the remainder of the night.

“The university took immediate action by notifying Jersey Central Power and Light about the problem,” said Cornero. Once the call was made JCP&L arrived within the hour. By 9 p.m. JCP&L reconnected the system with a larger connection.

The university took immediate action by notifying Jersey Central Power and Light about the problem, “said Cornero. On Tuesday, JCP&L returned to ensure that the problem had been resolved. “JCP&L beefed up the system by adding a second set of lines,” said Cornero.

All of the work on Tuesday was done while the lines were connected so that the power would not have to be shut off during the day. By the time of the women’s basketball game on Tuesday night the gym was running properly.

All practices and intramurals along with the fitness center were canceled for the remainder of Monday.

The blackout affected both the women's and men's basketball teams. Head men’s basketball coach Dave Calloway said, “We were about 45 minutes into practice when the blackout occurred and we had to cancel the remainder of practice.”

Head women’s basketball coach Jackie DeVane said, “We were in the middle of practice when the blackout occurred... We just went into the Varsity Club and had a film review. Although it was an inconvenience, it didn’t affect us much.”

“ar problem has been resolved and there should be no further problems. Everything is now running fine,” said Cornero.
**NCNW to host Kwanzaa celebration on Anacan Hall**

Group invites all to have some fun and learn the principles of the holiday.

**This year, NCNW is proud to present special guest Michelle Washington Wilson (alumnus of Monmouth University) who will be speaking on Kwanzaa and presenting the Libation Ceremony.**

Kwanzaa is an African American and Pan-African holiday which celebrates family, community, and culture. Celebrated from December 26th thru January 1st and was started by Dr. Maulana Karenga. This year, NCNW is proud to present special guest Michelle Washington Wilson.

**Teaching workshop held for MU students**

**“Part of the ongoing program is to introduce History and Anthropology majors to historical resources in the state that can be integrated into their lesson plans for their students.”**

**Susan Douglass, History and Anthropology Professor**

Professor Susan Douglass. Having been a part of four wars, The New Jersey directly links us to new systems each time it was recommissioned. It now receives over 250,000 visitors a year and even has a special program that allows the visitors to stay overnight and experience what life is like on the ship.

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**Meeting MU: Petal Gadsden, Counselor/Recruitment Coordinator**

**“Programs that are student focused are so important because some students really need the support, whether it be financial, personal, or anything else dealing with college life....”**

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Pictured above are the Phi Alpha Theta and Lambda Alpha inductees. At the podium is Dr. Chris DeRosa, addressing the candidates and in the foreground is Yvette Florio Lane, president of the Iota-Omicron chapter of Phi Alpha Theta.

Honors society inducts new members

Phi Alpha Theta and Lambda Alpha welcome 25 new students

Katherine Seabrook Coordinating Editor

The Iota-Omicron Chapter of Phi Alpha Theta, the National History Honor Society, and Lambda Alpha, the National Anthropology Honor Society, welcomed a total of twenty-five undergraduate and graduate inductees Friday, December 3.

The ceremony was conducted in the Wilson Hall Auditorium, Dr. Katherine Parkin, advisor to Lambda Alpha, and Dr. Richard Veit, advisor to Lambda Alpha, presided at the tradition-rich induction that included readings by faculty presenters, Dr. Glenn King, Professor Kathy Smith-Wennin, Professor Matthew O’Brien, Dr. Julius Adekunle, Dr. Brian Greenberg, and Dr. Chris DeRosa.

The candidates pledged as new inducted members are: Lambda Alpha Inductees: Teray Ciezak, Jodie H. Edlin, Amy Nicole Hanson, Koorleen Minton, Michael Minute, Lindsey G. Salmon, and Jennifer Michelle Soltysik. Phi Alpha Theta Inductees: Undergraduate: Meghan F. Cachill, Jason A. Cherny, Henry K. Eli, Vincent N. Fales, John P. Geib, Ross K. Graham, Justin A. Grieme, Matthew J. Kukoda, Sarah Marie Manfredo, Danielle P. O’Rourke, Frederic Puchman, Lori B. Padgett, Andrea Grace Pierce, and Danielle L. Triolaio.


Dr. Stanley Green, Dean of the School of Humanities and Social Studies, introduced the guest speaker, Dr. Peter Bogucki, the Associate Dean, Undergraduate Affairs, Princeton University School of Engineering and Applied Science. Dr. Bogucki is also a renowned archeologist, whose work in Poland has defined much of what is known about prehistoric agricultural life in Central and Eastern Europe. His talk, entitled “A Career in Ruins: Studying the First Farmers of Central Europe,” included maps, slides, and photos of his own work. A gifted and entertaining speaker, Dr. Bogucki peppered his lecture with anecdotes about his own life experiences in higher education and was most generous in his attributions to academic mentors, colleagues, and friends. He encouraged his audience to follow their dreams and believe in their abilities.

Phi Alpha Theta, Iota-Omicron Chapter, founded in 1964, now has a total of 592 members. Monmouth University’s chapter of Lambda Alpha, founded by Dr. William Mitchell, is the oldest chapter of the National Anthropological Honor Society in New Jersey.

“The majority of MU students...
Designate a SOBER Driver or Call a CAB When They Party!!

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A standard drink is 12 oz. beer, 4 oz. wine, and 1.5 oz. hard liquor

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Clothesline Project held at MU to raise awareness of violence in relationships

Dr. Johanna Foster, Dr. Nancy Mezey, and Dr. Karen Schimmel-Zeck • Contributing Writers

On Monday, November 29th, the Gender Studies Program participated in the national Clothesline Project, which seeks to raise awareness of the startlingly high rate of violence by men against women in personal relationships. Female and male students, faculty, and family members created over 60 articles of clothing with personal stories, emotional reactions to, and information about violence against women. The clothing was hung on a clothesline next to the Rebecca Stafford Student Center and was visited by over 150 MU community members.

Data from social scientists, the FBI, and the Department of Justice were provided. This was the first event of a year-long program on “Gender and Intimate Violence” being presented by the Gender Studies Program. The project involves raising awareness of the complexities involved in the connection between gender and violence. Future events will deal with violence in gay, lesbian, and bisexual relationships, domestic violence in immigrant communities, intimate violence in prisons, and the experiences of men who have been victimized by sexual violence in various ways.

During the display of the Clothesline Project, two students confronted the students staffing the information table, stating that the Clothesline Project was discriminatory against men because it did not acknowledge that men are also victims of intimate violence at the hands of women; i.e., that the exhibit gave the appearance that men are the primary perpetrators of gender violence and thus distorted what they believe to be the “gender neutral” cycle of intimate violence. While, as noted above, forthcoming events will address the issue of men victimized by intimate violence, we appreciate the chance to respond to their complaints.

We agree with the two students’ sentiment that the issue of violence against men is an important one. In fact, there are many violent situations that vary from male violence against women (e.g., elder abuse, gay and lesbian abuse, child abuse, etc.) worthy of discussion and research. We also agree that our social institutions must make visible and work to eradicate disrespectful behavior by one person to dominate and/or control another person, regardless of gender. That said, we find the claim that intimate partner violence is “gender neutral” to be misguided. Simply because men are victims of violence does not mean that the frequency or severity of intimate partner violence is the same for men and women. We understand that men undergo being victims of crime. However, women are also unlikely to report intimate partner violence, particularly when it involves sexual abuse, and/or rape by someone they know.

This was the first event of a year-long program on “Gender and Intimate Violence” being presented by the Gender Studies Program to increase awareness.

The deadline to submit completed Budget Requests is February 3rd, 2005.

For more information, call the SGA finance chair at 732-923-4701

The Student Government Association
Wants YOU!

Candidates Wanted!
Senate Positions are now available for the Spring Semester

Interview for a position:
Wednesday, January 26, 2005
@ 2:30pm
in the SGA Board Room

This is your chance to make a difference!

For more information contact
Devon Gottshalk x24703
Dana Angelo x4702

Attention Clubs & Organizations:

The Annual Budget Request packets are available to be picked up from the Student Government Association secretary located on the 2nd floor of the Student Center on December 9, 2004.

For more information call 732-923-4701

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11 AM – 5 PM
10 AM – 8 PM
10 AM – 8 PM
10 AM – 8 PM

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Lower Level, Rebecca Stafford Student Center
Monday - Thursday 8:45 a.m. - 7:30 p.m.     Friday 8:45 a.m. - 5:00 p.m.
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Wednesday, Dec. 15th

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Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important.

NATALIE GOLDMAN  Poet

poor nutrition, sleeping patterns, and exercise habits during this time of year greatly affect how you feel emotionally and physically, inevitably causing illness and depression or the blues. “A part of why students feel depressed or a little more than blue is because a lot of students have really neglected themselves a little bit over the course of the semester,” explains Dr. Mancini. “Maybe they neglected their nutrition, maybe they are a little rundown, or maybe they are burning the candle at both ends.” So all of that, mental and physical negligence, can combine and lead to a feeling of depression. Their immune system is then compromised. It’s a combination of mental and physical wellness.

According to Bonnie Beardsley, MPMI, LDN, RD, foods to eliminate or eat in moderation to avoid depression includes sugar and sugary foods, and caffeine. Get into the habit of eating regularly throughout the day, including breakfast, replace sweets with fruit and whole grain carbohydrates, and drink plenty of water. Focus on a well-balanced diet, including plenty of leafy greens for folic acid, and bananas, avocado, chicken, greens, and whole grains.

During the months before winter break, students tend to sleep less which can ultimately lead to a crash when they need to be on point the most. Sleep is an extremely important factor in maintaining mental and physical wellness. It is the time when your body receives a chance to restore itself. You need to resume your exercise routine and get plenty of social interaction. Dr. Mancini believes that monitoring your nutrition, sleep, exercise, and social support is crucial to your mental health during this time of year. The best way to avoid SAD is to maintain the balance of these factors.

If you feel that this time of year is especially difficult to handle alone, Dr. Mancini suggests talking with a parent, a family doctor, a psychologist on campus, or anyone who can guide you objectively. She also suggests learning how to balance your time which will help you greatly in reducing anxiety and depression. You need to learn to have a social life, take time out for relaxing, and keep your responsibilities as a student.

Monmouth University contains many resources on campus that teaches and provides information on how to recover from depression and tips on how to prevent it. There are workshops held every semester to help students learn how to cope with typical problems they may face. Some workshops include issues such as good mental health, general wellness, stress management, and time management.

December 14, 15, and 16 (Tuesday, Wednesday, and Thursday), a De-stress Fest will be held in Maukon Hall from 4:30 to 6:30 pm. The goal of this event is an opportunity for students to learn how to manage their stress and to better understand the best way to relax. Massages, deep breathing techniques, yoga, literature on issues, and games are just a few of the features that will be available to help students unwind during the stress of finals.

Don’t let this time of year get you down. Natalie Goldman, a poet, teacher, writer, and painter who heavily practices Zen meditation, best said, “Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important.”
How to Survive the Holiday Season

and still do well on your exams...

Danielle D'Andrea
ASSOCIATE FEATURES EDITOR

While we are in the middle of the happiest time of the year, we also have something else to look forward to, or should I say dread: finals. Finals are quickly approaching us. We begin Hanukkah this week, and we are in our last full week of classes: week number 14. Next week finals begin, and before we know it, it is the end of the semester and we can go home, some to enjoy a merry Christmas and of course the New Year. But how do we balance the holiday parties, the formal, the goodbyes, with the studying and cramming? There has to be an easier way to enjoy the holidays and still do well on our finals. How can that be?

We do have to remember that we are still in school. And although that may not matter to some, we are here for a reason. Some of us are spending our parents’ money, many of us, our own money, on our education, so why not do it right. I realized this the hard way. One of my friends flunked out of school while I was just breezing by and having fun freshman year. I did pretty well, not the best I could. And then something clicked, I’m wasting so much money. If I wanted to keep going the way I was, I might as well move back to Connecticut and go to community college.

Finals do put a damper on the holiday season. How can you shop, having fun, and get your work done all at once? But I can say my fellow Monmouth students, it can be done! I’ve done it. So why can’t you? Here are some easy tips to remember about the holiday season and studying. They’ve worked for me and my friends. They may work for you. Try it and see:

1. Get your shopping done early. Holiday shopping takes the most time out of everything you come across in the holiday season. Pair that up with papers and trying to study for finals, and there’s a mixture for disaster. Try getting the holiday shopping out of the way right away. That way, there is one less thing for you to worry about, and more free time for you to study and have fun.

2. If you don’t follow tip number one, then consider doing this. Mix holiday shopping and studying together. Think of shopping as a reward. You have to work hard at studying and getting something accomplished before you go shopping. For every hour that you study, and I mean genuinely study, not just sit in front of the computer and talk on AIM or go through the facebook, I mean really study. Then for every hour, you give yourself 15 minutes worth of shopping. That time can really add up. Once you study for four hours, you can shop for an hour. Make sure you do the studying first though—otherwise you’ll just be making things harder on yourself.

3. Remember to relax while you study. Don’t stress out over the million things that you have to do. Just get things done.

4. Prioritize. Get your final exam schedule now. You can access it on Webadvisor. Figure out what finals are when and what you’ll need to do for those finals. If you need help, ask your professor now. That way you won’t be cramming the night before and be clueless about concepts that gave you trouble during class.

5. Make a To-Do list. Lists seem so twenty years from now, but they can seriously help you. Write down everything that you need to get accomplished. Then prioritize the list by numbering each item one through however many items you have. One obviously means it is the most important. Then when you are done with each item, you cross it off your list. There’s no greater feeling of accomplishment than crossing something off of a list. You can see your progress right away!

6. When you sit down to study, make sure that you have everything that you need. That way you won’t be constantly interrupting yourself when you need or want something. You’ll have everything right there. When you study, it’s a good idea to have a drink, some kind of snack food, pens, pencils, a dictionary (you never know!), some paper, and of course the books for your class. You’ll have everything you need right there.

7. Don’t be on the computer and study at the same time! Being on the computer only allows for interruptions. If you do have to use a computer to study, put up an away message on AIM, and click the “Hide windows while I’m away” box, the “disable sounds while I’m away” box and the “disable pop up notifications while I’m away” box. That way you won’t know what’s going on and you can zone everything out. You can also leave something cute in your away message about people leaving you messages. That way, when you come back from studying, you may have messages from your friends saying something nice. That’s nice right?

8. Listening to music can actually help you study. Not all types of music though. It has been proven that listening to classical music can increase your memory and focus. But you may have your preference. If you do choose to listen to music, make sure the music isn’t distracting you. Make sure you’re not singing along and listening to the lyrics. Make sure you can actually study!

9. Don’t cram! Whatever you do, don’t cram! Cramming is the worse possible thing ever in the world of studying. It is plain old bad news. Take it from me. I’ve done it before, and froze the next day. It’s just not worth it. You’re sleep deprived, have a bunch of information crammed into your brain that you probably won’t be able to recall when you need to, are probably drugged up on caffeine like there is no tomorrow, and are stressed out because you can’t remember what you studied the night before. Don’t cram! Study in advance and get some sleep the night before your finals. I said some—not more than four hours of sleep would be a good thing. Just remember to set your alarm clock.

10. Look at the holidays as a reward. You already looked at shopping as a reward for studying. Most holidays, besides Hanukkah, begin after finals are over. By studying hard for your finals, you will hopefully do well on them. Then you can have a nice, relaxing holiday with your family and friends. You can spend time with the people you love, eat a lot, and have lots of fun! Most of all, if you study hard and try to do well, you won’t have to be worrying about your finals during the holiday season. You won’t be waiting at the mailbox for that report card to come at the end of December or beginning of January (whenever Monmouth decides to send our grades out). You won’t be worrying about whether you can take a certain class next semester because you don’t know if you passed a class you need this semester. You won’t have to worry about your grades because you may have the confidence that you can honestly tell your parents, or whoever you are going home to, that you did the best that you could. With that comes a sense of freedom. Just study hard and you can then have fun and relax, because, congratulations, you survived your final exams and the holiday season.
The purpose of final exams
Progress assessment or unnecessary evil?

Once again the holidays are upon us. Be it Christmas, Hanukkah, Kwanzaa, or Ramadan, we all get to go home and see our families and friends. For four weeks we don’t have to study or worry about getting papers. Instead, it’s a time to eat a lot and catch up with the people you love. The holiday season means winter break is just about here.

Though perhaps we are getting alight of ourselves, before we do, we can’t revel in the idea of a few weeks off, we must first get through finals that dreaded week and half where we are tested again and again on all the material we’ve crammed into our minds over the fourteen weeks of the semester is fast approaching.

Everyone seems to get a little bit crazy around finals. Sleep deprivation, food deprivation (for those who have maxed out their meal plan), and stress are a terrible combination that tear through campus worse than Hurricane Francis tore through Florida. You hear people (including around every corner. You notice everyone is a little less put together and a little more frizzled out. You cringe at eyes and textbooks in their arms, students drudged around this campus in all their finery.

This begs the question, what exactly is the point of finals? The simple answer is that they are a means of testing how hard one worked throughout the semester and if they did enough, but the real question remains- are they really accurate? The answer depends upon a number of factors.

It is well known that some people simply are not good test takers. The stressful environment of finals causes everyone to go blank. For these people, finals are detrimental.

For those who can take tests, finals still present problems. For instance, there are only two weeks till break, so sack down now and you’ll get your life back soon enough.

Childish antics on Thefacebook
Meddling with profiles is a joke, but at whose expense?

Thefacebook (http://monmouth.thesfacebook.com) recently made a notification to students that they were going to encourage the use of the Internet to enhance the learning experience and to build bridges with other universities. The students were encouraged to submit an article for consideration. The Outlook reserves the right to withhold any information available; perhaps what is the student’s cause.

Students are marred by such a divisive issue as this. If matters like this aren’t taken more seriously in the future, I’m sure that students and faculty that will continue and animosity between students over this will only increase.

Thefacebook is a welcome addition to MU and is a great way to network and build more Hawk spirit, but this particular behaviour is absolutely unacceptable. Students who have committed such acts probably see themselves as someone who can get away with it. It is only through these few steps in the shoes of those who are the brunt of their unfunny jokes.

Domestic violence: Gender neutral
Women are not the only victims of domestic violence.

On Monday, November 29th walking to class, Will and I encountered the Gender Studies Club putting up a table that was handing out information to male and female students interested in domestic violence submitted by volunteers. We inquired at the table about more information and how to make further researches. Some research indicates that approximately 25%-30% of domestic violence is only female victims, while the gender being hit is unknown. Women are only a bit more aware of this. The Gender Studies club did not address that issue for the campus to disseminate.

According to the NICSIC National Coalition Against Domestic Violence Women survey (http://www.batteredwomen.com/bw2/), 10.8% of the women surveyed had been knifed on the victim. 21.6% of the male victims were threatened with a knife, while only 12.7% of the women were threatened. 43.2% of the male victims were bruised, a hard object capable of causing serious injury, while this was true of only 22.6% of the male victims. When all serious forms of domestic assault were added together, as many wounded men as women were seriously assaulted.

Research shows that a gender-balanced approach to violence against women is essential in order to reduce both the frequency and severity of such offenses. Violence against men is a recurring problem. Anyone who has been a victim of domestic assault has probably seen it in a friend’s eyes and textbooks in their arms. The Outlook reserves the right to withhold any information available; perhaps what is the student’s cause.

For more information on domestic violence, please visit: http://www.aw.com/files/ fem27.htm

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NOTE: All articles appearing in the opinion section of The Outlook are solely the opinion of the author and do not reflect the views of The Outlook’s editors (unless otherwise noted) or any and all advertisers. All opinion pieces are the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages. Everyone is encouraged to submit an article for consideration. The Outlook reserves the right to withhold any article it deems inappropriate or otherwise unfit to print in the opinion section. Due to legalities we will no longer print anonymous articles.
Re: Partisan Politics

The column author/radio personality speaks!

HEATHER BACHMAN
STAFF WRITER

This column is a response to the piece, “Partisan Politics: The Ban of One of America’s Pastimes” which I wrote in response to the attacks on my program, my columns, my President, and even more on America’s response to a certain Anti-American film.

I will respond to the attacks on my program, my columns, my President, and even more on America’s response to a certain Anti-American film. Our Nation”.

The column author/radio personality speaks!

Re: Partisan Politics

“J u s t  b e c a u s e  t h e y  h a v e  g r e a t  h a i r
however see a liar when we see one.

said to make Mr. Stanish to believe

issue the following statement: We do

Pro-America program.

Bush nor a Pro-life program. It is a

program The Conservative Watchdog

was Kerry’s gunner’s mate. I inter-

which is being attacked still to this
day. As to the liberal lies piece, the
lop Americans that he is actually go-

understood that Senator Kerry sees us

describe these false activities. For

of them. As to the liberal lies piece,

I get a few responses from liberals
two literalities points.

probably to un-

n o t  to  l o n g  a g o )  a n d  tak e  hi s  ki d  to

As a conservative, I would like to issue a challenge statement. We do not nor did we ever see the world as black and white. We see it as a nation of people. I don’t know what have said to make Mr. Stanish to believe we saw it as black and white. We do
h o m e  t o  t h i s  m a n .   T h i s  i n c l u d e s  t h e  b e-

of them. As to the liberal lies piece,

We do not nor did we ever see the world as black and white. We see it as a nation of people. I don’t know what have said to make Mr. Stanish to believe we saw it as black and white. We do not let him continue his war against us.

I move through the everglade

Do you burn in the night?

Do you scratch when you’re mad?

I’m not afraid to be free

Do you grin when you bite?

I won’t (I hope not) influence his anti-

American behavior because of his

Do you burn in the night?

I don’t let nothin’ stand in my way…ha-ha, ooh!

Do you know where you’ve been?

Sometimes, said lovain’ tastes so sweet

Are you brave enough…are you brave enough?

Are you brave enough…are you brave enough?

Do you know where you’ve been?

As for my column, I believe in

It’s not to long ago and take his kid to

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Greek Life at Monmouth: More than meets the eye
The good, the Greek, and the ugly.

When it comes to Greek Life, everyone hears about how something goes wrong, but how many people hear when something goes right? It seems that here at Monmouth and everywhere I turn there is stigma surrounding Greek Life. The stigma is that Greek Life is all about parties, paying for friendships, and asking for people to join and then abusing them both physically and mentally like in the movies.

Did you know that $30.000.00 was raised for Breast Cancer awareness by the sisters of Zeta Tau Alpha? How about that over 500 hours of Community Service was given by the ladies of Lambda Theta Alpha? The sisters of Theta Phi Alpha raise money for Glenny Home Missions, an organization that distributes food, books, and clothing to needy persons, and assists in providing job training, medical care, and tutoring. The brothers of Tau Kappa Epsilon host a “Last Comic Standing” to help raise money for Alzheimer's disease.

The brothers of Sigma Tau Gamma work to raise money for “Books for Kids,” an organization committed to ensuring that all children have access to books; to date over 29,000 books have been donated nationally. The brothers of Phi Kappa Epsilon have raised over $1,000.00 during the past year and a half for the Special Olympics. Alpha Chi Rho can be seen constantly outside the Student Center working to help others in need with their philanthropy “Challenge the World.” The sisters of Alpha Sigma Tau work to raise money for the Pine Mountain Settlement School, dedicated to education about the natural world and the resources and value of our environment. The brothers of Sigma Pi hold blood drives for their international philanthropy the Red Cross. Theta Xi just held their annual “Mo Mommouth” Competition in which they raised over $2,800.00 for Multiple Sclerosis. The sisters of Delta Phi Epsilon work to raise money for Anorexia Nervosa with events like “Singled Out” and a “Lip Sync” competition. All Greek organizations on this campus have added something positive back to the community.

When it comes to service, all of the Greek organizations have brothers and sisters who volunteer in the community. That’s not to say there is no competition, but what about the stigma that being Greek means paying for friends? Each Fraternity and Sorority sets up a system of dues. These dues go to paying for leadership conferences, national convention fees, brotherhood and sisterhood activities, educational programs, insurance, and advertising. Nowhere in that list is there a category designated for brothers and sisters of these organizations to receive personal checks. I realize of course that many people still don’t understand the concept of giving money just to hangout with people. I urge anyone who thinks Greek Life is about paying for friends to ask a brother or sister of any fraternity or sorority the last time one of their brothers or sisters stayed up late at night just to talk about a personal problem, and then afterwards asked for a fee. I think that you would find that the answer is no one.

Being part of a fraternity or sorority isn’t about friendship; it’s about brotherhood and sisterhood. Brotherhood and sisterhood means being united for a common purpose. What Greek Organizations have is fellowship. Greek Organizations offer abundant opportunities for leadership; chapters have many committees, all of which require a chairperson and maybe more. They also offer additional mo 

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Has anyone else been feeling out of sync lately?

For some reason, I find myself staying up late, being quite unproductive (basically just chatting on IMs and surfing the web), and just keeping myself awake for no valid reason. Ah well, such is college life I suppose.

I had a splendid weekend. Friday and Saturday nights I spent at Paradise (which I fondly refer to as “paradise”), a bar and dance club in Asbury Park. Friday night was the weekly drag show hosted by the delightful Cherry Pie. If she was any cuter, I would have been drowning in her eyes. Saturday night, in contrast, was action packed. Instead of rolling in (drinks), I also ran into a few friends telling him amidst his birthday festivities that he was having his 30th birthday party and great entertainment. My friend Jim was having his 30th birthday party that evening. He’s still looking not a day over 25, which I made certain to tell him amidst his birthday festivities (drinks). I also ran into a few friends I hadn’t seen in awhile, and all in all had a fun and low-key evening.

Saturday night, in contrast, was action packed. Instead of rolling in (drinks) by myself, I was accompanied by my darling friend Kalagh who is always surfing the web), and just keeping myself awake for no valid reason. Ah well, such is college life I suppose.

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Saturday night, in contrast, was action packed. Instead of rolling in (drinks) by myself, I was accompanied by my darling friend Kalagh who is always doing the nasty grind in your room when you are in the next bed trying to sleep. This will definitely shock the both of them— they either have the respect to themselves or simply do their deed somewhere else. I wish you the best with any haircolor or hair length. I also ran into a few friends I hadn’t seen in awhile, and all in all had a fun and low-key evening.

I was delighted to see a reader’s place for advice in my email inbox this week. That means at least one student read the end of my column last week where I invited students to send me feedback and also utilize my advising abilities for personal assistance. The reader wrote:

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Dear Joey C,

My roommate always has sex when I’m in the room. I’ve asked her repeatedly not to do this, but a few nights later it happens again! How can I get this to stop without ruining our friendship or making the living situation awkward?

Sincerely,
Sugar Shackled-out

Dear Sugar,

The first idea that came into my head is for you to climb into bed with your roommate and her sexual partner the next time they are hardcore kertanging after hours. This will definitely shock the both of them—they will become fully conscious of their actions and assuredly think twice before doing the nasty grind in your presence anytime soon.

If this seems too bold for you or you fear being coined a threesome averger after one other student hears of this and quickly ensures that everyone knows of your alleged bed storming ways, I say to schedule another sit down with the roommate. If she is having sex with the same person recently, invite that person for the chat as well. With the both of them seated and listening, state your case calmly and calmly. Tell them that it makes you feel awkward to hear them pounding away when you are in the next bed trying to sleep.

Don’t let them corner you and say that you’re just jealous because you don’t have anyone in your bed when they’re in each other’s company—tell them that you either have the respect and courtesy to get yours in private, or that you are actively practicing abstinence and their lack of the virtue threatens your own sexual willpower. Reinforce the matters of common courtesy and roommate respect, and ask that they either let you know in advance when they’ll need the room to themselves or simply do their deed somewhere else. I wish you the best outcome with this situation.

Till next time kids, don’t forget to pray, confession, or just someone to talk to.

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Better Than Ezra makes “Good” with new live disk

Louisiana based band Better Than Ezra has made a name for itself touring the nation, now their fans can take the show home with them.

“I think we waited way too long with the first (live CD). We've been playing for a very long time and for this to be our first live record, it's been long awaited,” bassist Tom Drummond told The Outlook.

The album was recorded last year at the band’s old stomping ground and hit record stores in late September, accompanied by a live DVD of the same set.

“We wanted it to feel like you were standing in the middle of the House of Blues,” Drummond said.

The record plays like a greatest hits collection, featuring such hits as “King of New Orleans” and “Deperately Wanting.” The disc flows from track to track with gentle comments from the band. The song selection varies from fast songs like “Roselia” to quieter, more somber material like “Live Again.”

The band is on top of their game in their home state, playing to a crowd that clearly loves them.

Perhaps the best part of the record is the fact that it isn’t overly produced or edited.

“You can hear the echo of the mic, and you can feel the sound coming through the stereo system.”

When it comes down to it, the record makes you feel like you’re hanging out with a few friends watching a couple of guys having fun with their instruments.

“We’re believers that if we’re having a good time, the crowd’s having a good time,” said Drummond.

With two never before released studio tracks, “Cold Year” and “Stall,” the live disk gives fans a sneak peak at the band’s forthcoming album, which is set to drop in March. This will be their first release since 2001’s Closer.

“We’re very excited. We released our last record a month before 9/11 and the record company went bankrupt at the height of the first single,” Drummond commented. “We were really disappointed. This record is actually better (than the last). It’s a cross between How Does Your Garden Grow and Closer.”

When they’re not working in the studio or touring the nation, the band likes to lend their hand to the Democratic Party. In the few months they played a rally for the Kerry, Edwards camp and at the opening of the Clinton Library Center.

“We’re trying to support the cause. Put a little BITE muscle in wherever we can,” Drummond laughed.

Better Than Ezra will be performing with The Pat McGee at the Starland Ballroom in Sayreville this Saturday, December 11.

Better Than Ezra will be performing at the Starland Ballroom this Saturday.

CLOSER: a movie about relationships today

Mike Nichols (Oscar winning director for Angels in America) made his latest directorial venture in the movie Closer. Originally a stage production (screenplay by Patrick Marber), this movie stars Julia Roberts, Natalie Portman, Judo Law, and Clive Owens, is a very raw, realistic look at relationships today.

Alice Ayders (Natalie Portman) is a strippefrom New York City traveling to London when she meets Daniel Roth (Jude Law), the front man for Better Than Ezra, singing out “aha.” It’s a simple sound, but one that skyrocketed three guys from Louisiana to the top of the charts.

“Good,” one of Better Than Ezra’s early singles, was an anthem for the mid-nineties alternative movement. The catchy chorus and infectious melody dominated airwaves and took the band’s first album, Deluxe, all the way to platinum. Over the last nine years, Better Than Ezra has released six albums, including their latest record, Live a House of Blues in New Orleans.

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Diplomats are back in bloom
(purple and pink included)

Harlem supergroup returns with second
Immunity mixtape, Diplomatic Immunity 2.

Christopher Yusca
Staff Writer

Get out the pastel-colored clothing, square-shaped ear-
rings, and pink cell phone. For-
get Santa. The Diplomats are coming to town!

While many hip-hop aficionados may argue otherwise, Harlem’s Diplomats do not con-
tinuously go platinum by acci-
cdent. The sped-up samples of the Heatmakerz production, the catchy hooks, and the street-
wise jingles have garnered the Diplomats a Star-Wars-like cult following – with half of hip-hop standing around in Easter col-
ored purples and pinks waiting for the next “Dip-
sell!” chant.

Following the immense success of last year’s dou-
ble album Diplomatic Immu-

nity, the boys in pink return with their second official mixtape offering, Diplomatic Immunity 2, which sees not only the starting lineup of the Dipset intact (Cam’ron, Juelz Santana, and Jim Jones), but also puts faces and voices to the names Cam shouts proudly over every Dip anthem (Hell Rell, J.R. Writer, 40 Cal, Jha Jha, S.A.S.).

And while, to their credit, many of the Dip members try standing out on their merits and do not look to ride in the backseat of Cam’s pink Range Rover to success, little gets accomplished of the group’s previous rounds to be as impactful as their first installment.

Aside from Cam and Juelz
though, Diplomatic Immunity 2 showcases the lesser-knowns of the Dip clan, such as on 40 Cal’s punchline-heavy “40 Cal” and J.R. Writer’s appearances on the instant classics “Stop-N-Go” and “Family Ties”


The Diplomats are back in bloom

whether in pink and purple, or just in simple black and white, Diplomatic Immunity 2 is hardly even comparable to the first installment of the series.

The baby of the Diplomats Juelz Santana teams up with the baby-voiced sped-up sample of the TragedyLakers production team on “S.A.N.T.A.N.A,” a track that Dip fans will surely fall in love with. And Dip hats will look to prove as the team’s downfall.

And as Juelz repeatedly screams out, “I’m baaack,” it’s

noticably hard to imagine when he actually ever left in the first place.

“Everybody welcoming this, welcoming that, He wasn’t welcome in the first place, how we welcome him back?” Juelz con-
tinues on “Take Me to Church,” which pairs him with Cam’ron on their ode to fellow Harlem rapper-turned-pastor Mase. Not too happy with his “resur-
rection” back into the hip-hop game, Cam takes the time to give some of his street knowledge and catches him up with what’s gone on in his absence.

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The Diplomats are back in bloom

whether in pink and purple, or just in simple black and white, Diplomatic Immunity 2 is hardly even comparable to the first installment of the series.

The baby of the Diplomats Juelz Santana teams up with the baby-voiced sped-up sample of the TragedyLakers production team on “S.A.N.T.A.N.A,” a track that Dip fans will surely fall in love with. And Dip hats will look to prove as the team’s downfall.

And as Juelz repeatedly screams out, “I’m baaack,” it’s

noticably hard to imagine when he actually ever left in the first place.

“Everybody welcoming this, welcoming that, He wasn’t welcome in the first place, how we welcome him back?” Juelz con-
tinues on “Take Me to Church,” which pairs him with Cam’ron on their ode to fellow Harlem rapper-turned-pastor Mase. Not too happy with his “resur-
rection” back into the hip-hop game, Cam takes the time to give some of his street knowledge and catches him up with what’s gone on in his absence.

Following the immense success of last year’s
double album Diplomatic Immunity, the boys in pink return with their second official mixtape offering, Diplomatic Immunity 2, which sees not only the starting lineup of the Dipset intact (Cam’ron, Juelz Santana, and Jim Jones), but also puts faces and voices to the names Cam shouts proudly over every Dip anthem (Hell Rell, J.R. Writer, 40 Cal, Jha Jha, S.A.S.).

And while, to their credit, many of the Dip members try standing out on their merits and do not look to ride in the backseat of Cam’s pink Range Rover to success, little gets accomplished of the group’s previous rounds to be as impactful as their first installment.

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And as Juelz repeatedly screams out, “I’m baaack,” it’s
How to make it through the holidays without gaining too much weight

LAUREN NAPOLITANO
STAFF WRITER

"Chestnuts roasting on an open fire, Jack Frost nipping at your nose. Yuletide cards being sung by a choir, and folks dressed up like Eskimos. Everybody knows a turkey and some mistletoe, help to make the season bright."

’Tis the season of eating. The holidays bring joy, happiness, love, as well as thousands of extra unwanted calories. According to Dr. Lisa Giannetto, an associate in the Department of Medicine at Duke University Medical Center and with Duke’s Executive Health Program, the average American gains five pounds between Thanksgiving and New Year’s.

Special occasions, whether it be a holiday, wedding, or birthday, cause people to eat until they can no longer breathe easily, their bellies p a i n i n g so far that the top buttons of their pants feel like they might pop. People associate special occasions with food, allowing themselves to indulge in foods they normally would not do on a daily basis.

David Katz, MD, MPH, FACPM, and author of The Way to Eat, gives three reasons why you over-eat during these occasions: First, they provide a social approval to binge because everyone else is doing it. Katz says, “Indulgence loves company.” Second, they provide opportunity to binge. Exposure to certain foods may make people weak therefore causing indulgence. Third, satiating to your deepest capacity brings a festive feeling. We associate celebrations with food. Katz says, “You think because it’s not something you usually do that’s OK. You can compensate tomorrow.”

This time of year may seem like a continuous food fest, but there is a way to avoid expanding waistlines. Follow these simple rules to avoid expanding waistlines and can reduce any stress or anxiety you may be feeling.

Don’t Diet: Giannetto says, “Set a goal of trying to maintain your present weight. That way, you have a realistic goal. You allow yourself to eat, but you don’t go over the edge.”

Deprivation leads to binging eating. Instead of starving yourself all day, waiting for the time when the smorgasbord of food is ready to be consumed, eat healthy, small portioned foods, causing a little dent in your stomach before you sit down to a copious meal at a holiday party or on the actual holiday. This will aid in resisting over-indulging.

According to Christian Cran dall, PhD, a professor of social psychology at the University of Kansas in Lawrence, explains that ignoring cravings will cause you to feel deprived, so allow yourself to partake in the goodies served during the celebration in moderation. Instead of neglecting your cravings, satisfy them by consuming the taste of the indulgence should satisfy the craving and can stop you from binging later on.

Try taking a small piece of chocolate or super-thin slice of pie and make it last 5 to 10 minutes. Taking your time eating and savoring the taste will cause you to feel more satisfied than if you gobble it up in 30 seconds.

Plan Ahead: If you are at a gathering for a holiday or a holiday party and you know you can’t resist Grandma’s special Pumpkin Pie, plan ahead by cutting back on other goodies. During the meals leading up to the big presentation of the Pumpkin Pie, decide where you want to cut the calories so you can enjoy your favorite part. Make a trade-off. In other words, have small portions of other foods so you can enjoy your guilty eating your favorite dessert.

The key to this strategy is to watch your portion sizes so you can indulge later. Here is a portion size guideline from the American Dietetic Association:

Eat slowly and chew thoroughly: Dietician Dawn Jackson, RD, who works at the Northwestern Memorial Hospital in Chicago and a spokesperson for the American Dietetic Association, says, “Pay attention to how quickly you eat and exactly what you eat and drink. Savor the flavor and by eating slowly and choosing food carefully.”

It takes about 20 minutes for your brain to send the signal that you’ve had enough to eat. In other words, there is a 20 minute lag time in communication between your brain and stomach. By slowing down, you will give your brain a chance to tell your stomach you have had enough and you will feel fuller faster. This means that you might not want a second helping, avoiding unnecessary calories.

Drink lots of water: Gulping down a large glass of water before you eat will make you feel fuller faster. If your not a water drinker, Perrier with lemon or sugar-free soft drinks take up space and fill you up, lessening your desire to eat more food.

Warning: do not choose to use alcohol as your filler. According to Giannetto, the effects of alcohol are felt in an empty stomach and can lead to over-eating and over-drinking. Alcohol lowers your inhibitions and can cause your body to crave more food. Alcohol is also a high caliber, high carbohydrate beverage, so try to alternate between drinking alcohol and water.

Alternatives: You’ll be choosing a light beer over mixed drinks. A half-sized mixed drink can contain as many as 500 calories or more! Would you rather consume your calories from a beverage, or that amazing Pumpkin Pie Grandmas makes once a year?

Don’t socialize by the food: Stay away from the buffet or snack table at a party creates an obstacle between you and the food. If you are close to the good-"...
What is your favorite holiday song and why?

Andrew - Sophomore
“New Found Glory - Merry Xmas. This song and New Found Glory in general circa my sophomore/junior year of high school has a lot of personal meaning for me.”

Bob - Freshman
““Track 1 from the TWISTED Christmas CD. Because I was under pressure to decide.”

Brendan - Senior
“Carol of the Bells by the Transiberian Orchestra. Why? It’s great!”

Cheryl - Senior
“The Waitress’s Christmas Wrappings. All girls can definately relate to it!”

Jason - Senior
“Chemical Warfare/Slayer makes me feel warm and fuzzy.”

Jon - Senior
“Transiberian Orchestra Christmas in Sarajevo (Carol of the Bells).”

Kevin - Junior
“12 Days of Christmas - My family sings it every year.”

Lisa - Freshman
“All I Want for Christmas is My Two Front Teeth. I’m Gettin Nothing for Christmas.”

Morgan - Senior
“Hava Nagila, the techno version. Cause it’s fun and it rocks the dreidel.”

Tom - Grad
“Iron Maiden’s Rock N Roll Christmas. Because it’s totally awesome and way radiacl.”

HOLIDAY GIVING
To Families in Need

Many homeless and needy families can use some cheer and a helping hand during the holiday season. If you, your club/organization or department would like to adopt a local family please contact Marilyn Ward by calling 732-571-4411.

Families who have been assisted in past years include graduates from Manna House which is a homeless shelter for women and children, and families who are living in area motels whose children attend the Long Branch Public School system.

HOLIDAY DONATION EFFORTS
Student Government Association
Annual Giving Tree

For the past decade, SGA has been collecting wrapped gifts for needy children who live in the local community. The Giving Tree will again be located on the first floor of the RSSC, across from the Information Desk beginning Wednesday, November 24 and running until Wednesday, December 15, 2004.

Pick a tag from the tree and then drop off your wrapped gift(s) with the tag attached to SGA, located on the 2nd floor of the RSSC by 12:00 noon, Wednesday, December 15. Please note that the donated gifts will be delivered by SGA on Thursday, December 16. For more information contact SGA at 732-571-3484.

Give A Little, Get A Little
Food Drive

The Monmouth University Bookstore will collect non-perishable food items until December 20, 2004. Anyone who brings in 5 cans or packages of food will receive a coupon for 25% off imprinted items. Donations will be given to the Long Branch Public Schools. Contact Kathy Booth at 732-263-5237 for more information.

Sponsorered by the Office of Service Learning and Community Programs, the MU Bookstore and SGA
Gender Studies sets up Clothesline Project

(GENDER from page 4)

• Unlike for men, domestic violence is the leading cause of injury to women in the United States, harming nearly four million women a year. All this is to say that although men are the victims of intimate partner violence, either at the hands of women or other men, violence is in no way gender neutral. Like all other social relations in an unequal gendered society, violence is a deeply gendered phenomenon. To suggest otherwise is to be either uninformed, or misinformed by out-of-date and faulty data. In fact, it is the very gendered nature of violence that makes being a male victim of violence so difficult. In other words, because men perpetrate most of the violence in society, when men themselves become victims of violence they are often held in contempt by other men and are made invisible by social institutions. Sociologists argue, for good reason, that male privilege can be just as harmful to men as it is to women.

Men and women in our society perpetuate dominant ideals of masculinity, men are actually at greater risk of male violence than are women. In war, in sports, in gangs, in prisons, on the playground, men and boys use violence against one another—and sometimes sexual violence—as part of the routine social relations of masculinity. Statistics show that the greatest threat to both women and men in society is other men. If we are truly interested in ending violence against all human beings, as we are assuming our critics are, we need to start with addressing the overwhelming problem of male violence against other human beings.

The mission of the Gender Studies Program at MU is to provide an organizational structure to increase awareness of gender issues—issues concerning all genders and genders. Everyone connected with the Gender Studies Program is involved because we want to make a difference in our society and within our own complicated gender relations. We encourage the MU community to engage in thoughtful and lively conversations, to seek facts, to take advantage of the resources offered by the Gender Studies Program, including the array of gender studies courses offered as part of the gender studies minor, the new student Gender Studies Club, as well as upcoming events.

Come join The Outlook!

Meetings are held on Mondays at 6:30 p.m. and Wednesdays at 2:30 p.m.

We need writers, photographers, editors, and people who are interested in layout.

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Deep Dish Extra.

Limited Time Offer

Atlantic Cape Community College is offering you the chance to earn college credits from Jan. 3-15, 2005. ACCC students and those attending four-year colleges who are home for the holiday break can take advantage of the Winter Term.

To find out more, visit www.atlantic.edu/winter2005

Atlantic Cape Community College
Mays Landing - Atlantic City • Cape May County
(609) 343-4707
ACCC is an equal opportunity/affirmative action institution.

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Holidays Are Coming... Semester's End is Near...
Phi Sigma Sigma Celebrates a Safe & Sober New Year!

Phi Sigma Sigma is Responsible For Who They Care About...
Are You?

Designated Drivers Make a Night Out More Fun!

December is National Drunk Driving Prevention Month, join the majority at the party: make sure you and your friends designate a sober driver for the night.

We honor Phi Sigma Sigma for their Sober Sisters Program!

Questions call 571-3586
tty call 263-5795

We want your feedback!

FALL FILM SERIES ONLINE SURVEY
We want to hear what you think about our weekly film series in Bey Hall. Tell us online at:

Orientation Leaders Wanted!
Orientation Leader Training begins Monday, August 29, 2005. OL's can not hold other jobs at the same time. For your time, OL's will get a $200 MU Bookstore gift certificate and a great experience!

NEW Orientation Leader Applicants:
Applications Due: Friday, February 18, 2005

RETURNING OL Applicants:
Applications Due: Friday, January 28, 2005

12 completed credits and a minimum of a 2.3 GPA (end of Fall '04) required

QUESTIONS CALL 571-3586
TTY CALL 263-5795

Office of Student Activities and Student Center Operations
2nd floor, Rebecca Stafford Student Center

Upcoming Events . . . .
Wednesday, December 8
Women's Basketball vs. St. Peter's Boylan Gym, 7:00 p.m.

Thursday, December 9
Kwanzaa Celebration RSSC Anacon Hall - 6:00 p.m.
Mika Burton - Comedian RSSC Coffeehouse, 9:00 p.m.

Friday, December 10
Movie: Collateral Young Auditorium, 9:00 p.m.
STUFF IT AND SHAKE IT!
featuring Sunday AISStars RSSC Anacon Hall - 8:30 p.m.

Saturday, December 11
Movie: Collateral Young Auditorium, 9:00 p.m.

Tuesday, December 14
De-Stress Fest RSSC Anacon Hall, 1:30 p.m.

Wednesday, December 15
De-Stress Fest RSSC Anacon Hall, 1:30 p.m.

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You're Auditorium
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Friday, 12/10 & Saturday, 12/11
FREE MOVIE!
FREE POPCORN!

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- Applicants will lead and assist children’s classes and birthday parties
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Please contact Melissa 732-389-9669

Fast Cash! Are you the typical broke college student in search of some quick spending money? Happen to have an interest in music? Support the MU Football and Basketball Teams and your bank account at the same time!
Join The Monmouth University Pep Band! $25 for EVERY Home Monmouth Football and Basketball game you play!
EASY MONEY AND A GREAT TIME!
***No Auditions Necessary!***
For Information Contact: MUPepband@yahoo.com or call Kim at 732-747-7483

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Attention College Students
Inventory Takers Needed
RGIS Inventory Specialists is the leader in its field. We are looking for students to work during break going to various retailers’ locations to inventory their merchandise. You’ll receive paid training to use our equipment and get your work schedule one week in advance. You can also receive bonuses for referred employees. This is an opportunity to earn lots of $$$ while on break and work with other students. Many students have turned this opportunity into a career, but even if that isn’t what you’re looking for, we can provide you with lots of earning power during your break.
For Interview times please call: 732-643-0199
RGIS Inventory Specialists Equal Opportunity Employer

WWW.SEFAN.ORG: WEB SITE TO HELP FIGHT HUNGER
The Statewide Emergency Food and Anti-Hunger Network (SEFAN) has launched a web site to help address the growing problem of hunger in New Jersey. By logging onto www.sefan.org and clicking onto “Pantry Link” you can find out about local food pantries, soup kitchens and shelters that serve meals in your community. The web site lists volunteer opportunities as well as items needed such as non-perishable food and baby products.
By helping your local emergency food provider, you will be helping to fight hunger in your community and in New Jersey. So log onto www.sefan.org and click on “Pantry Link” today!
Today’s Birthday (Dec. 8th)

You’d love to spend the whole year celebrating what you’ve accomplished so far. That’s OK for a while, but don’t let it interfere with what you’re learning.

To get the advantage, check the day’s rating: 10 is the easiest day, 0 the most challenging.

Aries • (Mar. 21 - April 19) - Today is a 7

Once you and your partner have figured out what you think you need, go shopping together. You’ll save by pooling your resources. Go after the best quality.

Taurus • (April 20 - May 20) - Today is a 6

Once the job’s done and the mess is cleaned up, let your partner or mate take control. It’ll be fun to let somebody else make decisions for a while.

Gemini • (May 21 - June 21) - Today is a 8

Go ahead and make the commitment that’s obviously required. The next step requires a lot of work and you’ll need the support of a partner.

Cancer • (June 22 - July 22) - Today is a 6

The nice thing about doing a messy task is how good you feel afterwards. Don’t let this moment go unacknowledged. Throw a private celebration.

Leo • (July 23- Aug. 22) - Today is a 7

You have a pretty good sense of design and color now, so decorate. The next few days will be good for household projects, big and small.

Virgo • (Aug. 23 - Sept. 22) - Today is a 6

Save enough out to get yourself some new tools and equipment. The more you improve your skills, the more quickly you’ll make the money back.

Libra • (Sept. 23 - Oct. 23) - Today is a 7

Give up the point you were trying to make, you can finish that some other time. Right now, it’s more important to see that the job is done, quickly and right.

Scorpio • (Oct. 23 - Nov. 21) - Today is a 6

You’re getting better organized, and it’ll soon be easy to make decisions and follow through on them. This will spend things up considerably.

Sagittarius • (Nov. 22 - Dec. 21) - Today is an 7

Decide finances with your group or committee, and take care. They might come up with a way for you to finance their latest project. Don’t be too generous, you still need to pay the rent.

Capricorn • (Dec. 22 - Jan. 19) - Today is a 6

Decisions-making goes much easier for everyone tomorrow. This lifts a burden you’ve been carrying but you’ll find a chance to take charge. Act quickly now.

Aquarius • (Jan. 20 - Feb. 18) - Today is a 8

Don’t spend all day on the phone, even if you’re talking to a foreign client. You don’t want your costs to be higher than the sales you’re bringing in, and neither does your boss.

Pisces • (Feb. 19 - Mar. 20) - Today is a 7

Plan to get out tonight or tomorrow, you need a change of pace. Visit somebody you love a lot, and haven’t seen for a while. You’ll be re-energized.
Fall 2004 Writing Proficiency Examination (WPE)

The Writing Proficiency Examination will be offered next on Thursday, December 16, 2004, from 9:45 a.m. to 12:00 p.m., and Friday, December 17, 2004, from 5:15 p.m. to 7:30 p.m.

Check-in for the December 16th exam will begin at 8:45 a.m.
Check-in for the December 17th exam will begin at 4:15 p.m.

Check-in for both exams will be held in the lobby of Pollak Theatre

Eligibility Requirements for the Exam

In order to be admitted to the WPE, students must present a Monmouth University Student Identification Card. If you do not have an ID, you may obtain one at the ID Center, located in the Student Center.

Eligibility Announcements for Incoming Transfer Students

The faculty recently approved changes to the Writing Proficiency requirement that are effective May 1, 2004. One of these changes affects incoming transfer students and the WPE. Qualified incoming transfer students who start at Monmouth on September 7, 2004 (Fall 2004), may take the December 16/17, 2004, WPE or any WPE thereafter. Qualified incoming transfer students who start at Monmouth on January 18, 2005 (Spring 2005), may NOT take the December 16/17, 2004, WPE; however, they are eligible to take the May 5/6, 2005, WPE or any WPE thereafter.

Requirements for Attempting the Exam

The mandatory reading set for the WPE will be available at the University Bookstore for a minimal fee, beginning Monday, November 29, 2004. Before the exam, students must purchase and read the reading set, and must bring it to the examination.

In order to be admitted to the WPE, students should pick up and read the Writing Proficiency Requirement Preparation Manual, available for no charge at the Writing Office (Wilson Annex Room 510) or online at http://bluehawk.monmouth.edu/~eng/wpe.pdf

The Writing Office will offer three information workshops about the WPE at which the format and expectations of the exam are explained and at which you can ask questions in person. The sessions will be held on Thursday, December 2, from 4:30 to 6:00 p.m.; Wednesday, December 8, from 2:30 to 4:00 p.m.; and Monday, December 13, from 6:00 to 7:30 p.m. All sessions will be held in the Student Center, room 202B.

Additional information is available from the WPE Information Line at 732-263-5491 and from the Writing Office in Wilson Annex Room 510. All students should consult the Monmouth University Undergraduate Catalog for the Writing Proficiency Requirement policy.
Statterwhite named to Regional All-American Squad

Junior goalkeeper selected to adidas/NSCAA Mid-Atlantic Regional All-American Team

Press Release

Monmouth University junior goalkeeper Art Satterwhite (Somerset, N.J./Franklin) was named to the third-team 2004 adidas/NSCAA Mid-Atlantic Regional All-American Team as the National Soccer Coaches Association of America announced its recipients earlier this week. Satterwhite played in 12 matches for the Hawks, starting 11 games, while missing time due to injury. The junior posted a 1.00 goal against average, a season-best for the netminder, while also carding an .854 save percentage, which was also a career-best.

FIRST TEAM
Pat Hanigan, GK, Sr., Temple
Kevin Coleman, B, Sr., LaSalle
Michael Lookingland, B, Sr., Bucknell
Pablo Orantes, B, Sr., St. Peter’s
Sacha Kjestan, M, Sr., Seton Hall
Derek McKenzie, B, Jr., Duquesne
David Walters, M, Jr., Penn State
Adam Williamson, M, Jr., Lehigh
Jerrod Laventure, F, Sr., Seton Hall
Bernie Showers, F, Sr., St. Francis (Pa.)
Darren Spicer, F, Jr., Princeton

SECOND TEAM
Stash Graham, GK, Sr., La Salle
Joe Brocker, B, Jr., Temple
Erick Hallenbeck, B, Sr., Pennsylvania
Nathan Jolly, B, Sr., Lafayette
Nick LaBrocca, M, So., Rutgers
Jon Loputski, M, Sr., Villanova
Doug Navaez, M, Jr., St. Peter’s
Matthieu Savaria, M, Sr., Fairleigh Dickinson
Antonio Nuniati, F, Sr., Fairleigh Dickinson
Chad Severs, F, Sr., Penn State
Keeyan Young, F, Jr., Pittsburgh

THIRD TEAM
ART SATTERWHITE, GK, JR., MONMOUTH
Pat Hanigan, GK, Sr., Temple
Kevin Coleman, B, Sr., LaSalle
Michael Lookingland, B, Sr., Bucknell
Pablo Orantes, B, Sr., St. Peter’s
Sacha Kjestan, M, Sr., Seton Hall
Derek McKenzie, B, Jr., Duquesne
David Walters, M, Jr., Penn State
Adam Williamson, M, Jr., Lehigh
Jerrod Laventure, F, Sr., Seton Hall
Bernie Showers, F, Sr., St. Francis (Pa.)
Darren Spicer, F, Jr., Princeton

OUTLOOK’S WEEKLY NFL PICKS - WEEK 14

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<td>Away</td>
<td>Washington Redskins</td>
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<td>Houston Texans</td>
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Devon (7-6 Week 13) (34-14 Overall)
Eddy (9-4 Week 13) (33-15 Overall)
Dom (6-7 Week 13) (28-21 Overall)
Kelly (6-7 Week 13) (24-24 Overall)
The Monmouth University Women’s Basketball Team started their week on the right track, defeating Columbia in Boylan Gymnasium. Monmouth would fall to Rice University in the Gene Hackerman Rice Invitational, but would later knock off Texas Southern to take third in the event.

On Tuesday, November 30, the Hawks were able to hold off the Columbia University Lions in the second half to win 61-54 at home. Monmouth had three players in double-figures, led by junior Niamh Dwyer who scored a game-high 18 points.

Seniors Courtney Lumpkin and Erin Winston each contributed 10 points and six rebounds. The Hawks, who shot 44% from the floor, had 22 big minutes off the bench from freshman Veronica Randolph, who had nine points, including two three pointers, and five rebounds. Monmouth led at halftime 23-21 after shooting just 31% in the first half, but were able to regroup and shoot 60% from the field in the second half, including Winston’s big shots down the stretch.

“We stepped up our defense, and then our offense came,” said Head Coach Jackie DeVane on her team’s second half performance.

The Hawks forced 22 turnovers in the contest, but DeVane feels that the team’s hustle in the second half was important. Monmouth played Rice University in the Gene Hackerman Rice Invitational on Friday, December 4 in Houston, Texas. Despite cutting the Lady Owls 18-point lead to six in the second half, the Hawks were unable to get over the hump and were defeated 73-58.

The Lady Owls, who were led by Michelle Wood’s 22 points, were held to just 34% from the floor, but shot 78% from the free throw line.

In the defeat, Monmouth had a stellar performance from Dwyer, who was 9-of-18 from the floor, including four 3-point buckets, for a game and season-high 24 points. Monmouth had strong games from Randolph, who had 13 points, and Lumpkin and Winston, who each poured in 10 points.

Overall the Hawks shot 39% from the floor and managed a season-high 65% from the foul line (17-of-26).

The 4-2 Hawks return to action on Wednesday, December 8, when they host St. Peter’s College at 7 p.m. and will play the nationally-ranked University of Maryland Terrapins on Sunday, December 12, at 5:30 in Maryland.

“Catch your Hawks!”

ST. PETER’S
12/8/04
7:00

at University of Maryland
12/12/04
5:30

Auburn
12/21/04
7:00
Hawks road woes continue this season

Men’s Basketball drops pair of games to in-state rivals.

Early on in the basketball season, NCAA teams have two decisions to make: far from conference scheduling goes. The first is to play a “cupcake” schedule, which would involve playing teams that, on paper, aren’t as good as your team appears to be.

The other is to play tough teams from conferences that will be more ready your team when the conference schedule rolls around. Now, these decisions aren’t made right before the season, they are worked out well in advance between coaches and administrations. And if you ask Monmouth head coach Dave Calloway which approach he prefers, the answer will emphatically be the latter.

That is evidenced by the fact that since he has returned to be the head coach of his alma mater, Calloway’s teams have gone up against some tough competition. The likes of Miami (FL), Gonzaga, Vanderbilt (whom the Hawks defeated in 2001-2002), Notre Dame, and Maryland when the Terrps were the defending by the fact that since he has returned to be the head coach of his alma mater, Calloway knows the best way to get his squad prepared for the vigors of the NEC schedule is to play a difficult non-conference schedule. Where against a Big East team, for example, Monmouth will have to play a near-flawless game to win, they use that experience when they have to, say, travel to St. Francis (NY) late in the regular season with tournament implications.

That is being said, this years Hawks are off to a 1-4 start, due in large part to a non-conference schedule that is far from cake. The Hawks five opponents that they have already played have a combined record of 16-6.

Book New Years Eve
Dinner Now!
Seatings at 5pm, 7pm, 9pm
Entertainment at 10pm

Happy Hour
Monday - Saturday 11am - 7pm

Sunday - Thursday
$1.00 Draft Mugs After 7pm
Watch All NFL Games Here!
Sun. $2.12 Bud & Bud Lite Bottles
Mon. Night Football $1 Mugs

Sunday - Thursday
Chicken & Rib Special
served with fries and cole slaw

Ed Occipinti
STAFF WRITER

The Outlook
December 8, 2004

The Hawks play Princeton at Home in Boylan Gym
this Sunday,
Dec. 12 at 4:00 p.m.

Come Show Your Spirit and Support the Hawks!

The Outlook 23

End of Season Implications

The Hawks have been a team that lost in the postseason NIT final. They also routinely play schools the likes of St. Peter’s and Rider, who left the Northeast Conference right before the 1995-1996 season after rattling off three straight conference regular-season titles an two trips to the Big Dance.

What all this means is that Calloway knows the best way to get his squad prepared for the vigors of the NEC schedule is to play a difficult non-conference schedule. Where against a Big East team, for example, Monmouth will have to play a near-flawless game to win, they use that experience when they have to, say, travel to St. Francis (NY) late in the regular season with tournament implications.

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Men & Women's Basketball, NFL Picks and Men's goalkeeper named to Regional All-American Squad.