MU community awaits decision on MAC

LAUREN BENEDETTI  
EDITOR IN CHIEF
ED OCCCHIPINTI  
SPORTS EDITOR

NEW Vice President of Enrollment Management

JACQUELINE KLOISKI  
NEWS EDITOR

On November 28, 2005, Dr. Robert Mc Caig was selected as the next Vice President of Enrollment Management at Monmouth University. Mc Caig said he was selected through a national search. He received an e-mail from somebody he knew concerning the job and decided to put his name in for the position after reading it. “It seemed like it would be a good match for my abilities and my experiences,” said Mc Caig. The vice president of enrollment management supervises key areas like enrollment publications and communications, enrollment research, and financial aid.

“I oversee the directors responsible for undergraduate admissions, graduate admissions, [and] enrollment processing who bring in the inquiries and applications and send out the correspondence for undergraduate and graduate admissions,” he said.

Another area Mc Caig manages is enrollment publications and communications. This area is responsible for view books, brochures, and advertisements, which purpose Mc Caig said is “to make perspective students aware that we are here and how good we are.” They also handle the website.

Mc Caig has several years of past experience in the area of enrollment management. Before coming to Monmouth University, Mc Caig was at Penn State Abington for 19 years.

“We are very proud. This is quite an accomplishment and further emphasizes that Monmouth athletics cares deeply about our athletes as students first.”

MARIYN McNEIL  
Athletics Director
**MU hosts Biotechnology Institute’s BioGENEius Challenge**

**WESLEY CHIN CONTRIBUTING WRITER**

The university will be host- ing the Northeast Regional coordinator, Bill Yunker, a criminal justice major, called the new ban “stupid.” Adding, “people with the new law. Freshman Meghan Shaw, a bio tech major, said, “The smoking ban is great for your health.” she commented. “However, many disagree with this opinion. Former New Jersey Governor Richard Codey passed the New Jersey Smoke-Free Air Act on January 15, 2006. The ban excludes casinos and other places that allow smoking, such as bars and clubs. The ban entered into effect on April 15 of this year. The New Jersey Restaurant Association has called the new ban “mindless and discriminatory.” He believes that it gives another advantage to big businesses and that the small businesses will lose business. **NATANIE B. ANZAROUTH ASSOCIATE NEWS EDITOR**

**US Supreme Court nominee Samuel Alito Jr. approved by Senate Judiciary Committee**

Supreme Court nominee Samuel A. Alito Jr. was approved by the Senate Judiciary Committee on Tuesday, January 23, in a 10 to 8 vote, the Los Angeles Times reported in a January 22, article. Many Democrats are concerned with Alito’s stance on issues such as abortion rights, while pro-choice Republican senators and chairmen of the committee express that they would vote for Alito because he is the best person for the job. The nomination will go to the full Senate in order to determine whether or not Alito will be confirmed to the US Supreme Court.

**Pro and anti-abortion groups observe 33rd anniversary of Roe v. Wade**

Both pro-life and pro-abortion groups held demonstrations on Sunday to mark the 33rd anniversary of Roe v. Wade. For those who believe in legalizing abortion, they say that Roe v. Wade allows women to have control over their bodies and that it is a constitutional right. For those who believe in anti-abortion, they say that Roe v. Wade is a violation of life and that it should be overturned. The 2005 bill has received mixed reviews. The bill has some supporters, but it has also been criticized by many. The New York Times reported on a January 20, article, that the bill is good because it protects workers from smoking. However, many disagree with this opinion and believe that the bill is discriminatory and that it is unfair to workers who do not smoke. Former New Jersey Governor Richard Codey passed the New Jersey Smoke-Free Air Act on January 15, 2006. The ban excludes casinos and other places that allow smoking, such as bars and clubs. The ban entered into effect on April 15 of this year. The New Jersey Restaurant Association has called the new ban “mindless and discriminatory.” He believes that it gives another advantage to big businesses and that the small businesses will lose business.

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**Audio recording of Osama Bin Laden released on Al Jazeera radio**

A n audio recording of Osama Bin Laden cautioning another attack against America was released on January 13, on Al Jazeera radio. A leak with the words “I’m going to kill all of you” and “I tell you I’m going to kill you” was uploaded to the internet. The recording was made before the September 11 attacks and was believed to be a joke. The recording was uploaded by an anonymous source and was not verified by Al Jazeera. Al Jazeera is a private Arab satellite channel based in Doha, Qatar. The recording was also released on the internet by a group calling itself “The Al Qaeda Support Group.” The recording was not verified by Al Qaeda or any other group. The recording was released to the public to show that Al Qaeda is still active and that they are planning more attacks. The recording was also released to show that Al Qaeda is still using the internet to spread their message. The recording was also released to show that Al Qaeda is still using the internet to spread their message.
Thursday night alternative

Sophomore Susie St. Amour and junior Dan Duffy warm up for their performances while students arrive at Oakwood Lounge.

AMANDA PAINTER
STAFF WRITER

The Substance Awareness Division and the Residence Hall Association hosted Open Mic Night January 20, in the Oakwood Lounge at 10 p.m. The event attracted a wide collection of Monmouth University’s most diverse talents and gave students a shot in the spotlight.

Students entered the dimly lit lounge as upcoming performers eagerly rehearsed their acts and strummed their acoustic guitars. Free cookies and soda were provided for everyone.

“Open Mic Night gives students a chance to showcase their talents in front of a small group of their peers, in the intimacy of the Oakwood Lounge,” said host and Resident Hall Director Lenny Breton. “There is no pressure for prize money,” the MU graduate student continued. “It’s just a fun time on campus.”

Several students competed with looks of curiosity and awe after junior Dan Duffy’s act, in which he simultaneously played an unusual instrument accompanied by his guitar.

“Here’s something I wrote over winter break,” said freshman Sara Werner, introducing her poetry reading. She ended her poetic piece, entitled “Soulmates,” with the line, “My yin, my yang, my everything in this life. Thanks.”

“I want to minor in creative writing, and I thought this would be a good experience to see how people like my work,” said Werner after the reading. “I am really shy about it, but everyone is really friendly and nice.”

There is an event calendar available for all students with everything that is going on this semester. Just to give everyone a heads up to mark your calendars, SpringFest will be Sunday, April 30. Let’s hope for sunshine, no rain, and warm weather this year!

SGA President’s Corner

Happy New Year Monmouth University!

Welcome back to a new semester. Whether you are still in your first year, or graduating in May, good luck with everything you do.

This is going to be an exciting semester. First, SGA is holding open elections on Wednesday, January 25. Anyone who wishes to become a part of the Senate is encouraged to come to the 3rd floor of the R.S. Student Center to Suite 316 to meet the current Senators. Immediate decisions will be made.

Secondly, SGA is holding two open houses in our suite – Wednesday, January 25 and Tuesday, January 31 – both at 7:30 p.m. This is open to everyone, and we are especially encouraging club/organization presidents and treasurers to attend with questions regarding special event funding and the finance allocation process. Plus, free food – who can say no to that?

There are open class electives available for all students with everything that is going on this semester. First to give everyone a heads up to mark your calendars, SpringFest will be Sunday, April 30. Let’s hope for sunshine, no rain, and warm weather this year!

SGA is also sponsoring an auction in March to benefit a local charity. If you know anyone who would like to make donations – yourself, family, local businesses, or Monmouth clubs/organizations, please contact SGA secretary Bette Fariello at SGA@monmouth.edu. I am looking forward to answering more questions and comments this semester that anyone may have. Feel free to email SGA@monmouth.edu with anything that you would like answered. If SGA does not currently have the answer, we pledge to research your question since we have committee chairs who work with all departments around campus.

Once again, have a great semester. Let’s keep this warm weather going!

Sincerely,
Alyson Goode
SGA President
s4701

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The Evasons read minds at MU

CHAD ESPOSITO
STAFF WRITER

On Friday, January 20, the Evasons performed at Monmouth University. The Evasons consist of Jeff and Tessa Eavason. According to eavasons.com, their act has been featured on TV shows like the World’s Greatest Magic on NBC, and Masters of Illusion on PAX. They are known internationally, and have received several awards based on their talent, according to their website.

They opened up Friday’s show with a simple name game, in which they guessed the names of everyone in the audience, as well as the names of their parents and friends. Afterwards, they went on to ask audience member Emma Maguire to draw a number on a blackboard. While Tessa was blindfolded, she drew a graph of nine numbers that, no matter what way you looked at it, added up to the number she wrote down on the clip-board. Another stunt that they performed involved four participants, a girl and three guys. The girl was instructed to put a sharp nail under one of the three cups on three chairs that were on-stage. At random, the girls had to choose or trust Tessa to tell them where to sit, and sit down hard on the chair with the recurring thought that a nail could be under it. It turned out that none of the guys were rushed to the emergency room, and the stunt was a success.

One of the strangest stunts they performed saw the Evasons bring a girl and one of her good friends onto stage. One of the girls was instructed to sit down as the lights were dimmed. Once the lights had been dimmed, the girls had their picture taken. When the photo was developed, it was a picture of a girl as a ghost hovering above the girl sitting in the chair appeared.

“I went to the show expecting it to be a real flip,” commented Maguire, a Monmouth freshman. “But it turned out to be authentic. I was really surprised.”

Kelsey Butterwick, also a freshman, added, “It was a really great show. It was definitely worth going to and experiencing at least once.”

“I was a really great show. It was definitely worth going to and experiencing at least once.”

KELSEY BUTTERWICK
MU Freshman

PHOTO BY Suzanne Guarino

The Mind Evasons incorporated their audience into the show through various mind reading.

Spring break travel scams

COURTNEY MUIR
STAFF WRITER

Now that everyone is back into school mode, the thought is running through every student’s head is what they are going to do for spring break. Since most students are spending their own money to enjoy a nice vacation, it is easy to get caught up in the word “free.” It is important to know that there is no such thing as a “free vacation.” Most likely, it is some sort of scam to make you believe that you’ve won a trip of some sort. In the end, though, you wind up paying a lot more than you intended too. This is why it is important to be able to recognize a scam, and how to avoid it this spring break.

Important rule of thumb: if it sounds too good to be true, it probably is. According to independenttraveler.com, if you find out that you have won an all expenses paid trip, make sure you are familiar with the company by getting their name, address, and telephone number. Then, look them up at the Better Business Bureau (www.bbbonline.org) to see if they are legitimate. It is also important to be wary about giving your credit card number over the telephone. Most likely, if the company presumes you are making a decision before you can get the chance to check their honesty, they are trying to scam you. There is no need to get worried every time you receive a phone call such as this, as long as you can be aware of the red flags. For one thing, if a solicitor calls you after business hours, then they are probably not legitimate because most companies operate between regular business hours. The best way to go about getting a cheap vacation is to take advantage of the college discounts that most companies offer. Websites, such as studentuniverse.com, will usually cut the regular price in half if you are a college student. If you are not satisfied with the price, you can always look on travelocity.com, orbitz.com, or hotwire.com. All will have legitimate low prices.

There are other ways of being scammed, aside from winning trips. It is also important to watch out for scams while you are on vacation. Although it may seem like fun hanging out with the locals, be aware of over friendliness. About.com claims that some locals can spot the tourists and will offer a free taxi ride to your hotel, or a place to go shopping. This can lead you into the pressure of making a purchase that will include a commission. It is also important to familiarize yourself the best you can with where you will bevacationing. Taxi drivers will sometimes take their passengers an extra 30 miles out of the way just to get more money. It is also important to check that the meter is at zero before you get in. Finally, a very important tip is to check your insurance before you go. Make sure insurance covers the trip on you. This is why it is important to keep your pass-port in one pocket, and a third of your money in another one. In the event of getting pick pocketed, you won’t lose all of your money in one shot. Ladies, it is also crucial to know that if you plan on going out to a bar or club, try to purchase a wristlet to bring with you and only keep in it the money you will need for the night, and maybe your cell phone. A wristlet will keep you from being able to pick your purse and, in the event that you lose your wristlet, you won’t need to worry as much that you are being ripped off. So enjoy your spring break this year.

PHOTO BY Suzanne Guarino

Fashion Show
February 25
Wilson Grand Hall
Doors open at 6:30
Show starts at 7:00

All proceeds go to the Erika Recanone Foundation
Tickets on sale soon
presented by
CommWorks
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PRSSA
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and
The Outlook

STAFF WRITER

Recanone Foundation
Tickets on sale soon
presented by
CommWorks
Hawk TV
PRSSA
WMCX
and
The Outlook

PHOTO BY Suzanne Guarino

The audience was amazed at the Mind Evasons ability to read their minds.

PHOTO BY Suzanne Guarino

The audience was amazed at the Mind Evasons ability to read their minds.
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Upcoming Student Events

Wednesday, January 25
Room Selection Info. Session
2:30 PM, Bey Hall Young Auditorium

Thursday, January 26
Jason LeVasseur - Musician
6:00 PM, Java City Cafe

Friday, January 27
Monmouth Mall Shuttle
6:00PM-12:00 PM, Departs Hourly from Birch Hall
Weekend Movie Series - WALLACE & GROMIT
8:00 PM, Young Auditorium, Bey Hall

Saturday, January 28
Broadway Show - Beauty and the Beast
Tickets @ $35 per student (MU Guests - $40)
Bus departs @ 10:00 AM, Student Center
Weekend Movie Series - WALLACE & GROMIT
3:00 PM, & 9:00 PM, Young Auditorium, Bey Hall
Intramural Texas Hold’em Tournament
4:00 PM, RSSC Anacon Hall

Sunday, January 29
MU Ice Hawks vs. Rowan University
7:30 PM, Wall Sports Arena

Monday, January 30
Room Selection Info. Session
6:00 PM, Wilson Auditorium

Tuesday, January 31
SGA Open House
7:30 PM, 315 Student Center
Meet the Greeks
10:00 PM, RSSC Anacon Hall

Wednesday, February 1
Black History Month Flag Raising
12:00 PM, Great Lawn
Student Involvement Fair
2:30 PM, RSSC Anacon Hall

Explore the Possibilities!

New Hydration Station & Mystic (UV FREE) Spray Tan!

Upcoming Student Events

Check Here Every Week for Great Events Coming Your Way.
The Common Cold: what is it and how to avoid it

LAUREN NAPOLITANO
FEATURES EDITOR

You’re sitting in your mesmerizing and oh-so-exiting biology class when you hear a noise from your lab partner that sounds more like the entire ocean being sucked through a larger-than-life straws than the reality of the annoying sniffing of mucous. You then see your partner slowly lower the palm of his hand to the tip of his nose and everything else around you freezes.

“Oh NO!” you think, knowing exactly what is coming. And just as you think these words, they lift their palm upwards, wiping the excess mucous they were unable to keep inside their nose.

Now you are left with no choice but to share the same contaminated instruments your partner has been touching, knowing you will inevitably catch what is known as the common cold. Do you ever wonder what the common cold actually is, and why we suffer from it year after year? Here, your curious cold questions are answered, as well as some tips on how to avoid catching one.

1. What is the common cold?

According to the National Institute of Allergy and Infectious Diseases, during a one-year period, Americans will suffer from approximately one billion colds. Colds can be the result of more than 200 viruses that inflame the membranes in the lining of the nose and throat. Among all of the cold viruses, the rhinoviruses and the coronavirus cause the majority of colds.

According to the National Institute of Allergy and Infectious Diseases, during a one-year period, Americans will suffer from approximately one billion colds.

2. What are the symptoms of the common cold?

With such a wide variety of viruses available, it’s no surprise that not everyone experiences the same symptoms. According to the Ohio State University Medical Center, some common symptoms include:

- Stuffy, runny nose
- Scratchy, tickly throat
- Sneezing
- Watery eyes
- Low-grade fever
- Sore throat
- Mild hacking cough
- Achy muscles and bones
- Headache
- Mild fatigue
- Chills
- Watery discharge from nose that thickens and turns yellow or green

Colds usually last two to three days after the virus enters the body, and symptoms are evident anywhere from several days to several weeks. Symptoms usually resemble other medical conditions, so it is advised to see your doctor for a complete diagnosis.

3. Can you get a cold from being out in the cold?

Since we are little baby’s, we were always told to bundle up before stepping outside into the frigid weather to avoid catching a cold. However, according to the National Institute of Allergy and Infectious Diseases, there is no evidence that you can catch a cold from being exposed to cold weather or from getting chilled or overheated.

4. Can I prevent catching the common cold?

The common cold can be easily contracted through a number of different ways. However, there are easy steps you can take to avoid them:

- Germs on your hands can easily enter the body through the eyes and nose, so it is advised to keep your hands away from those areas of your body.
- Also avoid being close to people who may be carrying a cold, and vice versa. If you are contaminated by the virus, make sure you cover your nose and mouth if you cough or sneeze.
- According to the National Institute of Allergy and Infectious Diseases, a necessity in avoiding the contamination of you or the people around you is handwashing. This is one of the simplest and most effective ways to stay healthy.
- During the fall and winter, otherwise known as “cold season”, you should wash your hands often throughout the day.
- Also, according to the Centers for Disease Control and Prevention, you should avoid alcohol-based products made for washing hands when water is unavailable.

Disinfecting is also important in avoiding the spread of germs. Rhinoviruses can live up to 3 hours on your skin. They also can survive up to 3 hours on objects such as telephones and stair railings.

5. How can I treat a cold?

Exercise is another great way to avoid illnesses.

Exercise is another great way to avoid illnesses.

Any normal human finds it’s almost impossible to dodge the cold card. Face it, there will be times when you will be infected with the annoying bug. Although there is no cure for the common cold, there are plenty of treatments.

The best treatments include resting, drinking plenty of fluids, gargling with warm salt water, using throat lozenges or sprays for a scratchy or sore throat, using petroleum jelly for a raw nose, warm steam for congestion, or taking aspirin or acetaminophen for any headaches or fever that may occur.

Influenza Virus

Influenza enters the nose and settles in the respiratory tract.

Influenza, commonly shortened to “the flu,” is an extremely contagious viral disease that appears most frequently in winter and early spring. The infection spreads through the upper respiratory tract and sometimes invades the lungs. The virus typically sweeps through large groups of people who share indoor space, such as schools, offices, and nursing homes. The global influenza epidemic of 1918, which started in a military training camp in Kansas, eventually killed about 500,000 people in the United States and more than 20 million worldwide.
**Cough Syrups: Medicine or Myth?**

DEBRA PACHUCKI
STAFF WRITER

It’s become an archetypal phenomenon. To give a sick kid cough syrup, and they instantly run for the hills as though you were about to, God forbid, change their diaper or something. While adults have been heroically administering the medicine amidst a combination of kicks and screams for decades, recent studies show that pint-sized protesters might have been right for resisting all along. Both children and adults can, in fact, be “harmed” by cough medicines due to over-sedation without even realizing it, as reported on the BBC News website. And taking such a health risk only proves to be unnecessary in the long run, being that most cough syrups don’t even work to begin with.

In an article posted on MSN.com, Dr. Richard Irwin, chairman of the Cough Guidelines Committee for the American College of Chest Physicians, says that most cough syrups are ineffective.

"Cough syrups don’t even work to begin with," he says, with regards to the cough guidelines (yes, they exist) published in the January issue of the medical journal Chest. The guidelines discourage the use of over-the-counter cough syrups. So why do cough medicines continue to sell? Maybe it’s as simple as mind over matter. According to the Consumer Healthcare Products Association, "over-the-counter cough medicines provide relief to millions of people each year." And in an article printed in the January 9 edition of the Chicago Tribune, Francis Sullivan, a spokesperson for Wyeth Consumer Healthcare (which manufactures Robitussin), states that Robitussin wouldn’t be a top brand if people didn’t feel it was efficacious.

But doctors like Irwin who think syrups don’t just don’t just say so; they bear actual proof that claims made by Sullivan and the Consumer Healthcare Products Association are more marketing than medical. A 2002 study of 2,166 people with cold or flu symptoms concluded that most cough suppressants, expectorants, anti-inflammatory-decongestant combinations, and other drug combinations were no more effective than sugar pills, according to WebMD.com. The doctor-reviewed website also states that two of these studies, conducted by the university’s researcher Kurt Shroeder, M.D., tested codeine in amounts similar to those found in typical cough syrups, only to find that it was “no more effective than the placebo.”

While this and other cough medicine research is informative, it doesn’t exactly provide people — especially college students, who are all too aware of how embarrassing it is to get that uncontrollable tickle during the silent season (of an 8:30 a.m. class) with an alternative countermeasure against coughs. Fortunately, Irwin does.

His recommendation? Look for ingredients that are known to work. Certain antihistamines, such as diphendehydramine, also help relieve coughs that are due to colds. But the medicines that contain them are typically less effective than cough syrups. Benadryl, for example, uses diphendehydramine as its active ingredient, but is usually only thought of as an allergy medication.

Yet another option to those seeking cough relief is chocolate, as evidenced by a recent study in a 2004 edition of *The Federation of American Societies for Experimental Biology* in chocolate called theobromine was actually proven to be “more effective at stopping persistent coughs than the leading cough medicine,” according to the Bupa Health Information website.

So now that cold and flu season is upon us, arm yourself with plenty of cough remedies such as Benadryl, chicken soup, and a bar of chocolate, and consider leaving the cough syrup behind. Besides, as young children everywhere are already aware of, it’s the iciest, most ineffective thing you can take to cure the common cough.

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**Image Provided by Google**

**Myths and Facts**

LAUREN NAPOLITANO
FEATURES EDITOR

’Tis the season to get sick. Unfortunately, cold season is unavoidable and furious every year. We try to dodge the pestering bug, but to no avail — it seems inevitable that we get hit with it. There are many misconceptions when it comes to colds and the flu. Many people don’t understand the viruses, and are unaware of how we catch them. The following is a list from the American Lung Association of myths and facts about colds and the flu.

**Myth:** You can catch the flu from a flu shot.
**Fact:** The flu vaccine is made from an inactivated virus, so you cannot get the flu from a flu shot.

**Myth:** There is nothing you can do once you get sick with the flu except stay home in bed.
**Fact:** About one out of three people with the flu may have an upset stomach, but this is rarely the main symptom of the flu. Other viruses and bacteria, as well as food poisoning, are more common causes of nausea, vomiting, and diarrhea.

**Myth:** There is no cure for the common cold.
**Fact:** Antivirals, when started within 2 days after flu symptoms appear, can reduce the duration of the illness and the severity of symptoms. Symptom relief medications can also help to minimize the discomfort associated with flu symptoms.

**Myth:** You can catch the flu if you breathe in cold air or go outside in cold weather.
**Fact:** The flu and colds are more common in the winter months, because that is when the viruses spread across the country. It has nothing to do with being outside in cold weather.

**Myth:** Chicken soup and hot toddies are effective treatments for the flu or cold.
**Fact:** A bowl of chicken soup is a popular home remedy. While hot liquids can soothe a scratchy throat or cough, chicken soup has no special power to cure the flu or a cold. As for hot toddies, another folk remedy, any beverage containing alcohol should be avoided when you are sick.

**Myth:** Herbal remedies are an effective treatment for colds.
**Fact:** Echinacea and other herbs are getting a lot of publicity as cold remedies. Zinc lozenges are also said to cure colds quickly. To date, none of these claims are solidly supported by scientific studies.

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*The Outlook 7 Jan 25, 2006*
Although a commuter student I think it’s safe to say that I’ve spent more time on campus (not including time spent in the resident halls) than some resident students. If I could sleep in my office I would. I think it is also pretty safe to say that I’ve attended a number of different events on campus, except for one, a sporting event. For four years I have never in my college life stopped my busy day to sit down in the bleachers and watch the basketball players or plotted myself on the grass to watch the Hawks run up and down the soccer field. I don’t know why I haven’t done any of these things but simply put, I never have.

After researching the Multi-purpose Athletic Center this past week it has come to my attention that we are in desperate need of this change. I haven’t even in Boylan and part of the reasoning behind this comes from the mere fact that Boylan, just isn’t doing it for me.

What’s there that I’m missing out on? The Mac, possibly the best thing to ever happen.

LAUREN BENEDETTI
EDITOR-IN-CHIEF
January 25, 2006

and finally buy my own cigarettes.
out on my own, drive past midnight,
I could vote, play the lottery, move
off. It was almost like an initiation
sipping coffee at the diner will no
will mean nothing to teenage smok-
- hand smoke on non
- effect. In December of 1992, the EPA
's critical of the EPA's
laws are a
death, (a wage
only agreed
"vengeance is mine sayith the lord".
"All life is theatre...
The whole fishes and media
surrounding the execution of
convicted quadruple murder
Sterany "Tookie" Williams got my think-
strict friens
my father after the Communications
Department award banquet back in
May.

I have a firm belief that when
a person has such a disregard for
human life as to murder, he has
forfeited his own.

My dad had just retired from be-
ing a cop for just under 30 years.
He had been a detective, youth of-
ficer, sergeant and a lieutenant who
has dealt with the best and worst of
society. He has arrested everyone
from pedophiles to thieves to com-
en and troubled youths. That night
he happened to talk about a case he
was a detective on back in the early
'60s that involved a deranged man
who lured and then murdered a few
young women in our surrounding area
somewhere in 1960.

This man was convict-
ed of the mul-
ble homi-
cides and was
sentenced to
death, (a wage
for his sin
that I wholeheart-
edly agreed
with) yet when his sentence was
commuted to life imprisonment, my
father thought it a better punishment.
My dad explained to me that he
interpreted the Bible through his
strict Catholic upbringing to
believe that it was only God's place
to provide the final judgment of
dethesentence;he reminded me that
"vengeance is mine sayeth the Lord!"
He also said that the knowledge
of the SOB will wake up every morn-
ing knowing he will never get out of
that place again, combined with
the knowledge of his heinous crimes
and treat him "not too pleasantly" satis-
ies him greatly.

While I do understand some of
his logic one must ask: how is much too
much" and "Is the 21st Amendment to
be set off so easily? What about Ted's
2nd Amendment? Who will capture
before he killed himself and
what will happen with Dan Ladd when
he is brought to trial and justice? Do
they deserve to live, even in misery,
when they have taken so many other
lives? I have a firm belief that when
a person has such a disregard for
human life as to murder, he has for-
feited his own. I do however believe in
redemption through God, that a
guilty man may be absolved from
sin in the eye of the Lord and saved.
But I also believe that a per-
son has to pay for their crimes. You
will be a better person now and
have a firm belief that when

We can praise a person who
acknowledges their wrong doing...
but if they truly want to
be an example and do
what’s right, they must do
the honorable thing and take
responsibility for their actions...

"Do you want me to tell you
something really subversive?
Love is everything it’s cracked
up to be. Taking everyone
are so cynical about it. It re-
ally is worth fighting for, being
brave for; risk everything for.
And the double is, if you
don’t risk everything, you risk
even more. Life doesn’t leave
that many choices."

Erica Jong

"Life is an end in itself, and
the only question as to
whether it is worth living
is whether you have enough of it."

William James

"The magic of first love
is our ignorance that it can
ever die."

Alfred Tennyson

"All life is theatre..."

Carl Gustave Jung

"Understanding others is wisdom. Understanding
yourself is enlightenment."

Lao-tzu

"The life which is unexamined
is not worth living."

Plato

"You will find rest from vain
fantasies if you perform every life as if it were your
last."

Marcus Aurelius Antoninus

(121-180)

(1809-1892)

(1935- )

(1842-1910)

(1942- )

(1809-1892)

(1875-1961)

(1935- )

(1875-1961)

(1834-1900)

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(1875-1961)
Recently a bill was signed to ban smoking in public places in N.J. “This is the day New Jersey defeats Joe Camel. It’s about time,” said Assemblyman William Baroni Jr.

“How does this make you feel?”

In a perfect world there would always be a happy ending, things would work out in the end, and no one would settle for anything less than the best. If life did work this way, it would be easier for people to keep an optimistic view or have hope that even if at the moment things weren’t okay, they would be in the end. As good as this sounds, reality, at one time or another comes into play and may leave us feeling sad instead of happy, frustrated instead of content. So when we are offered something we know will make us happy and content, but the timing was off or where do we go from there?

We live in a fast paced world, the days are no longer than they used to be, and the more time passes, the more advances we make in every area of our lives. I was a freshman at Monmouth University, even if I wanted to, cannot slow things down. Along with school, work, friends, and family, the times it’s hard to fit in anything extra. Thinking about that, I couldn’t help but wonder, how much do we miss out on solely because we don’t think, we could fit it on our plate?

Timing is a very tricky thing in ones life being that there is absolutely no way to control it. Time can’t simply stop and start at the same time for everyone, and the majority of us find this to be an extremely scary concept. It seems like there are pros and cons to every thing, pros could be benefits of time, cons could be the negative side effects. It could be an extremely tough decision because often the battles between our heads and hearts are the hardest to fight. When it comes to feelings its easy for some to shut them out, pretend they aren’t there, and continue on with the way they expected their lives to go. Some may keep a person at a certain distance, providing them with a comfort that the distance will keep them safe from anything serious. What happens when something unexpected happens? What if having feelings you know are real but realistically would be hard to pursue because of every thing else going on in your life? Do you leave it up to fate, believing if it’s nothing, not even time, can change it or do you decide to listen to them do pick, one of these thing worth not passing up? By now do we mean do we listen to our heart or do our head? What’s the right thing to do? The right thing is the only thing to do. Right or wrong, it’s your job to decide what’s the right thing for you and make every thing else go away by making several ex- curses of why it’s not right, try giving them a chance. What’s the wrong thing? It’s the only thing that could happen?

Another reason students get to college they are offered a variety of different majors and minors to choose from. Eventually, when they graduate, they will have to make this decision. It is not an easy one, here you are faced with a lot of options and are going to need to choose one. How do you pick one? By receiving different classes that will further their knowledge on the subject as well as prepare them for a job in that particular field. It's fair to say making this decision is not an easy one; here you are faced with numerous options and not a whole lot of time to choose. So, fast forward to junior year when a student realizes their major is just not the right one for them, where do they go from there? If they feel as if there are certain expectations set for them, will they continue on despite their unhappiness for fear of disappointing others. As we are students so set on fulﬁlling our expected responsibilities in the expected time frame that we will overlook even our own happiness?

There are several choices we will face in our four, five, or even six years here at Monmouth University. Some we will regret while others if we choose to let them will make us extremely happy. There is that quote that reads “there is a difference in what we long for, what we settle for, and what we are meant for.” So as your dreams and someone who will do the same for you, don’t ever settle, if when it could be better, and when its right, you’ll know you were meant for it.

“Timing is a very tricky thing in ones life being that there is absolutely no way to control it. Time can’t simply stop and start at the same time for everyone, and the majority of us find this to be an extremely scary concept.”

We once prided ourselves as the, “Intellectual Center of the Jersey Shore.”

Top 10 reasons why Monmouth isn’t a real college:

1. I guess a commuter population is acceptable, but for the majority of the population to be commuters, just isn’t. When the epicenter of campus social life is the Student Center between 8:30 a.m. and 5 p.m., something is wrong. When the commuters club is more productive than the Student Activities Board, there is a problem. When it takes Eddie Murphy’s brother to keep people from fleeing like the weekend has the plague, it’s just not right.

2. If you want to party at Monmouth because they become partiers in another month than you will in a career at this school.

3. Attendance. Yeah I know, that’s not a sentence but I do believe it’s a statement. The word itself incites anger. Why should a college student be forced to go to class? In the end, the point of school (at this level) is to gain knowledge, and if you can’t do that without going to your 8:30 a.m., well then, good for you. Class should be a tool (like a textbook) to further your knowledge. Making it a require- ment transforms it into a chore and hence diminishes its impact.

4. Half price appetizers is more often than not, the highlight of my day.

5. OK I can understand (not really but for the sake of this argument) the Ge- stapo like crackdown of off campus parties, but what about on campus. Walk into a dorm, any dorm, wait till you hear there or there is no more trust. You know the drill, “R.A. open up?” The reaction is just comical. “Hide the beer man, it’s the R.A.,” says one kid. “Oh God,” says the other as he realizes this just may be his third alcohol sus- pense.

6. Walk from Boylan Gymnasium toward the student center, look at the first sign on your right and follow the arrow to the “00” Building. Higher educa- tion? I think not.

7. If Wilson Hall didn’t exist, the University would fold. Heck, how would we once prided ourselves as the, “Intellectual Center of the Jersey Shore.” We changed that. Hmm, I guess Stockton got the better of us?

8. The student section at basketball games is shoved behind the band. WHAT?! This was a real school, not only would the games be a real in gym, but the students section would be front and center, making the other team feel that victory was unattainable.

9. The student section at basketball games is shoved behind the band. WHAT?! This was a real school, not only would the games be a real in gym, but the students section would be front and center, making the other team feel that victory was unattainable.

10. Let be honest, this is Monmouth, no one made it to 10, so I won’t bother.
Do teens start driving too young?

KEVIN NORTH STAFF WRITER

Recently Google Inc., the world’s most popular search engine, was issued a subpoena that originated in the White House or- dering them to turn over a list of all the search requests entered during a ran- domly selected week. The alleged goal of this subpoena is to seek out informa- tion that was relevant to the Bush ad- ministration’s potential for tapping the internet’s most popular search engine, this case could affect many citizens on a daily basis. Given the con- stant rising popularity of search en- gines, this case could affect many citizens on a daily basis. Given the con- stant rising popularity of search en-
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gines, this case could affect many citizens on a daily basis.
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.
ALCOHOL AND SEXUAL ASSAULT

SUSIE SOMMAD, MA LACDC
SUBSTANCE AWARENESS COORDINATOR

Is there a connection between alcohol and sexual assault? Absolutely.

Alcohol is a central factor in sexual assault cases, especially on college campuses. Studies report approximately 75 percent of women raped were under the influence. Studies report that 70 percent of the majority of offenders were under the influence. Intoxicated Rape is the prevalent type of forced sex, and most females report knowing the offender. One in 12 college males admit to having committed acts that meet the legal definition of rape or acquaintance rape.

We know that alcohol lowers our inhibitions, which may allow people to get into sexual situations they may go further than people had planned. There also may be some people who expect sex after they have been drinking and may use coercion to get it. Communication is poor while we are under the influence. A person may be too drunk or tired to inform the partner they don’t want to continue sexual activity. Our abilities to listen also become clouded.

Our abilities to listen also become clouded. Intoxicated Rape Cases increase if the following risk factors are present:

- you are a freshman
- you participate in binge drinking
- you come from a high school where students participated in binge drinking
- your college is located in a rural setting
- you are an underage drinker
- you are Caucasian
- you are in a sorority
- you live in a dormitory or sorority house
- if you use other drugs

TIPS FOR FEMALES:

Know what Bystander Rape is. This occurs when someone is aware that another person may be a victim of a sexual assault and does nothing about it. Often times, rapes are premeditated, with several people involved to some degree. People make the decision not to do anything, or turn their heads, and the crime occurs. If you have knowledge of a rape prior to, or during the act, please confront the offender and alert the victim and whoever the victim needs to be informed.

Be Aware of your own drinking habits. Remember, binge drinkers are frequently going victims and offenders of sexual assault.

Know that men metabolize alcohol quicker. Drink for drink, men process alcohol at a quicker rate. This greatly affects our BAC. Men have more alcohol dehydrogenase (the enzyme that breaks down alcohol) and have a higher percentage of water per volume in their body. Birth control pills and hormonal changes may cause quicker intoxication. Therefore, if you are drinking for drink with males may not be a good idea.

Be Aware of your own drinking habits. Remember, binge drinkers are likely to be victims of sexual assault.

Use your gut. If you are in a situation or on a date, and something doesn’t feel right, remove yourself. Trust your instincts. It’s better to be safe.

Keep an eye on your drink (alcoholic and non-alcoholic). Rape is known to be colorless, odorless and work very quickly. If you think you may have been drugged, tell as many people you can. Do not leave to the bathroom or go alone outside for fresh air, as the perpetrator will expect this.

IF YOU HAVE BEEN THE VICTIM OF A SEXUAL ASSAULT... Students are encouraged to report the assault to the proper authorities as soon as possible. You may also contact the Office of Student Services if the incident occurred on campus or with another student. Seek medical attention immediately. Confidential counseling services will be available for you on campus or you may be given a referral. Support is often needed at this time, and afterward. Know that adjustments are available regarding living arrangements and academics, if necessary. More information is available in your Student Handbook on this issue, at the LCAC, or the Substance Awareness Department.

NSCAA AWARD

“The award is a credit to the student athletes who work diligently towards achieving academic success,” Turner said of the team, which has had a GPA of over 3.25 for the eight years she has worked at the university. “Many students at Monmouth do not achieve this in four years so for a team of 25 young women to accomplish it year in and year out is fantastic,” she added.

According to McNeil, the Athletic Department encourages their athletes to excel academically by utilizing the computer lab, academic study halls, as well as tutoring services and peer mentor programs. “We have a wonderful academic support staff and all of our teams have very academically-minded coaches, who instill in our athletes the value of competing on the field and in the classroom...” McNeil said.

Commenting on the dual pressure athlete’s face both physically and scholastically, McNeil explained that while being part of a team is extremely demanding, it does not preclude excelling academically. “The pressures that all of our athletes endure in time management, learning to compete, win and lose, come back the next day and practice harder, deal with injuries, are tremendous pressures. For this group of young women to deal with all of that and excel in the classroom is remarkably,” she said.

Turner also explained that academic performance is a vital part of the university’s recruitment process. “The Athletics Department cultivates an environment that encourages academic success and as coaches we preach it constantly. In our recruiting efforts we search for strong soccer players but also strong students,” Turner said.

The women’s soccer team spent this past weekend at the NSCAA convention in Philadelphia, where each team member received a certificate for their award.

President Paul G. Gaffney II praised the academic accomplishment of the women’s soccer team, emphasizing the importance of sports in raising the prestige of the University. “One thing we stress is the academic record of our athletes,” he said.

With the completion of the 2005 spring and fall semester, McNeil said, “I expect that women’s soccer will set a national record for the most consecutive awards in team academic excellence. I believe they expect nothing less of themselves.”

MARILYN MCNEIL ATHLETIC DIRECTOR

TIPS FOR MALES:

You may be surprised to learn what the law says. The law says that if an individual is under the influence, being drunk means criteria for being mentally incompetent is not able to give consent to sex. Yes, being drunk meets criteria for being mentally incompetent.

Make sure you hear the word “yes”. When being sexually ac-
There is something to be said about the relationship between a mother and son. Franny loves so very much. Perhaps no one says it better than M. Dylan Raskin, author of Little New York Bastard. In this, his second book, Bandanas & October Supp- raches, Raskin takes his son, another adventure together. They will soon forget and invites you along for the ride. With at least a few bricks in the building of hip-hop, Talib Kweli and George Lake, Raskin's sophomore work, Bandanas & October Supp- raches, Raskin's sophomore work, invites her to places and then comes through. People started trying to a place where [he] can spend time nothing to prove. He has certain- ly graduated from freshman year, that in Kweli's eyes she has the potential to be the leader for women now that she was in the past. Kweli sees her talent and her intention and knows she is capa- ble of making a positive impact. What you say got the power to uplift the hill," says Kweli. Some of the tracks on the al- bum are a bit mediocre for Kweli, but they are still better than the average rapper. Kweli is calling this "The Official Sucka Free Al- bum" and it is definitely one you can pop in and listen to all the way through. Even the tracks that aren't as interesting are decent and Kweli's lyrical skills make each song valuable. Something I look no further than Talib Kweli. Other female fans like myself will wish Kweli included more love songs on this album. Songs like “Never Been in Love” from 2004, “The Beautiful Stranger” for example are so out of the ordinary and he expresses his emotions so much better than many males.

"Two and Two" is the final track and in the words of Kweli in his discography, “It’s that smooth jazz (stuff) people accuse me of, but I kept the lyrics hard. Hey if it sounds good, it sound good though. Sometimes what I like to rap on, is not what my fans wanna hear me on. At this stage I just do me. This is me right about now.” That is the very statement he makes through- out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. It seems that Kwe- li is not feeling a lot of pressure out this album. 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An unparalleled voice, a sound that makes hummers birds jealous and puts even the most distraught mind at ease, a face that tells a story, eyes that take you into a undiscovered universe, a universe that is pure and untainted, a tumble smile, the eighth wonder of the world, April Smith. Out of nowhere you wade into a place like the Saint, Stone Pony and hear her sing that you realize instantaneous this girl has something special.

April is a beautiful woman of 29 who is 5 foot 2, with long silky brown hair, angelic blue eyes, a fair complexion, and a sparkling smile. You might say it was April’s destiny to wind up in the business. Her father was a guitarist and singer, whose most notable band was called “The Rusty Chain.” He always had an artistic way of seeing things which he passed down to both April and her brother (who is a singer). All the while neither parent forced the children into anything, just nurtured and cared for whatever endeavors or talents they chose to explore, such as substitute teaching.

Perhaps this is why it took 19 years before April decided to pick up the guitar and start to pursue a music career. As commented by April, “I started taking my music career seriously about a year and a half ago. I always felt the need to have a steady day job and the music was secondary. But I wasn’t ever satisfied at any of those crappy, boring jobs. So I decided to stop going and put all of that wasted energy into writing and performing. I’m broke, but I smile a lot more than I did in those days. It’s the best decision I’ve ever made.”

These realizations led to April signing with Indigo Planet Records, which is a local Indigo label that specializes in finding undiscovered talent. This also enabled April to start working with talented local musicians such as Rick Barry.

According to Dave Koscielniak, president of Indigo Planet Records, “(April) has a voice that made it seem like you lived a lifetime within the 4-and-a-half minute song she just finished.”

Condron of the Asbury Park Press shared this opinion, “Impressive... melodic rock... reminiscent of Queen and Freddy Mercury.”

The release of her first album “loveletternouns,” marks the first step towards the acclaim April is destined to achieve. From the first song to the last song April seems to fill you up and take you on a ride, a journey into her soul. As you listen to each melodic note that comes from her near perfect voice you can’t help but feel that you’re soaring above the clouds looking down at all the people who haven’t yet had the undeniably pleasant pleasure of listening to this musical masterpiece.

But then, when you don’t think it can get any better April opens up her vocal box even wider and you hear her sweet and romantic voice reach notes that rival the vocal range of world renowned artists such as Mariah Carey and Whitney Houston.

When the last song has played you feel refreshed like you are re-born. You can’t help but feel grateful for being granted the chance to hear this angel sing.

The fact of the matter is that this is only the beginning. April continues to work on her craft and there are amazing things yet to come.

This presents a unique opportunity for music lovers. It presents an opportunity to watch the birth of someone who may very well become a nationally renowned artist.

The ability to watch as a woman opens your eyes and your hearts to a world you’ve never been able to discover. Perhaps what April does is best said in her own words, “I make music because I would go crazy if I didn’t. When I first realized that something I created had such an intense effect on others, I was exhilarated! From the moment I played the first song I ever wrote in front of an audience and felt their reaction, I knew I’d never do anything else with my whole heart. I knew that being a musician was all I would ever want or need.”

April continues to feverishly work on her music. She can also be seen playing in various locations across the tri-state area promoting her album.

For more information including scheduled appearances and song sampler please go to AprilSmithMusic.com or search for April on MySpace.
Are you getting your Z’s?

**A look at sleep deprivation**

**LINDSAY WEISS**
**COLUMNIST**

Are you constantly falling asleep in class? Does it seem like there are hours left in the day before you have to finish your tasks? You may be suffer- ing from sleep deprivation, and these effects can be detrimental to your health. Studies indicate that sleep deprivation can cause a variety of negative effects, including decreased cognitive function, increased risk of accidents, and impaired emotional regulation.

Sleep is essential for maintaining good health and well-being. It is a vital process that helps the body repair itself, regulate body functions, and maintain a healthy immune system. Inadequate sleep can lead to a variety of problems, including increased risk of obesity, diabetes, heart disease, and stroke.

According to the National Sleep Foundation, adults need 7-9 hours of sleep per night to maintain good health. However, many people do not get enough sleep, and this can lead to a variety of problems, including decreased cognitive function, impaired mood regulation, and increased risk of accidents.

It is important to prioritize sleep and ensure that you get enough rest to support your overall health. By making small changes to your daily routine, such as establishing a consistent sleep schedule and creating a relaxing bedtime routine, you can improve the quality of your sleep and support your overall health.

Do not nap too much. Even a short nap can help to improve cognitive function, but too much nap time can lead to feeling groggy and less productive. Instead, try to keep naps short, around 15-20 minutes, and avoid napping too close to bedtime.

On extremely warm days when the sun is up, it is important to protect your skin from the sun’s rays. Use a high SPF sunscreen, wear protective clothing, and seek shade when possible. This can help to prevent skin damage and reduce the risk of skin cancer.

If you follow these simple guidelines, you will be counting sleeping, refreshing and refreshed in the morning. You may find that you feel more alert and focused throughout the day, and that you are better able to handle the challenges of daily life.

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**Twelve bad health habits to break**

**LINDSAY WEISS**
**COLUMNIST**

Everyone knows that taking care of their health and exercising on a daily basis is good for them. However, a majority of those people struggle to stick to their health and fitness routines, and experts have been able to tie lost sleep to poorer grades.

The fact that sleep deprivation slows reaction times can be life- threatening for teenagers who drive.

The National Highway Traffic Safety Administration estimates that 10% of all people are killed every year in crashes caused by drivers who are tired. Many of these drivers are simply tired, and lacking sleep. "Lack of sleep has been linked to emotional troubles, such as feelings of sadness and depression. Sleep helps keep us physically and mentally healthy by slowing our body’s sys- tems enough to allow us to repair and rejuvenate the next day.

If you experience difficulty wak- ing in the morning, are unable to concentrate in class, or have feel- ings of moodiness and even depres- sion, you should consult a physi- cian.

In order to receive eight hours of sleep, and keep you looking fresh faced and ready to set a regular bedtime. Getting up at the same time each night informs your body that it is time to sleep. Waking up at the same time every day can also help establish sleep patterns. Do not go to sleep more than 2 hours later, or wake up more than 2 to 3 hours later than you do during school.

Try to maintain an exercise routine. Do not exercise right before bed, because it can raise your body temperature and keep you awake. Sleep experts recommend that you exercise 4-6 hours before bedtime, or even earlier if you have a morning class, in order to allow your body time to cool down before bedtime.

If you get your Z’s, the close- est friends you will have are those you can always depend on. But all you girls out there should know that you should not overdo it. Exercising right before bed, because it can raise your body temperature and keep you awake. Sleep experts recommend that you exercise 4-6 hours before bedtime, or even earlier if you have a morning class, in order to allow your body time to cool down before bedtime. But all you girls out there should know that you should not overdo it. Exercising right before bed is definitely not the one.

A look at sleep deprivation

**HEALTH/LIFE**

January 25, 2006

**LINDSAY WEISS**
**COLUMNIST**

Many of us hold on to the belief that there is someone out there for us, just waiting to meet us, and we will all know when we see that person. This supports the "non-relationship", because according to love-fate, it doesn’t matter what you do or where you go, “the one” will find you. This is that constant belief that, al- though you may have listened. As you get older, you will be in the future. But, listen- ing to Mr. Jack Johnson is too late to break those bad habits, and live a healthier life.

As a substitute for a sufficient well-balanced breakfast before the next day may keep you from falling asleep later. It is time to get ready for bed, as feelings of sadness and depres-

Try to avoid all-nighters, and do not wait until the night before a big test to study. Cutting back on sleep the night before a test may mean you perform worse than you would if you had studied less but got more sleep.

However, a majority of those people struggle to stick to their health and fitness routines, and experts have been able to tie lost sleep to poorer grades.

The fact that sleep deprivation slows reaction times can be life- threatening for teenagers who drive.

The National Highway Traffic Safety Administration estimates that 10% of all people are killed every year in crashes caused by drivers who are tired. Many of these drivers are simply tired, and lacking sleep. "Lack of sleep has been linked to emotional troubles, such as feelings of sadness and depression. Sleep helps keep us physically and mentally healthy by slowing our body’s sys- tems enough to allow us to repair and rejuvenate the next day.

If you experience difficulty wak- ing in the morning, are unable to concentrate in class, or have feel- ings of moodiness and even depres- sion, you should consult a physi- cian.

In order to receive eight hours of sleep, and keep you looking fresh faced and ready to set a regular bedtime. Getting up at the same time each night informs your body that it is time to sleep. Waking up at the same time every day can also help establish sleep patterns. Do not go to sleep more than 2 hours later, or wake up more than 2 to 3 hours later than you do during school.

Try to maintain an exercise routine. Do not exercise right before bed, because it can raise your body temperature and keep you awake. Sleep experts recommend that you exercise 4-6 hours before bedtime, or even earlier if you have a morning class, in order to allow your body time to cool down before bedtime. But all you girls out there should know that you should not overdo it. Exercising right before bed is definitely not the one.

A look at sleep deprivation

**HEALTH/LIFE**

January 25, 2006

**LINDSAY WEISS**
**COLUMNIST**

Many of us hold on to the belief that there is someone out there for us, just waiting to meet us, and we will all know when we see that person. This supports the "non-relationship", because according to love-fate, it doesn’t matter what you do or where you go, “the one” will find you. This is that constant belief that, al- though you may have listened. As you get older, you will be in the future. But, listen- ing to Mr. Jack Johnson is too late to break those bad habits, and live a healthier life.

As a substitute for a sufficient well-balanced breakfast before the next day may keep you from falling asleep later. It is time to get ready for bed, as feelings of sadness and depres-

Try to avoid all-nighters, and do not wait until the night before a big test to study. Cutting back on sleep the night before a test may mean you perform worse than you would if you had studied less but got more sleep.

However, a majority of those people struggle to stick to their health and fitness routines, and experts have been able to tie lost sleep to poorer grades.

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A look at sleep deprivation

**HEALTH/LIFE**

January 25, 2006
Multi-purpose Activity Center

MAC from continued on pg. 1

One benefit of the new proposed MAC is in the recruiting of potential student-athletes. “I think the biggest help will be in recruitment,” said junior field hockey player Mave Hagen. “When high school students come and see a huge place set aside for them and their sport, they will look at Monmouth University in a more serious light and we would be able to catch the eye of some of the best players across the country, not just locally.”

The state-of-the-art center will include a 200-seat indoor hockey arena, indoor track, Hall of Fame, locker rooms, Varsity Club, and basketball courts. Monmouth University, home of the Hawks, is located between the Jules L. Plangere Center for Instructional Technology and Boylan Gym. In January 2006, the Borough Council voted 5 to 1 to approve the project. The appeal of building a small parking lot, six temporary lots on the west side of the sports complex, and an additional spots for students will provide approximately 40 additional spots for students. Other spaces will become available on the north campus.

Many members of the community also believe the MAC will provide approximately 40 additional spots for students and faculty, employees, alumni, and community residents. Current plans include a new university bookstore, educational and administrative areas, and a fitness center. “The type of facility it’s going to be from a player’s standpoint, a fan’s standpoint and a student’s standpoint is great,” Calloway said. “It’s needed for the athletic department in general.”

The MAC will not only be beneficial to the university’s athletes but will serve students, faculty, employees, alumni, and community residents. Current plans include a new university bookstore, educational and administrative areas, and a fitness center.

Community Concern

The MAC would be located 647 feet from the nearest home on Larchwood Avenue, which has caused an uproar in the surrounding community. According to the Asbyre Park Press, “Larchwood Avenue has expressed concern about the university’s property moving into residential zones.”

“I think in general, they are making the neighborhood too collegiate, too institutional,” said Berkowitz. “I think it’s going to be from a player’s standpoint, a fan’s standpoint and a student’s standpoint is great.”

“The whole university population will benefit from having two great facilities on campus.”

Parking and Traffic

The sports facility will replace temporary lots 25 and 25a, which is located between the Jules L. Plangere Center for Instructional Technology and Boylan Gym. In order to accommodate commuter parking, a more efficient and safer flow of traffic will be done to assure a safe and reliable flow of traffic in and out of the parking lots.

“The community should not be affected,” said Gaffney. “It will enhance the whole region and there will be new opportunities for local sports and other events in Boylan Gym and in the new arena without taking any time away from our student.”

Architectural Design

Architectural Firm, Ewing Cole Cherry Brott of Philadelphia designs the MAC. The company’s most recent collegiate athletic center design was the Kenneth G. Langone Athletic and Recreation Center at Bucknell University in Lewisburg, Pa. The state-of-the-art center will be successful at Monmouth as it was at Bucknell. “College athletic and recreational facilities offer a great deal of potential to campuses,” said McCullough. “An integral part of our design process is to work closely with Monmouth to maximize the MAC’s impact on campus.”

In a more serious light and we would be able to catch the eye of some of the best players across the country, not just locally. “To lessen the possibility of traffic before and after events, a traffic study was done to assure a safe and reliable flow of traffic in and out of the parking lots. The exit that is currently used on Cedar Avenue will remain an exit. There also will be a road on the east side of the sports complex that will connect to Cedar Ave.

Tickets on sale NOW!

$20 - single
$35 - couple
$50 - group of 3
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The more people in your group, the more you save!

Ticket prices include a night of dinner and dancing in historic Wilson Hall

Tickets may be purchased in the Student Center information booth Monday-Friday and in the Dining Hall Monday-Thursday at 5 p.m.-7:30 p.m.

Don’t Let This Year’s Most Talked About Event Pass You By!

The Residence Hall Association is proud to present

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“A Night of Enchantment”

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Don’t Let This Year’s Most Talked About Event Pass You By!
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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!

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Seeking flexible and caring staff to assist individuals with disabilities. Will Assist with daily living skills and advocate for their well being. Flexible hours. Rewarding experience.

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9a-3p Sat
Piscataway: Transportation 6a-10a M-F
7a-3p Sun
3p-11p Sat/Sun
East Brunswick:
7a-3p Sat/Sun
3p-11p Sat/Sun 2 positions
Plainfield:
2p-11p M
Overnight 11p-9a Wed/Thur/Sat
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Close to Campus! Lennox Ave, Long Branch
2 Story Home (Prop. 125’x275’), 4 Bedroom,
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“Here kitty, kitty.”
You’d think it would be easy to spot a kid with a vision problem, but the signs aren’t always so obvious. One in four children has a vision problem, but only an eye doctor can tell for sure. And, since 80 percent of all childhood learning is visual, good grades and good vision go hand in hand. For more information, visit www.checkyearly.com.

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Horoscopes

By Linda C. Black, Tribune Media Services

Today’s Birthday (Jan. 25th)
You work well with groups, especially this year. Together, you can make amazing breakthroughs. You’re the brains behind the operation.

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

Aries • (Mar. 21 - April 19) - Today is a 8
Sometimes it’s hard to see where reality ends and fantasy begins. On the other hand, who cares? Push ahead, as far as you can go. The odds are in your favor.

Taurus • (April 20 - May 20) - Today is a 6
Important people are watching, and they think you’re lookin’ good. Don’t try to impress them, just do the best job you can.

Gemini • (May 21 - June 21) - Today is a 8
It’s OK to admit that you can’t do it all by yourself. Let somebody else do the part that’s easier for them.

Cancer • (June 22 - July 22) - Today is a 6
Don’t be afraid of trying something you’ve never done before. The odds are in your favor. You have natural talent.

Leo • (July 23- Aug. 22) - Today is a 8
You’re lucky now, and it seems like you’re getting pretty good advice. Go ahead and make a choice that you’ll be happy to live with.

Virgo • (Aug 23 - Sept. 22) - Today is an 5
It’s a good time to ask for a bonus, a raise or money somebody owes you. You might even get a surprise or find a few bucks under the couch cushions.

Libra • (Sept. 23 - Oct. 22) - Today is a 8
A friend comes up with a completely outrageous suggestion. Don’t laugh — the odds are good that this will actually work.

Scorpio • (Oct. 23 - Nov. 21) - Today is an 5
It’s a good time to ask for a bonus, a raise or money somebody owes you. You might even get a surprise or find a few bucks under the couch cushions.

Sagittarius • (Nov. 22 - Dec. 21) Today is a 8
A friend comes up with a completely outrageous suggestion. Don’t laugh — the odds are good that this will actually work.

Capricorn • (Dec. 22 - Jan. 19) - Today is an 6
Keep digging around in your closets and attic. There’s something important you’ve saved and forgotten about.

Aquarius • (Jan. 20 - Feb. 18) Today is a 8
A friend comes up with a completely outrageous suggestion. Don’t laugh — the odds are good that this will actually work.

Pisces • (Feb. 19 - Mar. 20) Today is an 6
The lid is about to blast right off. You’ll find you can climb higher than you ever imagined. And, it’ll be fun.
“What’s your new years resolution for 2006?”

BY: SUZANNE GUARINO

Sean
freshman
“To stop breaking bones in my body. I broke 3 bones over break!”

Marshall
sophomore
“Quit spending $600 a week at the bar and concentrate on my classes.”

Regina & Ryan
juniors
“To quit smoking!”

Jason
junior
“I want to get more listeners for my Saturday morning radio show.”

Jessica
sophomore
“To not curse as much.”

Mike
freshman
“Eat healthier food”

Lauren & Nikki
freshmen
“We resolve to keep our dorm less messy.”

Stephen
freshman
“To not throw up when I drink. That doesn’t mean I’m gonna drink any less, just that I’m gonna try

Becca
freshman
“Spend less money with my credit card because my dad almost cut it up!”

Eddie
sophomore
“Spend less money.”

If you are interested in becoming a Resident Assistant for the Fall 2006 semester, please attend an RA Recruitment meeting in Oakwood Lounge:

Wed 1/25 @ 3pm, Thurs 1/26 @ 9:30pm,
Sun 1/29 @ 7pm, Wed 2/1 @ 3pm
Or contact rsalcedo@monmouth.edu - x6261
New Vice President

He said he took some course reductions as he was getting more involved in the area of administration.

“I took a course reduction to become director of student development and retention. Then I took another course reduction to be director of first year experience. Then I took another course reduction to develop the first year seminar,” explained Mc Caig.

“Eventually, I was responsible for teaching one course and doing some part time admissions and retention efforts at the institution,” he added.

After his ninth year at Penn State Abington, the concept of enrollment management was developed.

“I was Penn State Abington’s first enrollment manager and did it for ten years,” said Dr. Mc Caig. He said this was “brand new in the mid-90s” and was a combination of admissions and financial aid and the student experience.

“We were able to increase its academic quality and increase its ethnic diversity,” he said. He added it was a good match for me to come here when some of what I have been asked to do is concentrate on retention and different types of diversity.”

DR. ROBERT MC CAIG

Vice President of Enrollment Management

“IT was a good match for me to come here when some of what I have been asked to do is concentrate on retention and different types of diversity.”

MERRILL BAZELY

IATROCHRONOS

Steve Shaer is feeling more skittish about Internet companies these days.

“Partly it is he upset that the federal government subpoenaed reams of data from four Internet companies — Google, AOL and Microsoft. He’s now wondering which online companies he can trust with his personal information.

Although Google is strenuously fighting any government request for the information, the other three Internet companies gave authorities at least some of what they were seeking.

“It definitely brings up the issue of trust in those companies when it comes to the government from looking at that info,” Hoofnagle said.

“The amount of information amassed by online companies grows daily. Companies such as Amazon, Yahoo and AOL are constantly signing up new members who willingly hand over their real addresses, which can sometimes be used by searchers.

Even without specific legal requirements to safeguard that information, some online companies have done a good job of policing themselves when it comes to privacy, said Trevor Hughes, executive director of the Network Advertising Initiative, which represents online marketing, analytics, advertising and email companies on privacy issues.

Yahoo, Google and AOL didn’t respond to requests to be quoted in this story.

Internet users may be surprised to learn that the privacy standards for personal online data vary widely, said Chris Hoofnagle of the Electronic Privacy Information Center. Laws dictate what banks, telephone, cable and satellite companies can do with their customers’ information and with whom they can share it, he said.

But there are no rules, he said, to govern how most Internet and e-commerce companies handle personal information.

“There are no laws that stop the government from looking at that info,” Hoofnagle said.

“Part of the reason these problems continue is because this data is being retained in the first place,” he said.

“I think it’s fair to say that, even in the absence of legislation, we’ve had widespread adoption of privacy practices and policies,” Hughes said. “The private sector generally has an incentive to do things in a good way.”

Yahoo forcefully asserted last week that it protects its users’ privacy.

“Nonetheless, privacy policies are voluntary and carry no legal weight,” Hughes said.

“Companies avoid many of these legal and social questions by reconsidering how much information they collect and how they store it, some privacy experts said.

Lauren Weinstein, a noted privacy commentator, said he worries that the U.S. government will someday try to compel companies to store their personal data for longer periods of time so it will be available to the government in the fight against terrorism.

Weinstein pointed to new rules adopted by European lawmakers that require Internet service providers and other companies to retain certain types of data for up to two years as a way to help fight terrorism.

“Part of the reason these problems continue is because this data is being retained in the first place,” he said.

Lee Tien, attorney for the Electronic Frontier Foundation, agreed.

“We always say about subpoenas that there’s no subpoena what you don’t have,” Tien said.

Some companies allow their users to purge their online accounts whenever they want. Other online services that host personal information, such as search engines, from crawling their sites, preventing them from creating their own records of the data.

But few Internet users take the time to understand or think about how much of their personal lives are stored online.

“It’s the society we live in, that we’re so open and trusting,” said Sonia Arrison, director of Technology Studies at the Pacific Research Institute think tank. “We make the assumption that everything is OK. And then something like this happens and it’s a wake-up call. I’m certainly going to think more about where I put my information.”

Watch for our special events during the semester!

Food Always Served!

Catholic Centre at Monmouth University
16 Beechwood Avenue

Lunch with Fr. Joe Farrell

February 20th 7:30pm

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Food Always Served!
In the name of beauty
The hip ways we keep ourselves looking great

ANDREA Tibaldo fashion editor

In elementary and middle school, you are taught proper hygiene in health classes and by your parents. In high school, you not only abide by proper hygiene etiquette, but also look to it the next level in order to impress and attract the opposite sex. By now, you have mastered the art of impression and have developed daily health and beauty rituals for not only that crush of yours, but for your own self-appreciation as well. Whether it’s a favorite face wash or body lotion you use after every shower, or the waxing you go for every few weeks, you learn what makes you look and feel great. These beauty tasks leave you with that much more confidence when done. If you haven’t already begun a routine by now, or are just looking for extra ways to perk yourself up, then here are a few popular ideas.

Eyebrow threading
Eyebrow tinting hasn’t been mainstreamed just yet, but why not be a pioneer in the name of beauty? Most tinting is just done with a plant and vegetable dye that will not harm the eyes. About a fifteen minute process will leave your eyelashes looking dark and voluptuous. For blondes or older women turning grey, the darker lashes can take the place of mascara. For best results, tinting should be done every eight weeks and definitive results will be seen by the second application. Cost will range from $25-$45.

Facials
With so many spas conjuring up their own variations of facials, there are countless ways to pamper your skin. For example, since we’re currently braving the winter air, dry skin can be defeated by getting a hydrating paraffin face mask or an oxygen mask. A deep cleansing facial and massage may be just the trick if you have oily skin. If you’re looking to target a certain issue when deciding what type of facial is best for you, most spas will have no problem having a consultation prior to the treatment. Cost will be determined by the time of the treatment, and level of spa you book your appointment at. Fifty minutes could run you $100, or for $60, you could receive a twenty-five minute facial.

Teeth whitening
When you were younger, your teeth would be perfect if you had braces. But now, the perfect smile is beyond just straight teeth. Whiter, brighter smiles are all the rage lately, and there are a few options if you choose to enhance your smile. The less expensive way to go is to purchase whitening toothpaste or whitening strips. Try either Crest Vivid White Night or Colgate’s Simply White toothpaste for noticeable results. Crest Whitestrips are an even better route to take if you’re willing to spend some time and money. Most times, the packs take about 14 days to complete. If you’re looking for instant gratification, then going to a dental professional, such as those at BriteSmile, might be better for you since some teeth will achieve perfection. The cost: $10-$20.

Indoor tanning
The first tanning bed was made in 1966 by a company called Heraeus, for medicinal purposes. In the 1970s, however, tanning beds became more popular for cosmetic reasons. There are, of course, some general rules if you’re a ‘fake-n-baker’. The most obvious fact is that tanning beds are not healthy and do have long-term effects on the skin and body. With that said, if you still choose to tan, be sure to use lotion for tanning and moisturize afterwards to ward off any burn or drying skin. Eye protection is essential so you don’t damage your retinas or even cause cataracts later in life. Be aware of your medical history, because indoor tanning can be too sensitive for certain medications you may be taking. Cost varies by salon.

MANICURES
Newsflash: Manicures are no longer just for women! Men are embracing their metrosexual roots and taking proper care of their nails, minus the pink polish. It’s about time they ditch the dirt under their nails and stop assuming teeth are a substitute for nail clippers, for a more professional cleaning. As for women, a manicure is not JUST a manicure; it’s a time to relax and beautify ourselves. A simple manicure involves a clean up, shape up and polish, which can run you between $12-$25. If you’re looking to add length, try gel tips. Gels are a good choice because they are thin, flexible, natural looking and don’t need to be filled in as often as acrylics. Don’t forget the pedicure too.

Hair extensions
Whether you just got the worst haircut in the history of all haircuts, or you just want thicker locks, extensions are an expensive but excellent choice. Paying for natural hair is worth the money, since the look and feel will be realistic. Individual hair extensions last a few months and must be taken out and completely re-done. Extensions can be done by fusing your own hair to the hair extensions with glue or a type of adhesive. There is also the ‘Brazilian method’ of knitting your original hair to the extension, which can be damaging if done too often. The third method is by using a weft, or hair extensions that are sewn together to make a band of hair which is eventually sewn into a braid of original hair or glued in. Be careful with this method, because mold can originate on the weave. Purchasing hair extensions will cost anywhere between $300 (Brazilian/weft system) to $3,500 (fusio with real human hair).
“... A GUITAR-POP BANK WITH A DASH OF U2.
- Time Out New York

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Welcome back brothers... past semester was the semester of falling in love... this semester is the semester of telling your girl friend ur in love with her... Stimp... last semester Launchpad gave Precious hand lotion to use for hand relief... this semester is gonna be even worse. Dr. Suess... Greaeshead goes on attack and forgets what gender he is... Barf loses 30 lbs last year and gains back 50... Keegles goes by Frito... The Outlook is not responsible for the content of these articles.

Phi Sigma Kappa

Welcome back brothers... last semester was the semester of falling in love... this semester is the semester of telling your girl friend ur in love with her... Stimp... last semester Launchpad gave Precious hand lotion to use for hand relief... this semester is gonna be even worse. Dr. Suess... Greaeshead goes on attack and forgets what gender he is... Barf loses 30 lbs last year and gains back 50... Keegles goes by Frito... The Outlook is not responsible for the content of these articles.

Delta Phi Epsilon

Skye-we missed you, Love-Pseud and Pseud. Biggie-wow Janelle wow another crazy weekend with you. Love ur little. Jaime. Corina- your notcool face it, but I still love you Jaime. Lil-u have credits-course loaded. A single working mom-ur a baby sitter-face it! lev u- Al-u-still get(taget up xoxo Janelle. Littles- oh how I have missed you! So excited for spring semester scandals! Love, Shimmer. Allison-make me pizza dip. Glad to be back! Love Starlet. Nelly-by any chance are we from the same womb?! Starlizzle-where are the cheetahs and monkeys? ps-make your own pizza dip! J-adore Jolie where has my biggie gone? Too hot-Caliente. 503 finally complete! Love you big and twin! fabulous love sunset. Love you little fantasies! Little one you the love of my life 503 oh the craziness. Love you name twin and saint! Luckie Biggie I love you! Painter-AA reunion this Thursday! Martini 1 2 3 Canada absurdist! US, the Thetas, and Sigs rocked that country hardcore. Corina and Ash have my Lil American heart. “I’m just here for the cheese”- No words to describe. How do you go to Monmouth? You don’t speak English! -Marist boy-Canada was rocked by the international triple threat! Love u girls! Venus-start writing the sad aways!-Jolie Ciao mi bella Luna! So glad you’re back little! My day is complete again. Love, Solaila. Roomies I love your lives -Solaila.

Theta Phi Alpha

To Monmouth Students, Faculty, Staff, and Administration:

Theta Phi Alpha would like to welcome everyone back to school! We hope everyone had a fun and safe holidays. We antici-pate a new challenging semester ahead and are glad everyone is back!

To Theta Phi Alpha

Winter Break: Lazy Days, Yet So Much To Do! We managed to successfully segregate the Woodgate house on New Year’s Eve. Zero-Cool is a cross between Jesus and an extra from “Only the Strong”. Bam tosses his cookies after taking a single drag off of his cigarette. Darby loses his dignity while Dog Show goes “Fear and Loathing” on the Eastern Seaboard. Hyde attacks Roger whenever he decides to visit. NO BRATISLA-VA! Doyley’s lovelock—Jorge Villaflobo, a.k.a. George House-of-the-Wolves— is finally birthing! CONGRATULATIONS JOHN! Buy that man a cigar! The Hot Dog King rejects Bacon and Skeeter’s request for sponsor-ship... and those were NOT the Grudges! Flush’s pledge name has been changed to “Turle” af-ter him and the Shermator turn their weekly “poker game” into a rotisserie BBQ, COME HERE AND CLEAN OUR BATH-ROOM! Thanks to a pair of scissors, Binger is miraculously transformed into a PRETTIER girl. The Grudge continues to taunt Woodgate with a series of taps. Drexel’s Postulants suck. Thanks to Billy Madison, Tau class will have a new automated service! Congratulations Tau Chi Phi! New member GPA didn’t take the biggest dive! In cel-ebration, a trip to Washington Square is in order! Maybe we can beat our fastest time of three hours and seventeen minutes! BEE MEN –Skeet

Tau Kappa Epsilon

Ayy-wo washu doin? First and foremost thank you to the lovely girls of Theta Phi Alpha for a crazy mixer, always a good time with you girls- Mr. Shaggy Slave Hasselhoff aka Bundt Cakes. Shreek passes out in the bathroom, locks himself in, and has to climb out the window to get out. Johnny S. Master Wok pulls some ninja trickery and secretly disappears. New President rocks but doesn’t roll. Quailman. Good luck boys, hold it down, and always keep it real. Peace MU and thanks for ALL the good times– Shermator. Keep your head up Moby, All Quailman want for Xmas is Wiggum and a pig to play with- Gus Gus. Entire semester was a blur, and next semester is gonna be even worse. AWESOME! -Moby. From all the brothers of TKE, Shermator you are the Kingpin/Ese hueso del brillo. You’ll always be our brother and we’ll miss havin you around as much. CHECK IS GOOD!!!
On a sunny Sunday morning in October I strolled into a piazza in Barcelona. In front of the church, a small band of elderly men, in aLing various colors. They were surrounded by people—both church-goers and passers-by—who had stopped and throned their purses, parcels and bags at their feet. Groups of people joined hands, spread into wide circles and danced. The sun shone down, warming the crowded square. I sat on the church steps and sipped my coffee. I had no camera. I could not take a picture, could not freeze this image; could not squeeze these cheerful, dancing souls into a frame. It would have been a crime to do that anyway. For an undisturbed snatch of time, I sat alone and simply watched.

At that point in my semester abroad I had been to Amsterdam, Dublin, Paris, Brussels, and of course I was living in London. I had ridden canal boats, been taken inside Ann Frank’s house, and studied Van Gogh’s works. I had bus toured Dublin, drank my share of Guinness, and experienced a crazy hostel bed sheet. I had been in and out of Notre Dame, St. Denis, and the Eiffel Tower. I looked pictures of every sight there is to see in Brussels, yet saw none of them. I smelled the sweetness of Belgium waffles on every corner. I had seen British Parliament, and heard Big Ben chiming, not quite the way Woolf describes it in Mrs. Dalloway, but stunning just the same. With all of these experiences, these sights, sounds, and smells that I now attempt to put on a page, my Sunday morning in Barcelona does not need a photo album. It is forever etched into me.

I know it probably sounds unrealistic. I would’ve thought the same thing just three months ago, sitting in the student center of a university somewhere in New Jersey—the same place I had always been—but this thing in Australia, this thing is just my thing. Surely if you went abroad, you would find your own thing too.

In Barcelona, I spoke the little Spanish that I know. In France and Brussels, God knows I tried to speak French. In Italy, I spoke Italian. I don’t even know Italian. This experience has enabled me to discover things about myself: I am not too old. For those of you who do not know me, I am probably older than you. As a 27-year-old under grad, I felt almost foolish thinking about a semester abroad. Obviously, I have had my share of good times. I thought I should’ve been “buckling down,” budgeting and taking life seriously. Who knew I was to leave my job, my family, and my responsibilities for three months? But fortunately, something in me found its way out. I may love the Jersey shore, Jacks, my classes, friends, and parents. But nothing beats dipping your feet into the Mediterranean Sea, with a glass of wine in your hand outside of a night club at midnight in Barcelona.

I can navigate anywhere. It is absolutely true. You are, as a person, how you travel. I hate hostels, love exotic food, and enjoy shopping. I probably could’ve told you all of that before I left. But, as you travel, especially with others, certain people just know these skills that they never even knew they had. I am a navigator of streets, metro, train stations, and airports. My closest friend here is exactly the same. My friend, Mike, who came to visit from New Orleans, of all places, is a whiz with navigation. Some people are neither of these things. Some people emerge as followers and others as leaders. This experience was the best way for me to figure out which of the two I am. I expect that the study abroad experience would do the same for you.

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**Explore Australia**

Monmouth University Fall ’05 Study Abroad students stop to admire the view along the Great Ocean Road. Pictured left to right: Sita Fox, Macquarie University; Alexis Radecki, University of Notre Dame; Lacey Ackerman, Nanette Pinter, Jessica Wojewodzki and Stephanie Dill.

**Lacey Ackerman**

**Contributing Writer**

I have never experienced something so incredible as my semester abroad in Australia. Not only did I get an understanding of Australian culture, but also an appreciation for so many additional cultures from living in the Macquarie University Village with other international students. Traveling around Australia and to Fiji during mid-semester break made me realize that I should definitely attempt to travel to other places of the world, and if not that, unquestionably experience the world is your classroom.

Australia has become a second home to me, for it is the only place I have lived other than New Jersey. The Aussies’ are great, the land is beautiful, and I will never forget that.”

---

**Explore England**

**Katherine Dave**

**Contributing Writer**

I have been into Sydney and the Blue Mountains, Fiji, Byron Bay, and now I realize that there are so many places within my own country I have yet to see and gain an appreciation for.

There have been absolutely no negative aspects to studying abroad. The only thing may be that I missed my family and friends terribly, but stayed strong knowing that I would see them again. I believe that being so far away from home has made me much more independent. Backpacking around Australia has definitely been a positive aspect of my study abroad experience. I met people from all over the world, and now I realize that there are so many places within my own country to visit from Monmouth, is a master of languages and communication. Some people are neither of these things.

This experience has enabled me to discover things about myself: I am not too old. For those of you who do not know me, I am probably older than you. As a 27-year-old under grad, I felt almost foolish thinking about a semester abroad. Obviously, I have had my share of good times. I thought I should’ve been “buckling down,” budgeting and taking life seriously. Who knew I was to leave my job, my family, and my responsibilities for three months? But fortunately, something in me found its way out. I may love the Jersey shore, Jacks, my classes, friends, and parents. But nothing beats dipping your feet into the Mediterranean Sea, with a glass of wine in your hand outside of a night club at midnight in Barcelona.

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Australia has become a second home to me, for it is the only place I have lived other than New Jersey. The Aussies’ are great, the land is beautiful, and I will never forget that.”
After a 1-6 start with five consecutive losses to start the season, one would think the Monmouth Hawks have finally started rolling on all cylinders, and are in the hunt for a conference title the first time – the heart of the conference schedule.

The Blue and White have won seven out of their last nine games, including four in a row, to get their overall record up to 8-8, and take over sole possession of fourth place in the NEC standings with a 5-2 conference record.

“I knew that we had a young team and it took us a while to get there,” exclaimed Hawks head coach Michele Baxter. “They are getting together right now at a perfect time for us.”

Saturday afternoon, the Hawks closed out the Schwartz Athletic Center in Brooklyn with a 65-56 win over the University of Albany in front of 2,400 fans in the Hawks’ only meeting of the season.

Men’s back and forth first half, the Hawks grabbed the lead and for good and all, with an 8-0 run in the final minutes to seal the win.

In the first half, Monmouth held LIU to just 19 points and 20 percent shooting, while the Hawks shot 60 percent.

Freshman Rachel Ferdinand tied her career high with 12 points for the second straight game, and came up with several key offensive rebounds off of missed LIU free throws to set the stage for the win.

Freshman Rachel Ferdinand led the Hawks with a career high 12 points in the first half, including three straight baskets by LaKia Barber.

Lyles won the NEC Rookie of the Week for only the fifth time this year, but Monmouth rolled off four straight baskets by LaKia Barber.

In the first half, Monmouth held LIU to just 19 points and 20 percent shooting, while the Hawks shot 60 percent.

It was the first “big game” of the season.

“A couple of our senior guards, the Blue and White have started to get the job in shutting down the opposing team’s biggest offensive threat,” said Baxter.

Ferdiinand and sophomore Dustin Coleman finished behind only Northeastern, U of Albany finished ahead of the field of teams was more competitive this year.

A notable performance, finishing second in the 3000 meters with a time of 9:07.57. It was Dwyer’s second straight game in double figures.

Edwards combined to score all 11 points, nine in the bonus session to lead the Hawks.

Hawks Home basketball game against Mount St. Mary’s, the Hawks are 8-8, 5-2

Dwyer finished fifth in the 5000 meter dash with a time of 10:35.59, also on the team were David Gaines, and sophomore Bill Doherty.

Elica finished fifth in the 500 meter event with a time of 1:05.65, while Junior Fabricie St. Jean finished second in the 55 meter dash.

Overall, the Hawks ran well in the distance events, gobbling up 24 of their total 90.5 points in the event.

Senior Larry Schau placed fourth in the mile run.

Hawks beat Mount, have won 7 of last 9

...we had some great individual performances, and the field of teams was more competitive this year than last year.}

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Senior Larry Schau placed fourth in the mile run.
Hawks persevere in double-overtime marathon against Quinnipiac
MU alone in first atop cluttered NEC standings with 6-2 mark

Two and a half hours of basketball is a long time, a really long time. That’s how long it took the Monmouth University men’s basketball team to defeat Quinnipiac this past Saturday night 80-74 in double overtime at Boylan Gym. It was the second time the two teams had gone into overtime in less than a week, as the Hawks took the previous Saturday night the Hawks again bested the Bobcats 85-82 in extra time. Monmouth was led by De- jan Delic’s game-high 22 points as he became a perfect 14-14 from the free-throw line in the contest, mostly down the stretch. Delic was playing in his second game back from a knee injury. “That game was way too long,” said the junior from Serbia-Montenegro. He scored nine of his points in the extra session. The game was Monmouth’s first double overtime contest since winning a 73-72 thriller at Fairleigh Dickinson in the semifinal of the 1997 Northeast Conference Tournament. Delic took over in the second overtime as he hit what proved to be the game-win- ning three with 3:35 remaining. Both teams traded baskets to start the first overtime, before Quinnipiac’s Adam Gonzalez hit a runner and Dale Meibrense sank a free throw to put the Bobcats ahead. 62-59 with 41 seconds remaining. Monmouth senior Chris Kenny hit a season-saving three-pointer from the left corner with under 30 sec- onds left to send the contest into a second extra session after Quinnipiac failed to score at the buzzer. The Hawks started the game quickly, scoring the first five points of the contest after a three by senior Tyler Azzarelli and a Corey Hallatt basket. After a Delic three gave the Hawks a 9-5 advan- tage, the Bobcats answered back as Craig Benson, who has haunted Monmouth is his career, connected on his second straight long-range shot. Benson hit a three-pointer in last season’s game at Quinnipiac to tie at 66-66 before Monmouth’s Marques Alston canned a three at the buzzer to win the game. The Bobcats took their lead half-way through the first half as Benson continued his hot-shoot- ing, connecting on another three to give Quinnipiac an 11-9 advantage. Five straight points by Alston and the younger brother of former Hawk Russ Anderson, extended the Bobcat lead to 18-12, on back-to-back three pointers by Meibrense and Van Crafton with five minutes left in the first half. Monmouth freshman Whitney Coleman ended a 10-0 Monmouth run over the next four minutes that included baskets by Delic, Kenny and Azzarelli and Quinnipiac saw their lead evaporate to 24-22. Quinnipiac’s Kevin Kelley hit a buzzer-beating lay-up as the first half expired to give them a 22-26 lead at halftime. Monmouth took their lead first midway of the point of the first half at 35-30 after using another 10-0 run. Azzarelli and junior gi- ant John Bunch combined to score nine of the ten points for the Hawks. Quinnipiac used a 9-2 run to regain the lead at 44-43 with five minutes left in the game. Anderson scored seven of the nine Bobcat points during that stretch. Quinnipiac suffered a chance to put Quinnipiac up by one. He missed the first free throw, but connected with the second to tie the game. Alston’s half court heave with time ex- piring fell short and the game went to the initial extra session. The Hawks attempted a school record 50 free throws in the game, making 35 of them to make up for a poor shooting night as they shot only 32 percent from the field. Azzarelli added 18 points, while fellow senior Kenny was the third Hawk in double digits with 10 points. “We played well enough to win this game,” said head coach Dave Calloway. “It was a hard fought game. When you win close games, it’s a good sign.” The Hawks return to action as they embark on what has affec- tionately been referred to as the “PA” trip as they travel through the Keystone State to take Robert Morris on tomorrow night for a 7:30 p.m. contest. They then take on St. Francis (PA) before returning home against Central Con- necticut State on February 4. The Hawks lost to Robert Morris 87-75 back on January 5 at home. “We remember that loss (against RMU),” said Delic. “We want to give them a back a loss.” In the first meeting between the schools, the Hawks were out- rebounded by 19 as the Colonials held a 42-23 advantage on the glass. The Hawks were paced in that first game against the Colo- nials by Delic and Alston, who had 20 and 18 points respectively. In Monmouth’s first game against St. Francis (PA), the Hawks were fortunate to escape with a 55-53 win on a Mike Ship- man half-court three-point shot at the buzzer. In the game, Alston and Azzar- rilli were the only Hawks to shoot double figures as they scored 10 apiece. Shipman had nine in the game as well, including the final three-pointer. After the Pennsylvania road trip, the Hawks face rivals Wagner, LIU and FDU all twice before Winter break is a time to relax and catch up between classes and for most students. Yet, for others, it is the most crucial stretch of the year. Academics aside, it’s when basketball season is in full swing and the student-athletes that com- prise the Monmouth University men’s basketball team have little time to spend relaxing. In an at- tempt to get everyone caught up on what happened during the winter break period, here’s a list of nota- ble things that the MU men’s bas- ketball team accomplished.

The Hawks went 5-2 on winter break, including going 4-0 on the road.

“Whitney Coleman was named NEC Rookie of the Week for the week of 1/16

It was his second Choice Hotels NEC Rookie of the Week award of the season. He averaged 9.5 points, 4.5 rebounds, 4 assists and hit 7-11 shots (63%) from the floor, including a perfect 3-3 from beyond the arc.

Monmouth defeated St. Francis (PA) 55-53 on a Mike Shipman halfcourt buzzer-buzzer-at home at 17 on 1/7

The Hawks are second to last in the NEC in scoring at 62.1 and first in scoring defense, giving up 63.7 ppg.

And around the rest of the NEC

• One of Monmouth’s biggest rivals, Wagner, lost at #12 UCLA 74-72

• Robert Morris and Mount St. Mary’s, the preseason number 10 and eight teams respectively, have combined conference record 10-4-2.

• Khwe Trim, who leads the NEC in scoring with 18.5 ppg, has been slowed by injury each of the last two seasons. Her last win was a surprising 6-3 in conference play with him.

The Hawks started the season with an 18-0 record to become the highest ranked team in program history. The Hawks are averaging 12.7 ppg and shooting 36% from three-point range while running the Hawks mo- tion offense. MU is 6-3 with him in the lineup this season.

Freshman Mike Shipman looks to make a pass in transition in recent action as Chris Kenny (35) looks on. Shipman has provided a spark off the bench for the Hawks with his defensive intensity and passing ability. On the year, he is averaging five points and three rebounds per game. He also has 34 assists and 20 steals on the season. His half-court three-pointer at the buzzer against St. Francis (PA) has been one of the highlights of the season so far for MU.

Tyler Azzarelli makes a move on RMU’s Derrick Coleman. Azzarelli has scored 18 or more points in his last four games since returning from injury. He is averaging 12.7 ppg and shooting 36% from three-point range while running the Hawks mo- tion offense. MU is 6-3 with him in the lineup this season.
Boyle cooks up a THRILLER

Boylan Gym was rockin’ Saturday night as Chris Kenny and the Hawks survived a double-overtime battle against NEC foe Quinnipiac. Story on page 27