Entertainment

Rock Band Oval Opus exceeds expectations on new album

Enjoy the music of Oval Opus today at 3 p.m. in the pit by the Rebecca Stafford Student Center.  

Features

Residence Hall room budget decorating

Making your residence hall room the hot spot of res. life.

Learn the no no’s of living on campus.

8 steps to pruning up your living space  

... 6 & 15

News

Salvador Dali premieres at Pollack Gallery

Spanish Dali is considered one of the greatest artists of the surrealist art movement. Students are finding time in between classes to visit the gallery and view his famous lithographs.

... 3

Sports

Men’s soccer in weekend action

Hawks hosted the MU Soccerpost.com classic this past weekend.  

... 23

MU joins Gannett Newspapers for NJ research

The newly implemented Polling Institute launches the MU/Gannett N.J. Poll

NATALIE B. AZAROUZH  STAFF WRITER

“He was the best qualified,” Chair/Associate Professor of Political Science Rekha Datta Swanson said of the University’s recently selected Polling Institute Director, Patrick Murray.

Director Murray, who joined Monmouth in September of this year, will unite with Gannett Newspapers to conduct research for the Monmouth University/Gannett N.J. Poll. The poll is aimed at measuring the condition of N.J. living for residents of N.J. beginning with the Governor’s Race this fall, and concluding with a University wide Symposium that will host government officials as well as outside speakers, according to Murray.

“We had some superb candidates, but what Patrick brings to us is that he has a strong know ledge of N.J. He is going to add a great deal to us here,” added Dr. Swanson.

Murray, who formerly conducted research at Rutgers University for the Eagleton Institute and Bloustein Center, held this opportunity of this impact terrific chance to have a common level.”

The institute will work with the specialized polling firm SRI/Market Research, N.J., in what will be information gathered “mainly by telephone.” They will also be forming an advisory committee in order to determine what issues should be forefront Murray said, stressing the importance of forming a bond with Gannett papers, a major news and information com pany in the U.S.

The art exhibit can be viewed free to the public in the u00 Building at the University’s art gallery until September 14th.  

Barbara Powerdewly, Adjunct Professor for the Department of Design and Architecture, displays her work at the Pollack Gallery, which is part of the Monmouth University Polling Institute.  

Paying Homage to an American Legend

Glory Days: A Bruce Springsteen Symposium

Monmouth University stood as the epicenter for educators, journalists, historians, and musicologists all congregating with a common goal, this past weekend of September 9, 10, & 11, to immortalize the artistic accomplishments of Bruce Springsteen and his influence on American culture.

Close to two years in the making, the weekend long conference became the brain child of Mark Bernhard, Jerry Zolten, and Ken Womack, all educators of music at Penn State University.

“Springsteen is a cultural icon not only here in America, but internationally,” Bernhard explained. “We wanted to create a forum where we could bring people together and connect on a common level.”

The symposium featured 54 individual educational sessions, held on the grounds of Pollak Theatre, and within the classrooms of Bey Hall. Topics ranged from Politics and Springsteen, Community and Springsteen, Theology and Springsteen, to Vietnam and Springsteen, Lyrics and Springsteen, and Springsteen as a Narrative Poet.

In a press conference to reporters on Friday, co-organizer Jerry Zolten explained why Springsteen was the choice over other artistic predecessors. “Springsteen is such an important cultural figure in this area and it is really wonderful that Monmouth provided this such a forum for people from all over the world to come and honor his work,” said Gilmartin.

In conjunction with the symposium, Monmouth University is also home to the traveling Bruce Springsteen: Troubadour of the Highway photographic art exhibit. The series of black and white photo exhibit corresponded with Springsteen’s 1995 solo release of The Ghost of Tom Joad. The art work is a representation of over 30 years of Springsteen writing for the road warriors of America’s desolate highways.

Scott Knauer, the director of galleries and collections at Monmouth University, explained, “The exhibit here at Monmouth is only a portion of a larger piece that features 45 prints from Pamela Springsteen’s interpretation of The Ghost of Tom Joad record.”

The exhibit also features prints from long time Springsteen photographer Frank Stefanko. The art exhibit can be viewed free to the public in the u00 Building at the University’s art gallery until September 14th.

In a September 6, 2005 issue of the Asbury Park Press, Vice president/News and Executive Editor William C. Hidlay said, “We are very excited about this new partnership with the MU Polling Institute.”

Murray emphasized the significance of paying more attention to South Jersey and urban areas that he says are neglected from “state-wide issues.” Areas such as Asbury Park, which he explains will not exclusively be used for collecting polling information, but will support government officials and non-profit organizations with information that will aid in understanding the needs of their population.

“This is at the heart of democracy,” Chair/Associate Professor of Political Science Rekha Datta said of the Polling Institute, and
A Message from the Office of Service Learning and Community Programs

Opportunities for students to get involved in the community

The Office of Service Learning and Community Programs would like to extend a warm welcome to incoming and returning students. This year the Office of Service Learning has much to offer for students looking to donate time and effort through volunteering on and off campus. This semester volunteer activities can be found through many organizations, including: The American Red Cross, Ronald McDonald House, Coastal Habitat for Humanity and many more. Here’s a look at some of the opportunities being right now:

The American Red Cross
Hurricane Katrina Relief Fund

This summer all of America was affected by the deadly hurricane that destroyed much of Louisiana and Mississippi. As a citizen of your country and a student of Monmouth University you can help the Red Cross assist those affected by the damage of the hurricane by making a donation. For more information about how you can help please visit the Red Cross website www.redcross.org or call the Jersey Coast Chapter at 732-493-8100. Also, please check for the campus outreach efforts that will be starting soon.

Asian Youth Ministries

You don’t have to be an Education major to help those who need tutoring assistance. Asian Youth Ministries in Asbury Park seeks students who would like to tutor elementary school children in all subjects after school. For those interested please contact Claudia Ackerman at 732-741-7824

Coastal Habitat for Humanity

Coastal Habitat for Humanity is interested in establishing a chapter at Monmouth University. Habitat is a non-profit organization that builds brand new homes for families who cannot afford to purchase a home on their own. For more information on how you can help start a chapter at Monmouth University, assist with construction or fundraise please contact Sarah VanCuren at 732-618-3634 or 50507280@monmouth.edu

Other opportunities include helping out at local food pantries and soup kitchens, collecting food for the St. Vincent DePaul Society and volunteering at a thrift shop which benefits Family and Children’s Service.

For more information on volunteer activities or the organizations listed above, please contact Marilyn Ward, 3rd Floor of the RSSC, 732-571-4411. Please note that volunteering does not meet the Experiential Education requirement.

Federal Work Study Job Fair

Job Fair continued from pg. 1

“Between 300-400 people will be hired,” said Edmunds of the amount of students who get hired during that two and half hour period.

At the Federal Work Study Job Fair, students should expect a couple of things. The first is that students who have work study may only attend the job fair. Then said Edmunds, “students will fill out their employment paperwork.” They will have a chance to talk around and meet with different employers” said Edmunds. She added that students will be answering questions to those representing the different departments.

Many diverse jobs were available as rows of tables surrounded by prospective employers filled Aslan Youth Ministries and the Monmouth County Regional Health Commission, Little People at Work, Monmouth Regional Medical Center, Parenthood, Red Bank RiverMonmouth County Day Care Center, 4-H Wellness, Monmouth County Regional Health Commission, Little People at Work, Monmouth Regional Medical Center, Parenthood, Red Bank River

The SGA is now accepting job requests from the local community. Some of those jobs range from senior citizen centers to schools, churches, and the local government. Groups from the community should contact SGA President Alyson Groode or SGA Vice President Lynn White at 922-4701. The deadline for the work is September 24th.

Besides the Big Event, the SGA is also focusing their efforts toward the victims of Hurricane Katrina. The organization will be raising funds and a large sum will be given to those in need. Students who have work study may only attend the job fair. Then said Edmunds, “students will fill out their employment paperwork.” They will have a chance to walk around and meet with different employers.” said Edmunds. She added that students will be answering questions to those representing the different departments.

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Year after year, departments continually recruit students in the Federal Work Study program to work for them. When asked about the process of recruiting students for federal work study, Evelyn Carlson, Office Coordinator of the Psychology Department stated that “it does a great job in recruiting students.” She went on to explain that her department has been very happy with the students who have come to work for them.

By 2:00 p.m., Anacon was full of students filling out forms, conversing with department managers and scouting out employment opportunities. Freshman Ashley Jensen was looking for work and thought that the fair was useful and was impressed with the representation of people at the tables. Another freshman, Juan Pena, was in search of “any kind of job” and stated that it was better than job fairs he attended at his high school. Senior Robert Riccobono used the job fair to gain information about available positions, and stated it was his first year of eligibility for Federal Work Study. There was a significant turnout and, overall, students were pleased. “I think the job fair was a success,” said Edmunds.

Many on-campus departments were not represented at the fair, but still have positions available, and are now accepting specific students whom students were unable to attend the fair are encouraged to contact Aimee Edmunds, located in the LCAC at 732-571-3471 to set up an appointment.
Salvador Dali exhibit featured in Pollack Gallery

Dear Monmouth University!

The first week of classes is over and now we are diving into a really busy and exciting semester! SGA needs your help with a few things.

1. It’s that time of year again. SGA elections are approaching quickly. Help better your school and represent your friends and peers! Applications are now available for 6 FRESHMEN and 4 SENATOR-AT-LARGE seats on the Senate. Anyone from any year can run for Senator-at-large positions.

2. Visit the SGA Secretary, Bette Farriello, in the Office of Student Affairs (c23). Student Senators are elected to the Senate for one year. If you’re interested in running, call 737-0571 or stop by her office during business hours.

3. SGA is pleased to announce that the 5th annual BIG EVENT is moving to a new date. This year the BIG EVENT will be held on Saturday, October 22nd from 11:00 a.m. to 4:00 p.m. The BIG EVENT is a day full of community service projects that are incredible by any measure. For this year, both MU students and faculty at nearly 30 local work sites in the towns and communities surrounding Monmouth University. The BIG EVENT has become a tradition where the MU community can be given something back and lend a helping hand.

Traditionally held in the spring each year, the SGA decided to host an early event with the hope of avoiding colder, more unpredictable weather. With the flip of a switch, MU students can now expand the type of service they provide to include more outdoor activities such as raking, gardening, and outdoor/ environmental projects.

This year’s event will start at 10:00 a.m. at the MU R.S. Students Union Center. Students will be transported by bus to their assignments. If you are a Monmouth dorm decision, SGA President

Carol Williams

Alison Goodwin

CAROL WILLIAMS ASSOCIATED PRESS

Rock influenced Causeway Rock out in Java City

Barbara Pecirep and Zach Hurd became musical collaborators through a mutual friend. “It was a success when we first played together,” she says. “It was a beautiful harmony of music.”

They are known for their musical arrangements, which are heavily influenced by many genres of music, such as pop, rock and R&B. Some of the artists they have performed with include Billy Joel, Cold Play, Whitney, and Lauryn Hill. This dynamic duo has been friends since freshman year and have stayed friends throughout their crazy and hectic schedules and busy lives. “When I walk down the street sometimes I can’t believe that we are actually doing what we are doing,” she says.

Fariello, in the Office of Student Affairs, announced the on-campus talent show is moving to a new date. This year the show is moving to a new date. This year the show is moving to a new date. This year the show is moving to a new date. This year the show is moving to a new date.

The President's Corner

September 14, 2005

The Outlook

3

The President's Corner

Currenty, The Pollack Gallery is open for viewing and filled with beautiful pieces thanks to the generosity and hard work of Monmouth University's Art community. The most impressive pieces on display are those of the artist Salvador Dali (1904-1989). Dali is most famous for his eccentric style of painting and is considered one of the greatest artists of the surrealism art movement. Born in northern Spain, he began drawing at the young age of ten and later studied at the Royal Academy of Art in Madrid only to be expelled twice. The exquisite pieces in the gallery are excellent presentations of Dali’s self-proclaimed genius.

Those curious about his eccentricity can see his personal style and claim to fame of the world of the uncannily that is recalled during our dreams, because of the hours put in by Vaune Pecirep to ensure a beautiful and secure gallery for these valuable one of a kind masterpieces. Pecirep took over the Pollack Gallery this past January and finished it from top to bottom. Some of Pecirep’s work included finding and cataloging, and cleaning the pieces, planning the gallery, hanging the works and implementing a very tight security system to make sure they do not go anywhere. Secured with velvet ropes and security cameras on the wall. The security is so serious, that it could rival galleries in large cities around the world. The visitor can really appreciate the true creative effort of every work. They are hung on meticulously white walls in simple yet stunning wood frames that were made exclusively for the works.

Dali was famous for his recurring images of melting clocks and there is a particularly intoxicating portrait of a clock titled “The Time Series A” which is worth taking a very good and close look at. Also amongst his works on display is the two piece suite “Dali Discovers America”. Dali is not the only artist on exhibit. Woodcuts by the world famous New Jersey artist Leonard Baskin are along the right across from some Dali works. Also to be appreciated are abstract works by Agan, pieces by student artists, a section of Native American Portraits, and a painting of waterfalls by Vaune Pecirep herself.

She had attended Monmouth University and achieved a Bachelor of Arts in Art and a Minor in Advertising and Design. Every work has been a gift to the University and the Dali paintings along with others were retrieved through Vince Demaneo from the private collection of Arte Brown. Arte Swemore is also responsible for the success of the gallery. Vaune Pecirep had said that “it is wonderful what she does”. The Dali exhibit is truly what steals the show. He was a genius, whether self- proclaimed or not. The colors of his paintings grab the viewer while the beautiful, yet bizarre, twisted images have the ability to linger on their mind (which is what makes these painting so unforgettable). Students should check out the Pollack Gallery in a free minute between classes to enjoy and get familiar with some world class art.

Lauryn Hill. This dynamic duo has been friends since freshman year and have stayed friends throughout their crazy and hectic schedules and busy lives. “When I walk down the street sometimes I can’t believe that we are actually doing what we are doing,” she says.

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Easy target - easy debt

What to watch out for when dealing with credit cards

ERIN LUCAS
CONTRIBUTING WRITER

Imagine being in your favorite store and being able to buy anything and everything your heart desires. Those hundred dollar jeans that fit you just right, or that awesome bag that matches perfectly with your brand new shoes can be all yours. Before moving into your dorm, picture being in IKEA and buying every last knock-knock that you knew you could only afford without.

Have grandparents? Wouldn’t they love to be able to bring all the groceries they want or not have to worry about where their next paycheck is coming from? Well folks, this scenario is no longer strictly fantasy. Think hard and try to remember the last time you received something for filling a paper out in the mall, or how about getting mail with immaculate bold letters screaming “Your Approved!!” Coming back to you yet?

Basic human instinct forces us to open the envelope and see what is inside. Half of young adults will say to themselves, “Hey, I didn’t even know I applied for anything”, instead of starting off with a fresh, clean credit slate, young adults will be dealing with the consequences of bad credit when applying for loans or even other credit cards. New credit card holders will be happy in their favorite stores. An alternate use, Mr. Murray said, that could be directed towards an emergency fund without any opposition regarding funding research. People who are applying and being approved for credit cards before they really understand what they are getting themselves into.

New credit card holders will be ready and willing to be swiped happy in their favorite stores. An offer to go to the mall will no longer be answered with, “I have no money.” Instead it will be answered with, “Let’s go!” Young adults may swear that they will save a set amount of money from their weekly paycheck in order to pay the minimum amount of their debt. Older people may be under the impression that they have as long as they needed to pay the bill with no consequences.

Before both know it, their first bill arrives and teenagers may send a minimum amount in while older people may discard it, figuring they’ll get to it later. Fast forward one year with the same cycle continuing. These people are now anywhere from six figures to extreme debt. All of a sudden their words weren’t aware of sky rocket their bill and late notices start to pile up, increasing debt even more. Now, each person is left to clean up the mess credit sales people set up for them.

Realize that promises hold no weight in the world of sales and money. Beware of charming salesmen and saleswomen who serenade you with great deals that like in most things in life sound too good to be true. That is because most of the time they are not. For college kids, focus on having enough money to get some food and getting a good education in order to get a good job. I say this because you could always choose to get a credit card, but once you’re in debt you cannot choose to get out. Be wise, be witty, and be one of all the weary of smooth salesmen!

University looks to get students involved in new polling process

Polling continued from pg. 1

further explained, “Policies af-
flect us directly,” as she hopes con-
ducting research will help people to see the relationship between citizens and their policy makers. Referring to Hurricane Katrina, Dr. Datta foresees that the institu-
tion will “work with, and reflect issues of public concern,” stating that research will help to address long term questions about coastal areas.

“It gives an incredible opportu-
nity for them [students] to under-
stand survey research. People who
have research experience are in
great demand,” Dr. Swanson said.

But Monmouth students will not
directly be a part of surveys, and
there is no specific plan to conduct research about the University’s stu-
dents, although Murray hopes to
work towards initiatives. Persisting
to have answers, he then asked from signing that dotted line.

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Be wise, be witty, and be one of all
the weary of smooth salesmen!

Senior Political Science student
Sunday Conilo said this is a posi-
tive thing for all students. “I think
it’s very important for students to be involved in the law making of
the state. This can have great influ-
ence on changing laws that would
make their lives better.

Active involvement is the key to
success in their academic lives and
to their future lives.”

Murray now will concentrate on
gaining funding that he says will
come from the Gannett Foundation,
the University, and money extract-
ed from outside grants.

Referring to the upcoming task
ahead Murray said, “I’m get-
ting steady on my legs here at
Monmouth since I just joined last
month...but we’re jumping in head
first.”

MU Research

When asked if he had reached
any opposition regarding funding
that could be directed towards an
alternate use, Mr. Murray said,
“No, this is a key component of
the strategic plan...and was set up
specifically not to be something that
was divorced from the education of
the University. The research that we
do here is not just going to be reported in our newspapers and
then forgotten about. Students are going
to be involved either as research as-
sists...and can use the informa-
tion in their training.”

September Morning

A Salon For Hair & Nails

Monmouth University Students
Receive A 10% Discount with Student ID
On Tuesdays, Wednesdays, and Thursdays. Call for Appt.

Hair Services

Hairstyles & Styles

Women
Blow Dry Style
20.00 & up
Lip Stylist
40.00 & up
Men
25.00 & up
Kids 12 & under
18.00 & up

Color Services

Single Process
40.00 & up
Double Process
50.00 & up
Partial Foil High Lift
30.00 & up
1/2 Head Foil High Lift
65.00 & up
Full Foil High Lift
85.00 & up
There WILL BE A $10.00 Charge
For Each Additional Color Used

Manicure & Waxing

Services

Manicure
13.00
Polish Change
8.00
French Manicure
16.00
Tips Only
40.00
Tips with Wraps
60.00
Refill
27.00
Spa Pedicure
35.00
Ped. Polish Change
10.00
Nail Art
5.00 & up

Gels

Pink - Full Set
55.00
Pink on Natural Nail
40.00
Refill
30.00
Pink & White Full Set
70.00
Pink & White on Natural Nail
50.00
Refill
35.00

Waxing

Eyebrow
10.00
Lip
8.00
Chin
8.00
Bikini
25.00

There Will Be A $10.00 Charge
UPCOMING STUDENT EVENTS

Wednesday, September 14
Outdoor Pit Show featuring OVAL OPUS
3:00 PM, Rebecca Stafford Student Center Pit

Thursday, September 15
Women’s Soccer vs. St. Joseph’s
4:00 PM, Great Lawn

Friday, September 16
Women’s Soccer vs. St. Joseph’s
4:00 PM, Great Lawn
OUTCAST featuring GERVAIS PETERSON (Survivor)
7:00 PM, RSSC Anacon Hall

Saturday, September 17
Football vs. California Univ. of PA
2:00 PM, Kessler Field
Weekend Movie Series - THE LONGEST YARD
8:00 PM, Young Auditorium, Bey Hall

Sunday, September 18
NYC Harbor Cruise
Tickets on Sale in Student Activities ($20 for student - limit 2)
2:00 PM Bus Departure from RSSC Parking Lot
Tennis vs. Del. State
1:00 PM, Tennis Courts
Women’s Soccer vs. Lehigh University
2:00 PM, Great Lawn
Stump the Priest Night
7:00 PM Magill Commons

Monday, September 19
The J Spot - A Sex Educator Tells All
8:00 PM, RSSC Anacon Hall

Tuesday, September 20
Meet the Greeks
10:00 PM, RSSC Anacon Hall

Attention Student Clubs and Organizations...

IMPORTANT REMINDERS:
• Stop by and pick up your fall welcome packet at the Office of Student Activities for important documents and info.
• Sign up for the Involvement Fair - It’s 1 week away (9/21 @ 2:30)!
• Don’t forget to register for the Fall Leadership Conference on Friday, Sept. 23rd. You’re required to send representatives.
• Student group rosters are due to our office by Friday, Sept. 23.
You can’t reserve rooms, plan events, etc until rosters are in.

20% OFF
All Lotions
Over 40 Types!
Eatontown
732-544-8267

Free Tanning Session
Buy 1 Tanning Session, Get 1 Free (Any UV Bed)
Eatontown
732-544-8267

255 Rt. 35 N. (Next to Kinko’s • Across from Monmouth Mall)
Eatontown 732-544-TANS (8267)
www.planetbeach.com

Get INVOLVED!
how to make your dorm room the ideal living space

LAUREN NAPOLITANO

For years you have lived in the comfort of your parents' house, residing in nicely furnished bedrooms with a loving family and all the privileges your personality. Your parent's house is more than a house; it's a home. It holds pictures, favorite memories, and other insignificant items that have become significant to you and your family. Your house is like a museum of your family history and is a safe guard for future memories.

Now you have left your humble abode and have moved into an empty, meaningless dorm room, bare and unfurnished. You have tons of decorating ideas for your new abode but are unsure how to imbue your personal character, but you don't have enough money to spend. What do you do? You can't rent if you were 30 and making the couple thousand a month and never receiving a hint of light during the light hours while others are enjoying the sunshine pouring through the windows.

This week I'm here to give you some tips on how to make your dorm room a great space to live in. Most dorm rooms are small, dark, and cramped. You'll want to invest in one or two lamps; this will help to illuminate your room appear even smaller. Your dorm room is so dark that you feel like Chicken Little. Tilt your eyes up to the ceiling. You feel like you're going to fall through the roof. You want to invest in one or two lamps to help light up your room. Don't worry about your room's bad block walls and bad lighting. How else do you think people would put up with this nonsense? Most dorm rooms are small in size and require you to live in a very confined area. freshman dorm rooms (especially freshman dorm rooms) are small in size and require you to live in a very confined area.

When you first move in, you may feel overwhelmed and have no idea where to start. This will be a great opportunity for you to utilize your creativity and skills you have in your past and develop new ones you never knew you had. This is your space to make it your own, so you want to make sure you go with ones that complement you. Here is a guide that explains the qualities of primary (red, yellow and blue) and secondary colors (orange, green and violet).

- Red: Bright, bold color suggests vitality and aggressiveness. It makes you feel hot. It makes you feel like a lion. However, red is stimulating and can bring light and warmth into dark rooms. Pale yellow may be more suitable than red when used wrong. Want to know what you want your bedroom to be). If used wrong, green can appear too dull and have the opposite affect.

- Blue: Blue may make you feel calm and peaceful while softening rooms that may be too bright. It denotes harmony, peace, and serenity. Blue is soft and soothing and can be calming and relaxing. Blue is the color of the sea and can evoke images of tranquility.

- Yellow: Yellow is stimulating and can bring light and warmth into dark rooms. Pale yellow may be more suitable than red when used wrong. Want to know what you want your bedroom to be). If used wrong, green can appear too dull and have the opposite affect.

The appropriate
charged for each
must remain in its
permitted in dorm
• Air fresheners,
• Halogen lamps,
• Extension cords
• Movies
• Stuffed animals

• Students may
• Students may
• Students may

material for the weekend). Here are a few tips on how to find the perfect place to live and give them $20 and work from there. If you're not sure how to start, you can find a lot of tips in this article. You can also find more information online.

- Alarm: An alarm will help you wake up on time. You can find them at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Lamp: A lamp is a necessity for any dorm room. You can find them at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Rug: A rug is a great way to add color and comfort to your room. You can find them at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Pillow: A pillow is a great way to add comfort to your bed. You can find them at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Blanket: A blanket is a great way to add comfort to your bed. You can find them at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Bedding: You can find bedding at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Sheets: You can find sheets at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Curtains: You can find curtains at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Art: You can find art at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Decorations: You can find decorations at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Books: You can find books at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Toys: You can find toys at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

- Jewelry: You can find jewelry at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

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- Drinks: You can find drinks at any store, from Bed, Bath, and Beyond to Kmart, Target, and Wal-Mart. They are not expensive and will help you get out of bed in the morning.

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What NOT to wear...seriously!

ANDREA TIBALDO
FASHION EDITOR

So we have now been back at school for a full week and already I have a few no-no’s for you, ladies. In this one week, I have experienced emotional fatigue due to some outfits, or lack thereof. We go to a beautiful university, located on the pristine Jersey shore so we too should uphold a sense of flawlessness in the way we depict ourselves. This list is not to make you feel bad if you were one of the walking beauty disasters mentioned, but rather to help you realize how much more potential you can have if you just fix some things here and there. Think of me not as a fashion victim’s worst nightmare, but rather as your fairy godmother swaddled in silk with a spectacular Chanel bag. On that note, let’s begin:

DO NOT dare to go so low you need to be sure you waxed. Rolling jeans by the waist is classless, tacky and just absolutely unnecessary. When you buy your jeans look for a low rise if you prefer that style, but do not, however, roll them yourself. There’s a reason they are not made that low...because THAT’S reserved for private moments only.

DO NOT wear your mini skirts to class. This basically can go along with the previous no-no since I’m talking about the same issue. Yes, minis are adorable and it is still warm enough to wear them for now; however, I didn’t know your biology class or business class was so much fun that it turns into Stingers Nightclub from 10:00am – 11:15am Monday and Thursday. There is a time and place for everything and those mini jean skirt wearing ladies (you know who you are) need to realize that this piece of clothing applies to that adage. Many of you looked amazing in those skirts, but lets be real, the guys in your class need all the education they can get, so stop distracting them!

DO NOT wear suede, corduroy; wool or any other heavy fabric that should be set aside for cooler weather. This applies not just to clothing, but also shoes and bags. I saw many sweaters this week and I could not figure out for the life of me why someone would wear such a thing on a blazing 80 degree day. I understand the new clothes you bought for school are sitting in your closet teasing you to be worn, but please wait; I promise you, you’ll have time to wear them.

DO NOT sport a book bag, purse, and miniature suitcase on wheels unless you’re a professor or plan on catching a flight after class. This is usually a freshmen mistake but piling all semesters books into your book bag and then all your valuables into that wheeled contraption you have since you don’t trust your roommate will never be a ‘look of the month’ in any fashion magazine. Basically, learn to downsize.

DO NOT wear a new ensemble out, with the tags still on, and then return it after your wild night. That’s cheap and not to mention gross!

DO NOT dress head to toe in one pattern or even worse mixed patterns. If it’s the same pattern you’ll look like a piece of wallpaper and if it’s mixed patterns than its just chaotic and bizarre and your figure will appear larger.

DO NOT slouch! Okay, I know I’m not writing about health and etiquette but posture is very important in terms of beauty and fashion. If you walk around with your shoulders back and head held high than you will exude confidence and ultimately feel better about yourself. And yes, it just looks better.

DO NOT let your underwear, thongs and ‘granny panties’ alike, peek out of your pants when you bend over, or worse yet just walk around. No one wants to see that. Again, that’s meant for private moments, girls!

DO NOT skip a mirror before you leave your dorm room, bedroom or house. I’m not saying to be self-obsessed, but you should make sure you’re put together. One of the most important reasons to check yourself is to see your makeup. If you wear foundation be sure you don’t look like you have two pounds of it on.

DO NOT let your foundation be sure you don’t look like you’re wearing a mask (blend foundation and bronzer around jaw line). You want your foundation to look natural, not like you have two pounds of it on.

Andrea Tibaldo
FASHION EDITOR

Men’s Baggage Claim

PUMA, MOTORSPORT shoulder bag, 45$

BANANA REPUBLIC, nylon expandable messenger bag, $65

AE ACADEMY Messenger Bag, $39.50

ECKO RHINO DRAW STRING BAG, $18.00

ADIDAS GLOBE Mini Backpack, $30.00

NIKE TE1.4 Racquet Backpack, $35.00

ETNIES, WRAPTOR, NO price given
The Outlook accepts articles and graphic material from students, with information concerning issues in and around the University (email outlook@monmouth.edu) by 12:00 p.m. Mondays to

The Outlook provides the Monmouth University community

HOW TO SUBMIT ARTICLES OR LETTERS

The Outlook offers the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its students.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Mondays to The Outlook office, 2nd floor, room 260, Plangere Center. All copy must include the author’s full name and contact information.

The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.

Same content, improved look

“The only wisest and stupidest of men never change.” - East Asian philosopher Confucius

Change is something that takes time to adapt to.

In the first issue of paper you may have noticed the newly applied format that The Outlook will resume. The banner head, which used to be shadowed by an image of Wilson Hall, is now replaced by the Monmouth University Hawk emblem. The front page also now offers a content bar where readers can see features, entertainment, news, and sports stories.

Since its inception in 1933, this student run paper has undergone extreme growth in both technology and the amount of staff support. With this growth comes inevitable change.

Monmouth’s official University slogan “Where leaders look forward” encompasses some of the changes that have taken place here at The Outlook. This year we have a young new staff that has proven to be well qualified to learn the skills for producing an informative paper to the student body. But in order to make this a successful university newspaper we need input from everybody.

As a student run paper, The Outlook should address important issues going on campus, while providing insightful entertainment sections that can apply to the students. The Outlook is always looking for new ideas and input that can be beneficial to the university. Working for the paper involves more than just work. It is a family atmosphere, where staff comes together to share thoughts and opinions about school and life.

Referring back to the ancient wisdom of Confucius, we at The Outlook embrace and embark upon this new era, and we hope that you will too.

The Outlook
Come and make a difference at the Outlook

Meetings: 7:30 pm Monday’s in the office
Layout: 5:00 pm Monday evenings and all day Tuesday

If you would like to be added to the e-mail list for story and photography assignments please e-mail us at Outlook@monmouth.edu.

By: Chris Netta

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Four years after 9/11

CHRISTOPHER NETTA
OPEN EDITOR

September 11, 2002 was four years ago. It was the spring of 2002, a time when the world was still in shock from the attacks. It was a time of uncertainty and fear, and it was a time when we all wondered what was going to happen next. As we look back on those four years, we can see that the world has changed. The attacks on September 11, 2002, were a wake-up call for the world. It was a time when we all realized that the world was not safe, and that we needed to take action to protect ourselves.

In the years since September 11, 2002, the world has changed in many ways. The attacks on September 11, 2002, were a wake-up call for the world. It was a time when we all realized that the world was not safe, and that we needed to take action to protect ourselves.

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Imagine: four years after our first tragedy
In the wake of Katrina, memories of 9/11 run strong

GRAHAM HELWEL
CONTRIBUTING WRITER

I remember that feeling in the pit of my stomach, the back of my mind, almost everywhere at once if I felt it. Utter shock, disbelief, even denial, along with the worry my dad, who I love very much, was possibly dead. Most of these are the things that we all felt almost 4 years ago, which feels like yesterday, on 9/11. The twin towers were gone, the reason being the two towers) we completely botched every aspect of preparation and evacuation as a looming hurricane threatened to decimate a city. To be fair, you cannot exactly prevent a hurricane, if it comes then it comes, but you sure as hell can be prepared for one...Who exactly can you blame?

During 9/11, the aid we look back and say that it arrived too early but lost anybody in the White House put themselves on the back I should point out it was aid from within the city which came, not the government. These were New York’s finest and bravest who perished, not the National Guard or the city council. As a matter of fact, even though we had weeks of warning that a major storm was coming, (As opposed to only a few hours warning that a plane was coming) we once again did nothing to prevent disaster and another major city was ravaged. To be fair, you cannot exactly prevent a hurricane, if it comes then it comes, but you sure as hell can be prepared for one. A lot of people started pointing fingers, I would like to say immediately but even that took a few days, and who exactly can you blame?

One thing about 9/11 is that every one and their pen Pal from Europe knew because every major network had 24/7 media coverage. This time was not until the blame game started that the media really started to focus in, of course finally got people to care. It is not one of our biggest cities being turned into Athens than got the nation’s attention but the fact that we saw it on FOX News. When I saw some guys holding up a baby screaming, “She’s got no food. She’s gonna die.” those same feelings of shock and awe hit me but they were accompanied by other more alien emotions. Disgust, embarrassment, shame, and feelings I hope never again to feel towards my country.

I don’t care if you go every day of the week what the did seven dollars just cost you, a six pack of beer? Half a large pie with pepperoni on it? If seven dollars costs you to prevent exactly this sort of thing from happening. It is called FEMA and I think Dave Chapelle could have put it better, “FEMA’s—s—ing up!” The brightest idea of the week came from Ravenna, Decon Sanders who figured every single person in the country to finance a million dollars, so a person working together in America that would say Bush doesn’t exactly wear the pants in the history of the world to.

Of course there is plenty of government to go around; a good amount of the population would say “If France was flooded tomorrow, our own utopia was written. 200 years, a universal language. That we speak is a proof of mankind seems to be getting smaller every time you see a collection cup in the supermarket put in 1 measly dollar. I don’t care if you go every day of the week what the did seven dollars just cost you, a six pack of beer? Half a large pie with pepperoni on it? If seven dollars costs you to prevent exactly this sort of thing from happening. It is called FEMA and I think Dave Chapelle could have put it better, “FEMA’s—s—ing up!” The brightest idea of the week came from Ravenna, Decon Sanders who figured every single person in the country to finance a million dollars, so a person working together in America that would say Bush doesn’t exactly wear the pants in the history of the world to.

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“What was your most exciting experience this summer?”

Jess senior
“Went to a party at the Copacabana in NYC.”

Alicia junior
“Rented a beach house in Wildwood with five of my friends for Fourth of July.”

Hackett super senior
“Shaved my drunken friend’s head and taped the hair to his butt.”

Ashley freshman
“Went to Italy!”

Caitlyn junior
“Spent my summer with my boyfriend at his house down in Manasquan.”

Dave freshman
“Went to the Bahamas. Jet-skiing was pretty fun.”

Molly senior
“Went to Chicago for my internship and got to chill on company money.”

Billy senior
“The liquor store I worked at caught on fire.”

Annette junior
“Moved in to a new house!”

Josh senior
“I got too drunk on Memorial day and smashed my face on a hardwood floor.”

Share your space, but live on your own.

Get everything for your dorm room at Walmart.com and still afford tuition.
OVAL OPUS: A rarity in the music world

Samantha Young, Entertainment Editor

There appears to be a growing trend in the music industry these days. It’s not a trend back the days of yore when ed-sal was ruled the world, labels constantly looking for the next money-making machine. As a direct result of this, everyone has a gimmick – something with which to identify a particular person or band. From Hilary Duff (squeaky-clean teen) to Eminem (hoodlum), Kenny Chesney (Southern charmer) or band, are deciding that it is the basis before their “big debut,” these bands are deciding that it is the most glamorous way to get your name and get on with the rest of your career,” revealed Trick.

Perhaps the most important addition to Oval Opus has been Pat- trick “Track” Martin, a bassist who came aboard a short time before Oval Opus performing at Live @ Brick in February.

The Outlook September 14, 2005

The Lyric Lounge

New releases, old favorites and everything in between

Lisa Pikaard, Contributing Writer

With their upbeat original style, the Black Eyed Peas’ sophomore album, Monkey Business is a smash hit. The new album follows the path of Monkey Business and gives fans everything they could have ever wanted off their debut. It’s the perfect sequel to their hit album.

Backstreet’s back alright. How- ever, they are not the same group that left the music scene five years ago. Their newest album, Never Gone contains the harmonies that made the Backstreet Boys pop music sensations of the 90’s, but their sound is more mature. The album contains many upbeat tracks in reference to relationships trouble. There are a few tracks that truly shine, such as their first single, “In- complete,” “Weird World,” and a fun pop-rock song titled “Just Want You To Know,” their newest single. The most moving song on the album is the title track, “Never Gone,” which was written by Kevin for his father who died of cancer. The Backstreet Boys followed up their album release with a sold out tour. The new album is worth checking out, even if you didn’t like the 90’s pop scene.

Collectively, the songs come to- gether to make a complete musical experience that you not only hear but feel. Backed by guitarist Rom M., bassist Joe P., and drummer known to Korn (metal rockers without a clue), no one is safe from this form of typecasting. It is an unfortunate necessity, necessary bump on the road to fame and wealth. Then, when you factor in all the actors, actresses and models who think they can sing (i.e. Lindsay Lohan and Paris Hilton), it is almost impossible for anyone of real substance, who actu- ally possesses a little thing called talent, to gain a fraction of the exposure allotted normally to those who don’t deserve it. Some artists however, are refusing to accept these industry labels. Fight- ing against the system that needed, bands are preferring to take the road less traveled. Staying small and tour- ing under the radar, gathering a fan base before their “big debut,” these bands are deciding that it is the quality of the music that really mat- ters, not “units sold.” It may not be the easiest way to get your music heard, but it has one aspect no record executive can ever take away:

One group taking this alternate route is Oval Opus, a band out of Cincinnati, Ohio, who is slowly gen- erating buzz from both college stu- dents and critics. Josh and Dan Ed- mondson had been exposed to music from a young age by their father. But it wasn’t until they met Aaron Pat- rick, bassist, and Tage F. drummer in 2000, Ohio, Ohio, did they become Oval Opus.

The boys believe they had something to contribute to the music world. Josh, Dan and Aaron spent time writing the music and lyrics that would eventual- ly become their debut album, Hug Wagon.

Over the next eight years, Oval Opus would become closer and clos- er. Not only to each other, but with success. After three additional cd releases (Oxygen: Red Sky Recovery and Oval Opus), three Cincinnati Engineer Canny awards (“Cincinnati’s Best Alternative Rock Band,” “Cincinnati’s Favorite Band” and “New Artist”), oval opus is finally releasing yet another album this winter that will, no doubt, be loved by all who purchase it. “It is by far my fa- vorite record we’ve recorded and we all feel like it will do good things for our career,” revealed Trick.

It is hard enough to get along with people who you have known since childhood, but allowing another per- son to be part of your creative process says a lot about the men in Oval Opus. “We have all come to understand our strengths but more importantly the strength of each other.

So where does the inspiration for their songs come from? "Any artist, whether you’re a writer, a singer, a poet or a painter; inspiration is found all around you. We draw a lot of our inspiration from our own personal experiences, but it can also come from the world around you. Everyone has a story to tell. Everyone experiences tragedy, heartbreak, happiness and joy...opening your eyes to [the] world around you is an open book for writ- ing songs.”

As far as being compared to the other bands established today, Oval Opus is not worried. “I don’t think we sound like anyone and that is the coolest thing,” says Dan.

Oval Opus may be flying under the radar for right now, playing in select cities across the country, but as soon as they know what it truly means to be successful. “When it is all said and done, at the end of the day we hope that the music is [to the fans] what it needs to be. Different songs mean the world to all of us. They can make a bad day better. It varies for all of us. We just hope that our music will find a place in people’s lives.

Who needs Prozac when there’s Anon?

Debra Pachucki, Contributing Writer

As long as you’re human and still have a pulse, things tend to make you feel angry, sad and frustrated. "In my head!"

Collectively, the songs come to- gether to make a complete musical experience that you not only hear but feel. Backed by guitarist Rom M., bassist Joe P., and drummer known to Korn (metal rockers without a clue), no one is safe from this form of typecasting. It is an unfortunate necessity, necessary bump on the road to fame and wealth. Then, when you factor in all the actors, actresses and models who think they can sing (i.e. Lindsay Lohan and Paris Hilton), it is almost impossible for anyone of real substance, who actu- actually possesses a little thing called talent, to gain a fraction of the exposure allotted normally to those who don’t deserve it. Some artists however, are refusing to accept these industry labels. Fight- ing against the system that needed, bands are preferring to take the road less traveled. Staying small and tour- ing under the radar, gathering a fan base before their “big debut,” these bands are deciding that it is the quality of the music that really mat- ters, not “units sold.” It may not be the easiest way to get your music heard, but it has one aspect no record executive can ever take away:

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**Premiere:** Tilt Angel

New Jersey Repertory Company presents a blues-infused tale

**DAN DIETZ**

PRESS RELEASE

Long Branch - The New Jersey Repertory Company, located at 179 Broadway in Long Branch, is pleased to present the premiere of Tilt Angel, a blues-infused tale about a most unusual Tennessee working-class family by Dan Dietz. Performances are Thursdays, Fridays, Saturdays at 8:00 pm, and Sundays at 2:00 pm, October 14 through November 20, 2005. Special reduced price previews are Friday October 14 at 2:00 pm and 8:00 pm, and on Saturday October 15 at 4:00 pm. Opening night with reception is Saturday, October 15 at 8:00 pm. General admission tickets are $30 with discounts for students, seniors, previews, groups and thru subscriptions. Opening night is $35. For additional information visit www.njrep.org or call 732-229-3166. Tickets may also be purchased online through theaterrama.com or njeritix.org. NJ Rep is wheelchair accessible and there is free onsite parking and easy access through NJ Transit.

*Tilt Angel* is about a family struggling with grief and less in the aftermath of a plane crash. Ollie hasn’t left the house in nine years, much to his father Red’s dismay. But when his mother dies en route to Memphis, and Red refuses to even pick up her remains - much less bury them - Ollie is forced to take matters into his own hands. A strange angel-man is there to help him, but will mom go peacefully into the afterlife? Or will he set off a chain of Sparks and steel, threatening vegetables, weird wings and even weirder hands all collide in this gritty, comical, lyrical epic about the most bizarre dysfunctional family you will ever come across.

“To me, Tilt Angel is first and foremost a family drama,” explains playwright Dietz. “Beneath the fantastical, fairytale elements and blues music is a simple story about betrayal, loss, and redemption. I think just about anyone can relate to this family and their struggles, even if they’ve never had to literally dig themselves out of the underworld or travel through the phone lines.” Directed by Cailin Heffernan, the play stars NJ Rep regulars Ames Adamson (Old Woman Wampion, Circumference of a Squirrel), Maggie Rose (Panama) and Ian August (Rafit of the Medusa, Panama) along with Andrea Pence and David Metcalf who are newcomers to the NJ Rep mainstage.

The actual exorcism. The ongoing theme of the film is faith versus doubt. The two lawyers in the court case have very different perceptions of religion, one attending church regularly and the other an agnostic. It turns out the agnostic is more open to the possibility of demonic spirits as the film progresses.

*The Exorcism of Emily Rose* was directed by Scott Derrickson, who co-wrote the script with Paul Harris Boardman. Boardman was inspired for the film by the true events surrounding a 19-year-old college student Emily Rose. The film is told through flashbacks, beginning after Emily’s death. Therefore the audience never has the opportunity to peer into Emily’s disposition. The audience perceives her through the eyes of the other characters. Many of these characters witnessed Emily’s contortions and abnormal behaviors throughout the film. Her father was actually present at the exorcism. All of the events Emily experienced were created by lightening and sound effects. There are no computer generated images. Therefore, from a film perspective, this is a great movie!

*Emily Rose* is rated PG-13 for thematic material including intense frightening sequences and disturbing images. For the weekend of September 12, Emily Rose was number one in the box office, bringing in $30.2 million in its opening weekend.

The courtroom drama and classic horror film combined has garnered fine reviews since its box office debut.

LORA BLOOM

PRESS RELEASE

PRESS RELEASE

LORA BLOOM

**The Exorcism of Emily Rose:**

Possible or purely fiction?

ASHLEIGH JOHNSON

CONTRIBUTING WRITER

Imagine being alone in a dorm room, waking up at three in the morning to swirling winds, doors banging and a burning smell. Imagine trying to fight off a demonic force that years to get in and control you. This force will not allow you to eat. It will contort your body and cause spasms. Do you believe this is at all possible or is your mind shut down by all satanic forces?

The fear factor of this film is directly dependent on one’s belief in the devil and the alternate forces. *Emily Rose* is not the classic film it is. It is more of a Love and Order episode with a great head-line. The storyline pertains to the trial of Father Moore, rather than the actual exorcism. The ongoing theme of the film is faith versus doubt. The two lawyers in the court case have very different perceptions of religion, one attending church regularly and the other an agnostic. It turns out the agnostic is more open to the possibility of demonic spirits as the film progresses.

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AN IMPORTANT MESSAGE for ALL MONMOUTH UNIVERSITY STUDENTS!!!
ACCESS YOUR STUDENT RECORDS ONLINE THROUGH WEBstudent

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

Complete Instructions for WEBstudent are available online:
Click Instructions on the top menu bar on the WEBstudent menu shown above.
Eight easy steps to getting your dorm room in tip-top shape

Shopping online for dorm decor is the smart way to shop. You'll have the flexibility of browsing a variety of sources without using even a gallon of gas. And you can click your way through hundreds of selections at midnight or noon. It's your choice.

Whether you want to find the perfect set of sheets, a cozy down comforter, a purple transparent lamp, or accessories for your jungle-themed room, you'll be able to find exactly the right items for your taste and budget.

Here are eight steps with tips on how to start your search for great room decor:

1. Find out from the school suggested room decor. Make sure you are aware of the things you can and can not bring in your dorm.

2. Determine which items are prohibited. For example, some dorms, for instance Monmouth University, don't allow candles, halogen lamps, or flammable wall hangings. Find out now so you don't waste time and money.

3. Discuss future plans with your roommate. Discuss financial arrangements and room decor, being honest about your budget. Try to be flexible and share ideas and opinions. You may have landed a roommate who really doesn't care, and maybe won't work with you. But maybe you'll at least be able to decide on a color scheme or room theme to help you plan for decorating purchases.

4. Browse dorm decor websites to get inspiration, see color schemes, and find theme ideas. The Linens 'n Things site is a terrific place to start with dorm checklists, tips, and a convenient "pack and hold" shipping service to send your order directly to school on the date you specify.

5. Bookmark favorite items on websites or print out photos to compare colors, styles, and prices.

6. Fill in your "need" and "want" lists and prioritize each, so your budget is spent on the basics first.

7. Research choices. Make a detailed list with everything you need, including furniture, desk accessories, and clothing items. If possible, ask other students what's worked for them. Compare sizes and brands. Browse for various storage options. Don't buy in a rush, only to find out later something else would be better or cheaper. Use your measurement list or floor plan to help determine what will fit.

8. Buy only when you have a clear plan, know what you need, and know what will fit both in your room and in your budget.
Reward your skin: Spa treatments that will keep you feeling young and well

LINDSAY WEISS

If you are feeling stressed and in need of relaxation then I suggest going to a facial at Mysha Day Spa, which is located in the Middlebrook Plaza, on Deal Rd. in Ocean. The Mysha Day Spa is devoted to rejuvenation, and provides a warm, relaxing and peaceful environment where your body and mind can be stretched away. Their commitment is to maximize your wellness by nurturing your mind, body and soul. Mysha’s holistic approach to all of its treatments will leave you feeling not only relaxed but rejuvenated as well. You will be able to feel as good as you look after you leave Mysha. I have frequented Mysha Day Spa with my best friend in the summer and have received several facials at Mysha. I have left Mysha feeling rejuvenated and satisfied from head to toe.

As soon as I entered the big glass doors, the scent of aromatherapy carried me away. As I turned to go up the stairs, my nostrils were immediately greeted by a dermatologist in a white coat, and I was transformed. I too was ecstatic as I anticipated my facial. She then scrubbed my face with a cooling gel and after I had a quick wash, she took me into a private room. I was left alone while she prepared my face for the treatment.

The Health Guru: how to stop acne before it begins

REBECCA HEYDON

I have ever watched Sex and the City and never for a moment did I ever think to myself, why didn’t you get clean until after you moved to college, you’re not going to be a senior and basically decide which classes I want to take and when I want to take them. I’m no longer going to put up with any more stress that comes along with it, and a sense of being lost. Have I locked the right major? Which class will better help me with my major? Will I be able to graduate on time and get in that class in the Spring? Not to mention that after three years of courses, and probably half of mine have been B-O- and C-D class. Which contains, oil and classes and is forced to sit through another boring class in my last year of college. I just couldn’t stand not knowing the history of journalism, I just couldn’t stand not knowing the history of my life, unless I can find some sort of pattern or correspondence between the two. I’m not a journalism major. I took a history class on my own and I saw a has on the first day that I saw a noticeable difference, and I was complimented on my smooth face.

One of the products that Mysha uses over activity of the glands that produce oily substances on the skin. Blackheads usually occur on the face, and your back, chest, and shoulders can also be affected. Before you attempt the other acne treatment techniques you must be certain that you are currently using and ingredients that may make you prone to break outs. By eating a healthy diet and exercising regularly, you can ensure that your body obtains the proper nutrients it needs in order to function correctly. In order to prevent acne you should eat plenty of foods and vegetables. Eating is good for your overall health, and it will increase your energy level and bring more oxygen to your major organs including the skin.

It is recommended that you watch out for eating too many foods that cause acne, but it is important that you remain on a healthy nutritious diet in order to maintain healthy skin. There have been some scientists suggesting that caffeine products and salty foods can aggravate acne in some people.

The Health Guru: how to stop acne before it begins

LINDSAY WEISS

Acne is a skin condition caused by over activity of the glands that produce oily substances on the skin. Blackheads usually occur on the face, and your back, chest, and shoulders can also be affected. Before you attempt the other acne treatment techniques you must be certain that you are currently using and ingredients that may make you prone to break outs. By eating a healthy diet and exercising regularly, you can ensure that your body obtains the proper nutrients it needs in order to function correctly. In order to prevent acne you should eat plenty of foods and vegetables. Eating is good for your overall health, and it will increase your energy level and bring more oxygen to your major organs including the skin.

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The Health Guru: how to stop acne before it begins

LINSDAY WEISS

Introducing: Columnist Lindsay Weiss

What to look for...

• True defects behind self hating

• Hair today, gone tomorrow

• Canker sores

• Diet Myths are just what they are

• Dying to be thin

The Health Guru: how to stop acne before it begins

Your glands may be in your hands

LINDSAY WEISS

Everyone has battled acne, whether it was during childhood or adulthood. Many people over the years it has affected you at some point in your life. Around three-quarters of all teenagers and adults suffer from acne. The exact cause of acne remains unclear but due to extensive research, the means to prevent acne and treat it are becoming more prevalent and sufficient. For example, foods such as do chocolate or oily foods have any effect on acne? Out has been plaguing teenagers. Research has proven that an individual’s diet and acne are not related. But at this time, there is no evidence that chocolate, sugary foods, or any other food causes acne.
Here are a few great reasons to Study Abroad during your college years

**Study Abroad: London, England**

Studying abroad in London has been an awesome learning experience. It took a while to get accustomed to London in the beginning of the semester. It’s definitely a change from Monmouth and at times I doubted my decision to study abroad, but after about a week, I felt right at home. Since I was pretty much just thrown into the big city, I quickly learned how to navigate the streets, look the correct way when crossing the road, and use the tube. I quickly adapted to the food (which is better than Monmouth’s!), the culture, and traveling. Once I thought I got London down, I was traveling to another country and had to learn how to get around there. There were many times that my friends and I traveled to another country, with a different language, without maps. We had to fend for ourselves and figure out how to get around. All of this helped me to realize how independent I have become. It’s an awesome feeling knowing that you got all of this knowledge.

The HR people who initially interviewed me by phone said that it made me go to the top of the list. Now with them receiving hundreds of e-mails a day by potential employees (thanks to Monster.com), they said that my study abroad experience helped their decision to bring me in for an interview.

When I went to my interview everyone I met with would not stop talking about my experiences abroad! I hope the students who go in the future realize how much they would have impacted me as much as it did. This has been the most rewarding experience of my life. Those studying abroad in the future should go with an open mind, benefiting from everything that you get out of it. It’s an entry-level job, but at least I got to travel the world at such a young age and figure out how to get around. The worldly experience will also allow me the opportunity to go back abroad! I can’t tell you how truly thrilled I am that I have an amazing job because of my study abroad experience. Now, I am a Media Buyer and billboard advertising part of GM. It’s an entry-level job, but at least I got my feet in the door now!

Just thought I’d share that bit of info with you, and if you decide to tell future or current students!

Thanks,

-Britt Travis graduated in May, 2005. She studied abroad at Regent’s College during the 05/SP

**ARE YOU GRADUATING IN MAY?**

Nomination forms are now available for Senior Class Officers: President, Vice-President, Secretary, and Treasurer. Elections will be held online beginning October 3 at noon and ending October 4 at noon.

Applications are available in the Office of Student Activities and Student Center Operations (2nd floor of the student center) and are due Friday, September 30th.

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**A letter to Robyn Asaro, study abroad coordinator**

Dear Robyn,

I know I previously e-mailed you about my getting a job, however, I just realized I failed to let you know that one of the reasons I scored this job was because...I studied abroad.

Although I qualified for the position because of my degree and experience, that only made me equal with all other candidates. My ability to go travel the world at such a young age really made me stand out. Most interviews I get I am asked about my study abroad experience, too. It really literally pays to study abroad! I hope the students who go in the future realize how much they would have impacted me as much as it did. This has been the most rewarding experience of my life. Those studying abroad in the future should go with an open mind, benefiting from everything that you get out of it. It’s an entry-level job, but at least I got to travel the world at such a young age and figure out how to get around. The worldly experience will also allow me the opportunity to go back abroad! I can’t tell you how truly thrilled I am that I have an amazing job because of my study abroad experience. Now, I am a Media Buyer and billboard advertising part of GM. It’s an entry-level job, but at least I got my feet in the door now!

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Thanks,

-Britt Travis graduated in May, 2005. She studied abroad at Regent’s College in London during 02/FA

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**Candidates must:**

- Be a matriculating student of Senior status (90.5+ earned credits)
- Be eligible to graduate May 2006
- Candidates for President and Vice President must have at least a 2.5 GPA
- Candidates for Secretary and Treasurer must have at least a 2.0 GPA

**Any questions contact the Office of Student Activities and Student Center Operations**

Tel: 732-571-3586

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**Monmouth students (from left to right) Katie Selby, Erin Stattel, Alicia McDonough, Ashley Fornaro and Karissa Maresma enjoy the sun in front of a castle in Naples, Italy.**
www.sefan.org: Web Site to Help Fight Hunger

The Statewide Emergency Food and Anti-Hunger Network (SEFAN) has launched a web site to help address the growing problem of hunger in New Jersey. By logging onto www.sefan.org and clicking onto “Pantry Link” you can find out about local food pantries, soup kitchens and shelters that serve meals in your community. The web site lists volunteer opportunities as well as items needed such as non-perishable food and baby products. By helping your local emergency food provider, you will be helping to fight hunger in your community and in New Jersey. So log onto www.sefan.org and click on “Pantry Link” today!
Today's Birthday (Sept. 14th)

Technical assignments stir your imagination this year, and the pay is good. Gather it up while you can.

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

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

You're out of sorts when people rush into things, that's for sure, especially now, when there are so many ideas to consider. Take your time, and do it right.

Taurus • (April 20 - May 20) • Today is a 8

You're not the sort of person who rushes into things, that's for sure, especially now, when there are so many ideas to consider. Take your time, and do it right.

Gemini • (May 21 - June 21) • Today is a 7

Travel is favored, but only if you go with an interesting partner. If you don't have one already, you're apt to meet someone out there.

Cancer • (June 22 - July 22) • Today is a 8

It may be difficult to tell how much you've got, and what's coming in. Finances are a bit unstable, but all turns out well.

Leo • (July 23- Aug. 22) • Today is a 5

You need a plan, and a partner who can help you follow through. Besides increasing certainty, it'll make what you're doing more fun.

Virgo • (Aug 23 - Sept. 22) • Today is a 8

More work's coming in, and a lot more money. Don't get rattled; get organized.

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

You've been venturing into previously unexplored areas. Today, you're quite likely to make a new friend out there.

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

It may be difficult to tell how much you've got, and what's coming in. Finances are a bit unstable, but all turns out well.

Sagittarius • (Nov. 22 - Dec. 21) • Today is a 8

More work's coming in, and a lot more money. Don't get rattled; get organized.

Capricorn • (Dec. 22 - Jan. 19) • Today is a 8

You're in good at technical subjects, once you settle down and concentrate. To achieve a dream, go ahead and do that now.

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

Friends are glad to offer suggestions, if you're willing to listen. Admit where you're clueless, and find another way to approach the problem.

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

It's time to do the planning, the organizing and the paperwork. Don't pitch a fit; think of it as preparing for a test.
Study Abroad: Madrid, Spain

If you ask me why I went to Spain, the honest answer would be because my good friend Dusty Archer made me. Yes, I was interested in seeing another culture and learning another language, however it was not something I ever thought I would do and nor did I care. Dusty basically forced me to go, and I finally gave in. I figured I had nothing to lose because learning Spanish could only help not hurt. I also gave in because Dusty’s muscles are bigger than mine. However, after the experience of a summer in Madrid, Spain, I can honestly say that I am embarrassed that I did not see how important it is to look and learn beyond the scope of one’s own country.

The second I stepped off the plane and arrived with my host family, I was in love. The culture shock that I was told I would likely experience was all lies to me. Just stepping foot on the soil of Spain, I could feel that I would never be the same. Being able to see a different world and a different way of life has caused me to change my entire way of thinking. For example, I now fully appreciate art and museums. In fact, the first thing I did when I went home was tour my birthplace, which is our nation’s capital. The trip to Spain really drilled into my head how sad it is that I live 20 minutes from Washington, D.C.

and have no idea what is there. So not only did Spain allow me to learn the culture of another country, it has given me a greater appreciation for my own. I have a new love for art, especially Spanish art. I never would have thought I would like art! I also have a desire to travel to as many other countries as I can and experience how items of other people live and think. Learning as much Spanish as I can is now my goal as I have fallen in love with the language. Also, upon returning to the U.S. after learning such a great background in Spanish, I realized how many people speak the language here in the U.S. By not learning the language, I am eliminating being able to communicate with so many people! That is very sad and definitely not something I want to have happen.

I greatly admire the Spaniards’ way of life. Family is the first priority, which is in contrast to how money is good number one here in the United States. This priority causes their whole lives to be different. People spend more time as a family. The people are happy and not stressed. Also, no one looks down upon anyone else. The people cleaning the streets are just as valued as a high paid business man. The way that Spaniards drive their cars exemplifies their priorities in life. They have no problem when people hit their cars when parking, or when they hit other people’s cars. A car is just an object to them and not anything to stress about. Meals in Spain are fully enjoyed and not anything to stress about. Everything in Spain is fully enjoyed and not anything to stress about.

In my mind, every day was a chance to see a different world and a different way of life. The culture shock that I was told I would likely experience was all lies to me. Just stepping foot on the soil of Spain, I could feel that I would never be the same. Being able to see a different world and a different way of life has caused me to change my entire way of thinking. For example, I now fully appreciate art and museums. In fact, the first thing I did when I went home was tour my birthplace, which is our nation’s capital. The trip to Spain really drilled into my head how sad it is that I live 20 minutes from Washington, D.C.

Morgan Reynolds

Morgan Reynolds is an accounting major who studied abroad in Madrid, Spain for 5 weeks during summer 2005.

Important Announcement

from

THE OFFICE OF REGISTRATION AND RECORDS

January 2006

Potential Graduates

Undergraduate and Graduate Students who plan to complete their degree in January 2006, must officially apply for graduation no later than Friday, September 30th, 2005. Applications are available in the Registrar’s Office or you may download the form off the Monmouth Web Site (www.monmouth.edu/academics/Registrar/forms).

After this date, the Registrar’s Office cannot guarantee a timely graduation. Any questions, call 732-571-3477.

Monmouth University

Undergraduate Admission
Annual Fall OPEN HOUSE

For Prospective Students and their Families

Sunday, October 2nd . Volunteers Needed!

The Future Success of Monmouth University Depends on You!

To volunteer, contact Carine at 732-571-3456 X5625 or golden@monmouth.edu

Morgan Reynolds poses for photo in Madrid, Spain.

Study Abroad: Australia

As I stepped off the plane in the Sydney Airport, I did not know what to expect. What did I know was: I had no money, it was late at night, so every store was closed; the airline lost my luggage; and I did not know how to meet my driver. Ten minutes later I found my luggage, found a working ATM, and found my driver for Macquarie University. It was a rough start to my semester abroad.

Cairns. Each day passes, I feel I learn a new lesson about life and myself. When you study abroad you are naturally thrust into unfamiliar situations. This is a unique opportunity to see how you will react and conduct yourself. Will you be mature and calm, or will you break down and get upset? Above all you learn more about yourself by studying abroad than in any other life situation.

Classes here at Macquarie University are different from Monmouth. There are over 300 students in my lecture class and attendance is never taken. It’s important to discipline yourself to go to class. Grading is done by a midterm and final, that’s it! The teachers have the “no worries” philosophy just like in Monmouth. Students, and as an American who needs to know everything, it was hard to acclimate. They think of us as much too hyper and after being here for awhile I realize we are right. I’ve realized that life isn’t such an emergency.

Australia has unlimited activities and trips to experience: The Great Barrier Reef in Cairns, the Great Ocean Road in Melbourne, surfing and relaxing in Byron Bay, sailing through the Whitsundays at Airlie Beach, or the Outback and Ayers Rock in Alice Springs.

There is a mid semester break for each semester, which is 17 days long. Friends of mine are traveling to places such as the breathtaking beaches on Fiji, the exotic locales in Thailand (which is an extremely cheap trip to take) or the pristine beauty of New Zealand. My brother is coming over to take my break with me and we’ve planned a trip up the east coast to Cairns.

Four months away from home is a long time, but it will fly by. Finding yourself on the opposite side of the world, you are put in ‘Real World’ (MTV) like conditions with five roommates from both sexes. It can be hard to be away from a girlfriend or boyfriend for this long and I find this part the most difficult because I left behind my girlfriend (Tricia) whom I greatly miss.

As you mature from this experience, you learn to appreciate the little things you once took for granted. I appreciate my parents and all they have done, my friends for keeping in touch, my brothers for coming across the world to experience this culture with me, and the wonderful and understanding friend whom I care so much about.

Would I recommend this to other students? Definitely YES! Not only would I recommend it, I wish it were a requirement for all students since this has been one of the greatest experiences of my life and an excellent decision that I’ll never regret.

-Keith Parent is a Finance major who studied abroad at Macquarie University in Sydney during 04/SP
Why can’t mom and dad afford to live in New Jersey?

WALTER HELFRECHT
CONTRIBUTING WRITER

If you have ever formulated that question in your head, or even blurted it out at some point, then we need you to put your intelligence and idealistic energy to work for an overhaul of New Jersey’s most oppressive and unfair Property Tax system. Here is why:

The property tax system in New Jersey is a Colonial-era holdover. It has no basis in the ability to pay. Consequently, the brunt of support for the public school system (K-12) falls on residential property owners. It is typical to have almost 75% of a property tax bill allocated to a school district’s support. There are other problems with the system too, but this is often used as the example of the worst.

Within the past 10 years, NJ property taxes increased by 52%. Within the past 2 years these taxes have increased by 18%, and there is no end in sight. Your parents don’t get increases in their pay-checks and your grandparents (if they are still living and in NJ) don’t get cost-of-living increases in their Social Security checks that are anywhere near commensurate with the increases in property taxes.

Retired people, your grandparents in particular, feel the crunch because their incomes are “fixed” and often get further reduced when one or the other grandparent dies. This situation must change. Otherwise, your family could be the next to get into a real bad situation.

Many retirees (grandparents) have decided to move out of NJ because they cannot afford to live here. We think it is pretty sad. Wouldn’t you rather have them close to you so you don’t have to spend hours on the road (not to mention the gallons of gas) just to be with them at holidays and celebrations and regular visits?

And you, students of the Class of 2006, some of you may feel that you need to leave NJ for a job upon your graduation because you can’t afford a house or can’t find an apartment with reasonable rent -- your starting salary is not in parity with the cost of living in NJ. That is a sad thing, too.

You grew up and went to school in NJ, but now you cannot afford to go to work or get your own place here because the tax system is so screwed-up and the legislators in Trenton don’t have the guts to really fix the problem. The situation must change and here is what you can do:

Please visit our website http://www.citizenspropertytaxreform.org to learn more and become involved in advocating for a People’s Convention for Property Tax Reform. If any of you are interested in setting up a meeting to organize a group (on-campus or off-campus), please use any of the e-mail contacts that are on the website or call Mr. Cy Thannikary, Chairman of our non-partisan statewide coalition of tax payers and community organizations, at (609) 208-9280. Your future and that of New Jersey is at stake.

Mark the following important dates in your calendar:

09/30/05
APPLICATION FOR GRADUATION DUE

12/01/05
LAST DAY TO SUBMIT SUBSTITUTIONS OR WAIVERS
Hawks roll over La Salle, gain first win of season

MU sets multiple school records in game, Jiles honored by NEC, I-AA.org for his efforts

ED OCHIPINTI  SPORTS EDITOR

The first win of the 2005 season for the Monmouth University football team was one part sweet, one part dominating and one part historic. The sweet part was that one part dominating and one part historic part was that the Hawks steamrolled over La Salle 65-27. Lastly, the historic part was the numerous records Monmouth set in the game en route to the win.

The 65 points scored in the game broke the previous record of 57 set in a win over Sacred Heart seven years ago. Monmouth's 42 points in the first half of its win over Iona topped the old record of 37 set in Monmouth's 42 points in the first half of 57 set in a win over Sacred Heart.

Monmouth's 42 points in the first half of its win over Iona topped the old record of 37 set in a win over Sacred Heart. The Hawks also broke the previous record for reception yards as he set a Monmouth single-game record for reception yards as he grabbed six passes for 228 yards and three touchdowns. It marked the first time in the 13-year history of the Hawks program that a Monmouth player totaled over 200 receiving yards in a game.

FOOTBALL NOTES

He also tied his own school record with three touchdown catches on the afternoon, including a 41-yard scoring reception (on the final play of the first half) and touchdown strikes of 66 and 24 yards in the third quarter. The Blue and White were able to get the running game going against the Explorers, as senior Bobby Smith led the way with 71 rushing yards and two scores on 11 carries. Junior Rob Lutz ran for 67 yards on nine carries and Walter Carter contributed 50 rushing yards on nine attempts.

Senior David Jiles was named the Northeast Conference Special Teams Player of the Week for his efforts against La Salle. He had 223 total return yards and an interception in the game.

12 of-17 attempts.

Senior wide receiver Miles Austin also put on a record-setting performance as he set a Monmouth single-game record for reception yards as he grabbed six passes for 228 yards and three touchdowns. It marked the first time in the 13-year history of the Hawks program that a Monmouth player totaled over 200 receiving yards in a game.

Monmouth returns to action on Saturday as the Hawks conclude the non-conference portion of its 2005 schedule against the visiting Vulcans of California University (Pa.). The Hawks will unveil their new FieldTurf surface in the game at Kesslers Field, which is set for a 1 p.m. kickoff.

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The Hawks took a 1-0 lead in the 30th minute as Travis Ross’s shot beat the goalkeeper from 8 yards out off of an assist from Gray. Monmouth’s defense shut-out Richmond until the 70th minute. The Blue and White allowed Richmond’s only goal in the 59th minute as a long feed from Jonathan Schmid. The Hawks allowed the first goal hat trick in just the first half, as they only had two goals all of last season.

The Hawks held a 6-0 lead at the half. Manto would score the first goal of the second half as well 4:40 in, beating the goalie to the left for her 11th career and second of the game. Sands had the assist on the goal, her third on the afternoon, and she would also add a goal to those assists in the second half. When the smoke had cleared, the Hawks had cruised to a 9-0 win over the Peacocks.

For Monmouth, it was the first win of the season, and their 11th straight over St. Peter’s. In those 11 games since 1994, the Hawks have outscored the Peacocks 64-4. After getting significantly outshot in the Florida games, the Hawks reversed ways and did their share of outshooting their opponent, outshooting St. Peter’s 23-9. In the second game of the week, the Hawks played their home opener Sunday, September 4th against the Seton Hall Pirates. Last season the Hawks were 4-3-1 at home and 2-7 on the road. The game against the Pirates would turn out to be a close one that wouldn’t be decided until the final moments. After Seton Hall scored five minutes into the game, Sands had her second goal of the week to even the game up a 1-1, a direct kick from about 20 yards out. The two teams would go into half tied at one; however Monmouth grabbed their first goal of the second half, as Froehlich sailed a shot over the Seton Hall goalkeeper, after a misplay by a Pirate defender. It was Froehlich’s second goal of the season.

Maston would maintain the lead until, at 84 minutes, when Seton Hall equalized on a free kick. Pirate junior Rita Massot then took the ball the length of the field, fired a shot that was originally stopped by Hawk goalie Addie Kozlowski, then coralled her own rebound and put it in the net with just two seconds remaining in regulation for the 3-2 win.

With the loss, the Hawks stand 1-3 on the season. They took the last week off from game action, and return to the field on Tuesday, September 13th under the lights at Lafayette with a 7pm start, then play home matches against St. Joe’s and Lehigh on Saturday.

Senior Art Satterwhite has been stellar in goal so far this season. He has allowed just one goal per game so far for the Hawks.
Scoring Explosion

On Saturday the Monmouth Hawks Football team walked away from La Salle University with their first win of the season in a truly explosive form. The Hawks not only blew La Salle away with a final score of 65-27, but also broke Monmouth’s record for the most points scored in a single game! Great job Hawks and good luck next week against California at 1 p.m. at Kessler Field.