University mourns loss of freshman

First year student dies in dorm

OUTLOOK STAFF REPORT

A freshman residing in Cedar Hall died of unknown causes Sun-

day morning. Tom “Lennon” Gonch, 18, died in his room on the third floor of the residence hall. He was found by his roommates, Albert Kurtz in the early afternoon.

“At first I thought he was just passed out,” Kurtz, also a fresh-

man, said.

Kurtz immediately notified his R.A., who then called the authori-

ties. At the time of publication the cause of death was unknown.

“We won’t know (the cause of death) for quite some time,” said a pretty good idea based upon what we saw and it appears that it is possible drug related, but the only way we can tell for certain is when we do a toxicological exam,” said Joe Kaye, the Monmouth County Prosecutor. “We don’t believe it was a suicide.”

President Paul Gaffney II in-

formed the university of the loss Monday morning via email. He requested that members of the university community take a moment out of their day to remember Gonch.

“I think it’s surreal,” said fresh-

man Greg Swindasz. “It kind of puts life into perspective. I just am just really far away the other day and now that’s never going to happen again.”

“It’s always tough to comment on the loss of a student,” said Mary Anne Madden, Assistant Director of Student Ser-

vices. “I know all of our thoughts and prayers are with his family and friends.”

Nagy made the drive along with President Gaffney and Dr. Francesca Briscoe, Assistant Dean Tieddemann and members of the suite have ex-

pressed their hope that it stays that way.

“I hope they don’t move some-

thing in there, that would be really upsetting,” said Briscoe.

Public Relations Chair of the Stu-

dent Government Association, Mary Anne Madden commented, “Now more than ever students need to come together as a campus community.”

Services will be held at the Anolie Center on Wednesday, February 2, at 11:30 a.m. It will be a very difficult time, but I think it’s also an opportunity for the university community to come together to take care of one and other,” said Nagy.

University helps children recognize Dr. King’s work

ALYSON GOODE

CONTRIBUTING WRITER

Monmouth University celebrated the life of Dr. Martin Luther King Jr. last Wednesday and Thursday through a series of events in the Re-

becue Student Center.

Heather Kelly, Assistant Director of Student Activities, coordinated the two day program which was funded by a grant from the Martin Luther King Jr. Commemorative Commission and the Office of Stu-

dent Activities. The programs were intended to emphasize Dr. King’s call to service. Wednesday was a day of service at MU while Thurs-

day comprised an array of events and activities.

Late Wednesday morning, 172 children from Westside Christian Academy and Holy Hope Academy Char-

ter School arrived at Monmouth for a festival that honored MLK. Student organizations from Mon-

mouth sponsored different booths to educate the visiting students.

The children were provided with bags to take home their arts and crafts along with prizes that they all accumulated throughout the two hour program: “Today was fun and eye-open-

ing and fun,” said Vicki Pifer, President of the English Honor Society. “Things were much smoother than I anticipated and the kids had a good time.”

Among other organizations that created booths were the Student Government Association, Student Activities Board, Inter-Greek Coun-

cil, Dance Team, Zeta Tau Alpha, Lambda Theta Alpha, Alpha Chi Rho, Sigma Tau Gamma, Kappa Delta Pi Teaching Honor Society, Animation club, National Council of Negro Women, Council for Ex-

ceptional Children, Social Work Association, Sorority Life, etc. Included In the collection of programs were booths run by the American Cancer Society, American Heart Association, and groups from the local county.

The children were able to express their creativity through various booths, including making Kufi hats, learning to read the roots of African dance, to teaching students how to make dream catchers, to playing bingo with facts of Dr. King’s life. The students rotated among the stations and lunchtime.

“In addition to the tables around Anolie Center, there was a display

from the African American Heritage Museum which travels to colleges, churches and schools. In February, 4, to 5,000 people will pass through the museum in Newtownville, NJ. At Monmouth there were many dis-

plays of artwork symbolizing the triumphs and struggles of African Americans. Included in the collec-

tion were depictions of Malcolm X and Ruby Bridges. There were also magazine covers and advertise-

ments, such as Life and Jet magazine-

Zines and an ad for Cream of Wheat which belittled children of color in the 1800’s.

Ralph E. Hunter, Sr. founder of the museum said, “I thought this [day] was super sensational to have kids come. They were well behaved and very interested in the contributions of African Americans have made.”

The museum collection remained displayed all day Thursday in Ama-

con Hall. It was open to the public for viewing for a few hours that afternoon. It was also still stand-

ing Thursday night at the Dr. Mar-

tin Luther King Jr. Annual Tribute Celebration entitled, “Echoing his Dream…”

Thursday evening’s tribute started with a welcome from MU President Paul G. Gaffney. The program reminded atten-

dees that Dr. King was a great orator and conveyor who once spoke at Monmouth College during turbulent times in history.

“His message was for all of us, not... [See MLK on page 4]
**Inside the new Multipurpose Activity Center.**

**MU still awaiting approval from West Long Branch for Multipurpose Activity Center**

**ASHLEY JOHNSON CONTRIBUTING WRITER**

Monmouth University continues to forward with the development of the Multipurpose Activity Center (MAC) with the hiring of an architectural company.

The MAC will include a 3,000-seat multipurpose gymnasium, a 200-meter indoor track, a new university bookstore, coaches offices, locker rooms, luxury boxes, booster club, a Hall of Fame.

Monmouth University has hired Ewing-Cole Cherry Brott, an architectural company out of Philadelphia to help the MAC.

Monmouth’s current gymnasium, Boylan Gym will be converted to provide opportunities for student and community recreation that will connect the university to the surrounding community.

Residents speak out in favor of Monmouth University expansion because it provides inspiration and culture for the town’s young people.

Jan Holderness, a West Long Branch resident, believes a partnership should be established between Monmouth University and her son’s team as well as other sports teams to use the facilities.

The MAC would enable more availability for practice time.

Holderness feels that attending games and events at Monmouth University has provided her son with motivation to attend the college and major in biology.

Unfortunately not all of the local residents express the same view. According to Director of Athletics Marilyn McNeil, the reason the MAC is currently stagnant in the planning stages is the rejection of some local residents.

All of the plans are complete, however, approval of West Long Branch is needed before digging can commence.

Approval will allow Monmouth to put in a building application. The MAC will be up and running 18 months after the application is accepted.

A view from outside the new Multipurpose Activity Center.

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February 2, 2005

UNIVERSITY NEWS

The World According to MU

Thomas Dick attends Presidential Inauguration

JENNIFER KNOEPEL
NEWS WRITER

Thursday January 20, 2005 marked the 55th Presidential Inauguration. The inauguration took place in the nation's capital, Washington D.C. where President George Washington Bush was sworn in for the second time.

Inauguration day consisted of traditional events including a morning worship service, a recitation to the capitol, vice presidential swearing-in, the inaugural address, the inaugural luncheon, the inaugural parade, and inaugural gala and balls.

The Office of Communication, Thomas Dick, was in attendance for the festivities. "I was proud to be a part of it. When the president takes an oath, it is a promise, a tradition, and it was good to be there and see him make the promise."

THOMAS DICK
Athletics Director of Communication

While in Washington D.C., Dick had the opportunity to witness all aspects of the event. Balls, galas, the parade, and the inauguration were all attended by Dick.

President Bush told the American people that he would pursue the success of liberty around the world. Bush spoke of many topics during his inaugural address including the global expansion of freedom, peace, oppression, human rights, September 11, domestic issues and protecting the United States.

"The survival of liberty in our land increasingly depends on the success of liberty in other lands. The best hope for peace in our world is the expansion of freedom in all the world," Bush stated in his inaugural address.

After listening to Bush's inaugural address, student groups marched to the next four years of this country. "It's going to be a tough task but we are the right task," said Dick.

According to factmonster.com, 250,000 people attended the 55th Presidential inauguration and hundreds of thousands watched the event on television.

Americans watched to hear the inaugural address and hear what the president has in store for the next four years. "It just made real the fact that we won't have a weak-kneed president in office during these next four years," said Dick.

MU aides in tsunami relief efforts

Student groups join together to raise money

NAGELLE B. ANZADOURI
STAFF WRITER

Following the recent tsunami disaster of Southeast Asia, Monmouth University plans to launch a two month campaign aiding in the relief effort. "It's going to be a tough task but we are the right task," said Dick.

"We have seen our students, and indeed, the entire University community come together to assist in this," Vice President for Student Services Mary Jane Dick said.

Under this initiative, the “Have a heart” campaign will begin on February 14, where Vice President for Student Services Mark Zuckerman will address the campus.

"Our students here are giving up their time, their talent, and really coming together without anyone really asking for it, they're coming forward," said Dick.

This is a really good example of the connection that we have with the world outside our four walls of Political Science & Sociology Dr. Rekha Datta-Datla said.

Datta, along with Vice President for Academic Initiatives Dr. Sahba Sarsar and, Political Science Instructor Kevin Dooley will work together to get students to actively involved in the University community on the issue of Global Understanding.

"If we had a global convention and at the same time, a global crisis that has affected so many...we would have a global problem," said Dr. Datta. added that lectures session would not be as effective as acting together to help.

Dossley also expressed the importance of Monmouth's community significance of spreading humanity. "It's vital. It's (Monmouth) a center of higher education and higher learning, and I think if you don't see match compassion with higher learning you're not really achieving higher learning...You can't just load up on academics without the same time building up a sense of decency around the world."

"I am delighted to see our students, and indeed, the entire University community come together to assist in this."

MARY ANN NAGY
Vice President for Student Services

The University has never been involved in other relief programs of this magnitude, even during the attack of 9/11. Counseling and moments of silence were offered as a way of acknowledging the tragedy, but Datta explained that this predicated Southeast Asian now faces.

"You're looking at really poor countries,” she referred to former Secretary of State Colin Powell’s statement: "Some countries are able to respond to disasters financially better than others...the importance of money for this particular cause has become very important.”

Datta, who has family living in Southern India, said that she felt “helpless” and “overwhelmed” when she first heard about the disaster. "I’ve seen this kind of power...people living without any houses but without any beings,” she said.

Students, faculty, and administration members met that night at the Student Center to outline the campaign schedule that is still in “the early stages.” They will meet again this Friday to discuss any further additions.

“This is very important, and I hope that this relief will not just stop with issuing a check, but will be a commitment that will last,” Dr. Sair said.

STAFF WRITER

Wielding an acoustic guitar and a cheery personality, artist and songwriter Chrisie Santoni took center stage in Oakwood Lounge Saturday night, as well as taking her audience by everything.

The 31 year old Monmouth University alumni came armed with a solid and a full-length album, titled Lover Fighter, and proceeded to give students all around memorable tracks over the course of the following hour and half.

Originally hailing from Baltimore, Maryland, she now resides in Red Bank. Santoni started singing during her sophomore year of college in a local Monmouth University talent contest. "It’s going to be a tough task but we are the right task," said Dick.

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Dossley also expressed the importance of Monmouth's community
MU pays tribute to Martin Luther King

[MLK from page 1]

just the African American community," said Gaffney.

As part of the celebration, there was a company performing “King’s Dream,” which used music and songs with a multimedia presentation to tell his story of drama, pain and perseverance.

The audience responded positively to the program by occasionally standing up and singing and clapping along with the three singers on stage. They sang “We shall over- come,” a historical song that echoed the mentality of African Americans during times of segregation.

During the evening Kelly also knew 14 nominations for the Unsung Hero/Her- oine award. All recognized were students and staff of Monmouth University.

Later in the evening, Kelly presented four recipients with the award which symbolizes exceptional service to the surrounding community. They included Alexis Harris, principal of Hope Academy; Dana Pahucic, founder of Michael’s Feet, a local charity; Cortnie Stanton, a MU graduate student; and Marilyn Ward, MU’s Service Learning and Community Programs coordinator.

“It’s an honor and a privilege,” said Ward. “When I looked around this room tonight I could pick out table to table how every person has contributed to this community.”

At the end of the tribute, four students from Hope Academy’s Step Team performed on stage. They impressed the audience with choreographed step routines and songs that were in the evening’s earlier media presentation.

The four girls received a standing ovation after they entertained everyone for 20 minutes.

Kelly is very pleased with the outcome of the two-day celebration. She believes that the children really walked away having learned something.

“It brought home the idea to walk in Dr. Martin Luther King, Jr.’s footsteps,” said Kelly.

Heather Kelly Assistant Director of Student Activities

The Student Human Relations Advisory Council (SHRAC) is recon- ciliation department of the Human Relations Advisory Council (HRAC) that is helping to make changes campus wide.

“It [the HRAC] is an MU com- mittee that was created by a former president Rebecca Staf- ford in 1999 to monitor human relations on campus and acting as an advisory resource to the President,” said Ray Rodriguez, Director of Affirmative Action, Human Relations, and Community. The committee is made up of 10 members coming from the faculty, administration, staff, and students. According to the Monmouth University website, the HRAC Committee is to gather data to develop policy and conduct human relations audits to ascertain the campus climate.

There are different subdivisions of the HRAC. Subcommittees include: Audit/Sober living Sub-committee; Policy, Procedures Sub-committee; Events Sub-committee; Committee for Education, Service, and Community.

Monmouth University currently cannot guarantee housing for all stu- dents, but is researching methods that would one day be able to make a housing environment that fits every- one’s needs.

Due to the overwhelming demand to live on campus, Monmouth has plans to build a new residence hall. The structure of this hall will be similar to that of Pinewood and Elmwood. However, some prob- lems arose and the building has yet to start its construction process. Mon- mouth is located right in the middle of a residential neighborhood and homeowners are concerned with how a new residential hall will affect them. The next meeting to discuss plans on the residence hall is scheduled for Thursday, February 10. If all goes according to plan the hall will break ground this coming fall and com- mence in the fall of 2006.

Since the new residence hall will not be ready for fall of 2005, there will be changes made to some of the halls so they can house more of the student body. According to Mary Ann Nagy, Vice President of Student Services, the double rooms in Oak- wood and Redwood will convert into triplexes. Another plan is to acquire more off campus housing. There are currently students that live in Fountain Gardens, Ocean Avenue, and in the Esplanade Hotel on Highway 36.

Since the students living in the Fountain Gardens have maintained respect for the apartments, Mon- mouth might have the option to take- over these apartments. However, these apartments will be available to only juniors and seniors.

Dan Walker, junior, along with his three roommates currently reside in the Fountain Gardens. “Living at Fountain Gardens is great because it puts us in a real life living situation at no extra expense,” said Walker.

It is located close to Monmouth and across the street from the beach. The best part we do not have to pay utili- ties,” said Walker.

Another plan is to allow students to rent a small studio on campus and acquire some extra housing options to become available.

The upcoming project that the HRAC has is The Mural Project. Artist Amy Bartell will be visit- ing Monmouth from February 14 through the 24. During this time she will be painting a mural outside of the Office of Student Activities.

The unveiling of the mural will be on Friday, February 25 during a special ceremony in Anachon Hall at 4:00 p.m.

Questions regarding the Hu- man Relations Advisory Council, members can be reached by e-mail at hrac@monmouth.edu.

The New SHRAC aims to improve campus life.

JENNIFER KNOEPPEL

Jennifer Knoppel, founder of Michael’s Feet, a local charity;

Cortnie Stanton, a MU graduate student; and

Marylin Ward, MU’s Service Learning and Community Programs coordinator.

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The SHRAC is not only an MU committee, but is also a community committee. There are officially nine students on the current roster.

“This year, the applications for membership on the HRAC were so overwhelming that the population that the SHRAC was able to be reconstructed.”

Ray Rodriguez Director of Affirmative Action, Hu- man Relations, and Compliance.

The SHRAC has been inactive for a long time. It became active again in the fall semester of 2004. “This year, the applications for membership on the HRAC were so overwhelming from the student population that the SHRAC was able to be reconstructed,” said Rodriguez.

Senior Joe Corcione is the chair of the SHRAC. He serves as the primary representative at monthly SHRAC meetings. If Corcione is unable to attend these meetings there are two other alternate representatives who are able to vote.

“The SHRAC aims to find out campus climate concerns or isolated issues that may arise among students and present them to the HRAC each month in an effort to ensure that each student at Monmouth is having the same rights and opportunities in accordance with the Monmouth University Human Relations Advisory Policy Statement,” said Corcione.

The SHRAC has had meetings discussed within the HRAC and also keep an eye and ear for any student concerns or areas of campus relations and compliance,” said Corcione.

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Buyer Beware of...Energy Drinks

In addition to caffeine, other components of Red Bull include taurine, niacin, vitamins B6 and B12, sucrose, and glucose.

The ingredients found in energy drinks differ from sports drinks like Gatorade and Powerade. While energy drinks provide caffeine and sugar, they do not quench thirst in the same manner that sports drinks do.

Sports drinks replenish electrolytes and other nutrients that are lost during physical activity.

You have to be careful of those drinks with a lot of caffeine in it,” said Kathy Maloney, Director of Health Services.

Some drinks have a caffeine amount that could make you feel as if you’re on a Cali Grand from Starbucks, which contains 530 mg of caffeine. A 12 oz. Coke, on the other hand, has 35 milligrams of caffeine. One 8 oz. can of Red Bull has 80 mg of caffeine.

In addition to high caffeine levels, these drinks tend to induce a high-sodium intake. According to Maloney, they are very high in sugar, resulting in a big carbohydrate load.

“Studies have suggested,” Maloney noted, “that such overly sugary drinks are contributing to problems of obesity and weight gain.”

For those drinks that boost energy, or rather, for those that market their drinks by selling soluble vitamins in a can, Maloney recommends people to take a good multi-vitamin instead.

“The most important thing when someone is looking to get an energy drink is to read the information on the side and see what’s exactly in there and what you’re buying. Most of the time,” Maloney said, “you’ll be spending your money on a lot of sugar.”

Such a high intake of sugar and caffeine may cause very adverse side effects. Because caffeine is a stimulant, heart rate can increase rapidly, resulting in a state of restlessness and a loss ability to concentrate.

I don’t think words alone can describe what I’m feeling now, but I’ll sure try...

My body is in horrible disarray. Now, I’ve been up for 25 hours now, which most of you can probably say you’ve done before, but you had the option of sleeping. I, however, made the unfortunate mistake of drinking a number of energy drinks and various coffees throughout the evening, therefore making my body wired. The dichotomy is ridiculous, almost exquisite. It’s like the opposite of exercising really hard... in that situation, the spirit is willing to push on, but the body gives up. This seems the opposite—the spirit has given up, but the body just wants to keep going. I feel like I can swim a mile—the reason I say swim is that for some reason, my body has forced all its concentrated tiredness into my right leg. It’s truly strange—my right leg is like dead at all times, and yet everything else is energized. My mind is unable to comprehend more than menial tasks; sitting through class was torturous. I actually TRIED to sleep in class, something I manage to do on a regular basis regardless of the amount of sleep I got the night before, but to no avail, my body kept waking me up, its terrible, truly terrible. Foreign countries should feed energy drinks and caffeine to prisoners intravenously as a new form of torture....horrible, truly horrible...I feel like I’m rambling so I’ll stop, but know this, everything I’ve said here is only my best attempt to describe this personal hell I’ve created for myself. To truly understand what this is, you must do it yourself, and I encourage you not to, ever...

---

One such experience...

CHRIS SCOLES
CONTRIBUTING WRITER

Upcoming Hawk TV Events:

Stop by any time: JP 139

2/3/05  2:30pm   Anacon Hall  Interested in joining? Stop by the Involvement Fair!
2/3/05  6:30pm   TV Studio  M2 Live Show! Live band: DRIVE, food, prizes & surprises
2/3/05  10:30pm  TV Studio  SPORTS BUFFET LIVE ON CHANNEL 12! Back & better than ever!
2/4/05  1:00pm  Student Center  Get your tickets for the FASHION SHOW

Get your Fashion Show tickets at our offices or call x5274! Tickets are selling fast, so get them now!

732-263-5274  http://hawktv.monmouth.edu  hawktv@monmouth.edu

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Red Bull Ingredients (8 oz. can)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Taurine</td>
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<tr>
<td>Glucuronolactone</td>
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<tr>
<td>Caffeine</td>
<td>200 mg</td>
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<tr>
<td>Niacin</td>
<td>20 mg</td>
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<tr>
<td>Sucrose</td>
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<td>Glucose</td>
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<tr>
<td>Taurine</td>
<td>1 g</td>
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<tr>
<td>Vitamin B6</td>
<td>3 mg</td>
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<td>Vitamin B12</td>
<td>8 mg</td>
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REDBULL.COM

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I don’t think words alone can describe what I’m feeling now, but I’ll sure try...

My body is in horrible disarray. Now, I’ve been up for 25 hours now, which most of you can probably say you’ve done before, but you had the option of sleeping. I, however, made the unfortunate mistake of drinking a number of energy drinks and various coffees throughout the evening, therefore making my body wired. The dichotomy is ridiculous, almost exquisite. It’s like the opposite of exercising really hard... in that situation, the spirit is willing to push on, but the body gives up. This seems the opposite—the spirit has given up, but the body just wants to keep going. I feel like I can swim a mile—the reason I say swim is that for some reason, my body has forced all its concentrated tiredness into my right leg. It’s truly strange—my right leg is like dead at all times, and yet everything else is energized. My mind is unable to comprehend more than menial tasks; sitting through class was torturous. I actually TRIED to sleep in class, something I manage to do on a regular basis regardless of the amount of sleep I got the night before, but to no avail, my body kept waking me up, its terrible, truly terrible. Foreign countries should feed energy drinks and caffeine to prisoners intravenously as a new form of torture....horrible, truly horrible...I feel like I’m rambling so I’ll stop, but know this, everything I’ve said here is only my best attempt to describe this personal hell I’ve created for myself. To truly understand what this is, you must do it yourself, and I encourage you not to, ever...
The Key to a Bikini Perfect Body

February is here, which means bathing suit season is right around the corner. Are you ready? Spring breakers have less than a month to squeeze into that too tiny bikini! The countdown is on and it is time to shape up. Don’t worry. It will be easy if you adhere to the following simple plan which includes changing your diet and hitting the gym.

Diet is essential to shedding pounds and maintaining a healthy lifestyle. Forget the low-carb, no-carb diets. According to WebMD, in conjunction with the Cleveland Clinic, “by restricting carbohydrates drastically to a mere fraction of that found in the typical American diet, the body goes into a different metabolic state called ketosis, whereby it burns its own fat for fuel. Normally the body burns carbohydrates for fuel — this is the main source of fuel for your brain, heart and many other organs.” The prevention expert from a medical professional summarizes the basic need for carbohydrates. However, a distinction must be made to distinguish good carbohydrates from bad carbohydrates. Carbohydrates that are beneficial are found in fruits, vegetables, and whole-grain products. When buying whole-grain products, be sure that wheat is the first ingredient in the nutritional information.

Complex carbohydrates should be sporadically integrated with lean protein. For optimum benefit, choose protein sources such as poultry and fish. It is also beneficial to maintain a high calcium intake. Calcium helps maintain strong bones and when taken regularly, will prevent osteoporosis. Studies show that a diet rich in calcium promotes a sexy waistline. K. M. Daives, editor for the Journal of Clinical Endocrinology and Metabolism, states, “Women who consumed more calcium, the majority of which came from milk, had lower body weights than women who consumed less calcium. Women weighed an average of 18 pounds less for every 1,000 mg of calcium consumed.” One should consume two or three servings of non-fat dairy products daily. Last of all, drink plenty of water and limit alcohol intake.

Now it is time to hit the gym-the right way! First of all, everyone should try to do at least 25 minutes of cardio activity everyday. Cardio can be done in many ways. I recommend varying the intensity of the workouts, while incorporating different methods. Cardio equipment in the gym is a great place to start. Swimming is also very beneficial. If one is going to run outdoors, be sure to dress very warm and warm-up properly. Also, constantly doing the same workout may lead to injury because pressure is applied to the same muscles and joints. If the muscles and joints are not strong enough to support the pressure, then injury is inevitable.

The key to achieving the bikini perfect body is to target key zones. Let’s start with the legs. Toning legs is the best way to burn fat. Engage in leg workouts twice a week. Pack these workouts with lunges and squats to tone the thighs and glutes. If possible, include aerobic-based workouts. If your goal is to tone, as opposed to lose fat, simple aerobic exercises include running, cycling, and hiking. Isolate this cavity is important because the upper cavity is naturally toned during everyday activities, such as walking. Anytime you extend your legs away from your core, you are toning your lower abdomen. Follow these tips and you will be well on your way to your bikini perfect body.

The following is an example of a healthy diet plan:

**Breakfast:** ½ cup Egg Boaters, 2 pieces of wheat toast with all-fruit jelly
**Morning snack:** half a grapefruit

**Lunch:** 6 oz. of grilled chicken over mixed greens with Fat-free dressing or olive oil
**Dinner:** 6 to 8 oz. broiled or grilled poultry with steamed broccoli and a ½ cup of whole grain brown rice.

The effects of nutritional and herbal supplements

"They are considering supplements because we are being bombarded by this kind of information constantly through the media. We are constantly being hit with different types of supplements that are going to change our lives, make our lives wonderful, we are going to look fantastic, and we all have the bodies we want," said Franca Mancini, Director of Counseling and Psychological Services at the LCAC at Monmouth University, of why she thinks people take supplement pills.

There are various types of supplement pills and according to Kathy Maloney, Director of Health Services at Monmouth University, some nutritional supplements out there today include Stack 1, Stack 2, and Trinidpa. Nutritional supplements are also a type of supplement. "People think that they [herbals] are safe because they are natural," said Kathy Maloney. According to Maloney, the problem with taking supplement pills varies accordingly. "The way that nutritional supplements work is that they stimulate your metabolism to lose weight," said the director. The nutritional supplement pills used for weight loss include Hydroxyect and Trimspa. Side effects for supplements vary upon the types. Take for example, the herbal supplement Kava Kava. "People take this for stress and anxiety... It can cause drowsiness, visual impairment, and imbalance," said Maloney. Another example of an herbal supplement would be Valerian. It is another drug for anxiety," said the director. Side effects she mentioned included being restless, being sleepless, and also it can cause headaches. For nutritional supplements, the most common side effects is that “people can get wired,” said Maloney. Maloney described the types of side effects that can occur from nutritional supplements. Maloney explained that it can cause insomnia, rapid heart rate, and cardiac abnormalities.

Kathy Maloney made sure to note that there are some good supplements out there. Two examples she gave were cranberry supplements and chamomile and peppermint supplemen ts. "They [chamomile and peppermint supplements] have antispasmodic qualities. If you are having a stomach bug, it is gentle on the stomach," said Maloney of chamomile and peppermint supplements. When asked if there are any long term effects to taking supplement pills, she said no. “There really aren’t any long term studies to determine that,” commented Maloney. In her opinion, Maloney thinks that people take supplement pills for two different reasons: weight loss and health. “The nutritional supplements [are taken] for weight loss because it is a quick fix," said Maloney. She added that the effects from the nutritional supplements are only short term. Maloney also explained that people take the herbal supplements because they believe that since they are natural, they are healthy for them.

On the emotional and psychological side of taking supplements, Dr. Franca Mancini, Director of Counseling and Psychological at the LCAC, had similar insights to Kathy Maloney’s, Director of Health Services, concerning why people take them.

“People are looking for a quick way to get a result and what they [the media] are telling us and what they are selling us is the belief that what is contained in the supplement you are going to, in a healthy way, be able to modify your body and lose weight where you want to lose weight,” said Dr. Mancini.

Dr. Mancini thinks that the media plays a role. "I think the media plays a significant role," Dr. Mancini said. She explained how people look at the image on a magazine and it gives people the impression that what is on the cover is the message of success. Dr. Mancini commented that she thinks people take supplements because people want to look a certain way or have a desire to be accepted in something. "Peer pressure is very powerful and the desire to fit in, to be apart of something that is acceptable, is very powerful," explained Dr. Mancini.

She explained how taking supplement pills are complex, meaning that it is financial, social, and psychological. "It is financial because people are making millions on these supplements. It is social because there is that pressure to look a certain way. It is psychological because ‘If I look a certain way I’m going to be okay, my life will be good,’ explained Dr. Mancini. “There is no quick fix,” said Dr. Mancini. “Not in terms of success, not in terms of happiness, not in terms of your body. You have to work at it.”
The Outlook 

The life of a news story
How a rumor becomes an article

I have two bones to pick this week and I hope our readers will indulge me. First of all let me say that I agree with editor opinion Joe Corecone that the staffs and faculty of Monmouth can and should contribute to our great news paper's op-ed section. What I do not agree with is when he states that "Dubya has silenced us all just yet" and "our freedom of the press is still available for the moment". Where is the evidence? Joe's columns in the past have been right but good and even though I typically disagree with his left wing ideas he usually gives some example but not this time.

Considering all the negative press that the left wing media perpetuates against the President, the freedom of the press is alive and well. I am inclined to point out that the American people can still do their right to peaceful protest and speech. ...we are being silenced? I ask? How? This has been going on for over two and half years and Americans are still free to speak out against what they think is wrong. This is truly one of the most vital and longstanding rights we as Americans should else cherish especially considering that some Americans have given their lives for them.

At 9:30 the meeting began in the Outlook offices. We discussed the story and made a list of sources that would need to be called. After some discussion the chief decided who would call who and what questions would be asked. Soon after we began scanning the websites of the local newspaper as well as reviewing the local 10 o'clock news to see if we had been scooped.

With the TV on in the background, we called students that had made their cell phone numbers available on the line. This was how we got in touch with a few of our sources and the student who had passed away. He gave us a basic outline of the day's events and other helpful information such as the full name of the student.

The editor packed off to the office on Monday morning starting at 10 a.m. We spent the day calling sources, going back sources. Some claimed not to know anything, while others gave us information we couldn't use. The Office of Public Affairs gave The a statement from President Gaffney and directed us to the Monmouth County Prosecutor's office. We called a few times, but never got through the prosecutor.

At about 5 p.m. I became aware that we didn't have any facts, only rumble and erroneous quotes from students and administrators. It was at this time that the senior editor made a list of sources to try and gather some more information. We worked until 10 p.m. writing copy using what we had, but the story was

I'm just pointing and laugh at this logically in a two part article, but it has to be done somewhere. What's up? A bet- ter question, how many people on campus actually read The Outlook? A better question, how many people on campus actually care? The Outlook, over the past five days, has been focused on one thing in particular: the protest (albeit a very, very small protest) on the second floor of Cedar.

But what those who criticize us fail to understand is that the American people have a right to speak out against what they think is wrong. This is truly one of the most vital and longstanding rights we as Americans should cherish especially considering that some Americans have given their lives for them.

In this instance though I just have to ask... What gives? Why would you (or your party) go to restaurants, buy gas, or any sales one iota) are hurting? I say that these people and followers of this leader places his hand on a Bible and swears to God and the father that he will uphold their right to speak out against what they think is wrong. This is truly one of the most vital and longstanding rights we as Americans should cherish especially considering that some Americans have given their lives for them.

The Outlook masthead and back page sports logo designed by Steve Mervine

The Outlook
February 2, 2005

The Outlook

The life of a news story
How a rumor becomes an article

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Condi and the Iraqi war
How many more reasons do we need?

HEATHER BACHMAN
STAFF WRITER

Two of the most vocal Senators against Secretary of State Condoleezza Rice were Barbra Boxer and the former Presidential Candidate John Kerry. But after Rice’s recent efforts, Condi was sworn in private ceremony.

Despite the win, something still irks me about the battle for her candidi-
dacy. The reason why they believed she wasn’t the one for the job. On all reasons, the greatest was her involve-
ment in selling the war.

Now, I won’t be one to say that she wasn’t involved in the creation of the war. Of course she was involved, she was an inferior staff member of the President. However, there was never a need to sell the war. Think about it; selling a war against an over-
sized demon of terror? Is that some-
thing that really needed to be sold?

There are two basic reasons for this war. Averaging the 9-1 victims and spreading freedom both to battle ter-
rorism are of such values that accept-
ing the idea is a no brainer.

The War on Terrorism which sup-
posedly needed to be sold is one that is long overdue. From the USS Cole to the first World Trade Center attack, there were constant hints of our own
seas threats which finally screamed on September 11th. Still there are people today who are against wanting to prevent another day like the tragedy to occur again. This is one of the wars of our history that we can without a doubt do NOT need to be sold.

I have many friends who are either liberal or in the middle who tell me sincerely wrong reasons why this war was not needed. It’s because there is no reason not to be in this war. Does anybody remotely remember that sum-

mery and suddenly shocking and disturbed September morning where fellow Americans went to work and never returned to their families arms? How is that not worth fighting for? Maybe...”

“...once upon a time, we were as thankful as the Iraqis are now to receive freedoms such as the right to vote.”

we have forgotten that fateful day.

In the words of Darryl Whorley: “I think we should show it (the footage) everyday.”

As said before, the first reason for the war being 9-11, is not really seen as a reason because I believe some have forgotten the day and how it affected us. Further, the second reason is not seen because freedom is not seen as such a costly and priceless factor of the world.

Freedom is not free, it is costly and we should be thanking God we carry it and it is held within so many allow-
ances we as Americans. Just this past weekend, after fifty-years seventy percent of Iraqi’s trailed that it was too dangerous to participate in an activity we crazily take advantage of voting. We can walk down the road without fear to say and be-
lieve anything we chose without the worry plagued by most nations. Isn’t that what the greatest after math of a war, other than retribution, is the expansion of freedom.

You know once upon a time, we were as thankful as the Iraqis are now to receive freedoms such as the right to vote. For those who are soldiers, soldiers fought and died, and this has to happen again sadly for the Iraqis’ Freedom, as said before is costly. But I know that there are present and future Iraqis who are and will be extremely thankful.

I beg of you, the next time you make a comment, hold a sign or de-
cide whether or not to post a ballet where the War on Terrorism is a fac-

tor, think of the real reasons why this was happening. When the nation was attacked, we had leaders with enough integrity and intelligence to realize when a response is needed. This war does not need to be sold, if anything anyone who is against the war for the battle against terrorism had to wait for such an alarm to begin at all.

Where has all the metal gone?
One student’s outreach to heavy metal fans at MU.

DERIK PACHUCKI
CONTRIBUTING WRITER

As a junior year transfer student with a academic scholarship and a .37 GPA to match, you’d think it would be safe to say that my college career has been successful. For the most part, it has been. But there’s just one slight hang up that has been a problem for me. I’ll look back on my University Ex-
perience the serious lack of Heavy Metal.

Now, if you can’t already tell, I’m not your typical metal-head. I, too, enjoy a nice dentist’s appointment at Jack’s Rib and Ale as much as the next 24 year old. And ladies, those top of the line outfits look great on you. But where, oh where, have my head-

bangers gone?!

I fear the drought of all things heavy is quite severe; I’m actually wondering if I’m the only on campus who wears a Slipknot shirt.

Before you start asking yourself just how long my parents have been in a bunch, consider this: You are 24. You have roughly one year left of college, and then off to the real world you go. You are a fun, friendly little blonde who manages to attract the opposite sex on every worst of hair days. But you have yet to con-

nect with even just one fellow stu-
dent, simply because no one has the same interests as you. Now, don’t break out the violins just yet – I’ve got plenty of friends, outside of school. But we’re talking about my college experience here, and I can’t help but think to myself that having a lab part-

ner of my own to go to the rock clubs with should be part of the package!

Now, I don’t know whether the end of black nail polish and pierced septums is truly near, or if those of you who still give the Turks at the mere mention of Ozzy are just hid-

ing in the woodwork. But I do know this: we’re the people that fainted after puke the “next day” at Jack’s one too many times, and a change of pace could do everyone a little good.

Condi Rice has so much local talent, particularly in the heavy music depa-

rtment.

In fact, one of my favorite heavy bands was right out of Long Branch; a five piece called “ANON” (both 2004 NJ Battle of the Bands Champions and winners of the 2004 Asbury Music Awards Top Live Act Award) who break it down like no-

body’s business. You can go to www.
suburbanword.com for their as well as other bands’ concert calendar– all of which take place right in the Long Branch area.

So get all wild and crazy like col-
lege kids are known to do, and go check out shows at a local rock venue up the road. The worst thing that could happen would be for you to end up hating the live band and staying for the DJ who’s gonna break it down with some house music instead. And who knows, you just may be drawn to the dark side... welcome to the world of heavy metal!!

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Submissions Due: Mondays by 12 noon

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articles to:
outlook@monmouth.edu
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Spice Girls
“Goodbye”
No no no no
Listen little child, there will come a day
When you will be able, able to say
Never mind the pain, or the aggravation
You know there’s a better way

Goodbye my friend
I know you’re gone, you said you’re gone
But I can still feel you here
It’s not the end
Gotta keep it strong before
The pain turns into fear
So glad we made it
Time will never change it - no no no
No no no no
Just a little girl, big imagination
Never letting no-one take it away
Went into the world, what a revelation
She found there’s a better way
For you and me to be
Look for the rainbow in every storm
Find out for certain
Love’s gonna be there for you
You’ll always be someone’s baby

Goodbye my friend
I know you’re gone, you said you’re gone
But I can still feel you here
It’s not the end
Gotta keep it strong before
The pain turns into fear
So glad we made it
Time will never change it - no no no
No no no no
The times when we would play about
The way we used to scream and shout
We never dreamed you’d go your own sweet way

Look for the rainbow in every storm
Find out for certain
Love’s gonna be there for you
You’ll always be someone’s baby

Goodbye my friend
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But I can still feel you here
It’s not the end
Gotta keep it strong before
The pain turns into fear
So glad we made it
Time will never change it - no no no
No no no no
You know it’s time to say goodbye
And don’t forget you can rely
You know it’s time to say goodbye
And don’t forget on me you can rely
I will help, help you on your way
I will be with you every day
Orthodox Christian Fellowship
Beginning its 21st year as Greek Orthodox Chapel at Monmouth University, Archimandrite Father Ephraim extends his personal blessing to all Eastern Orthodox students, faculty, and staff for a prolific scholastic year and hopes all will be active in the Orthodox Christian Fellowship. Father Ephraim is available at any time to minister to the spiritual needs of all Orthodox Christians on a 24-hour basis, for prayer, confession, or just someone to talk to.

Father Ephraim can be found on campus, or he can be reached by calling: 732-671-5932

Calvary Baptist Church
1305 Eatontown Blvd
Oceanport, NJ 07757
732-542-2226

Sunday School 9:30 AM Blended, Informal, Interactive, Biblical
Sunday Morning Worship Celebration 10:45 AM
Blended, Informal, Participative Church Centered Worship

Want to check us out before you visit? Visit our Web Site www.HFBcalvary.com
It is our prayer that as you join in worship, you will be blessed by the presence of the Living God and that you will feel it as a part of the Body of Christ which is Calvary Baptist Church.

How to manage your time more efficiently
Keeping ahead of things from the get go!

LAUREN NAPOLITANO
ASSIST. NEWS EDITOR

We are still in the beginning stages of the new semester, still getting adjusted to our new classes, professors, classmates, and easing slowly into homework assignments. Everything may seem simple right now having a low work load, but as the semester continues our time management may become an issue.

It’s not easy to try juggling school, homework assignments, work, and social activities. Here are a few tips on how to better manage your time so you can have a successful semester without getting stressed out.

- Define your priorities: Planning is key in time management. Make a list to set priorities, plan activities, and measure progress. List your goals, for example things you want to get accomplished or something you need to purchase. Use this list to track your commitments. The purpose of this list is to develop long-term goals and to free your mind to concentrate on today. It might help to create a weekly calendar, a daily planner, and tasks you need to complete. Hang it in a visible space that you will come into contact with on a daily basis. This will help to remind you to stay on schedule.

- Set deadlines are crucial in time management. If you do not set deadlines for when things need to be accomplished by, they most likely won’t get completed in a timely fashion. You will procrastinate, which will eventually lead to stress and frustration. Set realistic deadlines for each task.

- If you have a paper to write, make sure you set a time limit so that you have enough time to get it done. You want to have it for the last minute, cramming it all in the night before, do you? It might help to set mini deadlines and break tasks down into smaller installments. If you have a paper due in two weeks, don’t just say to yourself you will have it done by the week it is due. Instead, tell yourself you will write one or two pages a day until it is completed. Also, make a list of all tasks required to complete a major assignment. Each time you complete a mini task or deadline and you can cross it off your list, you’ll find it feels quite gratifying.

- Go with your flow: Are you a morning person? An afternoon person? A night person? Can you concentrate for more than an hour at a time? Or do you need breaks? Take these questions into consideration when making your priorities and setting your deadlines.

- Leave all your toughest work for when you are at your best. You will perform better and work faster. Avoid doing all the at-home tasks at once. Distractions is a killer on time management. Common distractions are playing video games, watching TV, listening to music, and texting on your phone. Children, televion, telephones, friends, family, crises, lack of concentration, and the list can go on for pages.

- The first step in avoiding distractions is recognizing the problem and working on improvement. If you are easily distracted by television, always feeling a magnetic force pulling you toward the remote control to turn on another episode of The Real World, which you have already seen about a dozen times, do your work in a room that is television-less. You will find it is much easier to concentrate and won’t feel the magnetic force luring you to the television set.

- The next step is to refer back to your priority list that reminds you of the goals and deadlines you have set. This will most likely get you focused again by seeing your workload. You wouldn’t want to fail behind on your work would you?

- If for some reason you do get off track, just jump right back on it...don’t fret; you will still be a successful time manager.

- Last but not least: Sometimes it is hard for us to say no when asked to take on a task. Don’t agree to do anything that will make your workload unbearable and stressful to the limit where you want to rip your hair out. Whether it is extra courses at school, more job responsibilities, or extra curricular activities, consider what is most important to you before you accept the task.

- Make use of wasted time: While you are stuck on the long line at the check out counter in the grocery store or waiting for your gas tank to fill up, pull out your small study note cards or a small book and make use of the time. Use up those precious minutes and don’t allow them to pass by without taking full advantage of their value. Always carry something to read. Use this time wisely.

- Reward yourself: After you have accomplished your goals for the week, reward yourself with a small treat. This will motivate you to keep using this time management program as a tool for a fruitful and successful future!

- How often do you wish you could say no? Do your friends try and get you to fill up your social calendar? They always want to come into contact with you? You need to take time for yourself. Whether it is a nice and quiet Swedish massage? Maybe watching a movie? Or going to the gym? You need to take breaks. Sometimes it is hard for us to say no when asked to take on a task. Don’t agree to do anything that will make your workload unbearable and stressful to the limit where you want to rip your hair out. Whether it is extra courses at school, more job responsibilities, or extra curricular activities, consider what is most important to you before you accept the task.

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- Make use of wasted time: While you are stuck on the long line at the check out counter in the grocery store or waiting for your gas tank to fill up, pull out your small study note cards or a small book and make use of the time. Use up those precious minutes and don’t allow them to pass by without taking full advantage of their value. Always carry something to read. Use this time wisely.

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Hey ladies! Want a chance to wear your prom dress again? Do you want to feel like a princess for a night?

Hey guys! Want a chance to ask that special girl out? Want a chance to hang out with your friends and relive the prom experience?

Then come to the 32nd Annual Winter Ball held in historic Wilson Hall
When: Saturday, February 12, 2005
3:00pm-12am
Where: Wilson Hall

Tickets can be purchased starting January 24, 2005 in the Student Center and Dining Hall.

Ticket Prices (including Dinner & Dancing):
$20 for one ticket
$35 for two tickets
$50 for three tickets
$65 for four tickets

Hope to see you there for this formal night of fun!
Hide and Seek debuts to mixed reviews

Samantha Young
ASSISTANT ENTERTAINMENT EDITOR

If someone were asked one week from now to list some of the best horror movies, it is highly unlikely Hide and Seek would be named. Hide and Seek, starring Robert DeNiro and Dakota Fanning, premiered on Friday, January 28 to less than favorable reviews from critics across the nation.

The story centers around a psychologist named David Callahan (DeNiro) and his daughter Emily (Fanning). The beginning of the movie shows Emily as a happy little girl playing with her dolls. Her mother and father, however, are trapped in a distant, somewhat tumultuous relationship. One night, David discovers his wife in the bathtub, having just committed suicide. Unbeknownst to him at the time, Emily witnessed it as well.

As a result, Emily is taken to a children's hospital to receive counseling for the trauma she'd experienced. Emily, since her mother's death, has become very quiet and emotionally imbalanced.

After a few weeks of therapy, her father David decides it would be better to leave their home in New York and move upstate, against the better advice of Emily's psychologist.

David and Emily's arrival at their new house is where the plot begins. The neighborhood they move into is a little creepy with many peculiarities.

The suspense starts to build when David begins to notice his daughter's new behavior. For instance, she throws out her favorite doll, refuses to make friends, colors morbid pictures, and speaks incessantly about her "friend" named Charlie who makes her think evil things.

Throughout the rest of the movie, David tries to figure out the root of Emily's anger, while it seems to grow exponentially darker.

Without giving away too much, we suffice it to say death, blood, and insanity ensue. The twist at the end is unexpected. Some cannot save this movie enough to make it a blockbuster.

The idea for this movie was good; however, the director took too much time setting it up. By the time "Charlie" is exposed, the audience is bored. Out of the hour and 40 minute running time, an hour and 20 of it seem like background information. In addition, it's hard to determine the real identity of the character who makes so undercut-able that the end almost seems fraudulent.

White DeNiro gives an excellent performance and Dakota Fanning continues to build her repertoire as a serious actor. The rest cast solely on their shoulders. The supporting roles, played by Amy Irving, Famke Jansen, and Bobbi Sue, should have been better cast to keep the tone of the movie consistent. Their performances lacked emotion and conviction to their characters. Although certain aspects of the movie were less than perfect, Hide and Seek keeps the audience's attention until the end. Some parts provided gasps of terror, especially the ending, but the rest were nothing exceptional or original.

This movie may have not received the best recommendation but with movies such as Boogeyman, Alone in the Dark, and Die, Die, My Darling also available in theaters, Hide and Seek is definitely your best bet.

Live, R.A. the Rugged Man, live

Christopher Yendagaye
STAFF WRITER

“It’s funny, I’m mad famous for being unknown!” R.A. the Rugged Man raps alongside Killah Priest and Masta Killa on the Ayatollah-produced “Chains.”

“I’m back by unpopular demand,” he continues over the beat-backed “I’m back by unpopular demand.” R.A. the Rugged Man has become more of an urban legend than a legendary figure in the world of rap. In the past of R.A. with a blunt truthfulness and honesty that can best be summed up as “looking for a serious warning on the cover: "The characters and events depicted in this recording are the truth, whole truth, and nothing but the truth. Any similarity to actual living or dead are complete coincidence or intention at this point."" Despite his early ‘90s affiliation with the likes of a young Notorious B.I.G., and Mobbi Deep (check this guy’s resume!), R.A. the Rugged Man has become more of an urban legend than a legendary figure in the world of rap. In the past of R.A. with a blunt truthfulness and honesty that can best be summed up as “looking for a serious warning on the cover: "The characters and events depicted in this recording are the truth, whole truth, and nothing but the truth. Any similarity to actual living or dead are complete coincidence or intention at this point.”

The introduction track “Lessons” is just that: a quick history lesson on the upbringing of the Rugged Man. As the singer raps about the origins of the hip-hop industry as he quickly dispels any notion that he is just another white boy trying to strike in on hip-hop while it’s hot, he speaks to the legend that can best be summed up as “looking for a serious warning on the cover: "The characters and events depicted in this recording are the truth, whole truth, and nothing but the truth. Any similarity to actual living or dead are complete coincidence or intention at this point.”

“R.A. the Rugged Man” has become more of an urban legend than a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent angry white boy persona.

“Who else riskin’ their career to build a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent angry white boy persona.”

“R.A. the Rugged Man” has become more of an urban legend than a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent angry white boy persona.

“You say death, Bubba, it’s hard to believe the truthfulness that can best be summed up as “looking for a serious warning on the cover: "The characters and events depicted in this recording are the truth, whole truth, and nothing but the truth. Any similarity to actual living or dead are complete coincidence or intention at this point.""

The ending, “R.A. the Rugged Man” has become more of an urban legend than a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent angry white boy persona.

The introduction track “Lessons” is just that: a quick history lesson on the upbringing of the Rugged Man. As the singer raps about the origins of the hip-hop industry as he quickly dispels any notion that he is just another white boy trying to strike in on hip-hop while it’s hot, he speaks to the legend that can best be summed up as “looking for a serious warning on the cover: "The characters and events depicted in this recording are the truth, whole truth, and nothing but the truth. Any similarity to actual living or dead are complete coincidence or intention at this point.”

The ending, “R.A. the Rugged Man” has become more of an urban legend than a legendary figure in the world of hip-hop, recognized more for his absence from the game than for his potent angry white boy persona. 
The Phantom of the Opera proves more powerful on-screen than on the stage

**Nicole DeNardo**

*Staff Writer*

I love Broadway, but The Phantom of the Opera wasn’t exactly my favorite musical. I found it to be a bit confusing and unbelievable. When I saw it on Broadway, I found some of the acting to be able. When I saw it on Broadway, it was a bit revamped. I especially liked the duet between the Phantom and Christine, “Point of No Return.” It was a bit faster than the one from the film. Rossum’s and Butler’s voices soared through this song.

**The Phantom of the Opera**

The Phantom of the Opera follows a strict pattern of background and movement alternating between emcees and deejays on the ground floor to create a newsworthy story. The opening track combines the efforts of JS-1’s scratch-cut pro-duction with emcees and Immortal Technique, each paying homage to the resident DJ. “I conduct guerilla warfare throughout the PJs. On a govern-ment ministerial theme for the Bronx Tale” (where JS-1 uses his hands and many mu-sic clips to count) from the underground. Director Joel Schum-acher and the rest of the crew made a seamless adaptation from the story to the screen version. One of the most amaz-ing scenes is the Masquerade ball where hundreds of singers and dancers in fabulous costumes sing on a huge set of stairs. I never ap-preciated this scene before it was done on film. Some of the songs seemed to be

For far too many hip-hoppers of the younger generation (myself included), the art of deejaying has been overshadowed by mixtape DJs with names like “Cluck,” “Sickmore,” and Big Mike, leading them to believe that a hip-hop DJ is just a person with exclusive songs, freestyles, and a voice overlap of a sort.

Even though those DJs with skills be-hind the turntables (see Funk-master Flex) have had their hands surpassed by their abilities to grab the attention of the masses with the newest “it” records. JS-1 is no blatan-tly dis-specting my art form, I take a radio DJ and I stomp on ’em, I drop on ’em, blow up the mixtape awards, and put a new spin on the DJ scene. For more information call 732-531-2330

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- **Houses & Apartments**
- **Large Groups Welcome**
- **Choose from Studios to Mansions**
- **Close to Campus**
- **Utilities Included**
- **Fully Furnished**

Check us out, you’ll like what you see!!

Deal directly with the Landlord

We welcome members of sports teams & Greek families

SUMMER and WINTER RENTALS

For more information call Marshall

732-531-2330

We specialize in off-campus student rentals
MEET MU: Professor Peterson

[MEET MU: from page 2]

Peterson's husband is an abstract expressionist painter who teaches at the School of Visual Arts in NYC. Peterson is proud of his work and mentioned the great review he received in a group show that took place in Soho this past December. They both work at home in their studios, which is what Peterson considers part of her dream. Film is something Peterson had been interested in for quite some time and for many the hardest part about getting into the film industry is finding the proper funding. But for Peterson things fell into place after her past career. “I sold the restaurants, and farm and was looking for a new career. Since I had a degree and experience in photography I started reporting for a regional newspaper and then gravitated to news radio in the same market. It was only natural to combine the two and so I ended up in a documentary class at NYU.”

The school year is a busy time for Peterson so during the summer is when Peterson gets most of her work done. “The summer is when I get to work on a project full time. Ideally, if there’s travel involved, it’s in the production stage and I can work uninterrupted. This summer I’m hoping to work on a short documentary in East Berlin.”

When asked if there were any dreams she hoped to fulfill in her life Peterson replied, “…this is it! I just want it all to continue.”
AN IMPORTANT MESSAGE for ALL MONMOUTH UNIVERSITY STUDENTS!!!

ACCESS YOUR STUDENT RECORDS ONLINE THROUGH WEBstudent

The Netscape screen above indicates the areas currently accessible.
To access your academic information, please follow these simple steps:
Click the following from Monmouth's home page (www.monmouth.edu):

▷ STUDENTS
▷ WEBadvisor

Complete Instructions for WEBadvisor are available online:
Click Instructions on the top menu bar on the WEBadvisor menu shown above.
Twisted Tuesdays @

Redheads

Every Tuesday Night...

50 Cent Coors Light Drafts
starting at 10 P.M. then raising 25 Cents
every half hour.
11:30 - 12:00 Drafts are 35 Cents!!!

Free Buffet & Free Shuttle Bus
To and From Red Heads 9:30 - 2:30
(732) 542-1836

250 Dollar Cash Prize
To Hot Body Contest Winner
Every Week!!!
If you could cancel forever a single thing you have to do everyday other than your job, what would it be?

Megan - junior
“As long as I would never grow the hair back. I would cancel shaving.”

David - junior
“Going to class.”

Pamela - grad student
“Paying bills with my own money, and paying with someone else’s.”

Cortine and April - grad students
“Sleeping because there would be so much more time in the day.”

Meg - sophomore
“Walking to class because it’s so cold and it’d be great to be shuttled everywhere.”

Jameson - sophomore
“Homework... I’ve had enough.”

Jonathan - junior
“Commuting to school.”

Hendra - senior
“Being high maintenance.”

Chris - senior
“Wearing clothes.”

Mike - senior
“Going to the bathroom.”

QUESTIONS CALL 571-3586
TTY CALL 263-5795

Upcoming Events . . . .
Wednesday, February 2nd
Club and Organization Involvement Fair
RSSC, Anacon Hall, 2:30 p.m.
Let’s Work it Out
Oakwood Lounge, 4:00 p.m.

Thursday, February 3rd
Men’s Basketball vs. Long Island University
Boylan, 7:00 p.m.

Friday, February 4th
Film Series - Ray
Bey Hall Auditorium @ 8 p.m.
Greek Bid Day
RSSC Third Floor, 12:00 p.m.
Will the Real Rich People Please Stand Up
Pollak Theatre, 8:00 p.m.

Saturday, February 5th
Film Series - Ray
Bey Hall Auditorium @ 3 p.m. & 9 p.m.
Basketball vs. Robert Morris University
Boylan, Women @ 3:00 p.m., Men @ 7:00 p.m.

Sunday, February 6th
The Ugly Duckling
Pollak Theatre, 3:00 p.m.

Monday, February 7th
Sons of Pitches Concert (A Capella)
Pollak Theatre, 8 p.m.
African American Read a’ Chain
RSSC, Anacon Hall, 9:00 p.m.
Women’s Basketball vs. Mount St. Mary’s
Boylan, 7:00 p.m.

Tuesday, February 8th
CA Auction
RSSC, Anacon Hall, 8:00 p.m.
Men’s Basketball vs. Quinnipiac
Boylan, 7:00 p.m.
Chocolate Factory
RSSC 1st Floor Lobby, 12:00-4:00 p.m.
Winning Interviews
RSSC 202A, 3:00 p.m. & 6:00 p.m.

Hey Seniors!
Get a jump start on that job search!
Attend an etiquette luncheon!
Learn more about 401Ks!
Do you know which health plan is best
for you?
Attend the 2nd Annual Reality Check Workshop
Friday, February 18
11:00 AM—4:00 PM
Anacon Hall
For more information and registration, contact the
Office of Student Activities at 732-571-3586.

New Student Orientation 2005

September 3 - September 5, 2005
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!

APPLICATIONS NOW AVAILABLE!!!!!!
NEW Orientation Leader Applicants:
Applications Due: Friday, February 18, 2005
12 completed credits and a minimum of a 2.3 GPA (end of Fall ’04) required
CLASSIFIEDS

Wedding Assistance Wanted:
Looking for 2 strong males and 1 creative female to help with preparations for Saturday, July 16th. Must be available nights the week prior to wedding and entire day of the ceremony. Pay Negotiable. Please contact Deirdre at 732-890-2414

Mother’s Helper Needed
for 3 1/2 year old child. Mostly for playing, and some personal care too. 1-2 times per week for 1 or 2 hours each day. Located in Aberdeen. Call Mrs. Heller 732-765-9774

Need Extra Cash? Earn it while having FUN!
My Gym Shrewsbury is seeking athletic, energetic, candidates who love working with children.
• Applicants will lead and assist children’s classes and birthday parties
• Competitive Wages
• Flexible Hours
• Weekend Availability a Must
Please contact Tom or Melissa 732-389-9669

2 Rooms Available Feb. 2004 - May 2005 (Share House with Monmouth U. Students)
Long Branch - Great Neighborhood near Beach, West End, and Train; Bus to Monmouth U. on Comer.
$450 (smaller room) $500 (larger room)/Per Month
• Each room Cable/Internet-Ready
• Share Bath; Kitchen w/Pantry
• Front Porch w/Swing and Large Backyard
• Off-street parking; Good Study Areas
Contact Art or Nancy: 732-549-3832
E-mail: astupar@thenation.com

St. VINCENT DEPAUL FOOD BANK
SUPPLIES ARE LOW!!!
A CAN A DAY KEEPS HUNGER AWAY...

DONATION LOCATION- THE OFFICE OF SERVICE LEARNING
FIRST FLOOR OF THE STAFFORD STUDENT CENTER, NEXT TO THE INFO BOOTH
FOR FURTHER INFORMATION, PLEASE CALL 732-571-4411

Extremely cute, well-trained, loving, and protective bull-terrier is in need of a home. George, is a 45lb. brown brindle, neutered, healthy, and was the runt of his litter. His owner is moving and can not give him the love and attention he deserves. Call Matt 908-489-4816 to meet George and fall in love instantly.

Nursing Student or Exp. Childcare Helper Wanted:
30 something couple looking for help in caring for newborn twins in Howell. Free priv. room and board offered, salary neg. Please contact Mike 732-580-9103

Keep Your Summer Tan!

Students $5.00 Per Session
$39.00 Monthly Unlimited
No Session Fee
Students Must Have Valid I.D.
Expires 02/09/05

SPRAY TANNING
$25.00 Per Session
First Time Clients Only.

Students $5.00 Per Session
$39.00 Monthly Unlimited
No Session Fee
Students Must Have Valid I.D.
Expires 02/09/05

Electric Beach Cobblestone Village 871 West Park Ave. • Ocean Twp.
732-493-9010

Join The Outlook
The Outlook is currently seeking help in the following departments:
• Photography
• Layout (program used: Adobe InDesign CS)
• Staff Writers
• Copy Editors

Students from any major are welcome to join, experience is not necessary.

Our meetings are held weekly in the Outlook office on Wednesday afternoons at 2:30 pm and Monday evenings at 6:30 pm

Weekly meetings are open to all members, new and old.

For more information stop by the office and talk to a member of The Outlook staff or use the contact information below to get in touch with us.

Stop by the Piangere Communication Center and visit us!
The Outlook is located on the 2nd floor, Rm 260
phone: 732-571-8481
fax: 732-893-5151
e-mail: outlook@monmouth.edu
outlookade@monmouth.edu
**Horoscopes**

By Linda C. Black, Tribune Media Services

Today's Birthday (Feb. 2nd)

There's more work coming in, so develop a routine. The more you can mechanize, the happier you'll be. And, the more money you'll make.

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 6
  Your newfound status is leading you to meet new friends as well. Select the ones to trust from the standards you learned as a child, at home.

- **Taurus** (April 20 - May 20) - Today is a 5
  Continue to solicit advice from a person who's already got whatever it is you're trying to achieve, acquire or become. It's time well spent.

- **Gemini** (May 21 - June 21) - Today is a 7
  Keep working overtime to get the extra cash. By this weekend you'll have time and money for a jaunt.

- **Cancer** (June 22 - July 22) - Today is a 7
  You're good at saving money, but you may be going about it the hard way. Get expert advice.

- **Leo** (July 23 - Aug. 22) - Today is a 7
  A very imaginative person has everything figured out. Don't go along with the program, though, if it won't be good for you.

- **Virgo** (Aug. 23 - Sept. 22) - Today is a 6
  You've learned a great deal from books and at school, but the real test comes when you try these new skills out on the public. Don't worry, you'll do fine.

- **Libra** (Sept. 23 - Oct. 23) - Today is a 7
  Some people have to work harder to make more money. The opposite is true for you. You'll make more when the job's fun and easy.

- **Scorpio** (Oct. 23 - Nov. 21) - Today is a 7
  You have amazing abilities to see the big picture now. Do that, and don't get stuck with a minor problem.

- **Sagittarius** (Nov. 22 - Dec. 21) Today is an 6
  Your curiosity has been aroused, or it will be, very soon. You're about to launch another quest, and this one will be fun.

- **Capricorn** (Dec. 22 - Jan. 19) - Today is a 6
  The coming few weeks could be quite profitable for you, without much extra work. Another's generosity and your good past deeds are the cause of this windfall.

- **Aquarius** (Jan. 20 - Feb. 18) Today is a 7
  Accept a challenge that's similar to one you've done before. Your experience will give you the edge in capturing an elusive profit.

- **Pisces** (Feb. 19 - Mar. 20) Today is a 7
  You've got the imagination, somebody else has the experience. Matched with another, who has the energy, you cannot be stopped.

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**MU Students: Interested in Comic Illustration?**

Get your own comic published in the Outlook!

Call 732-571-3481

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**ACROSS**

1. Sunscreen ingredient
5. Guitar adjuncts, briefly
9. Norwegian dramatist
14. Vivacity
15. Full guy
16. Drain cover
17. Dictator Idi
18. Nag of Hungary
19. Canny
20. Renowned journalist made diner?
23. Actress Ward
24. Belgrade man
25. Wind dir.
26. PFC’s entertainment
28. Bonus NFL periods
30. Slurred
32. Literary lion roared?
36. Pot sweetener
37. Big letters in Detroit
39. Place
40. Elected off.
41. NYC summer hrs.
43. Environment
44. Border lake
45. Baby beds
46. Kind of model
47. Gasoline rating
48. Unpleasant
49. Unsaturated alcohol
54. Coarse wool
55. Conductor Sir Georg
57. Uneven
59. Small rodent
60. “Six Feet Under” character
61. Twosome
65. Fr. holy woman

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**ANCESTORS**

- Hebrew
- Greek
- Roman
- Egyptian
- African
- American

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**2 Dudes**

*By Aaron Warner*

**A College Girl Named Joe**

*By Billy O’Keefe*
Roses are Red,  
Violets are Blue  
RESPECT YOUR BODY  
MU Students Do...

Most MU Students are Healthy!  
They respect their bodies,  
Make time for exercise & eat right,  
Make time for classes & homework  
Are active on campus  
AND LIMIT THEIR ALCOHOL USE...

Love is in the Air…

February is Healthy Heart Month!

1 Beer = 12 oz. can  
   150 calories  
1 glass of wine = 4.5-5 oz.  
   90 calories  
1 shot = 1.5 oz. hard liquor  
   90 calories
ENTER TO WIN THE SPIRIT CONTEST  
CAMPAIGN BEGINS ON DECEMBER 21 AT THE WOMEN'S BASKETBALL GAME

STUDENT GROUPS COULD WIN $1,000.00

The Student categories are:
1. Athletics
2. Fraternities
3. Sororities
4. Clubs

An additional $1,000.00 will be awarded to one of the groups who receives the highest amount of points for Women's Basketball exclusively.

A total of $5,000.00 will be awarded on Saturday, February 26 at the Women's Basketball Game.

All groups must register with Tom Manzo in the Athletics Dept. no later than Monday, December 20, 2004. The office telephone ext. is 5833

Two team leaders must be selected to represent the group at both the Men's and Women's games. At least one of those team leaders with a valid Monmouth ID must check in at the registration table in the Boylan Gym lobby BEFORE and AFTER the game. No check in, No awarded points for that game.

A theme will be assigned for each game. Points will be awarded on a game-by-game basis. The criteria judged will be creativity, originality, school spirit and sportsmanship.

The group from each category with the most points at the end of the contest will receive the prize money.

Single points will be awarded at Men's games, double points will be awarded at Women's games and triple points will be awarded at two (2) randomly selected Women's games.

THE DATES AND THEMES ARE AS FOLLOWS:

Tuesday, December 21 Women's Game “Holiday Night”  
(1. Student groups are required to wear clothing representing the Holiday)

Saturday, January 22 Women's Game "Hawaiian Night"  
(2. Student groups are required to dress in clothing with an Hawaiian Theme)

Saturday, January 22 Men's Game "Hawaiian Night"  
(2. Student groups are required to dress in clothing with an Hawaiian Theme)

Monday, January 24 Men’s Game “Paint Your Face Night”  
(3. Student groups are required to paint their face using blue and white)

Thursday, February 3 Men's Game "MU Shirt Night"  
(4. Student groups are required to wear a shirt with a MU phrase, logo, etc.)

Saturday, February 5 Women's Game  
Help celebrate National Girls and Women in Sports Day

Saturday, February 5 Men’s Game “Poster Night"  
(6. Student groups are required to make posters and hold them up during the game)

Monday, February 7 Women's Game “Paint Your Face Night”  
(4. Same requirement as Men's Game on January 24)

Tuesday, February 8 Men's Game “Player Night"  
(4. Student groups are required to wear a shirt with their favorite MU player's number on it)

Wednesday, February 16 Men's Game “Valentine's Night"  
(5. Student groups are required to wear clothing representing Valentine's Day)

Thursday, February 17 Women's Game “valentine’s Night”  
(6. Same requirement as Men's Game on February 16)

Friday, February 18 Men's Game “Great White Freak Out"  
(6. Student groups are required to wear a plain white shirt)

Saturday, February 19 Women's Game “Poster Night”  
(6. Same requirement as Men's Game on February 5)

Sunday, February 20 Men's Game “Crazy Hat Night"  
(6. Student groups are required to wear a homemade hat with representations of MU)

Monday, February 21 Women's Game “Crazy Hat Night"  
(6. Game requirement as Men's Game on February 20)

In addition to the theme, student groups are required to perform a community service by participating in a clothing drive. The drop-off is in the Lobby of Boylan Gym on game night. Points will be awarded.

Saturday, February 26 Women's Game "St. Patrick’s Night"  
(6. Student groups are required to wear clothing representing St. Patrick’s Day)

Contest Ends: Money Awarded
Women’s basketball survive scare from FDU

Fight back from 11-point for fourth straight win

By William K. DePoe

On Saturday, January 29, the Monmouth University Women’s Basketball team extended their winning streak to three, knocking off the Fairleigh Dickinson University Knights 65-55 at the Rothman Center in Hackensack, N.J.

When the Hawks needed baskets down the stretch, junior guard Niamh Dwyer delivered, knocking down 15 of her game-high 23 points in the second half, including 10 in the last 6:36 of the game.

The Hawks, now 5-2 in the NEC, will travel to Sacred Heart today, 2/2.

A Liz Whalen 3-pointer gave Monmouth a 35-25 lead at 12:07 left in the first half, but before the Hawks knew it, the Knights were on a 13-2 run to take a 37-37 tie with 8:26 left in the opening stanza.

With 9:49 left in the game, Kistryn Lumpkin, who had seven rebounds, was also vital to Monmouth’s second half run, scoring six of her 10 points.

With four minutes left in the game, the Knights were up six at 54-48, but the Hawks went on to score 19 straight at the end to grab the win.

Lumpkin and Dwyer combined for 10 steals in the contest.

The Hawks, now 5-2 in NEC play and 9-7 overall, will take their four-game winning streak into the conference tournament.

With the Northeast Conference Championships just two weeks away, Coach Joe Compagni and the Monmouth University Track and Field team are determined to run away with a Conference Championship.

“The most at Boston University included close to 100 colleges and clubs teams from all over the country, with over 200 people stepping up and compete at a high level,” said Compagni.

The meet at Boston University included close to 100 colleges and clubs teams from all over the country, with over 200 people stepping up and compete at a high level,” said Compagni.

Monmouth competed against colleges such as Miami, Michigan, Duke, Seton Hall, Pennsylvania, Providence and other top track and field teams at Boston.

Both the men’s and women’s teams have a successful weekend with runners qualifying for the ECAC and IC4A Championships as well as a number of new school records being set.

On the women’s side, Katie Pachuta finished in fifth place in the 5000m (18:08.66) in the 5-mile event which was one of our goals for the weekend,” Compagni stated. “If the team continues to progress as they should, we should have some excellent results for the next few weekends as well,” he continued.

Next weekend, the Hawks will be at the New Balance College Invitational at the 168th Street Armory which will feature over 100 schools from across the country.
Hawks topple FDU, stretch out lead over rest of Northeast Conference

“...we played Monmouth basketball tonight, tough physical defense and smart and efficient offense.”

DAVE CALLOWAY
Head Coach

The previous game saw the Hawks defend their home court with a 77-73 win over St. Francis (NY). In the game Hamilton had 20 points, and Senior Dwayne Byfield had a season-high 17 points to lead the Hawks. Monmouth led by as many as 16 points in the game, and survived a furious Terrier rally late to hang on for the victory.

In their most recent action, the then undefeated Hawks looked to avoid a letdown as they took to the road for a conference clash with the team who owns the NEC’s worst record. The Hawks are necessary for an upset their way into the game in Fairfield, Conn. as Hamilton both found themselves in foul trouble with each player collecting three fouls before halftime en route to the Hawks dropping their first NEC game of the year 44-41. Monmouth shot 25% from the floor for the game and a paltry 16% from three-point-range on 5-30 from the land of the trifecta.

The Hawks, who still own the conference’s best mark at 7-1, return to action Thursday night as they try to bounce back against the Long Island Blackbirds at Boylan Gym. Long Island is coming off a twenty point defeat at the hands of FDU. They sit at fifth-place in the conference.

Tip-off between the Hawks and Blackbirds is set for 7:00 p.m.

Guard Brandon Owens “shakes and bakes” off the dribble. His improved play has helped spark MU.

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Guard Tyler Azzarelli leads the Hawks in assists and steals.

Edgy Occupants Sports Staff Writer

As good a season as the Monmouth University men’s basketball team had a year ago, they are already finding ways to try and beat that squad. For starters, last season’s team, which went to the NCAA Tournament for the third time in school history, had a pair of humbling conference road losses to Quinnipiac and Fairleigh Dickinson.

This season the Hawks have beaten both of those schools in their respective gyms, with the more recent win over the FDU Knights serving as a confidence boost to a team already riding high.

“They are a good team,” said senior tri-captain Blake Hamilton. “We came here last year and got blown out, so this win is big for us.”

The win Hamilton is referring to was the 64-56 victory the Hawks had over the Knights this past Saturday at the Rothman Center in Teaneck, New Jersey. In last season’s game there, the Hawks fell to FDU 80-64. This year, the Blue and White used a masterful defensive performance and some timely shooting to defeat FDU.

The high-scoring Knights were limited to a season-low tying 21 first half points as the Hawks led halftime 28-21. The Hawks came out of intermission on fire as the Hawks led the game and a paltry 16% from three-point-range on 5-30 from the land of the trifecta.

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Women’s Basketball Head Coach Jackie DeVane resigns mid-season in her 6th year with MU.