I’m Rich! Beeyatch! Tour comes to MU

At 10:45 p.m., the headliner, Charlie Murphy, was introduced to the stage. With music blasting and a standing ovation, the “storyteller” began his slow-paced act, in which he discussed the Michael Jackson case, the tsunami, and steroids. He also joked about being Eddie Murphy’s brother. Although the show had a rocky start, it was a complete success once the performers took the stage.

[See COMEDIANS on page 20]

Social work professor lectures in Mexico City

Dr. Golam M. Mathbor with Professor Laura Ortega Garcia in Mexico City for his lecture.

The GUP annual convention coming soon

This year’s focus placed on making a difference through local and global connections.

The Global Project is set to host their fourth annual, week-long convention from April 11-16 featuring over 50 events including various panels, keynote speakers and films presented under the theme set forth by this year’s title “Making a World of Difference: Local-Global Connections.”

The Global Understanding Project is designed to bring about awareness and understanding of global issues and bring about hope, empathy and compassion with the rest of the world, including the United States,” said Dr. Saliba Sarsar, Associate Professor of Political Science and Associate President for Academic Program Initiatives. He has been a driving force of the Global Understanding Project (GUP) and its annual, week-long conventions for the last few years.

“The focus is set on how local individuals, organizations and even nations can make a difference.

For us, global is not just what is beyond the border of the U.S. Global issues affect us here in our New Jersey communities,” said Sarsar.

GULF SPOON S bananas are scheduled to deliver this year’s keynote address following the welcoming remarks from President for Academic Program Initiatives, her address is titled “Humarvan Relief: Saving Lives, Changing Lives.”

“Her experience with the United Nations is priceless,” said Dr. Gillian Sorensen, Chair of Department of Accounting and Business Law and co-chair of the Global Understanding Convention committee.

“Making a World of Difference: Local-Global Connections”

This year’s title “Making a World of Difference: Local-Global Connections.”

“Making a World of Difference: Local-Global Connections.”

“The focus is set on how local individuals, organizations and even nations can make a difference.

Dr. Golam M. Mathbor, Associate Professor and Coordinator of the International and Community Development Concentration in the Department of Social Work, was invited to lecture on “International Curriculum Development for Social Work Education” by the National University of Mexico (UNAM), National School of Social Work (ENTS) in Mexico City on March 10, 2005. Between six and seven hundred students, faculty, and practitioners attended the lecture and exchanged dialogue and ideas regarding curriculum development for social work education in a globalized world.

Dr. Mathbor opened the presentation by citing the following words by Pope John Paul II expressed on December 15, 2003: “In today’s world, it is not enough to limit oneself to the law of the market and its globalization.” He then went on to share an additional quote, relevant to Mexico, of Pope John Paul II which describes the detriment of this hegemonic structure within the new world order, “Solidarity must be fomented avoiding the evils that stem from capitalism, which put profit above the person and makes the person victim of many injustices.”

Dr. Mathbor built upon these quotes by stating that a development model that does not take into account and address these inequalities cannot prosper. He further explained that market is extremely important to analyze as it creates good and services exposed to global forces. However, market should not set the social priorities.

[See SOCIAL on page 3]

I’m Rich! Beeyatch! Tour comes to MU

At 10:45 p.m., the headliner, Charlie Murphy, was introduced to the stage. With music blasting and a standing ovation, the “storyteller” began his slow-paced act, in which he discussed the Michael Jackson case, the tsunami, and steroids. He also joked about being Eddie Murphy’s brother. Although the show had a rocky start, it was a complete success once the performers took the stage.

[See COMEDIANS on page 20]
SCREAM Theater addresses dating abuse

JOE CORCONE
OPINION EDITOR

Counseling & Psychological Services sponsored SCREAM Theater Wednesday, March 23, 2005 at Wilson Hall Auditorium.

SCREAM (Students Challenging Retail and Educating Against Myths) Theatre is an interactive theatre program that is created and acted by Rutgers University students. SCREAM is designed to help students overcome various fields of study. The skit performed addressed themes of sexual assault, dating violence, and abuse.

The actors portrayed a heterosexual couple within a circle of friends. The man in the play was physically and verbally abusive toward the woman. The man was also physically and verbally abusive to a male friend when confronted about being abusive toward the woman. The skit enabled the audience to help feel the effects of abuse. After the skit, actors remained in character and answer the questions from the audience. “Relationship abuse can be verbal, emotional, or physical, and often comes in the form of tricks and manipulation.”

“Programs like SCREAM Theatre deliver a message we all need to hear and deals with issues we all need to embrace,” said Dr. Franci Mand, Director of Psychological Services at Monmouth. “We need to come out of the silence, admit dating violence exists, and take responsibility for our behavior. Even when you blame the perpetrator, the victim is still partially to blame because they can choose to stop the abuse.”

The coordinators of SCREAM Theater hope that people understand the extent and severity of dating and relationship abuse. “Programs like SCREAM Theatre deliver a message we all need to hear and deals with issues we all need to embrace,” said Dr. Franci Mand, Director of Psychological Services at Monmouth. “We need to come out of the silence, admit dating violence exists, and take responsibility for our behavior. Even when you blame the perpetrator, the victim is still partially to blame because they can choose to stop the abuse.”

The skit addressed the different forms of abuse, manipulation, and abusive relationships. The issues of power, control, and enticement lead to violence from the abuser. Students are told that when the three stages of the battering cycle the tension building stage, the acute explosive stage, and the resolution stage. It’s difficult to make sure the victim is getting the support needed so they feel empowered to leave the abusive situation. It’s not easy just telling them to walk away, because relationships deal with lots of commitment, trust, and love. SCREAM Theatre enables the perpetrator of the abuse to pull the victim back easily.

SCREAM Theater travels the United States to educate groups and initiates dialogue about issues of interpersonal violence, including sexual assault, dating violence, same-sex violence, stalking, bullying, and poor harassment. The skills and strategies that we are teaching are not just for high school students, college students, community groups, social service agencies, and law enforcement.

For more information on dating violence and sexual assault, visit sexualviolence.rutgers.edu or contact Counseling & Psychological Services (732) 777-7177.

MEET MU: Susan Stehle
Instructor at the Guggenheim Library

Jacqueline Koloski
ASSOCIATE FEATURES EDITOR

Susan Stehle is the instructor in the Guggenheim Library at Monmouth University. She has worked at Monmouth University for four years. At the Guggenheim Library, her primary responsibilities are teaching and reference.

“I do reference work eight hours during the day and all semester long one week which is a 2 p.m. to 10 p.m. shift because we provide reference services from 9 a.m. till 10 p.m. Monday through Thursday and from 9 a.m. to 5 p.m. Friday. We hire adjuncts for the weekend,” explained Stehle. Stehle is originally from New York City. She completed her undergraduate and graduate school there as well.

“I went to Hunter College in New York City. I also have a master’s degree from Hunter in Spanish,” said Stehle. She also stated that she taught Spanish in New York City at the high school level as well.

In 1988, Stehle returned to school where she received her Library Science degree from Rutgers University. Prior to coming to Monmouth University, Stehle worked at AT&T and NCR doing computational intelligence work.

“Before I worked here, I worked for both AT&T and NCR doing competitive intelligence work which basically means that I worked for product and project managers providing them with information on our competitors,” said Stehle.

“I think that if you enjoy each day and you try to get the most out of each day it just makes your life a lot happier.”

SUSAN STEHLE
Library Instructor

Stehle is married and has three children, three step children, and 7 half step children. She has a variety of hobbies that include travel, reading, sports (she’s a baseball and hockey fan), and is interested in Southwest art, Native American art, and pottery.

As far as traveling goes, she has traveled to some of the most interesting places in the United States. We have done a lot of traveling in the Southwest which we really love and actually have a trip planned for May that will take us back to the Grand Canyon and to Santa Fe which is one of my favorite places in the country. She also visited Taos and Bryce Canyon and several sites in the Southwest, she said.

Stehle stated that whenever they get a chance to visit the Southwest they really enjoy it. Her favorite television show is Jeopardy which she happened to appear on.

“I appeared on it a very long time ago and actually won the first day I was on,” said Stehle.

Stehle said they enjoy most types of music, even, if she had to name her favorite time movie she would say “Some Like it Hot.”

“I like jazz piano tremendously,” said Stehle. When asked about what her favorite genres of music are she also said she likes to sing along to Rock ‘n Roll and her favorites include the Rolling Stones, Bob Sieger, Bruce Springsteen, and U2.

“When asked if there is anything she hopes to achieve in the future, Stehle said that she is happy where she is at the present time. ‘I love my job and I am really happy with where I am at my life at this point and with what I am doing. This was a third career basically and it has turned out to be a very happy one,’ said Stehle.

Stehle has an interesting philosopohy of life that she says fits her well. “You need to live each day to the fullest and enjoy it.”

“I think that if you enjoy each day and you try to get the most out of each day it just makes your life a lot happier,” explained Stehle.

Stehle said that she enjoys most about her job is working with the students. “I think what I enjoy the most is working with the students,” said Stehle. “I’ve been a Librarian now for a long time since she taught, it was something that she never seemed to forget how to do because she enjoyed it so much.”

“It really is fun and gratifying to help people find not only the information swore needed but also to give them the skills to do it themselves,” concluded Stehle.
Taking deposits for those who wish to travel into space next year. According to the Virgin Galactic website Branson said, “We’ve always had a dream of developing a space tourism business and Paul Allen’s vision, combined with Burt Rutan’s technological brilliance, has brought that dream a step closer to reality. The ingredient that Major Aerospace Ventures is just the start of what we believe will be a new chapter in the history of mankind, one day in the affordable exploration of space by human beings being a real possibility.”

Until now it has long been thought impossible to design an affordable rocket ship. Existing spaceships are complicated and not robust enough to carry commercial passengers. This spacecraft has adjustable wings for easy re-entry and powered by an inert nitrous oxide and rocket fuel. These developments in technology and safety have enabled Virgin Galactic. Safety is also an issue. Kijewski said, “I believe that it will be dangerous. The spacecraft has to be as light as possible to use less fuel, which has weight.” There is a website (www.virgingalactic.com) dedicated to this venture. The website answers questions and includes updates, press, and how to contact Virgin Galactic.

**Social work professor lectures in Mexico City**

SOCIAL (from page 1)

of the social priorities must be with the civil society and the government that is accountable to this civil society.

Dr. Mathbor was delivering these quotes to the perfect audience: socially conscious Mexicans concerned about their own future and the future of their country.

Dr. Mathbor’s entourage included the following social workers:

- Dr. Mary Lee Bass, Department of Education
- Dr. Donald Dorfman, Professor, Biology
- Dr. David P. Paul III, D.D.S., Ph.D. (Assistant Professor of Marketing, and Co-Director, Pre-Professional Health Careers Meeting)
- Mrs. Bea Rogers, Associate Dean of Education & Career Planning, LCAC
- Mrs. Anna Astorga, B.S.Ed., M.A., D.C.P.S.
- Dr. Datta Naik, Professor, Chemistry; Dean of Grad. School & Continuing Edu.
- Dr. Donald Dorfman, Professor, Biology
- Dr. Donald Dorfman, Professor, Biology
- Dr. Donald Dorfman, Professor, Biology
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The website answers questions and includes updates, press, and how to contact Virgin Galactic.

Spring 2005

**Pre-Professional Health Careers Meeting Wednesday, March 30, 2005 Room E-215 2:30 PM Refreshments**

**Special Guests:**

Robert D. Badley – PT, Barley Physical Therapy Associates
Carol Bisciardi, PA-C, MS – Program Director, Seton Hall University’s Physician Assistant Program
Joseph L. Monaco, PA-C, MS – Director of Clinical Education, Seton Hall University’s Physician Assistant Program
Scott Serbin – Coordinator of Research and Education-The Emergency Medical Association

Pre-Professional Health Advising Office – LCAC
Pre-Health Registration Form & E-mail notices
Affiliation Agreements
Requirements for Admission to Professional School:
- GPA
- SAT/ACT/GRE, etc. Scores
- Demonstrated Interest in a Health Professional Field
- Volunteering, Internships etc.
- Strategies for Verbal and Writing Sections of Test (MCAT, DAT, etc.)
- Pre-Medical School
- Pre-Professional Health Advising Office
- LCAC

**Graduate Information Session Wednesday, April 6 7 P.M., Student Center – Anacon Hall West Long Branch, New Jersey, Exit 105, Garden State Parkway**

Call today to reserve your space or to talk to an admission counselor:
800-693-7372
Or register online at www.monmouth.edu

**The Final Frontier: Vacations in space?**

Jennifer Knepper NEWS EDITOR

By the end of the decade, Virgin Galactic is planning on making it possible for almost anyone to travel into space at an affordable price. This is the chairman of the Virgin Group and entrepreneur Sir Richard Branson’s newest adventure.

Virgin Galactic is a company that was established by Branson’s Virgin Group. The purpose of Virgin Galactic is to undertake the challenge of developing space tourism for ordinary people.

There are people that think this is a reality television stunt done out of Branson. However, Monmouth University physics professor Louis Kijewski said, “I think Branson wants to do something that puts his name in the history books. And he has money to do something big. I believe he is curious about things and interested in machines. And he has money to do something big.”

There is a website (www.virgingalactic.com) dedicated to this venture. The website answers questions and includes updates, press, and how to contact Virgin Galactic.

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GUP convention now in fourth year

“Monmouth and the festival was so...of last year, the partnership between Two River Film Festival. In the fall...p.m. in Anacon B, is sponsored by the...a total of seven films pertaining to ten peoples, and national security will be looked at during the week of April...empower-...mental issues,...GUP Convention. But also environ-...themes explored through this year’s...‘How she sees what’s happening in...said Sarsar.

Planning the annual Convention
One of the sub-committees in the umbrella organization known as the Global Understanding Project (GUP) is dedicated to developing this annual Convention. This year’s convention is almost a year in the making; talks of theme planning continues to progress in upcoming...Sarsar.

“Momentum is very interested in globalizing its curricula and connecting to the world in serious ways,” said Sarsar, adding that one way this is accomplished is through the Study Abroad program.

“GUP Convention is one way by which we make global affairs known on our campus,” he said, adding that it gives students and faculty the opportunity to discuss these issues in an academic, intellectual, but also very practical, fashion.

“If we look at this and compare it to other universities and colleges across the U.S., it is one of the best to my knowledge,” said Sarsar.

The Full Schedule of Events:
MONMOUTH.EDU/GUP/GLOBALCONVENTION.ASP

Full Schedule of Events:
MONMOUTH.EDU/GUP/GLOBALCONVENTION.ASP

[Image 24x665 to 124x784]

MINIMUM 3 PIZZAS. DEEP DISH EXTRA.

UV-Free Spray Tanning
Now Available at our Ocean Twp. Location! Results in just 8 Seconds!

[Image 331x135 to 619x303]

UV-Free Spray Tanning
Now Available at our Ocean Twp. Location! Results in just 8 Seconds!

[Image 242x621 to 303x711]
Tuesday, May 10 at Stingers $25 per person

Kick-off Senior Week with your friends and enjoy a premium barbeque from 8pm until 10pm. DJ and a two hour open beer and wine bar will be available. Shuttle service begins at 7:30pm from the Student Center Parking Lot.

Wednesday, May 11 at Jenkinson’s $20 per person

Enjoy a day on the beach with Jenkinson’s Senior Week Beach Party from 1pm until 5pm. Two hour open beer and wine bar (1pm-3pm). Shuttle service leaves the Student Center Parking Lot at 12:30pm and returns at 5pm.

Thursday, May 12 Casino Night $5 per person

Spend six hours in Atlantic City at the Tropicana Hotel and Casino! Receive a $10 casino voucher. The bus will leave for Atlantic City from the Student Center at 4pm sharp!

Saturday, May 14 Delaware River Cruise $30 per person

Cruise the Delaware River on the Spirit of Philadelphia! The beautiful lunch cruise will include a cash bar and a $10 Powercard to Dave & Busters. Before returning to campus, guests will be able to have fun at the Dave & Busters arcade on Columbus Avenue. Buses leave the Student Center parking lot at 8:15am sharp!

Sunday, May 15 AIDS Walk in Asbury Park at 2pm

Shuttle Service will pick up Seniors in the Student Center Parking lot at 1:30pm. Free food will be available to all walkers.

Monday, May 16 at Bar Anticipation $20 per person

Spend time and relax with friends at a first class barbeque and open beer and wine bar (8pm-10pm). We have Bar-A to ourselves until 12am that night to share memories and renew friendships. Bar Anticipation Shuttle Trolley begins at 7pm from the Student Center Parking Lot.

Tuesday, May 17 at Jack’s (FREE SHUTTLE SERVICE)

Spend one last night of Karaoke at Jack’s. Shuttle bus will be available at the Student Center parking lot from 9pm until 2am.

Tickets for Senior Week are non-refundable. Ticket purchasers must show proper ID. All ticket purchasers and their guests must be 21 or older to attend. Only graduating seniors may stay in the residence halls during Senior Week. Due to limited tickets, the Atlantic City and Spirit of Philadelphia tickets will only be sold to seniors walking in May.

The Senior Class would like to thank the SGA, the Alumni Association and the Class of 2005 for making Senior Week possible.
Loretta Huddy, chairperson of the Scholarship Ball, believes that this tradition has been with the university for more than 20 years. The Scholarship Ball, held in Wilson Hall, is an event that raises money for student scholarships.

According to Jan Connolly, Director of Special Events and Programs at Monmouth University, "the first Monmouth University Scholarship Ball was held in 1982, to coincide with the premiere of the movie ‘Annie,’ which was filmed in Monmouth’s Wilson Hall." April 30, 2005 will mark the 22nd Annual Scholarship Ball.

Loretta Huddy is this year’s chairperson for the Scholarship Ball. Huddy became involved with the event when both her children attended Monmouth and she was asked to join the committee. She said that through this opportunity she was able to be a part of various committees at the university as well as meet many people whom now she calls friends.

“This for me is one of my elixirs for life. It gives me the opportunity to be creative, make new friends, have fun, and most of all raise money for students in need,” explained Huddy.

This year’s theme for the Scholarship Ball is “An Evening in Casablanca.” Huddy explained why that particular theme was chosen for this year’s ball.

“If you want attendance to grow, you need to create excitement and interest and select a theme that will appeal to a broad spectrum of people,” said Huddy. “There are many gals in the area so the most important thing when selecting a theme is how we can make it a memorable experience.”

“In addition, the theme must be one that can be created in a cost effective and time efficient manner and fit within the ambiance of Wilson Hall,” she added.

Huddy said that it is important for those attending to have a “memorable experience” so they will return the following year as well as invite others to accompany them. She, as well as her committee, thought that “An Evening in Casablanca” met that criteria.

Connolly explained the purpose of the Scholarship Ball.

“To raise funds for student scholarships and ensure deserving students get a chance for a college education,” explained Connolly. Connolly also added that more than $1,278,000 has been raised overall in the entire existence of the Scholarship Ball.

At this year’s ball, two individuals will be honored for their service to the university as well as to the community.

“Bill and Sandy Mullaney will be honored for their service to the University and the community at large,” said Connolly.

Loretta Huddy, chairperson of the Scholarship Ball, believes that this may be the first time that a couple has been honored.

“They [Bill and Sandy Mullaney] have been long time supporters of not only the university but also the community in general,” said Huddy. “They are a generous couple who give of themselves time and time again and Bill is an alum.”

At the Scholarship Ball this year, the event will include dinner, dancing, a 50/50 raffle and a live auction. According to Jan Connolly, some items that will be auctioned at the live auction will include a hot air balloon ride, a dinner for 20 in the Versailles Room, located in Wilson Hall, and a summer party for 35 in Erlanger Gardens located on the University’s campus grounds.

Some special touches that will be seen at this year’s Scholarship Ball include a Rick’s Café American room and a Casbah Bazaar which will be where the silent auction is located, according to Jan Connolly. Loretta Huddy added that the ball will also feature a Casablanca Cocktail Bar and “Sam” the piano player which were both featured in the movie.

Huddy described some of the décor that will appear at this year’s ball.

“We will be using indirect lighting and theater lighting to color the walls and to create shadows by up lighting palms,” said Huddy. She said that they are hoping to project the “exotic and romantic” feeling of the movie.

Various people attend the Scholarship Ball each year.

“Donors, trustees, friends of the university, alums, parents, corporate and civic representations, members of the community and anyone who likes to have fun,” described Connolly of people who make up the attendance of this lavish event at the university.

Both corporations as well as individuals serve as benefactors to the Scholarship Ball.

“Many of the area corporations are generous supporters of the ball, along with some wonderfully generous individuals,” she said.

Examples of the benefactors that she listed included Breaker Electric, DNA Contracting & Waterproofing, C.J. Hesse, Inc., Mr. Joseph Thimmess, Mr. & Mrs. Bill Mullaney, Sovereign Bank, Macy’s West, PMK Group, Mr. & Mrs. Philip Lane, Premier Communications, B. Harvey Construction, Commerce Bank, H2L2 LLP, The Segal Company, Easton Architects, LLP, and D&D Utility Contractors, Inc.

There is a whole team of committees that are involved with the arranging of the Scholarship Ball. A few committees that Connolly, named included Ad Journal who is chaired this year by Vaune Peck, who graduated from MU in 1987 and is Monmouth University’s director for performing arts, silent auction, live auction, decorating, and underwriting.

Jan Connolly mentioned one goal for this year’s Scholarship Ball.

“We hope to raise more than $100,000. We’d love to meet or beat last year’s record of $129,000,” said Connolly.

“Carats and Caviar” was the theme for 2004’s Scholarship Ball and this event raised $120,000.

Loretta Huddy said that as chairperson she has the same goal as chairpersons of the past.

“To raise as much money for student scholarships as possible, to grow the base of attendees and benefactors, to provide a memorable evening that is both a FUND raiser as well as a FRIEND raiser for Monmouth U, and to make this a fun experience for our wonderful volunteers so they will join us again next year,” concluded Huddy.
You might be experiencing it without realizing it.

Anxiety itself is a treatable mood disorder, which is characterized by symptoms including restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep problems. Life circumstances can also be a determining factor.

Several subtypes of anxiety exist. Anxiety attacks are related to Panic Disorder.

According to National Institute of Mental Health (NIMH), panic attacks are often unexpected and result in physical symptoms including “chest pain, heart palpitations, shortness of breath, dizziness, abdominal distress, feelings of unreality, and fear of dying.” You can always identify a panic attack because you feel like you’re going to die,” said Dr. Franca Mancini, Director of Counseling and Psychological Services. “There’s nothing physically wrong with you, but you feel like you’re going to die.”

People with Obsessive-Compulsive Disorder (OCD), another subtype of anxiety, have anxious thoughts or routines which they feel are uncontrollable. Examples range from washing hands several times a day to counting.

The name of this disorder stems from the definition of each of the words. The thoughts are referred to as obsessions, and the actual ritual activities are called compulsions.

Post-Traumatic Stress Disorder is a subtype in which symptoms appear after experiencing a traumatic event, such as rape, war, or child abuse.

Phobias, both social and specific, are also characterized as anxiety disorders. According to Mancini, social phobias are common on the MU campus.

Social phobias, also referred to as social anxiety disorder, “involve overwhelming anxiety and excessive self-consciousness in everyday social situations.” People with social phobia have a persistent, intense, and chronic fear of being watched and judged by others and being embarrassed or humiliated by their own actions,” writes the NIMH.

The other type of phobia, which is characterized as being specific, involves having “an intense fear of something that poses little or no actual danger.” Such phobias include those of heights, water, flying, and blood.

The last type of anxiety disorder affects more than 4 million people in the United States in any given year. Generalized Anxiety Disorder (GAD) is characterized by “constant, exaggerated worrisome thoughts and tension about everyday routine life events and activities, lasting at least six months. People become anxious anticipating the worst even though there is little reason to expect it; accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache or nausea” are common to GAD.

In diagnosing anxiety, several factors are involved, related to the biological/physical, psychological, as well as social aspects of one’s lifestyle.

“We take a lot of different aspects into consideration when we start to determine if we’re actually looking at a person experiencing a period of stress, mild anxiety, severe anxiety, or generalized anxiety,” said Mancini. If you are unsure of whether or not you are suffering from an anxiety disorder, Mancini advised to seek help “if the anxiety that you’re feeling starts to interfere with the activities that you’re involved in on a daily basis, related to your physical, social, academic, or sexual wellness.”

“You may not be in a situation where you need treatment, but something is going on.”

Treatment options range from talk therapies and behavioral changes to medication. The medication is used to achieve an approximate balance in terms of the neurotransmitters and neurochemicals that are involved in anxiety, many of which are involved in depression as well.

Medically speaking, anxiety occurs as a result of the sympathetic nervous system pumping epinephrine through the body at a constant rate. The parasympathetic nervous system, which usually calms the fight or flight response, malfunctions, resulting in a state of hyper-vigilance.

According to Mancini, several of the available medications re-stabilize the release of these neurotransmitters and neurochemicals so as to return the patient to a calmer state of mind.

If you, or anyone you know, are experiencing the symptoms described above, you are encouraged to utilize one of the many resources available on campus. Three licensed counselors are available in the LCAC.

Also, the LCAC will hold its Anxiety Screening Day on Monday, April 4 from 10:00 a.m. to 4:00 p.m. in Room 202A of the R.S. Student Center. The screenings are free of charge and completely confidential.

There is also an abundance of free literature available at the LCAC on anxiety disorders and depression. For more information on any of these resources, please contact the LCAC at (732) 571-5487.

Free concert & food!

Meet other members for THE BIG EVENT. Volunteer your day into giving back to Monmouth community.

Continuing our efforts to promote better awareness about the honor societies on campus, read on and you might be a qualifying candidate.

Lambda Sigma Tau is the most prestigious honor that can be obtained in Monmouth University. To qualify for membership, you must have earned at least 58 college credits at Monmouth. If you have at least 32 of them in MU, you have a GPA of 3.5 of higher; pass the writing proficiency exam; and be a full time undergraduate student. Lambda Sigma Tau stands for “Leadership, Service, Truth” and is the academic honor society for this university. LST works closely with the honor programs to promote academic success on campus. Contact Stuart Dalton at sdalton@monmouth.edu for further information about the academic honor society.

“Kappa Mu Epsilon is a national mathematics honor society,” said Dr. Betty Liu, advisor of Kappa Mu Epsilon. “The NJ Gamma Chapter of KME at Monmouth University was started three years ago.” Dr. Liu added that there are presently over 70 members of KME.

The requirements to be a member of Kappa Mu Epsilon, according to Dr. Liu, are “a minimum overall GPA of 3.0, a minimum math GPA of 3.0, and the completion of three math classes at Monmouth, including calculus.”

Liu said that goals for the honor society would be to express an appreciation and interest in math to students.

“The goals of Kappa Mu Epsilon are to express to the students an appreciation of the importance of mathematics. We host a number of workshops throughout the semester to show the students just how interesting mathematics actually is,” explained Dr. Liu.

An interesting fact about Kappa Mu Epsilon is that Dr. Liu offered was that there are not just math majors that serve as members.

“KME does not only enjoy the presence of math majors at Monmouth but it also has members who represent a variety of majors including chemistry, biology, computer science, etc.,” said Dr. Liu.

The last and final event for Kappa Mu Epsilon will be their induction ceremony to be held in April. For more information about Kappa Mu Epsilon, contact Dr. Betty Liu.

Lambda Pi Eta is the Communication honor society that recognizes, fosters, and rewards outstanding students in communication studies. The organization strives to promote and encourage professional development among communication majors. LPE members in semester past have arranged mock interviews with Monmouth and are members of the NJ Governor’s Conference.

Monmouth but it also has members who represent a variety of majors including chemistry, biology, computer science, etc.,” said Dr. Liu.

The requirements to be a member of LPE is that you must be a full time undergraduate student.

LPE members in semester past have arranged mock interviews with Monmouth and are members of the NJ Governor’s Conference.

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An interesting fact about Kappa Mu Epsilon is that Dr. Liu offered was that there are not just math majors that serve as members.

“KME does not only enjoy the presence of math majors at Monmouth but it also has members who represent a variety of majors including chemistry, biology, computer science, etc.,” said Dr. Liu.

The last and final event for Kappa Mu Epsilon will be their induction ceremony to be held in April. For more information about Kappa Mu Epsilon, contact Dr. Betty Liu.

Lambda Pi Eta is the Communication honor society that recognizes, fosters, and rewards outstanding students in communication studies. The organization strives to promote and encourage professional development among communication majors. LPE members in semester past have arranged mock interviews with Monmouth and are members of the NJ Governor’s Conference.

Monmouth but it also has members who represent a variety of majors including chemistry, biology, computer science, etc.,” said Dr. Liu.

The requirements to be a member of LPE is that you must be a full time undergraduate student.
When students returned to campus in January, they were greeted by several stacks of newspapers placed throughout the campus. While students were off celebrating the holidays, it seemed the university was busy arranging for the Star-Leder, the largest daily newspaper in New Jersey, to be distributed to students in the health center, dining hall, student center, Plangere Center, and Bay Hall. The Star-Leder and the New Jersey Nets have partnered to pay for just under 200 copies to arrive at MU every weekday, free of charge.

The daily newspaper has a circulation of over 400,000 readers and covers everything from local news to international stories. One can find stories on state politics, local school systems, and the war in Iraq through out the pages of the Newark based Star-Leder.

I would like to take the time to respond to a small section of the Op/Ed page in the March 23 edition of The Outlook. Apparently there is at least one person who feels that the university is confusing student government favors athletes over other students. I don’t want to anger more people, but as a student athlete I feel that there are some things that need to be clarified as to what some may think, not all athletes receive money. First, the money that athletes receive money. First, the money that

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Re: Athletics/Academics?

Heather Bachman  
staff writer

In the not so far future, I will be working on my social security for pay. I do this to support my family during college attendance years. However, according to Senate Majority Leader Bill Frist, much of the generation age bracket believe more in U.F.O. existence than in social security. According to an article that is due my hard work on the track in high school and that is due to my hard work in the classroom, I have not been challenged by any article that looks at it from my perspective.

This article is also correct in stating that there is currently a proposal on the table that would pass would create the MAC, a multipurpose athletic facility that would benefit the ENTIRE university. This facility would cost millions of dollars and millions more than the current gym, which is how Monmouth has spent large amounts of money on facilities for all students. It is no surprise that examples like The Jules Plangere Communications building, McAllen Hall, and the Gore Academic Center, which cost to cross Cedar Avenue safely. Monmouth is going to break the people at the pruning, they are going to build a new Residence Hall so that students were not to reside in the Esplanade Hotel, so I disagree with the writer’s statement that Monmouth does not have its priorities straight. The comment that our gym looks like something out of high school, well too that blantly. Boylan Gym was on the wrong side of the street when it was to play their road games by the Northeast Conference. Our fans have brought our “high school gym” a great deal of energy and have been a huge influence in the success of our women’s and men’s teams. I totally disagree with the statement that I have attended games at Monmouth that should be considered other universities when you are talking about "high school" teams. I truly believe that Monmouth is getting a great deal of balance to the athletic department and that is due to my hard work in the classroom and that is due to my hard work on the track in high school and that is due to my hard work in the classroom.

This is a mistrust that needs to be taken care of immediately even that we are all Americans. I say to the Democrats look at your- 2,000 people were crammed together in the computer lab doing an experiment?”

The truth is, athletics drive many institutions and are the reason new academic buildings are made. Improvements in the gym would open up the opportunity for us. Because of their obligations to the team, these absences are excused and because the team is being set back. The due dates are NOT postponed. Students must submit their work early and take their exams a couple days earlier in order to fulfill the needs of both student and athlete. “Many students are given large scholarships, but because I have aging parents and I need to be paid for school. For those who are not aware, and appar- ently counted in that is the author of this article, is partial-scholar- ship. The football team is one of, if not, the biggest teams at Monmouth and they do not have to miss many classes to spend on scholarships. That is a testament to not only Monmouth, but the coaches, who recruit good players that are also good aca- demically. And, unless I’m mistaken, doesn’t everyone have the ability to receive a hefty scholarship based on other factors, such as grades and academic performance? Monmouth are given large scholar- ships for their participation in sports. As a matter of fact, Monmouth has not been voted the toughest place for a visitor in the last seven years. The核定, the writer of the previous article that Monmouth is not the correct representation of the student-athlete here at Monmouth are just like that, student athletes. They have the responsibility of juggling their academic workload with their practice and training. Anyone who thinks that it is easy needs to think again. Instead of downgrading the athletes and taking shots at them, why not support them? We all play for the same team, so speak. We all go to the same school, we all take the same classes, and we all eat the same dining hall food.

The next point made in last week’s editorial was that the athletes here at Monmouth are given large scholar- ships for their participation in sports. As a matter of fact, Monmouth has not been voted the toughest place for a visit- or. But so far, Democrats still give more in last week’s paper may not reflect it, thank you for giving us something to write about and be proud of each week.

Social Security: Change for the Young

Divin Gottschalk  
sports editor

On behalf of the Sports Staff of The Outlook, in no way do we sup- port, agree with, or believe in the statements of last week’s “Athletics over academics?” article. We were just as surprised by this editorial as the other students. Most of us were just as surprised by this editorial as the other students. We applaud our student athletes for their commitment to college. We applaud our student athletes for their commitment to college. We applaud our student athletes for their commitment to college. We applaud our student athletes for their commitment to college. We applaud our student athletes for their commitment to college.

I am writing a response to last week’s article on athletics over aca- demics. People. It’s time to grow up. There are some old misconceptions that need to be put to rest, immedi- ately. It is time to go step by step. The idea that athletes get to miss tons of classes for games and practice is absurd. This is the truth that the student-athletes here at Monmouth are just that, student athletes. They do not have the same problem as their counterparts and they do not have to miss tons of money to go into personal accounts. In an effort to write about and be proud of each week.

Re: Athletics Over Academics?

Bobbi York  
consulting editor

I am a senior track and field athlete and the President of MSAC (Mon- mouth Student Athlete Advisory Committee). I pride myself in 400 stu- dent-athletes and we all speak together in saying that last week’s article was not representative of what I have had the privilege of being the student-athlete at this university. I agree with the article that athletics are a huge part of the university and it does provide entertainment to the community. Having said that I would just like to respond to the statements made in the article and shed some light on the subject. “Those who play for our athletic teams are permitted to miss many classes each semester without punishment.” Yes, athletes are allowed to miss classes for com- petition. When they are going to miss many classes, they would not register for that class and they would choose a time that is adequate for their schedule. Athletes do have the extra task of balancing their classes with their practice and competition schedule and the benefit of the team, these absences are excused and because the team is being set back. The due dates are NOT postponed. Students must submit their work early and take their exams a couple days earlier in order to fulfill the needs of both student and athlete. “Many students are given large scholarships, but because I have aging parents and I need to be paid for school. For those who are not aware, and appar- ently counted in that is the author of this article, is partial-scholar- ship. The football team is one of, if not, the biggest teams at Monmouth and they do not have to miss many classes to spend on scholarships. That is a testament to not only Monmouth, but the coaches, who recruit good players that are also good aca- demically. And, unless I’m mistaken, doesn’t everyone have the ability to receive a hefty scholarship based on other factors, such as grades and academic performance? Monmouth are given large scholar- ships for their participation in sports. As a matter of fact, Monmouth has not been voted the toughest place for a visit- or. But so far, Democrats still give more in last week’s paper may not reflect it, thank you for giving us something to write about and be proud of each week.

Re: Athletics/Academics?

Ed Occipinti  
staff writer

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The truth is, athletics drive many institutions and are the reason new academic buildings are made. Improvements in the gym would open up the opportunity for us. Because of their obligations to the team, these absences are excused and because the team is being set back. The due dates are NOT postponed. Students must submit their work early and take their exams a couple days earlier in order to fulfill the needs of both student and athlete. “Many students are given large scholarships, but because I have aging parents and I need to be paid for school. For those who are not aware, and appar- ently counted in that is the author of this article, is partial-scholar- ship. The football team is one of, if not, the biggest teams at Monmouth and they do not have to miss many classes to spend on scholarships. That is a testament to not only Monmouth, but the coaches, who recruit good players that are also good aca- demically. And, unless I’m mistaken, doesn’t everyone have the ability to receive a hefty scholarship based on other factors, such as grades and academic performance? Monmouth are given large scholar- ships for their participation in sports. As a matter of fact, Monmouth has not been voted the toughest place for a visit- or. But so far, Democrats still give more in last week’s paper may not reflect it, thank you for giving us something to write about and be proud of each week.

The Outlook

March 30, 2005

MU Students $3.00  All Others $5.00

Wilson Hall

April 16, 2005

3:30 pm - 7:00 pm
Orthodox Christian Fellowship
Beginning its 216th year as Greek Orthodox Chaplains 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 blessing the Orthodox Christian Fellowship. Father is available at any time to minister to the spiritual needs of all Orthodox Christians on a 24-hour basis, for prayer, confession, or whatever you need to talk.
Father Ephraim can be found on campus, or he can be reached by calling: 732-671-5932

Laurel Napolitano
ASSIST. NEWS EDITOR

It's the end of the semester and all you can think about is partying. Last week I gave you some tips on how to have a fun time but still go on with your classes. This week, I've got even more tips! This month's theme is: How to cure a hangover.

Meet our guest writer, Lauren, who is a bartender and the head of her college's student organization. Lauren is experienced in helping others cope with the consequences of a night out on the town. Let her share her expertise with you as she provides tips on how to prevent and cure a hangover.

**Preparing for the Night Ahead**
Before you head out for a crazy night of olivion, you should prepare in preventing the dreaded hangover.

- **Stay hydrated throughout the evening.** Spread your drinking out over a few hours. This will help keep your body hydrated.
- **Eat a healthy, well-balanced meal.** Eating before drinking can help slow the absorption of alcohol into your bloodstream.
- **Take a multivitamin.** It's important to get enough vitamins and minerals, especially B vitamins, which help your body break down alcohol.

**During the Night**
While you're having a good time, remember to keep these tips in mind:

- **Stay hydrated.** This is the most important thing you can do to prevent a hangover. Hydrate before, during, and after drinking.
- **Eat plenty of food.** Eating before drinking and having a good meal during the night can help slow the absorption of alcohol.
- **Take a multivitamin.** B vitamins are particularly important for metabolism.

**Curing the Hangover**
If you do wake up with a hangover, here are some tips on how to feel better:

- **Drink plenty of water.** Water helps replace fluids lost through vomiting and diarrhea.
- **Stay hydrated.** Drink plenty of fluids to replace those lost during drinking.
- **Eat a healthy meal.** Eat something with carbohydrates and protein to help your body metabolize alcohol.

**How to Prevent a Hangover**
If you're determined to stay on the straight and narrow, here are some tips on how to prevent a hangover:

- **Drink water.** Hydrate before, during, and after drinking.
- **Eat a healthy meal.** This will help slow the absorption of alcohol.
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Stress is an issue facing many students but it is not receiving nearly enough attention or recognition.

Being a student can be really overwhelming and demanding at times. You have so many responsibilities and people to answer to, especially if you commute and live with parents, are a resident with a lot of roommates, are part of at least one campus organization, or hold a job whilst studying. People consider me to be an intense amount of pressure with classes, work, and family demands (I commute, etc.) and have really been struggling to keep everything balanced. People consider me to be an involved student and wonder how others manage to keep up, but I often find myself wishing I could do more and wondering how others manage to keep up with everything they do.

Those of us who work hard for our diplomas will really earn them. They won't just be a slip of paper- they will represent massive amounts of hard work, late nights, early mornings, and keeping up with the chores take back seat to papers, projects, running late for work, and even naps when exhausted from all the items on your to-do list.

Personally I have been under an immense amount of pressure with classes, work, and family demands (I commute, etc.) and have really been struggling to keep everything balanced. People consider me to be an intense amount of pressure with classes, work, and family demands (I commute, etc.) and have really been struggling to keep everything balanced.

All of this work does not guarantee lifelong success; however, anyone who is determined enough to keep swing with a heavy workload can surely extend that momentum into the workforce and climb their way to the top (or so we hope). And then there are those from the last generation who reassure us that we will one day look back upon our college years and cherish the memories of the best time of our lives.

All the double shot white mocha soy lattes and earl grey teas with honey and citrus do not replace the sleep some of us forego in pursuit of our dreams. It’s lovely making friends and trying to make a difference on campus, but it’s also draining beyond belief. Ah well, maybe one day I’ll eat my words...along with some baked nacho tortilla crisps from Utz of Hanover.

The following letter receives the official Joe C. blessing. This girl is utterly fabulous in every respect, gorgeous, fit, well-kept, witty, intelligent, energetic, and charmingly unique...and still she can’t find a good guy. I’m sure she’ll say all the same wonderful things about me and you don’t see a band of gold on my finger either so just as well. Till then, think goodness for Kylie Minogue concert DVDs, dark chocolate anything, and airbrush tans.

Dear Joe C,

About a month ago, I found out my now ex-boyfriend was cheating on me. Then, recently I was seeing a new guy we talked on the phone every night, sometimes hours at end. Things were going great, and there were occasions when I hoped our situation might turn into something long term.

When he returned from his Spring Break in Mexico, he started blowing me off. I found out he started hooking up with someone from his past, who also happened to be in Mexico.

Why are guys treating me like this? Why can’t they just be honest? Where does this leave me now? I’m a good girl and hate being left a broken-hearted manhater!

Lonely and depressed,

LCB

Join the friggin’ club, honey. Sigh.

I regret hearing you’ve had a bad luck spell as of late, but the important thing to remember is that dating these days is not like it was when our parents were our age. People are busier, internet profiles have become a common way of connecting, and people have more personal issues than you have of your favourite magazine.

Sadly, guys won’t be doing a mass sorting of their convoluted heads anytime soon, so you’ve got to just hold out for the hero till then. Keep looking and feeling great about yourself and don’t let this blind you to any chance of meeting your dream guy. Hold out for the hero till then. Keep looking and feeling great about yourself and don’t let this blind you to any chance of meeting your dream guy.

Till next time kids, keep an open eye, an open mind, and an open heart. And when in doubt, Joe C. got the cure. Holler at your Hawk! :)}
A massive bite of chaos erupts at Convention Hall

The last time the band killed a crowd was by playing the ‘new Breed of American Heavy Metal.’

Some of their true fans who like the metal horns owned by Dragster and the ever-growing theme park, Rick McCurley, vice president and general manager, stated, “Six Flags Great Adventure has unveiled the largest expansion in its 31-year history. Our guests will experience unparalleled rides and shows and be entertained with outstanding guest service. Our first step in transforming the world’s largest regional theme park into a true family destination.”

When asked for a statement about the ever-grooving theme park, Rick McCurley, vice president and general manager, stated, “Six Flags Great Adventure has unveiled the largest expansion in its 31-year history. Our guests will experience unparalleled rides and shows and be entertained with outstanding guest service. Our first step in transforming the world’s largest regional theme park into a true family destination.”

The view of Kingda Ka’s looming peak from the launch station.

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Some of their true fans who like the metal horns owned by Dragster and the ever-growing theme park, Rick McCurley, vice president and general manager, stated, “Six Flags Great Adventure has unveiled the largest expansion in its 31-year history. Our guests will experience unparalleled rides and shows and be entertained with outstanding guest service. Our first step in transforming the world’s largest regional theme park into a true family destination.”

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The view of Kingda Ka’s looming peak from the launch station.
Are you looking for a new band to listen to? If so, go ahead and check out Massimo, an Indie Rock band from Edison. Massimo was born in Jersey Shore, but has recently begun playing shows along the Jersey shore at venues close to Monmouth University, such as The Brighton Bar and The Saint.

Their upcoming show is at The Saint at 3:30 on Sunday, March 5th, and they will be taking part in Jersey Shore's Sixth Annual Battle of the Bands, where currently 164 bands are registered to play. Check out the Jersey Shore Battle of the Bands website for more information on bands and times at http://www.jerseyyeshows.com.

“I've seen Massimo play twice already and I think the band gets better each time. When the band plays on stage they really bring their songs to life, it's great to get lost in their songs,” said Peter Melchionne, student from Quinnipiac University.

“My songs are largely taken from my own experience,” said lead singer Michael Massimo. “I'm dealing with things that go on in my life and that I think go on in other people's lives too. It's my job as a songwriter to encapsulate those feelings which other people feel but can't put their finger on.”

Massimo's music can be compared to bands like Live and the Goo Goo Dolls, but overall they have their own style.

Through a career that has included three independent releases and over 1,000 performances from college campuses and night clubs all over the United States, Massimo has been able to continually receive accolades from fans.

“I recently saw Massimo play at the Brighton Bar around the corner from school. It was the first time I saw them play and I was skeptical at first but I wound up picking up their CD and found it out of my stereo,” said Meghan Thorry, a Monmouth University junior.

To find out more about Massimo go to http://www.mas-simomusic.net to listen to clips from their songs or find out where else they will be playing in the upcoming months!

Rival networks battle it out for midseason TV ratings

Samantha Young
Assistant Entertainment Editor

Since Friends ended its 10-season run last May, NBC has been struggling to keep their viewers watching, even with the success of the series' spin-off show, Chuck. Right now, the CBS network is now dominating the primetime slot on Thursday night. With shows such as Without a Trace and CSI Crime Scene Investigation generating an average of 20 million viewers per week, other networks are desperate to stay afloat. In response to the Monday night FOX Life on a Stick, the network has decided to debut a new series on the biggest night of the week in an attempt to boost ratings and steal viewers.

Life on a Stick

The previews say everything that needs to be said about this show. It centers around several teenagers but work as “Yippee, Hot Dogs” in a mall food court. The main characters are a 13-year-old boy named Laz (Zachary Knighton), who is unable to go out and do things with his life now that he has to take care of his mother and stepmother Michelle (Amy Yasbeck) want him to move out of the house because he has no direction and scared to leave the place he has known all his life. Meanwhile, Michelle is constantly trying to make her daughter Molly more like her, a “girl’s girl” who lives purely for boys, makeup, and clothes. Her numerous tries

prove futile because the only person she talks to is Laz. Upon realizing this Rick and Michelle decide to let Laz stay in the house if he promises to hang out with Molly and take her out in order to improve her social skills. Laz readily agrees and gets to work.

The show is funny, but not enough to keep viewers. Those who do watch will turn the channel because they will most likely grow tired of the inconsistent writing, the off-color humor, and annoying cast.

The writing is not bad, but poorly adapted. In trying to try to talk like teenagers do, the writers of the show have lowered the IQ of the average American teenager by about 50 points. The lines are delivered so slowly, as if not even anyone, and spaced out in order to allow the viewers and track to play. Some of the jokes are relatively funny, but they are also scarce. Another problem with this show is the writing development. In one particular scene, Molly is complaining because she is not as pretty as Lily. It is then the writer decide to tell the audience Lily is working at “Yippee, Hot Dog” because her father is unemployed and she is trying to pay her disabled brother’s medical bills.

This is not the picture of tact. As stated before, some of the jokes will make comments about the tush of their boss’s offi ce supplies is hardly this dim-witted humor are when Laz do no wrong have been pointed out. As it turns out, he has no depth and seems to aimlessly follow the story. Fay and the writers of the show have no idea where they are going with their show. No one knows anything about his life or his family.

Under any other circumstances, this show wouldn't last more than eight episodes. But the scale of this show is supposed to air on May 18, which means the good people at FOO know this is right to only order nine episodes of this mess. To have ordered a whole season would have meant lost revenue for the FOX and lost brain cells for the viewers. Until the day this nightmare ends, it can be seen on its regular night, Wednesdays at 9:30 p.m.

Local band Skys the limit aims at the big time

Alison McSherry
Editor in Chief

As I drove up to the iconic Stone Pony in Asbury Park to see the band play, my heart was struck by how much of the mystery and romance of the club is lost during daylight. From the outside it is simply four walls and a roof. One would never be able to know that this is a piece of Jersey Shore histor-y where the likes of Bruce Springsteen and the Asbury Jukes got their start.

I was there to see a band hoping to one day be added to the list of musi-cians who got their start in this tiny club. Skys, a pop punk band of college guys, was competing in The Break, a competition that could land them a spot in the three-day concert event, The Bamboozle Festival.

The band, consisting of Jamie Bassford on lead guitar, lead singer and guitarist Andrew Petruccio, drummer Jamod Walk- er, and Rob Clarke on bass, spent the time before they performed talking to friends, girls, and the occasional fan. They fussed with their equipment and worked out any little details. The group laughed together and didn't seem very nervous.

“We're beyond nerves," Bassford, a communication major at MU says. He went on to talk about the band's dynam-ics. “Instead of being on stage with people who are your business partners, you're on stage with your friends. We never put ad in the paper saying 'guitarist want-ed' or anything like that.

As the minutes, Bassford walks around the club drinking vodka from a Poland Spring water bottle, representing his generation. What the Jack Daniels' bottle was to Slash, the Poland Springs water bottle is to the current youth of America. It's a secret way to catch a girl.

An hour before they were scheduled to play, the drummer was nowhere to be found. Apparently this is normal for them. "He's never disappointed all the time!" Bassford laughed. “Once we played at CBGB's and all day we couldn't find him. He was just in the bathroom," Walker said.

No one had ever mentioned it, but he resurfaced at the Stone Pony. Just in time to go on, as it turns out, he was in the car doing up copies of the group's CD to sell after the show.

Soon enough the band, decked out in jeans and Hurley shirts, took the stage in the dimly lit, nearly empty club. Their infectious pop punk blared through the club, at first abrasively, but then smoothly. Their sound is the likes of Simple Plan and The At-artics. As they played their catchy ditties, the crowd grew from a small lot of 15 to a group of 40 or so excited people. By the end of the set, a hand had been thrown on stage and several teenage boys had begun a mini mosh pit near the stage. It's not a bad crowd for a Sun-day afternoon.

If this was North Jersey," Bassford said after the show. “You'd see a hell of a lot more fans.”

Skyler, hailing from Glen Ridge, formed two years ago. Since then, they have record-ed an album with JLS Records and been signed to Soft Drive Records by Scott Weiland of Vel-ver Revolters.

Weiland is then hoping to get the band a deal with RCA records

On a fluke, Petruccio's mother sent the band's demo to a friend in California a few months back and the band was invited over to West LA Weiland's hands.

Basically we're going out to (Los Angeles) for a week and he wants to re-record the best five songs to make production changes," Bassford said.

According to Weiland, he is then hoping to get the band a deal with RCA Records and eventually produce their first major label album. "We want to be famous, like flat out famous," Bassford laughed. "It would be cool to be making all of your money playing in a club."

As the show concluded, the band members were surrounded by people eager to meet them or get their autographs. They smiled and obliged, clearly enjoying the attention.

Skyler's motives are clear, their dreams big, and their band tight. If they keep their nose to the grindstone and their spirits high, Skyler may be added to the list of successful musicians who got their start at the Stone Pony.
Spring Symposium
April 22, 2005
Keynote Address
Moving to Inclusion: Making Our Minds “Ripe” for the Journey
Dr. Sylvia S. Martin,
Monmouth University
Dr. Randy L. Seevers,
University of Houston-Clear Lake

Program Schedule
8:30 am - 9:00 pm
Exhibits
Posters
Registration
Refreshments
Anacon Hall, Student Center
9:00 am - 10:15 am
Keynote Address
Wilson Hall

10:30 am - 11:45 am
Workshop I
11:45 am - 12:15 pm
Exhibits
Posters
Refreshments
12:15 pm - 1:30 pm
Workshop II

Workshop I
Using Multicultural Non-Fiction Texts To Enhance the Curriculum. Grades 1-5.
Wendy Nagle, Brick Public Schools
Greater Science Literacy and Social Studies Literacy Through Integration. Grades 7-12.
Marlene Harley & Joan Speare, Monmouth University
Integrating Literacy in the Elementary Math Classroom. Grades 1-5.
Jill Edward, Holmdel Public Schools
The Creative Classroom: Using Art as a Teaching Tool for all Learners. All Grades.
Judy Harper, Brick Tap Primary Learning Center
Inclusion: What Principals Have to Know to Make it Work (double workshop).
Alison Morgan, Monmouth University

Workshop II
In-Class Support for Inclusion Classes
Kim Oade, Monroe Twp High School
Teaching Math for Understanding in an In-class Support Classroom
Janice Migliazza, Monmouth University

For Information Call: 732-571-3437 or
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For more information and course listings, visit us at www.stjohns.edu/summer or call our Summer Session Office at (718) 990-1601.

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Deadline: April 8, 2005

*Student Guide: Assist with Parent’s Program & Tours.
Mandatory Dates: May 12th, 24th, 25th, 26th and June 7th. GPA of 2.75 preferred.
Deadline: April 8, 2005

Applications are available at the LCAC, Student Services & Residential Life Offices, as well as, the Information Desk.

STOP BY AND PICK ONE UP!
Deadline Is April 8, 2005

THE OUTLOOK
March 30, 2005
UNIVERSITY NEWS

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When you’re out searching for an apartment, you have a lot to consider. Price, location, size, move-in date, the landlord, and neighborhood all play a role in finding the right apartment.

The Office of Off-Campus and Commuter Services (OCCS) can help you with your search for off-campus housing.

OCCS is located on the 2nd floor of the RSSC in the Division of Student Services and can help answer the questions you may have about finding rentals and living off-campus.

Call today to make an appointment or to learn more about OCCS. 732-263-5651.

SUBRINA, CLASS OF 2006
“If you like to help and meet new students to tell them about your experience at MU, then PAL is the perfect program for you.”

“Open to undergraduates who have gone through the PAL Program as freshmen.”

Has your search for off-campus housing left you dazed and confused?

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PRIORITY REGISTRATION

Begins on 4/4/05 with new activations every half-hour between 8 am and 4:30 pm

Information and Instructions e-mailed 3/1/05

WEBstudent Screens for Registration:

Courses Info
Sections Offered by Term
WEBRegistration Approval / Blocks
Course Prerequisite Worksheet
WEBRegistration

WEBstudent Screens also helpful during Registration:

- Academic Audit
- Student Schedule
- Online Forms

If you have a disability that requires accommodations, please call us at 732-571-7517.

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You can:

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Full details are listed in the information and instructions dated 3/1/05 and e-mailed to your MU email account.

WEBstudent Screens for Registration:

- Course Schedule Information
- Sections Offered by Term
- WEBRegistration Approval / Blocks
- Course Prerequisite Worksheet
- WEBRegistration

WEBstudent screens also helpful during Registration:

- Academic Audit
- Student Schedule
- Online Forms
Many MU students feel athletes here are tied down to their respective sport during their time at Monmouth, to participate in DI sports, our athletes need to practice throughout the year, not just during the playing season. With that said, many athletes are under the impression all they can do is something locally. They can attend sporting events, concerts, classes on MU’s main campus, or participate in local charity events. However, this is far from true. MU athletes are encouraged to participate in Monmouth’s Study Abroad Program; because a semester away would not be feasible for our athletes, the five week summer program to Madrid, Spain is perfect for these devoted students. Dusty Archer, a key player on the women’s softball team, took advantage of the opportunity to spend part of her summer in Spain in 2004, and she plans on doing it again this summer.

As a very active member of the Monmouth community (member of the softball team, campus tutor, lab assistant, peer leadership, secretary of the Spanish club, athletic advisory committee, and much more) Dusty absolutely wanted the chance to participate in the Study Abroad Program; with the support of the athletic department, professors, friends, and her family Dusty signed up with Robyn Asaro to participate in a home stay in the heart of Madrid with a retired film star, Maycar.

While living with Maycar Dusty proudly exclaims she went from being a beginner in Spanish, to becoming fluent in reading and writing the language. Though she admits she needs to work on her pronunciation, she is consciously aware of it and intends on fixing the problem when she returns to Spain this June. Unbelievable to decide whether or not Dusty truly wanted to minor in Spanish, the study abroad experience helped her realize it was something she absolutely wants to do. She now hopes to one day get a job where she can apply her language minor with her other minor, International Communication.

As a platinum blonde in Spain, Dusty admits to often sticking out; this made it a little harder for her to fully fit in abroad, but Maycar’s house at 8:30 PM, but I was supposed to be back at the streets.” Her positive attitude allowed Dusty to enjoy every bit of her experience abroad. Those who study abroad learn how to map their way around cities, how to interact with those from different cultures, and learn how to fit in a very different society. It is an achievement that will last with the students for a long time.

Aside from her Spanish, she seemed more pleased with her Spanish abilities. She got to fully experience Spain in 2004, and she plans on spending part of her summer in Spain in 2005, and she plans on spending part of her summer in Spain.

As an obviously active member of the Monmouth community, Dusty really wanted to experience as much as she could. Getting the chance to study abroad was just one of them. Now she advises anyone she can to go abroad. “Whether you are an athlete, vice president of a club, or just a part of the Monmouth community, going abroad is a must! Words cannot express how amazing this opportunity is. I am so glad I finally did it, and I can’t wait to go back this summer!”

Though Dusty is just one face of the hundreds who have participated in one of three Monmouth University Study Abroad Programs, she represents a unique type of study abroader. She is an athlete who did what most did not think she could do; she found an opportunity she was familiar with and went for it.

The $1,000 scholarship is awarded based upon academic achievement, school and community service, and leadership as judged by the Alumni Association Awards Committee. It is a one-year only award. Applications and related materials are due in the Alumni Office by June 30, 2005.

Two students will be selected to receive Alumni Association scholarships for the school year 2005-2006.

Application forms are available at the Office of Alumni Affairs, located in 320 Wilson Hall, the Information Desk at the Student Center, and the Financial Aid Office.

Pick up a form today!
“What lesson in love took you the longest to learn?”

Corey - senior
“Never live to love in lieu of loving to live.”

Lori - sophomore
“It’s best to get to know the person and be friends first before being in a relationship.”

Nikki - freshman
“The only way you can truly experience love is to open yourself up to it entirely with devotion.”

Marissa - senior
“Never compromise yourself for someone you love.”

Pat - sophomore
“Calling her by the right name is pretty important.”

Kelly - sophomore
“Communication goes a long way. We both learned that. Hard.”

Dan - junior
“No matter where you go in life you never forget your true love.”

Dan - junior
“That the best love is the one you’re currently in.”

Charles - sophomore
“Loving myself more than the other person always messes stuff up. lol”

Tobi & Kate - sophomores
“Calling her by the right name is pretty important.”

Kelly - sophomore
“‘Never compromise yourself for someone you love’”

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, March 30th
Pre-Health Careers Meeting
Edison Hall 215, 2:30 p.m.
Quadfest - Hula Hoopla
Bungee Challenge, Bouncy Boxing, Music Recording
Residual Quad, 12:00 – 4:00 p.m.
Big Man on Campus
Pollak Theatre, 10 p.m.

Thursday, March 31st
Jamaican Jam
Oakwood Lounge, Time TBA

Friday, April 1st
Movie - Lemony Snickets: A Series of Unfortunate Events
Young Auditorium, 8 p.m.
The Do’s Wog Extravaganza Concert
Pollak Theatre, 8:00 p.m.

Saturday, April 2nd
The Big Event, 10 a.m.

Monday, April 4th
Kickball, Great Lawn @ 10 a.m.
Academic Bowl, Pollak @ 10 p.m.

Tuesday, April 5th
Billiards & Darts, RSSC @ 10 p.m.

Wednesday, April 6th
Track, Kessler Field @ 6 p.m.
Swimming, Pool @ 10 p.m.

Thursday, April 7th
Volleyball, Boylan @ 9 p.m.

Spring Film Series
Young Auditorium, Bey Hall

Friday, April 8th
Kickball, Great Lawn @ 10 a.m.
Greek Photos, Wilson @ 2:30 p.m.
Ping Pong, Oakwood @ 4 p.m.
Basketball, Boylan @ 10 p.m.

Saturday, April 9th
Quad Games, Quad @ 1 p.m.

Sunday, April 10th
Football, Great Lawn @ 1 p.m.

Monday, April 4th
Anxiety Screening Day
RSSC 202A/RSSC Info. Desk Lobby, 12-4 p.m.

Tuesday, April 5th
Greek Talent Show
Pollak Theatre, 10 p.m.
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- Run office
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Student must be organized and well-qualified; have good computer & Internet skills; and be a strong writer & editor comfortable with deadlines. Good preparation for job in journalism. Minimum 6-8 months, 2 days per week, 8:10 per month, depending on experience. See website www.klme.com. Send resume to April Klimey, President, all.klimey.com or call 732-530-4870.
[Office Phone: 732-530-1639]

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Work-at-home mother looking for responsible, fun-loving student to care for 3 kids (5, 2 1/2, and 2 months) in Little Silver home. 10-20 hours per week/year round. Experience and References Required.
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Call 732-610-5527

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Local Promotions co seeks
FT/PT graphic designers. No exp. necessary.
Creativity and self-motivation a must!
Interns welcome.
Send resume and sample work to:
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Need a Great paying summer job!
Looking for experienced WSI to teach private swim lessons in the Manalapan surrounding area. Must have transporta-
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Now Hiring!!!
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Sept. 1 - June 30
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Today’s Birthday (March 30th)

The goal you’ve been after for so long is almost within your reach. Conditions are in
your favor, finally. There’s not a moment to lose.

Aries • (Mar. 21 - April 19) - Today is an 8
The goal you’ve been after for so long is almost within your reach. Conditions are in
your favor, finally. There’s not a moment to lose.

Taurus • (April 20 - May 20) - Today is a 6
Tally your resources and figure out what you have and what you don’t. You’re in for at
least one pleasant surprise, and you’ll know where to focus attention.

Gemini • (May 21 - June 21) - Today is a 10
You’re wise to keep your opinions to yourself for a little while. The odds are not good
that you will, but it would still be wise.

Cancer • (June 22 - July 22) - Today is a 5
A change in how you do a job will free up a lot of your time. It’s OK to get assistance,
that’s not cheating in any way. Hurry up before anyone knows.

Leo • (July 23- Aug. 22) - Today is a 10
Your relationship grows stronger the more stuff you do together. Declare your inten-
tions then ask the questions that lead to a solid commitment.

Virgo • (Aug 23 - Sept. 22) - Today is a 5
You’re close to making a change that you’ve been contemplating for ages. It has to do
with your home, family or possibly your decor. You’ll know when the moment is right.

Libra • (Sept. 23 - Oct. 23) - Today is a 8
Don’t be stopped just because you have no idea what you’re doing. You’re a quick
study, especially now. Hurry up, before anyone knows.

Scorpio • (Oct. 23 - Nov. 21) - Today is a 6
You’re lucky in games because you’ve got a few tricks up your sleeve. Amaze them with
your fabulous sense of humor, too. You’re the star.

Sagittarius • (Nov. 22 - Dec. 21) Today is an 9
You’re a quick study, especially now. Hurry up, before anyone knows.

Capricorn • (Dec. 22 - Jan. 19) - Today is a 4
Push to get a household job wrapped up in the next day or two. You get extra points for
using stuff you already have in storage. Be creative.

Aquarius • (Jan. 20 - Feb. 18) Today is a 8
He/She/They’s opposite

Pisces • (Feb. 19 - Mar. 20) Today is a 6
The effort you’ve put into this is more than a fatter pay check. You also are granted
more respect and, quite possibly, a promotion.

MU Students: Interested in Comic Illustration? Get your own comic published in the Outlook! Call 732-571-3481
WANTED: Old Eyeglasses to Save Lives

In the spirit of this year’s theme for the Global Understanding Convention, “Making a World of Difference: Local – Global Connections,” Monmouth University, in conjunction with the Oceanport Lions Club, will collect old eyeglasses and has placed eyeglass collection boxes in the following locations: 1) Student Center Information Desk, 2) School of Business Administration Information Desk, First Floor, Bey Hall and 3) Office of Dr. Sulha Sarsar, Associate Vice President for Academic Program Initiatives, Wilson Hall Room 205. (A fourth collection box will also be placed on the information table during the Global Understanding Convention from April 11 – 15, 2005.)

For 80 years, Lions clubs have placed eyeglass collection boxes in public places, and have collected eyeglasses and sunglasses, prescription and non-prescription, for donation to those in need throughout the world. Lions volunteer and other organizations host optical missions in developing countries.

Hopefully, the world has learned from such an inspirational woman as Helen Keller, who was born blind to teach us to see that for those we try to help with sincerity and love in our hearts, even if in a small way, our efforts are like rays of light from our soul to theirs. Like her teacher who broke through the darkness and silence that imprisoned young Helen, we too must work for others in need. To make a difference in the lives of the many who cry out for help in today’s world, it is our love and compassion that these people need more than bread or money. To all those at Monmouth University who care, you are encouraged to participate in this noble undertaking by donating your old eyeglasses and sunglasses at the locations listed above to help give the gift of sight. All types of eyeglasses and sunglasses, prescription and non-prescription, are acceptable. Reading glasses are also very useful because many recipients are in need of visual correction to help them perform close-up tasks. Sunglasses are needed as well.

“The Big Event,” quite simply, is a day of caring. The BIG EVENT has become a tradition at Monmouth University where students, staff, faculty, clubs, team members, Greeks spend a day volunteering in the local communities. The Big Event, quite simply, is a day of caring.

Volunteers will receive a light breakfast, transportation to the work site, lunch and a Big Event t-shirt.

For more information call SGA at 732-571-3484.
Golf Back in Action for Spring Season

Warmer climate and promising results for the Hawks

Senior Brian Pepe said, “It felt good to get out onto a course. We haven’t played since October, so we were a little rusty, but overall we played pretty well.” On Saturday the Hawks earned a score of 338, and on Sunday they scored a 324 for the day. Freshman Anthony Campanile had a team best round of 78 on Sunday and finished the weekend with a two-day score of 163, which earned him a tie for 22nd place overall. Campanile’s older brother Gregg, a junior, also did well by firing two rounds of 82 and 83 to earn a 27th place finish overall.

Junior Brian Hart finished in 32nd place with a score of 166. He said “It was good for us to get back in competition and this tournament will help us for the conference tournament in May.” The Hawks ended the tournament as a team with a 7th place finish overall, which makes sophomore Andy Beittel thinks the Hawks “should have a good chance contending for the conference this year after what we saw in South Carolina.”

On the women’s side, the Hawks traveled a bit farther than usual playing in Anteater Invitational in California. The standout for the team was Junior Rae Johnson of golf. They went over to the West Coast to play on the par-72, 6,061 yard Coto de Caza Golf and Country Club Course in the Anteater Invitational hosted by UC-Irvine. The standout for the Hawks was Junior Rae Johnson who shot rounds of 86, 84, and 83 at the Anteater Invitational in California.

“IT was good for us to get back in competition and this tournament will help us for the conference tournament in May.”

BRIAN HART
Men’s Golf

Freshman Rylee Plitz scored a three-day total of 270 to get a 59th place. The Hawks finished overall with a 10th place finish in California. They hope to improve as the season progresses and can’t wait to get back out on the green in the next few weekends.

Men and Women’s Tennis Start Season

CRraig D’AMICO
SPORTS STAFF WRITER

After almost six months of waiting since the fall season ended, the Monmouth Hawks Men and Women’s tennis teams return to action to open spring season play this week. The snow has finally melted off the tennis courts and ready to be played on again, and it couldn’t come soon enough for the Hawks women’s team, who will be looking to pick up right where they left off in the fall.

The team is led by Abel Lamp, who plays both first singles and first doubles.

The Hawks were 6-4 in the fall season, with home wins against Drexel, St. Peter’s, and St. Francis PA, and road victories at Delaware St., Wagner, and St. Francis NY. The team will be highlighted by sophomore Ashleigh Johnson, who won NEC player of the week in September. She had a perfect week with two singles wins and a win in a doubles match.

There will also be senior leader- ship a plenty, as the team is led by Jen Trafton, Kelly Hobson, Lauren Harrims, and Kelly Fangmann.

Coming into the season, the team was ranked second in the NEC pre-season poll. To start the spring season, they will have a tough test as they travel to the USTA National Tennis Center in Flushing Meadows (home of the US Open) to play the second team in the preseason poll, and last years NEC Tournament runner up, the LIU Blackbirds on Saturday, April 2nd at 11am.

On the men’s side, they will be looking to improve on their one win in the fall, when they play on Wednesday in Baltimore when they travel to play the Greyhounds of Loyola College at the Butler Courts. The Greyhounds will be coming off a make-up match with Rider they day before.

For the men’s team, their lone win of the fall came on October 8th against Lehigh and Howard and were swept by both teams 7-0.

For the women’s team, their lone win of the fall came on October 8th against The University of St. Francis NY. They will have a tough task against the Greyhounds, who plays both first singles and first doubles. Her partner, Lauren Harrims, is also second singles on the team.

The Hawks were picked to claim a 57th place individual finish.

The Outlook
softball career from someone who only writes about it. Born, August 18, 1983, and raised in Belleville, N.J. (now living in Little Falls, N.J.) and a graduate of Belleville High School (Class of 2001), Wilson is in the early stages of her fourth and final season for the Hawks softball team. In Wilson’s years at Monmouth, she has been at the center of the Hawks scoring with her time-hitting and aggressive base running.

A Communication Major, Wilson began playing softball in fifth grade. She loves the game itself, the team working together. She enjoys the team spirit that comes with the boys. In high school, Wilson was a three-sport standout, playing volleyball, basketball (Also got four letters at Belleville High school), and of course, softball.

Of the three sports she played at Belleville High School, softball was the sport Wilson got the most enjoyment from. She earned four letters in softball, hitting .500 her senior year, and was also named Essex County Player of the Year and named to first-team All-New Jersey by the Star Ledger and Bergen Record.

When Wilson looks back on her final season at Belleville High, she doesn’t think about all of her individual accomplishments, but all the importance of national state championship for her team.

“They (awards) are nothing,” said Wilson, “I think Cinderella story. My high school won the state championship and that’s all.”

Wilson led Belleville High School to the NJSIAA II Sectional State Championship in 2001, defeating Morris Knolls, the school that beat Belleville the year before. She talked with her high school coach had quit after losing to Morris Knolls the year before. This was devastating, but the coach would continue to lead the team past Morris Knolls in Wilson’s final year.

Motivation to play softball on the collegiate level came from her mom, coaches, teachers, and love for the game.

“There was no doubt that I wanted to play,” said Wilson, “I knew it was the best thing for me since I started playing, for sure.”

Wilson’s mom has always been a leader, considers her mother Mary to be her role model.

“My mother is definitely a hero, been through everything and has given us a lot and is my number one supporter,” said Wilson.

Wilson was Monmouth University’s choice for college for many reasons. She likes being near the beach and with the University not being as big as others, you are more likely to talk to people you know on campus.

“I like seeing familiar faces on campus. I don’t like going somewhere and not knowing who anybody is,” said Wilson who also chose Monmouth, because “The girls (team) were nice when I came to campus for the visit, it was the only hour away from home.”

Monmouth University Softball Head Coach Carol Sullivan was a coach for the North Jersey Shillsbys when she first saw Wilson playing basketball league at 13 years old. She knew Wilson had potential to be a great softball player, so added, “Everybody is there to play.”

Wilson is close with all of them.

The college baseball season is a lot different than the softball from the bowing wind and bit cold of March to the summer warmth, a lot of work and having a 90% of the time.

Wilson is close with all of them.

“It would be an experience I would never forget or… should I say, when we win the NEC Championship.”

Wilson Looking to Make the Most of Senior Campaign

KRISTEN WILSON SOFTBALL PLAYER

The college baseball season is a lot different than the softball season from the bowing wind and bit cold of March to the summer warmth, a lot of work and having a 90% of the time.

The Hawks are now 1-1 in the NEC, and return to action this afternoon as they travel to Rider for a nonconference tilt with the Broncos.

The loss dropped Connor to 0-2 on La Salle got the scoring started in the bottom of the first, taking a 1-0 lead on Connor and the Hawks.

Monmouth tied the game, but again found themselves down 2-1 going into the top of the fifth inning when Senior Brett Hardie blasted his first home run as a Hawk would tie the game at two all.

The Explorers scored what proved to be the winning run in the bottom half of the fifth, and hung on for the win. It would be an experience I would never forget or… should I say, when we win the NEC Championship.”

Wilson was nervous in the bottom half of the fifth, and hung on for the win. It would be an experience I would never forget or… should I say, when we win the NEC Championship.”

The Hawks are now 1-1 in the NEC, and return to action this afternoon as they travel to Rider for a nonconference tilt with the Broncos.

Ed Occchipinti STORY WRITER

The Hawks, as they knock on a wooden table. Wilson trains all around the area. The La Salle last Tuesday winter and summer breaks. Even though these workouts are not as intense as they would be during the season, Wilson insists that they are essential in order to be in shape by the time the season opens.

As far as her teammates goes, Wilson is close with all of them and feels that everybody gets along.

“We don’t bring anything on the field,” said Wilson, who added, “Everybody is there to play.”

The Hawks are doing mon-
Hawks carry on winning tradition at season opener

DOMINICK RINELLI, JR. 
SPORTS STAFF WRITER

On Saturday, the Blue and White Men and Women’s Outdoor Track and Field squads opened their 2005 campaign by hosting the 10th Annual Monmouth University Season Opener at Kessler Field.

Among the schools that participated in the event were: Delaware, Fairleigh Dickinson, Hofstra, Wagner and another handful of others.

“Our focus going into the meet was on trying to perform with good early season marks as well as defending our winning streak at home,” commented Head Coach Joe Compagni.

“Our men’s team has not lost at home since 1996 and the women have only lost once since then,” Compagni continued.

Both the men and women’s teams went undefeated on the afternoon as each side tallied a 9-0 score.

For the first time in his career, Wiley ran in the 800m event and was able to take first place despite running in one of the slower heats,” said Compagni.

In other track events: Simmons finished third in the 200m (22.20), senior Nick Pelegriano, sophomore’s David Gaines and Larry Schau took second to fourth place respectively in the 1500m, freshman Thomas Merring took second in the 400m hurdles (56.70) and junior Matt Dahms ran a 15.54 for fourth place.

Merring also finished fourth in the 400m hurdles with a time of 56.67 and junior Jeff Elisca took fifth in 56.70.

The sprint medley relay team consisting of St. Elme, Fleming, Noel and Gaines took second as they crossed the line in 3:37.77.

The Hawks also took first place in two field events as freshman Tiffany Hahn tossed the javelin a distance of 130’7” and senior Katie Pachuta threw the hammer 161’3”.

Pachuta also took third place in the discus throw with a distance of 128’11”. Torelli took second in the triple jump (34’11”).

The man’s track team also put on an outstanding performance on Saturday as they tallied five first place finishes.

Sophomores Charles Simmons and Nick Williams, junior David Wiley, senior Bobby Smith, and the 4x100m relay team were responsible for the top place finishes in their respective events.

Three of the first place results came in the track events.

Simmons took first in the 400m with a time of 48.37 as freshman Chris Vuono followed quickly behind in third and York took fifth.

Wiley ran a time of 1:57.28 to take first in the 800m and the 4x100m team of sophomore’s Fabric St. Elme, Chris Fleming, Simmons and junior Troy Dennis ran a time of 42.02 for first.

“For the first time in his career, Wiley ran in the 800m event and was able to take first place despite running in one of the slower heats,” said Compagni.

In other track events: Simmons finished third in the 200m (22.20), senior Nick Pelegriano, sophomore’s David Gaines and Larry Schau took second to fourth place respectively in the 1500m, freshman Thomas Merring took second in the 110m hurdles (15.40) and junior Matt Dahms ran a 15.54 for fourth place.

Merring also finished fourth in the 400m hurdles with a time of 56.67 and junior Jeff Elisca took fifth in 56.70.

The sprint medley relay team consisting of St. Elme, Fleming, Noel and Gaines took second as they crossed the line in 3:37.77.

The 4x400 meter relay team of Simmons, Elisca, Vuono and York earned a second place finish in 3:24.65.

The two first place finishes in the field events came as Williams threw the shot put a distance of 50’10 ½” and Smith the javelin a distance of 182’6”.

Sophomore Kyle Hirschklau followed close behind Williams in the shot put earning third place (46’11”). Williams also took second in the discuss (154’).

Monmouth also had three second place finishes in other field events. Sophomore Gay Jackson in the high jump as he cleared 6’4 ½”, senior Chris Cashin in the pole vault (125’5”) and Dennis in the long jump as he leaped a distance of 216’ ½”.

The Hawks also gained two early qualifiers for the ECAC/IC4A Championships. Pachuta qualified for the ECAC’s in the hammer throw and the men’s 4x100m relay team for the IC4A’s.

Next weekend, the Blue and White will send two split squads to compete at the Wagner Invitational in Staten Island, New York and the University of Maryland Invitational in College Park, Maryland.

"voice your opinion"

If you are a first-year or senior student who recently received a copy of The College Student Report and have not responded, please do so today! Respond before April 11 to The College Student Report to be eligible for a drawing for great stuff! Items will include:

- Loews Cineplex movie tickets
- Six Flags Great Adventure tickets
- Monmouth University parking decals (commuter & resident)
- free ARAMARK meals
- a change in lottery category for the MU housing lottery, and an iPod!

Monmouth University is interested in how are you spend your time and what you gain from attending the University.

The survey only takes 10–15 minutes. You can respond by mail or online.

Be Heard, Make A Difference!
Clearing the Competition

Track & Field sweep events 9-0 to win the Monmouth Invitational Season opener.

Track & Field victorious at Home, a look at Kristin Wilson of the Softball team, Baseball and Golf get moving, and Tennis starts the season.