Making Vitamins and Minerals a Part of Your Daily Routine

SLOANE CORAN CONTRIBUTING WRITER

The change of seasons means saying goodbye to the more mild autumn and saying hello to the arctic chill of winter and all that comes with it: freezing temperatures, colds, the flu, stuffy noses and more. Health. org suggests incorporating a new routine of vitamins and minerals into your diet each season. Research shows that the body needs a minimum amount of vitamins and minerals each day to remain healthy and to function properly.

University Professor Mary Harris, Director of the Monmouth Area Vegetarian Society, said depending on a person’s nutrition, there is an importance to taking certain vitamins to supplement one’s diet. “Even a person who takes in good nutrition is almost always deficient in certain vitamins and minerals,” Harris said. “However, good nutrition is number one, and complementing that with the appropriate vitamins is the appropriate thing to do. Supplementation in combination with a proper diet is really essential. One without the other is not as beneficial. If a person eats a horrible diet, but takes a multivitamin, they are missing the mark.”

At first glance, a shelf of vitamins may seem overwhelming with variety. How do people know which types to choose? The Cornell University Chronicle states that vitamins are divided into two categories: fat-soluble and water-soluble. Fat-soluble vitamins are found in foods containing fats and oils and are stored in body fat. Water-soluble vitamins dissolve in water and mix easily in the body. Some vitamins are antioxidants—chemicals that prevent damaging changes in cells and may help protect against cancer, heart disease, and aging.

Consumerreports.org lists the pros and cons of vitamins mainly indicating that vitamins serve as buffers in the event that your diet does not fully meet your daily requirements. According to the site, some popular brands of vitamins include:

Vitamins, pictured above, can be divided into two categories: fat-soluble and water-soluble, serving different purposes for the body.

Facebook Affecting Law School Applicants

COLIN SARGENT STAFF WRITER

A recent study by Kaplan Test Prep has found that 51 percent of law school admission officers perform a Google search of their applicants before admission, while 27 percent use Facebook to check out a potential student. This is compared to 20 percent of college admissions officers and 27 percent of business school admissions officers. Jeff Thomas, Director of pre-law programs at Kaplan Test Prep, says this is the behavior for the admission process.

“Despite jokes and negative stereotyping of lawyers, the reality is that the legal community takes ethics among its members very seriously,” Thomas said. “You not only have to be accepted to a state bar to practice law, but once you are admitted, unethical behavior can lead to your disbarment, stripping you of your ability to practice.”

Greg Bordelt, pre-law advisor at MVNU, said law school applicants should be very cautious as to what they post on Facebook, both at the time of application to law schools and during the time that bar authority character and fitness investigations are underway, as early as the first year of law school. “Many students have a false sense of security relying on privacy settings within the program itself and often do not realize that unprotected third-party communications can be used if discovered. There is, for the most part, no constitutional right to privacy in social networking postings. The bottom line is, if you don’t want potential law schools to see it, don’t put it up or be tagged doing it,” Bordelt said.

Thomas added, “Not many other professions have that kind of enforceable code of conduct, so it’s important to remember this when using social media.”

Facebook continued on pg. 2

Ten Year Perspective

DIANA KUMPFF STAFF WRITER

The University will present the program “9/11, A Ten Year Perspective” on Thursday, Nov. 4 at 4:30 pm in Wilson Hall. With the passing of a decade, this event will allow people to gather at the University and reflect on their own perspectives of the terrorist attacks.

“It is surreal that it has been 10 years already,” said Rebecca Ryan, a senior, who was only 11-years-old on 9/11. “I can’t believe I lived through such a huge tragedy.”

Ryan said that she still recalls exactly where she was as that fateful day unfolded.

“I was in sixth grade English class. I remember my teacher coming into the classroom crying,” she said. “My school had students ranging from kindergarten to eighth grade. She was not allowed to tell us anything. We kept asking, ‘What’s wrong?,’ but she never said.”

Ryan said that her mother had picked her up from school, which struck her as unusual. When she asked her mom to tell her what was not allowed to tell us anything, her mom asked her mom to tell her what was going on. She was explained what had happened to the World Trade Center. Ryan spent the rest of the day watching the smoking towers fall on every news station.

“The Ten Year Perspective” will have a variety of speakers including former New Jersey Governor Thomas Kean, who was chair of the National Commission on Terrorist Attacks after 9/11.

Other speakers who will share their perspectives of 9/11 are:

Mt. Vernon Nazarene University Models EOF Program after Monmouth

EMILY JOSBY COPY EDITOR

A panel of Educational Opportunity Fund (EOF) students met last Tuesday morning with staff from Mt. Vernon Nazarene University (MVNU) in Ohio, in a collaborative effort to start a program that mirrors the University’s.

On November 2, 2010, EOF Director Colleen Johnson and Dean of the Center for Student Success, Dr. Mercy Azeko, traveled to Mobile, Alabama for the Sixth Annual National Symposium on Student Retention. There, Johnson presented a paper written by herself, Azeko, and history and anthropology professor Dr. Richard Veit, titled “Building for Success: A Model for Improving Retention and Building Diversity through the Educational Opportunity Fund.”

Also present at last November’s symposium, among representatives from numerous schools across the country, was Ballenger, Director of Student Success at MVNU.

“Ballenger thought [Johnson’s] program would best suit [MVNU’s] needs, and he chose to reach out to Colleen,” said Albert Fure, a long-time math
Remembrance Event and Roll Call Set for Veteran’s Day

TAMMY SYBEL
CONTRIBUTING WRITER

This Veteran’s Day, a seemingly endless amount of names will be read aloud approximately 9 hours as a part of the University’s service to honor U.S. veterans. This service will occur from 9:30 am to 5:30 pm on November 11, the day all the war dead will be honored.

A moment of silence will be held at 2:00 pm as sign of remembrance. The University has joined a nationwide effort to honor service men and women who gave their lives while serving in Afghanistan and Iraq during the past 10 years. At the moment, 157 other colleges and universities from across the nation will read the names of the more than 6,000 casualties of war who have perished during operations Enduring Freedom and Iraq Freedom.

They wanted to rally campus communities across the nation to send a powerful message to the troops currently serving that their peers have not forgotten their sacrifice. At the University, the names are read in a continuous fashion. The actual panel discussion lasted approximately an hour and a half. Each time all those in attendance had the chance to have their questions answered by the panel. When the Q&A portion was finished students had the chance to speak directly with the panel’s guests in order to establish connections, network, and exchange reheart with each other.

When asked about her overall impression of the event, MUS’ PRSSA Co-President Kim Mahon stated, “I learned a lot of useful tips and valuable information; it is hugely important for someone like me to know how the industry is changing and a Veteran’s class can be successful I can be in the industry.”

Mary Harris, a new PR professor from the spring, thought that overall the event had an “outstanding turn out.”

Last year, the University became certified for education in public relations; it is the only other school in the state of New Jersey to have this accreditation besides Rowan University.

The reading of all the names is expected to take close to eight hours to complete. The names will be read in chronological order. In addition to the reading of the names, the Montmouth Veteran’s Association also will take part in its second march in New York City this coming year. “The reading will last most of the day. As students go from class to class they will say the student center hearing names hearing names from 9:30 am and on throughout the afternoon, hopefully it will sink in ... the number of men and women who paid the ultimate price,” Hood said.

On November 12, which also is Thanksgiving Day, fellow veterans will be honored at the University’s home football game against Albany.

The University hosted its first public relations panel on October 25. The panel, “Today’s Public Relations Strategy: Tools of the Trade,” was held in the Magill Commons Club Dinner Room from 9:00 am to 11:00 am. Over 40 students, faculty, and industry professionals piled into the event, which was organized by Kristine Simeon, a Public Relations Specialist Professor.

The focus of the panel was to help expose the new tides of the industry from the point of view of local public relations and journalism professionals. These panel members discussed topics such as the changing of the industry and also highlighted new tools being used within both fields.

A big topic of discussion among the panel members was tips for students entering the professional world. According to Kristine Brown, the Director of Public Relations for Barnabas Health, “the greatest skill PR professionals can have is the ability to develop relationships; get out there and start networking.”

Judy M. Fenne is the Digital Editor for NJ Press Media as well as for the Asbury Park Press. She believes being able to ‘speak for in potential job candidates, she stressed the importance of spelling. She also went on to say, “I cannot stress how important writing is.”

Students were also given tips on how to better prepare themselves for life outside of college, more specifically job interviews. Advice given by the panel members ranged from making eye contact and engaging with the interviewer, to make sure that students are accessible for all facets of the industry.

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Hawks Learn to Resolve Roommate Conflicts

Counseling and Psychological Services taught residents how to properly resolve conflicts with their roommates at a recent workshop.

"I believe that the biggest problem facing students who live on campus pertains to communication," said Chris McKittrick, a residence hall director at the University. "Most roommate conflicts arise due to the differences in communication styles and personalities. It is important for students to learn how to properly communicate and understand each other's perspectives."
Goverment Saves, Graduate Students Lose
A Law Will Eliminate Repayment Rebates and Loan Subsidies
HERB JACKSON
NCT CAMPUS WRITER
Graduate students will pay more for loans taken out next July, and recent graduates will lose rebates for paying student loans early. Congress passed this summer to keep the federal deficit in check which includes, among other things, savings for low-income students.

The Congressional Budget Office estimated on Thursday that the law would save $2.1 billion a year by eliminating the rebate for borrowers who pay off their loans early. Congress also voted to end subsidies that keep interest from accumulating during the six-month grace period before undergraduate students must start paying back their loans, starting with loans issued next July.

The law takes effect for students borrowing after July 1, though they will still be phased in over the next ten years. Students with existing loans will keep getting the subsidies until they finish school.

"Students can barely make it now," said Haley Chitty, communications director for the National Association of Student Financial Aid Administrators. "It's a pretty significant blow."

Under the new law, students seeking advanced degrees will start owing interest immediately on loans issued after July 1, though they will have the option of deferring payment until they finish school.

"They can defer it but it adds to what they owe, and we always encourage students to pay their loans so in the end it's not so expensive," said Ivan Nunez, financial aid director at Fairleigh Dickinson University. Borrowers could keep the rebate if they made their first 12 payments on time. From the $2.1 billion the law would save, Congress applied $4.6 billion to Pel Grant program, which benefits lower-income students. The spending bill due to be signed by the president on Thursday approved last month by the Senate Appropriations Committee would end another interest subsidy, this time for undergraduates. Right now, there's a six-month grace period after graduation during which students who have taken subsidized loans would not have to make loan repayments.

Under the current system, the government pays the interest during those six months, but that would end under the new law. Congress also voted to end subsidies for a small number of students with special needs.

"It looked at that as being a great benefit," Toth said. "An extra $1,500, or whatever it would end up being, would be a great financial burden."

He expects to finish his coursework in three years, so the change in the law won't hit him. But he said that in the future, it will "hurt the self-driven student who lacks independence."

"It is in the best interest of the kind of student that our country must encourage to stay in the classroom," Toth said. Congress also voted to end subsidies for a small number of students with special needs.

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Catholic Centre
Sunday Mass
7 PM in Wilson Chapel

Daily Mass
Mondays and Tuesdays at 12 PM
in Wilson Chapel (Tuesday, Nov 1- All Saints Day-Holy Day of Obligation)

All Souls Day Prayer Service
Wednesday, Nov. 2 at 2:30 PM at the CC

Adoration
Thursdays at 12 PM in Wilson Chapel

Bingo Night
Thursday, Nov. 3 – Meet at 6:40 PM at the CC to carpool

"Birth-day" Party Celebration
Thursday, Nov. 10 at 7 PM at the CC

Thanksgiving Dinner
Thursday, Nov. 24 at 7 PM at the CC

Praise, Prayer & Adoration
Saturday, Nov. 19 at Holy Innocents, Neptune
Meet at CC at 6 PM to carpool

Java Talks– Faith Discussion
Tuesday, Nov. 29 at 7:30 PM in Java Cafe
(coffee is on us)

www.mucatholic.org on Facebook:
Monmouth University Catholic Centre 16 Beechwood Avenue, West Long Branch, 732-229-9300 Gate to our house is located in the rear corner of Lot 4, next to the Health Center

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How soon should graduating seniors start job searching? Many professors on campus deem it a full-time job in of itself, but The Outlook staff feels that many students aren’t pre pared for what awaits them after ac cepting their diploma. Students don’t know where to start when it comes to job seeking. Who to talk to and where to look are com mon concerns among students. It can be overwhelming searching on an employment database site such as monster.com, when many of the job postings seem to require five to seven years of experience.

Thankfully, the University provides countless services to guide students along with their career goals. However, many students are unaware of these services until crunch time creeps up on them towards the end of the semester.

First off, job searching can be much more efficient if students start as soon as possible. The University’s Center for Student Success (CSS) acts as an integrated advising system that provides all stu dents with career counseling services. These include everything from help with resume and cover letter writing to mock interviews, LinkedIn work shops, and job placement assistance. The advising programs within CSS assists students narrow down career goals and matching up with perspective employers.

Assistant Dean for Career Services Nicky Bishop said there are three very impor tant things students can do in the job market to increase their odds of suc cess. First, start your job search early. Rushing your job search at the last minute prior to graduation can lead to poor decisions and lost opportunities. Secondly, use the power of networking. It’s important, be patient, keep your options open, and everyone is encouraged to submit an article for consideration. The Outlook staff reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of The Outlook’s editors (unless otherwise noted) or the students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of The Outlook’s editors (unless otherwise noted). DISCLAIRER: All articles appearing in the Op/Ed section of The Outlook are solely the opinion of the authors and do not reflect the views of The Outlook’s editors (unless otherwise noted). 

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center. 

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The Truth About Technology

MICHELLE COSTA CONTRIBUTING WRITER

If someone told you that our technologies are fueling a war, you would probably laugh it off, look at your BlackBerry and go on with your highly dependent technological life. The deep reality of this is that we as consumers are responsible for the suffering of innocent people in the Congo.

That’s Africa right? Miles and miles away, yet somehow we are controlling a rebel nation over natural minerals that are used to create our phones, cameras, computers and televisions. In doing so, we have caused even more conflict minerals to become, but that is naming it nicely.

Some rebels are paying rebel groups in the Congo to get their hands on these needed minerals. These rebel groups have corrupted the government and are controlling citizens through scare tactics of murder, rape, brutal weapon usage, and even gang related affairs. So back to the question, how is this our fault?

People of the Congo, Mac, Dell, and Playstations for instance, all keep going into their products extremely harsh, but what is not so silent are the cries of innocent children losing their lives, and the beatings of mothers and fathers in a world so far from ours, over minerals like Tantalis, Tin and Tungsten. We all saw Blood Diamond with the stunning Leonardo DiCaprio, but why weren’t people moved then to do anything to protect these children?

According to the Enough Project, run by John Prendergast and actor George Clooney, about 5.4 million people have died as a result of this war in 1998. This is known to be the deadliest conflict since World War II with about 47 percent of deaths are young children. Because of these unlivable living conditions, about 1.5 million citizens have been displaced and categorized as refugees. Approximately 45,000 Congolese citizens will continue to die each month.

In 2011, the U.S. Congress passed the Conflict Minerals Trade Act of 2010. This act states that any company that manufactures products outside of the Congo and its adjoining countries, with conflict minerals, they are just thinking, “Rah rah, we’re the USA!”

It’s true, some companies do think they are the USA! I inquired about the cab rumors today, and the chief of police told me that the cabs were a necessity and smart decision in many situations. He explained that I was obeying the rules of the road, proceeded to beep his horn and pull around me for direction.

An overall consensus of students living on campus was that the cabs were a necessity and should be available to transport students who do not have a car. Inquired about the cab rumors today, and the chief of police told me that the cabs were a necessity and smart decision in many situations.

The United Nations has called the Congo “a neglected catastrophe,” a silent but deadly war.

I ask that we be the voice of the voiceless, just spells "ouch." College girls always wear high heels when they go out, and some may even wear them to class. Girls need to have at least two solid pairs of high heels...or else in them, too.

The People of Congo are paid by companies to acquire the conflict minerals needed to make cell phones, cameras, computers, and televisions.

The Chief’s lack of knowledge of the situation is what I believe that our beloved cabs are not going anywhere. Now students will have to use the cabs for the trip from the train station with their entire luggage, which would make top dollar. Aside from overloading the cabs, I also witnessed the poor driving skills of one of the cabs drivers first hand.

This was an extremely dang- erous situation. We resulted in a terrible accident. I was surprised by the impatience and lack of courtesy given to the cab by this cab driver, but you cannot blame him because of one driver’s actions.

I attempted to put these rules into practice at the Monmouth University Police Department. After speaking with the officer, he said that he was unaware of these rules and proceeded to tell me that he would look into it.

Everyone knows why women buy super high heels, right? It’s because they are drop-dead gorgeous, and as an added bonus, they make our legs look awesome. Taking this into account, we add the factor of walking in super-mega-high heels on campus; the sum of this equation just spells “ouch.” College girls always wear high heels when they go out, and some may even wear them to class. Girls need to have at least two solid pairs of high heels...or else in them, too.

No one can deny that she is fierce, Sasha Fierce. I’m being specific, and that she can definitely rock a pair of super-duper high heels. Now I look at Beyoncé (being all Sasha Fierce-y), dancing on stage and telling people that if they have the chance to buy a pair of high heels, they should buy it. Then they look at me and then look at myself and want to be able to run around on a dance floor and not look like a stilette.

If anyone can actually do this, please let me in on your secret! Not only is Beyoncé able to dance on super high heels, but they’re also stilettos, meaning high-ten-kinky heels. No other women can do this, because they do not come walking in with me walking around campus, and that just spells “disaster.” Clearly, heels are a must have in college. We all want to be like the celebrity in their gorgeous shoes. Then they strut their bad-romantic-world walk on stage. I guess we girls don’t need them as accessory but also as something that gives girls confidence. It might be kind of lame, but it’s a true fact.

Yes, heels are pretty and yes, we all want to walk in them. But they kill our feet, but it’s definitely the price we pay to wear those high heeled stilettos. Even though we probably don’t know it, we all have stiletto wounds, and we may even have to slip on high heel shoes.
Many students do not recognize the Polling Institute or its University’s reputable, or the opportunities it has to offer. For many students, there are opportunities for students to gain experience concerning the work Polling Institute does, and learn about the methods it uses as well as private organizations. The poll results assist with policy analysis, and provide valuable information for businesses.

The Polling Institute: More Opportunities to Come

Patrick Murray, Director of the Polling Institute, explained that the Institute’s mission is to provide involvement externally and internally from the University. The Institute offers numerous opportunities from different departments on campus to administer polls.

The Polling Institute’s activities include research services for government, business, as well as private organizations. The poll results assist with policy analysis, and provide valuable information for businesses.

The Institute offers numerous opportunities from different departments on campus to administer polls.

The Polling Institute works to ensure that the voice of the public is heard concerning relevant social issues and standards that everyday people are concerned about.

The “Institute is unique in that it covers quality of life issues that affect New Jersey residents as well as residents up and down the East Coast,” Murray said. For example, the Institute released a survey this past April which measured the quality of life in New Jersey. The Institute also released a survey that New Jersey tied.” Murray said. Roughly 3,000 residents in that state were polled, raising about $100,000 of revenue for the University.

While the Polling Institute is funded by the University, it brings in external money from partnerships with media outlets that use the researched data.

A strong partnership is held between the Institute and the string of Gannett Company Inc. newspapers, which include the Asbury Park Press. Results of the Institute’s polls are also mass-mediated by New Jersey 12 News and 101.5 Radio, among many other outlets. Polls are also distributed through the East Coast region from New York to Virginia.

The Polling Institute was established in order to act as a nerve center for the study of public opinion at Monmouth University’s reputable, or the opportunities it has to offer. For many students, there are opportunities for students to gain experience concerning the work Polling Institute does, and learn about the methods it uses as well as private organizations. The poll results assist with policy analysis, and provide valuable information for businesses.

Six students from the Student Government Association (SGA) were interviewed for the opportunity to attend a student leadership conference at the State House in Trenton on October 24.

At this conference, the Senate met with students from other New Jersey independent colleges and universities and discussed legal and ethical issues of particular concern to independent schools in New Jersey, Delaware, Maryland, New Jersey, Delaware, Maryland, New Jersey, Delaware, Maryland, Virginia and Delaware.

The Senate’s Spirit Initiatives Committee was formed in 2005 in conjunction with the Urban Coast Invitational, but its legislation has been missing action.

Institute, which measured the attendance and had a chance to voice concerns about such budget cuts to programs like the Tuition Assistance Grant (TAG) and the Equal Opportunity Program, as well as supplying background research.

With his support, the Institute has grown to become a valuable research service center due to its quality of life issues and meticulous tracking.

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President Obama Looking to Help College Students

President Obama announced his plan today to help reboost the struggling economy last week. He is making a significant effort to make student loans more affordable and easier to pay back for recent college graduates who are struggling to find work after graduation.

With college tuition growing each year, it is a relief to most students. There is a great deal of stress for those who are victims of the recession. The “Know Before You Owe” plan was originally an initiative to give students the knowledge of the rules of an unfair global economy. The same one percent of America who are the beneficiaries of the 99 percent of people in America who are struggling to pay their bills. This system typifies the fact that this is a youth movement that is benefiting from the 99 percent. The protesters are students with little to no prospects of finding a well-paying job to pay for college, and they are fed up with the amount of debt hanging over them.

They are students with little to no prospects of finding a well-paying job to pay for college, and they are fed up with the amount of debt hanging over them. The protests on Wall Street have been the focal point of political issues of the week. The Occupy Wall Street movement has breached state lines, and the Tea Party or OWS will eventually lead to a new form of political legislation. These demonstrators should take care and use this movement to their advantage.

This pledge was created by a man named Grover Norquist, who is willing to give as much money as he wants to any radical organizations seeking to serve. When the most powerful man in the House of Representatives signs this pledge ensuring that they will never vote for tax increases, this includes Republican Speaker of the House John Boehner and Republican Senator Mitch McConnell. When the political landscape has failed them so many times, they want opportunity, which is why they are trying to tap that resource once again by issuing this order.

The protests on Wall Street have been the focal point of political controversy for the past month. The Occupy Wall Street movement has gained support from both political parties and international borders. The 99 percent seems to be growing larger, but 28 percent in the United States is one commonalit that many of these countries are struggling with. This is an important political system. This system typifies the fact that this is a youth movement that is benefiting from the 99 percent. The protesters are students with little to no prospects of finding a well-paying job to pay for college, and they are fed up with the amount of debt hanging over them.

So, why isn’t the government increasing taxes on millionaires? Congress has already released $1 trillion in stimulus plans this year, and many people are certain that this is happening. This pledge was created by a man named Grover Norquist, who is willing to give as much money as he wants to any radical organizations seeking to serve. When the most powerful man in the House of Representatives signs this pledge ensuring that they will never vote for tax increases, this includes Republican Speaker of the House John Boehner and Republican Senator Mitch McConnell. When the political landscape has failed them so many times, they want opportunity, which is why they are trying to tap that resource once again by issuing this order.

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College Students Take Business into Their Own Hands

ANDREA DOOLEY STAFF WRITER

The term “the college experience” is often used, but what exactly does it mean? For senior Erica Murray, the college experience is simply four years of freedom while learning the necessary aspects of a future career. Some students, like senior and previous Posh the Envelope PR intern, Kara Hunt, consider the college experience an opportunity to gain real world exposure in their perspective field. Some students, however, think outside the box. It doesn’t matter if you type the word “college” into a search bar on urbandictionary.com, an online website in which users can submit their own definition of any word, you receive some clever results. Urban Dictionary defines college as “an alternative to buying a Ferrari (they cost about the same).”

According to the National Center for Education Statistics, the average cost for a four-year private institution, such as Monmouth, between the years 2009 and 2010 was $32,475. Keep in mind that number is per year. When all is said and done, four years of college will cost a student around $130,000.

“With the price of college today, my parents would probably say I have too many classes,” said Flaccavento. “They would want me to drop a class so I could work on the business full time.” Flaccavento however, disagrees. “I want to start my own business in the spring and I need to gain as much experience as possible.”

The Outlook

LIFESTYLES

November 2, 2011

Methylation of Antioxidants

Pharmaceuticals are the vitamins B6, B12, D, and folic acid. Studies performed in the school show that vitamin A is responsible for maintaining the health of the skin and hair. Vitamin A is the fat-soluble vitamins A, D, E, and K. It is found in the lungs, heart, and brain. Excess vitamin A can lead to toxic buildup on the liver, causing damage and cancer.

Nicole Andretta, a senior, said that she takes a multi-vitamin, calcium, and echinacea, which she purchases at the Vitamin Shoppe or Vitamin World. “I try to take them every day to boost my immunity levels,” said Andretta.

One supplement that is currently a trend is cod liver oil. According to Carlson Labs, a leading supplier in nutritional supplements, cod liver oil is a nutritional supplement derived from the liver of cod fish and contains high levels of the omega-3 fatty acids, EPA and DHA, and very high levels of vitamin A and vitamin D. Cod liver oil is widely taken to ease the pain and joint stiffness associated with arthritis, says Carlson labs.

The table of vitamins identifies various foods and their respective vitamin contents.

A Daily Dose of Vitamin Goodness

While taking supplements is a straightforward approach to getting your vitamins and minerals, there are other options as well. Harris adds people can get added vitamins and minerals from their foods and juices, as opposed to taking them at a private institution costs well over $100,000. During that four-year period, if you need to pay off loans after graduation, the smart and most obvious thing to do would be to save money. However, college students and the idea of saving money go together like water and oil. Most part-time jobs don’t pay enough to get into the business arena where you can network and learn the valuable skills of communication and leadership,” said Buzzza.

“DJ Chris Spirito, senior, and founder and CEO of All Shore Entertainment, has been DJing since the age of 13, but took his business to the next level when he began college. “I registered with the state as an official business, created a business, and invested in equipment to develop the company even further,” said Spirito.

In addition, Spirito said that his business helped him get involved in the University’s WMUX radio station where he now DJ’s live every Friday night from 6 pm to 8 pm. His current mix. wins him the title of October’s DJ of the Month.

According to Professor John Buzzza, Director of the Center for Entrepreneurship, “Starting a business while in college, even with a group of friends, gives you a perspective of what the business world really is. You learn in a classroom. It also gets you out into the business arena where you can network and learn the valuable skills of communication and leadership,” said Buzzza.

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GRADUATE SCHOOL PROGRAMS

- Anthropology
- Business Administration (MBA)  
  - Accelerated MBA option
- Computer Science
- Corporate & Public Communication
- Criminal Justice
- Education (MAT, MEd, MEd)  
  - Accelerated MAT option
- English
- Financial Mathematics
- History
- Mental Health Counseling
- Nursing
- Doctor of Nursing Practice
- Psychological Counseling
- Public Policy
- Social Work  
  - Traditional/Advanced Standing MSW
- Software Engineering

Graduate School Information Session

Tuesday, November 15, 7 p.m.  
Wilson Hall Auditorium
www.monmouth.edu/GR_infosession

West Long Branch, New Jersey  gradadm@monmouth.edu  732-571-3452
Some Songs Stronger Than Others on New Kelly Clarkson Album

Tiffany Mattera Staff Writer

One hundred fifty years after the American Civil War erupted between the Northern and Southern states, “Civil War Voices: Songs and Memoirs of Five Extraordinary Lives” was performed at the University to commemorate those affected by the war and bring new perspectives to history. Students, professors and townpeople gathered at Pollak Theatre this past Sunday to hear the testimonies of Joe Harris, Elizabeth Keckley, Perry Harris, Harriet Perry, and Joshua Chamblin through music.

Ten phenomenal actors and two flawless musicians brought histo- ry to life through their emotional portrayals of prominent events both large and small, as told through author James R. Harris’s music and composer Mark Hayes’s music.

The physical setting of the stage, though simple, was equally functional and symbolic. The stage was bordered by multiple American flags through all of its phases, as the actors sat or stood on them and around wooden benches.

When scenes changed from one to another, it was subtle yet effec- tive as the lights were altered, benches were moved, and, actors changed coats to transform themselves into other characters. The women wore frilly patt- erned long dresses with hoop skirts, while the men were fashioned with suits. There were few props, one being bayonets that represented death, Kelly Clarkson’s Stronger is a welcome change.

The show is held in a local powerhouse who could sing items of a grocery list and sound phenomenal. So it isn’t surprising the first “American Idol” winner’s voice is flawless on her fifth studio album.

In a time when it is hard to find a pop album through trueto-truc- death, Kelly Clarkson’s Stronger is a welcome change.

“Stronger” is an electrifying pop that opens boldly with the lines “I forgive you, I forgive me/ I forgive you, I forgive me…” and the whole thing. The pop song that was found on her fifth studio album.

In “Civil War Voices: Songs and Memoirs of Five Extraordinary Lives,” actors brought individual stories about people involved on both sides of the Civil War to life. 

For the most part, Kelly Clarkson’s new album, Stronger, has a number of songs that use her firm of getting over a relationship and at- tempting to move on. “Dark Side” is a vulnerable tune that has Clarkson questioning if the person she loves will love her back, as with the lyrics, “If I show it to you now/Will it make you run away/Or will you stay even if you love her but she no longer feels the same way.”

The same concept is true on another ballad, “I’m So Sorry,” where she is in the same situation as above but turns it into a happy story. It’s not an ingenious, ground- breaking story, but the duet with DioGuardi called, “Sun Will Rise,” is a more personal dynamic of the war and their own personal feelings.

Not all of the performances were moving. There was a humorous scene where Southern soldiers were “eating gooey peas,” and inspiring scenes when slaves were reading out the freedom. In this point were traditional songs like “When Johnny Comes Marching Home” and “A m a z i n g G r a c e,” as well as original ma- terials.

There were times when both voices supported the same causes. This concept was illustrated best when the actors were split in two, singing one another song, “God Save the South” and “God save the North.”

Clarkson spent most of the al- bum frustrated and angry, and it feels awkward listening to her sing about love, heartbreak, and the pain caused by a partner’s abandonment. This is a tremendous step down from her past material. Clarkson’s voice is at times powerful and strong, but the melodic and lyrical execution is off. The melodies on this album are weak, and the lyrics are some of the most idiotic lyrics. It is a catchy, fun track about Clarkson ending a bad relationship with a guy who she believes is naïve. The math analogy seems a little silly in the begin- ning, but it gets even worse when the chorus ends with “dumb plus dumb equals you.”

There are four songwriters cred- ited for the track (Toby Gad, Bridget Kelly, and James Fauntleroy with whom believes she is naïve. The math analogy seems a little silly in the begin- ning, but it gets even worse when the chorus ends with “dumb plus dumb equals you.”

There are four songwriters cred- ited for the track (Toby Gad, Bridget Kelly, and James Fauntleroy with Clarkson is a vocal powerhouse, and with a good producer like Dr. Luke, she could release a hit like “Since U Been Gone” on the regular version.

Two of the three ballads on the al- bum seem a bit forced. “Standing in Front of You” and “Breaking Your Own Heart” seem like they were only on the album because there has to be a couple of ballads to break up the flow of the album a bit. Clarkson sings most of the album frustrated and angry, and it feels awkward listening to her sing about love, heartbreak, and the pain caused by a partner’s abandonment. This is a tremendous step down from her past material.

Some Songs Stronger Than Others on New Kelly Clarkson Album

Nicole Massabrook Staff Writer

In “Civil War Voices: Songs and Memoirs of Five Extraordinary Lives,” actors brought individual stories about people involved on both sides of the Civil War to life. The women wore frilly patterns, one being bayonets that represented death, Kelly Clarkson’s Stronger is a welcome change.

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In a world where people can be immortal as long as they can pay, Will Salas (Timothy Olyphant) has never even imagined the new sci-fi film, *In Time*. However, he finds that it cost more than he expected, especially when he meets socialite Sylvia Weiss (Amanda Seyfried). In Time is Off a Couple of Minutes—this story would have worked even if it doesn’t tick-tock—doesn’t make sense. In fact, everything is how it appears—this is how it appears as a futuristic Bonnie and Clyde, where people only have minutes left to either die or grab time. A rush of tension and excitement can run through the viewers as the minutes wind down.

When Will is playing poker and gambling years of his life, the viewer is left on the edge as seconds tick by in their green glow and approach zero. These scenes are the best of the film and generally capture the feeling Nicolli wants the viewer to have of living every second, but it doesn’t last.

The rest of the film follows around scenes having either no life or excitement as dialogue drags even when important matters are being discussed. When Will and Sylvia are sitting in a car after an escape, their love doesn’t flow naturally, their discussion fizzles, and the character development is dense. Additionally, certain chase scenes involving Will and Sylvia evading the cops through crowded cities like a dotless end or busy city don’t offer the drive they should except for a midnight rooftop pursuit. One of the more interesting aspects of *In Time* is how it appears like a futuristic Bonnie and Clyde, where Will ends up a man of stature and fame from banks and gives to the poor. Yet, Nicolli manages to offer minorities a voice, and even if it doesn’t detract from the film’s glitches. Since, everything is how it appears, it is hard to know who is young and old. Some 30-year-old guy at a bar might wonder if he is white or red woman for all he knows, which is what makes many of the crowd scenes rather fun.

The writer also recreates a time-traveling role that is not exercising, but has trouble keeping it in time when important matters are being discussed. When Will and Sylvia are sitting in a car after an escape, their love doesn’t flow naturally, their discussion fizzles, and the character development is dense. Additionally, the chase scenes involving Will and Sylvia evading the cops through crowded cities like a dotless end or busy city don’t offer the drive they should except for a midnight rooftop pursuit. Instead, Nicolli manages to offer minorities a voice, and even if it doesn’t detract from the film’s glitches. Since, everything is how it appears, it is hard to know who is young and old. Some 30-year-old guy at a bar might wonder if he is white or red woman for all he knows, which is what makes many of the crowd scenes rather fun.

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**The Woman Behind Student Success**

Meet Dr. Mercy Azeke, Dean of the Center for Student Success

JENNIFER DWIGGINS  STAFF WRITER

The Center for Student Success (CSS) allows students to have access to the many programs and services that help students cope with the stresses of college. These include the academic rigors, determining and declaring an appropriate major, acquiring valuable leadership and work experiences, and making progress towards degree completion. The CSS houses all of the programs that help students accomplish these goals including the Office of First Year Advising, the Tutoring Center, Career Services, Experiential Education, Service Learning and Community Programs, the Department of Disability Services, the Writing Center, Supplemental Instruction, the Office of Transfer and Adult Services, and the Educational Opportunity Fund (EOF). Dr. Mercy Azeke is the overseer for all of the programs encompassed by the CSS.

Azeke became the Dean of the CSS in October 2009. She is originally from Nigeria where she received her bachelor’s degree from the University of Nigeria in home economics education. She came to the States in 1980 with her husband. After a few months in the U.S., she decided with the help of her parents to go to graduate school at Temple University, where she received her master’s in curriculum instruction and doctorate degree in vocational education.

Azeke has worked in both public and private two-year and four-year institutions. Prior to coming to the University of Montmouth, she worked for several years as Executive Director of the First Year Experience at Northern Illinois University. She has also worked at Lewis University in Romeoville, Illinois, where she was the first Director of Academics and Personal Support Services. Azeke remarks that, “My expertise include student development, enrollment services, academic advising, and career services. She has also taught education courses at the undergraduate and graduate levels. Azeke truly enjoys working with students and the administration is very caring and involved in the welfare of the students. Dr. Azeke feels that the administration is very caring and involved in the welfare of the students. "It's a great and engaged. "My folks at CSS are the best," Azeke said. "I feel truly blessed to be in this great institution and community." Azeke believes that the students are the greatest resources at the University. “The students and their job is boring,” Azeke loves the fact that she has a job that allows her to “bring needed support services to students.” She has been working with the students for over 25 years.

“We were one of the first people to go into the medical field because I wanted to help people survive. It would be nice to study more about it and my parents would have been very proud of me but I have no regrets about the field I am in currently.”

On average, 200 students come into the CSS everyday. Since Azeke has been at the University, a few new programs and offices including Emotional Instruction, have been implemented. Some areas in the CSS include activities such as academic skill workshops, career activities, writing-related workshops, service learning projects, and advising activities. CSS is taking the services to the students at various locations throughout the campus. The use of social media sites, websites and e-mails are main resources used to reach out to students.

Also, despite the poor economy, more and more University graduates and returning students are getting jobs, whether they are part-time, full-time, in internships or service learning experiences. This is partly due to the type of programs and offices aimed to help the students. Additionally, she said that many students are now going to graduate school.

Azeke likes the direction that the University is going. “I feel that the University is going in the right direction and students want to excel in their major.”

One day, Dr. Azeke would also like to replicate Montmouth’s CSS at the University of Nigeria.
Facebook Friend Your University

Social networking tools, such as Facebook, blogging and Twitter, are fast becoming a part of college admissions offices as schools and students embrace the virtual world. The University recently announced it would allow students to make the optional video submission part of their application. "We are interested in hearing from you," said Kristin Campbell, a director for Kaplan Verbal Prep. "But for the most part, it looks like students are just thinking about it in a more savvy way," Campbell said. "They think it's more that they're connecting with admissions offices through Facebook, as opposed to doing anything that would definitely get them into contact with it again, the real pathogen would be neutralized by the trained antibodies. In synergy with the antigens within vaccines, adjuvant systems such as the AS01 developed by GSK optimizate the interactions of the vaccine with the immune system to elicit an enhanced and better targeted immune response.

In the double-blind phase three clinical trial for malaria, there were 15,460 participants enrolled in the study, including 6537 infants six per person-year in the control group, yielding a vaccine efficacy of 55.8%. Further analysis showed that for this age group, the vaccine efficacy against all clinical malaria episodes was 55.9%.

Michael Minkin, senior health policy analyst at the Bill and Melinda Gates Foundation, says, "It's nowhere near effective, but at least it's a start. I would like to see its effectiveness increase to 80% before it goes out public. Since malaria can change forms, its effectiveness would probably decrease over time."

Last year, Seton Hall's admissions office put up a Facebook page for freshman enrolling in the class of 2013, offering notices, news and a chance to interact with other students. The site grew quickly and now has nearly 850 members, out of a class of 1,140. "It doesn't take long at all," Nancy said. Storm Wycke used such connections in making her decision about the schools she was applying to. "I love online social networks are taking their place as a tool in recruiting and admissions.

Companies have sprung up on the Web that help students create online profiles suitable for admissions to help colleges reach out to students. "By next year, college admissions officers won't be able to ignore this any more," said Kristen Campbell, a director for Kaplan Verbal Prep. "They've been a major shift among students as well. In the past, some were up-front about the admissions, others might see their personal Facebook pages, which are often a party for picture-booking. Now, more students are reaching out to schools through Facebook."

"They've gone from being leery to thinking about it in a more savvy way," Wycke said. "It's probably one of the best ways to go about it."

"We are unconvinced that this is the main way our population does college research," said Lee Ann Pauls, assistant vice-president of student affairs. "But for the most part, it looks like students are just thinking about it in a more savvy way." Indeed, the exact value of Facebook admissions office is yet to be proven, but "We're excited to see how a student presents themselves, sells themselves," she said. "But grades in a student presents themselves, sells themselves, they still matter."...
You Can’t “Beat” This Fundraiser

TKE Hosts Annual Car Smash Behind the Student Center

BRIAN HALISKOE
STAFF WRITER

Tau Kappa Epsilon (TKE) hosted its second annual Car Smash last Wednesday, October 26, in an effort to raise money for St. Jude Children’s Research Hospital. The event took place behind the Student Center, and participants were charged money to hit the car.

Participants were provided with safety goggles and a sledge hammer. Signing a waiver was required for liability reasons. At the end of the day over $200 was raised for St. Jude by donations of students, faculty, and staff.

Dufrene, the opposing team for Homecoming weekend, was painted on the car to help promote school spirit. The car was donated by Mazza & Sons Demolition and Recycling. Mazza & Sons helped by towing the car to the Student Center and then towing it back to their Recycling Center, to salvage the scrap metal.

Joe Dellaire, sophomore, works at Mazza & Sons as a desk assistant. He is a member of Tau Kappa Epsilon and organized the event. He said, “I think it is a really good event, because it is interactive and everyone has an opportunity to participate. I’ve seen each department come and support St. Jude Children’s Research Hospital and it does raise a lot of money. Plus it’s fun!”

However, one member of TKE stated he knew the correct way to strike. Matthew Avellino, a biology major, said, “People think if you hold it mid-way and slide your top hand down. You have the weight of the sledge hammer, gravity bringing the weight down, and the force of your muscles exerting on the sledge hammer. That movement gives added force.” He concluded that the car smash is great because, “If you’re walking by, you can get out a little aggression. It helps with all the people to cheer you on.”

However, students were not the only ones attracted to the event. Professor Richard Veit said “The Car Smash was a great stress reliever and a lot of fun.” He also noted that this was his first time donating to St. Jude.

Professor Joseph Putten said, “It was a great way to relieve some stress while helping a great cause. TKE did a great job in creating a lot of energy around the event and it’s great to know the organization is helping awareness and funds for St. Jude Children’s Hospital.”

TKE has always contributed to St. Jude Children’s Research Hospital. So far this year they have organized a dodge-ball tournament and co-sponsored a dunk tank event. According to St. Jude Children’s Research Hospital, their goal is to “advance cures, and means of prevention for pediatric catastrophic diseases through research and treatment. No child is denied treatment based on race, religion or a family’s ability to pay.”

PHOTO COURTESY of Brian Haliskoe

Members of Tau Kappa Epsilon helped raise over $200 for St. Jude Children’s Research Hospital at their annual TKE Car Smash.

Social Media Expert Presents at Speaker Series

PRESS RELEASE

WEST LONG BRANCH, NJ -- Christine Rochelle, Vice President of Operations for PCG Digital Marketing, will be giving a presentation November 2 at 3:00 pm in room 234 of Plangere to offer students advice on the advancing social media field.

With her position at PCG, Rochelle travels with a team to.propose compelling information about involving social media and other digital marketing strategies.

Prior to her work with PCG, Rochelle gained experience at Star Magazine, HRP, MTV.com, LifeStyley, Eatontown Patch and AOL.com. In addition she has been featured in The New York Post, Crushable, Get Busy Media, DrivingSales, Wanderlust & Lipstick, and Daily Single.

The PRSSA bio-monthly Speaker Series was instituted in 2009 to provide networking opportunities for public relations students and professionals. To stay up to date about who is speaking when follow us on Facebook at www.facebook.com/speakerseries . For more information about the speaker series or Monmouth’s PRSSA Chapter go to www.monmouth.edu/ prssa or contact Amanda Erdmann, Communication Director, at s0756510@monmouth.edu, or Dr. Sheila McAllister-Spoon er, Faculty Advisor, at smcallis@monmouth.edu.
The sisters of Alpha Xi Delta raised $500 for their philantrophy, Autism Speaks at their first annual Minute to Win It event.

Autism Awareness in 60 Seconds or Less

Sisters of Alpha Xi Delta Raise Money for Philanthropy

TAYLOR KELLY
CONTRIBUTING WRITER

Alpha Xi Delta hosted their first annual Minute to Win It competition for autism awareness at Pollak Theatre on Tuesday, October 25 at 10:00 pm. The sisters raised $500 in ticket sales and all proceeds from the event went to the Autism Speaks organization.

Kae Crede, Public Relations Vice President for Alpha Xi Delta, said, “We chose ‘Minute to Win it’ because it is a fun and easy game show to copy. Since we are one of the newer organizations on campus it was tough finding an idea that has yet to be used, but we were really happy with the results.”

In lieu of the occasion, Pollak was transformed into a party atmosphere, complete with DJ Spiri, two hosts, music, decorations, and a crowd. A door prize was raffled off among each attendant, and the winner went home with a basket of candy and four tickets to Six Flag’s Fright Fest.

The winning teams also received prizes for their achievements. Sororities and fraternities turned out in big numbers, each one rooting for their own contest.

The concept of the event came from the popular TV game show of the same name. Teams of two competed against each other to see who could complete a task in less than sixty seconds. Elimination rounds would eventually determine first, second, and third place. First up were Zeta Tau Alpha and Delta Phi Epsilon with a challenge called “the baby rattle.” One member of each team had to move 25 gumballs from one soda bottle to another, one at a time. As the seconds passed, Delta Phi Epsilon came out on top with time to spare.

Other events like “defying gravity” challenged contestants to keep multiple balloons up in the air without allowing them to touch the ground. “Extreme handpanky” consisted of one contestant removing every tissue from a box using only one hand. Balloons and tissues were not the only things flying across stage as competitive contestants tried anything to achieve victory.

The semi-finals pitted Delta Phi Epsilon against Phi Kappa Psi in a challenge called the “paper dragon” in which Phi Kappa Psi proved they could win it for Autism Speaks.

The finals became a competition between Zeta Tau Alpha and another Phi Kappa Psi team. The Autism Speaks Foundation became the highlight of this challenge as their symbol is a puzzle piece. The teams were dared to construct an identical puzzle in the fastest time. All four contestants had to channel their inner child in order to construct the puzzle the quickest.

The final countdown revealed Zeta Tau Alpha as the overall winner of the first Alpha Xi Delta Minute to Win It event.

Crede, said, “The event was a lot of fun and it was rewarding to know that we were able to raise money for Autism Speaks in such a fun way.”

With their first annual event for autism completed, Alpha Xi Delta hopes they could win it for Autism Speaks.

MSC Begins Tutoring in Public Speaking

PRESS RELEASE

WEST LONG BRANCH, NJ, OCTOBER 30: Monmouth Oral Communication Center has taken on the job of tutoring those in need of help with public speaking. Tutoring will begin this week and take place in the Center of Student Success, located in the Rebecca Stafford Student Center. Students can sign up for public speaking tutoring on tutortrak.ORG. Public Speaking tutoring are as follows: Monday 1:00-3:00 pm, Tuesday from 10:00 am -12:00 pm, Wednesday from 10:00 am - 3:00 pm, and Thursday from 10:00 am-12:00 pm and 1:00 pm - 3:00 pm. For questions or comments, e-mail Kyle Cartty, MOCC President at s0724204@mommouth.edu. Hope to see you all there!

Public Speaking is one of the biggest and most common fears that people have. Don’t let that be you! The MOCC offers students with an opportunity to practice their Spanish every week. Hasta Jueves!

Fat, Sick and Nearly Deadly Screening is a Success

PRESS RELEASE

West Long Branch, NJ– The Monmouth Area Vegetarian Society (MAVS) and the Monmouth University chapter of the Public Relations Student Society of America (PRSSA) invited students and community members to a free screening of the award-winning documentary film Fat, Sick & Nearly Dead this past weekend. The film screening, which took place in the Samuel Hays Magill Commons Club on Sunday, October 30, at 1:00 pm, was followed by a special Q&A session with the film’s star and director, Joe Cross.

As part of the festivities, guests were encouraged to contribute to and take part in a vegan potluck. Guests had the opportunity to sample vegan cookies and cupcakes, wraps and sandwiches, squash casserole, a lentil loaf, and cold press juices. Each guest also had the opportunity to try Dean’s Natural Food Store’s line of all natural, organic, dairy-free probiotic drinks.

The film screening had a strong turnout of Monmouth students and health enthusiasts from as far away as Washington D.C. “We were proud to partner with the Monmouth Area Vegetarian Society and Professor Mary Harris to bring Joe Cross, a well recognized figure in the health community, to Monmouth to lend insight into the vegan lifestyle,” said Washington D.C. student Amanda Henry, a Monmouth University sophomore.

“’I loved the vegan potluck. Trying all of the delicious dishes encouraged me to improve my health by incorporating more natural, healthy options into my diet,” said Amanda Henry, a Monmouth University sophomore.

Keep an eye out for Delta Phi Epsilon’s next event next semester!

Delta Phi Epsilon

The sisters of Delta Phi Epsilon would like to thank everyone who came out and supported us at Lip Sync on October 12! We were able to raise $1,100 and we have all of you to thank! We want to give a special thanks to Phi Kappa Psi, Alpha Xi Delta, Sigma Pi, Theta Xi, and Sigma Tau Gamma for participating and doing such a fantastic job! Keep an eye out for Delta Phi Epsilon’s next event next semester!

Begin by Believing

Begin by Believing will be held on November 9 and 16 at 3:30 pm in McAllan room 227. They are both open to all MU students.

Thanks!

The Outlook 17 November 2, 2011
Where do you see yourself in 10 years?

COMPiled BY: jacklyn kouefati

Carlos 
sophomore

“Married with two kids, a third
on the way, and having a job at
an accounting firm.”

Katie 
sophomore

“Working in the ABC studio
behind the scenes and editing
movies.”

Kiley 
senior

“With a job and getting close to
starting a family.”

Mary 
sophomore

“Having a career in the health
field.”

Elisha 
sophomore

“With a job and married with
kids.”

Marissa 
senior

“With a job and married with
kids.”

Gina 
junior

“In Hawaii being a lawyer.”

Matt 
sophomore

“Owning my own garage.”

NOVEMBER

events

Thanksgiving food drive starting the 8th thru thanksgiving
Please bring any non perishables to the university store for 10% off of your imprinted item purchase

SPECIAL EVENTS

2nd- Scented Gel Scapes 12-4pm RSSC
3rd- Break the Cycle, Be the Change 10-11:15am, 2:30-3:45pm Anacon Bingo Night 6:40 Catholic Center
5th- JOEL MCHALE 8:30pm MAC
8th- Visiting Writer, Michael Waters 4:30pm Wilson Auditorium Invisible Children- Tony 8pm Wilson
9th- Monmouth Idol 10pm Pollak “Crimes of the Heart” Beth Henley 8pm Woods Theatre (thru the 13th)
10th- Puzzle Project Opening Reception* 7:30pm Pollak Gallery Birth–day Party 7pm Catholic Center
14th- Save a Life Tour 10am–4pm Anacon
16th- Comedy Night: Geoff Keith 7pm Java City*
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AQUOLINA PINK SUGAR
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CALVIN KLEIN
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KIM KARDASHIAN
MICHAEL KORS
NICOLE MILLER
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PARIS HILTON
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Student Center 10-3
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AMERICAN
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By the time this article gets published, Halloween will be over. However, when it comes to comic books, the ghosts, monsters and frights can still be found. For example, within DC Comics’ relaunch, they are presenting new tales of the Frankenstein monster in “Frankenstein: Agent of S.H.A.D.E.” and four different bloodsuckers in “1”, “Vampire,” and bringing together their magical heroes and anti-heroes in “Justice League Dark.”

Marvel is also having a monster bash with new series miniseries “Legion of Monsters,” which features creatures like Morbius, the Living Vampire and Manphibian uniting with Elsa Bloodstone to deal with the supernatural horrors of their world.

Yet, if there was only one comic that could be pitched to keep the Halloween spirit alive in the comic book community, it would have to be “30 Days of Night” from IDW. Created by writer Steve Niles and artist Ben Templesmith in 2002, “30 Days of Night” was a three issue miniseries that focused on the fictional town of Barrow, Alaska, which experiences a month of darkness every year. However, this year, some unexpected vampires came to town to enjoy a smorgasbord of human blood. While the book offered a strong, original, and terrifying take on the vampire mythos, Niles also helped to reinvent horror comics for a new generation.

However, “30 Days of Night” was not always planned out as a comic book but originally set to keep the “Til Death” written and drawn by David Lapham. The miniseries was “30 Days of Night: 30 Days to Dawn,” which was set in WWII (which was set in WWII). Titles like “Dark Days” and “Eben and Stella” were penned by Niles but other writers and artists have taken a bite (pun intended) of the book. In addition to the main storyline, there have also been a number of tie-in tales that further explores this deadly breed of vampires and the humans that encounter them such as “30 Days of Night: Bloodsucker Tales,” “30 Days of Night: Spreading the Disease,” “30 Days of Night: Beyond Barrow” and “30 Days of Night: Red Snow” (which was set in WWII).” (There was also “30 Days of Night: Eben and Stella,” which explored this idea of, in the ‘30 Days’ world, vampires and the humans that encounter them such as “30 Days of Night: Bloodsucker Tales,” “30 Days of Night: Spreading the Disease,” “30 Days of Night: Beyond Barrow” and “30 Days of Night: Red Snow.”)

“I had just about given up,” Niles told IGN.com in 2007. Things changed, though, when Niles got a call from IDW and he presented them with the “30 Days of Night” story. Niles continued to tell IGN.com, “And the day the ad for the first issue hit, we started getting calls from every studio, every producer, even people I had pitched before. People to this day deny that they rejected it, and I love it! Even one of the producers on the movie had originally rejected it.”

Since then, IDW has published sequels to “30 Days of Night” to establish a trilogy with “30 Days of Night: Dark Days” and “30 Days of Night: Return to Barrow.” (There was also “30 Days of Night: Eben and Stella,” which continued from “Dark Days”). However, “30 Days of Night” didn’t stop with “30 Days of Night”’s new ongoing series as these vampires will go up against zombies in “Infestation 2” alongside series like “Teenage Mutant Ninja Turtles,” “Dungeons and Dragons,” “Infection 2” is a sequel to “Infestation,” which was a cross-titled event series where zombies and vampires came to town to enjoy a smorgasbord of human blood. While the book offered a strong, original, and terrifying take on the vampire mythos, Niles also helped to reinvent horror comics for a new generation.

“30 Days of Night” was not always planned out as a comic book but originally set to be a movie. They first turned down (“30 Days of Night” was set in WWII). While talking to newsarama.com, Lapham said what it meant to him for him to work within the world of “30 Days of Night.” Lapham said, “‘30 Days of Night’ is not a traditional vampire with all the usual vampire conventions. We’re just vicious creatures. Writing wise, it’s a no-holds-barred situation. I can be as nasty and vile as I want to be. Horror plays well into what I like to do, which is to manipulate emotions, scare—really hit readers in the gut. It’s very close to noir.”

While IDW has been busy expanding “30 Days of Night,” they aren’t about to stop. First and foremost, the publisher has finally made “30 Days of Night” an ongoing series that will run each month and explore this terrifying world more. Not only that but co-creator, Niles is returning to tell new tales of his carnivorous vampires alongside artist Sam Keith who also wrote/drew “30 Days of Night: Night, Again”).

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Sports

Women’s Soccer Team Looks to Reach New Heights in the NEC Tournament

MAGGIE ZELINKA STAFF WRITER

The women’s soccer team has concluded their regular season play this weekend by facing the Sacred Heart University Pioneers and the Farleigh Dickinson Panthers. The Hawks were able to even out this weekend and bring their final record to 7-5-3. The Hawks lost their 7-1 loss to Monmouth University in the NEC Conference. The Hawks fell to Sacred Heart. With two days in between their weekend games, the Hawks were able to catch their breath before facing a current 4-12-1 Farleigh Dickinson University. Property in the NEC game against their NEC rival. Sadly, the chaos began within three minutes of the second half. Sacred Heart put up a one on their side of the scoreboard with no effort lost. One goal at 1:17. Summer Freguletti had the ball into her own net by accident, but it was not an accident which the Hawks could afford. Understanding that the season was over more, the women did not let their energy wane. Shortly after the Pioneers first goal, they were able to make the game 2-1 and eventually, this became the final score. The Hawks must have changed their mentalty after the second goal because they appeared to become a new team. The women managed to limit SHU’s shots on goal to four after the goals instead of a previous 16 shots on goal. Even though they improved greatly; it was not enough to get another goal and the Hawks fell to Sacred Heart. With two days in between their weekend games, the Hawks were able to catch their breath to do is execute.

JOHNNY MULROY ASSOCIATE SPORTS EDITOR

The Hawks were shut out on Homecoming Saturday against Duquesne University. The Hawks lost this game during the first half. Although Monmouth only recorded two shots during the first half, one of those shots landed in the back of Sacred Heart. It was junior Stacey Kadell who was able to score her second goal of the season off a pass from freshman Allexa Freguletti with two minutes left in the first half. As the women retreated towards the sidelines for half time, the score was 1-0 in their favor.

It’s been a while since the last victory. The Hawks entered the game against an NEC opponent. Monmouth hardly hurt its chance at the Northeast Conference (NEC) title.

The Homecoming football game was a disappointment this year. The fans had to deal with tough conditions, and the team was unable to get anything done on the field. The weather was wild for this game. When you think of October football, snow and freezing rain doesn’t usually come to mind. Along with 35 mile per hour wind, these were some crazy conditions.

MU fell to 4-4 on the season, 3-2 in the NEC. Duquesne is now 7-2 on the season and moving forward.

MU would need some luck to be able to catch DU in the standings.

It’s been a while since the last time the Hawks shut a team out in a game. The last time was Sep- tember 25, 2004 against Stony Brook. The Hawks also had one reception for 27-0, and it was their only loss that season.

The home field struggles continue for the Blue and White. They are now 0-4 at Kessler field. Two of these games were against strong non-conference opponents (Lehigh and Colgate) and two came against conference teams (Robert Morris and Duquesne).

It was a tough afternoon for us. I think field position was key. When they had the ball, they were able to get any- thing out of it, said Head Coach Kevin Callahan. “I thought they were a little more successful when they tried to throw the ball than we were able to be. Ultimately, that was the advantage in the game. They were able to capitalize more so on those situations than we were.”

Monmouth’s best chance at scoring came early in the game. On Duquesne’s first possession, Monmouth’s Ian Simon hit the quarterback and knocked the ball lose. The Hawks recovered and took over in Duquesne’s territo- ry. They were not able to capitalize and score points.

Julian Hayes had a huge work- load in this contest. He was given the ball 34 times. He gained 114 yards, but was kept out of the end zone. In the two previous games, Hayes had scored three times in each game. The Hawks also had one reception for 12 yards. Hayes fumbled the ball twice, losing one of them.

Craig Peterson didn’t have too many opportunities to throw the ball. That’s to be expected when playing in 35 mph winds. He completed just five of 13 passes for 41 yards. He also threw an interception and was sacked three times. Tight end Tyler George was the leading receiver. He had two catches for 18 yards. He also lost a fumble in this contest.

The defense put forth a solid performance, only allowing 16 points. Simon recorded the team’s only sack. Safety Jose Gumbs led the team in tackling with eight tackles, seven of which were solo.

Duquesne remains second in the NEC. Albany won again, improving to 5-0 in the conference and stand alone in first place. Bryant and Sacred Heart are tied with Monmouth in third place. Monmouth no longer controls its own destiny to win the conference. They would need to win the rest of their games, and have a lot of help.

As a young team, the Blue and White can’t just roll over until the season appears lost. This is an opportunity for players to step up and become leaders. The team is strong enough to finish the season can create confidence for the team moving forward.

The Hawks look to get back on track next week. They travel to Pennsylvania for an NEC game against Saint Francis.

Radio Team Blanked by Duquesne in Homecoming Game

ED MULROY ASSOCIATE SPORTS EDITOR

THE OUTLOOK’S WEEKLY NFL PICKS

Week Nine

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Now featuring guest picks!

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Last week’s guest picker: Pump

Photo courtesy of Mc Photography

Jillian Root Midfielder

Women’s Soccer Team Looks to Reach New Heights in the NEC Tournament

Dana Costello leads the team in points this season with 19, and tallied an assist in the Hawks 2-1 victory over FDU.
Field Hockey Team Knocks off RMU; Midfielder Stays Hot

GAVIN MAZZAGLIA  STAFF WRITER

The field hockey team finished their regular season in a very successful manner, defeated Robert Morris University 4-1 in Sunday on Moon Township, Pennsylvania. The Hawks took the lead in the first period against Robert Morris with a goal by Alex Carroll converted a rebound off of a corner in the 22nd minute. Only about a minute later, Patricia O'Dwyer blasted a shot from the top of the box off a corner to make it a 2-0. Robert Morris would come back to cut the lead 2-1 at the 62nd minute. It took an extra time off of another corner at the 86th minute for the Monmouth Hawks to seal the win. The Hawks were about to lose the #2 seed in the four-team pool to the next level."

"The field surface changes the game for us," said Coach Figlio. "Playing on field turf definitely helps on corners. Our game plan was to keep the ball on the ground as much as possible."

"If you're waiting for the Big East, that 23 group number may be more of a nightmare for us. We have to focus around 16, or if tempted, some schools discontent with the Big East may make the switch over to the SEC.

"The 2011 NCAA Puzzle: A Look at the Conference realignments"

DAN GUARDNER

Thought you knew NCAA conferences? Thought you had all the answers about the ins and outs of the sport? Well that may all fine and dandy, until the NCAA completely undergoes its conference realignment. Yes, the NCAA has been in the process of shuffling around teams to different conferences. By the time it’s all said and done, you may not even recognize the structures of some conferences. For an athlete who has such outstanding stats along with the NCAA, but not everyone gets to live the "best time of my life." Gumbs states humbly. "It's surreal." With his final season on the Hawks half way over, Jose Gumbs is excited and ready for wherever his football career chooses to take him.

Jose Gumbs  Defensive Back

As a senior, Gumbs lead his team with 76 tackles, and final second team All-Conference, making him fifth in the NEC. He was named NEC Defensive Player of the Year, replacing James Guglielmo. Gumbs leads his team to the NEC title and an interception to win over Saint Francis. As a walk on to the University's football team, Gumbs did everything he could to stay in shape by training year round. "I hate being out of shape and then if I'm going to work hard, I want to describe how Gumbs considers his time at the University to be the most important in his career. "Who is his inspiration? Bryan Dawsins from the Philadelphia Eagles. He is the passion for the game that I do," illustrates Gumbs. "He plays a position that I play too." There is no doubt that Gumbs plays his own physical game on the field as he did his entire career at the University.

With all of this success comes the opportunity of being scouted by NFL recruiters. With his impressive stats that continue to rise, plus the love for the game, Gumbs is no wonder why scouts are eager to grab Gumbs for their team. "Everything has been good so far, but not everyone gets to live the "best time of my life" that Gumbs has already made history on the University's football team, Gumbs did not even make a team his senior year. As a sophomore and senior he started making history well before he even made it to college.

"Football just came along for me," stated Gumbs. "I used to play just for fun, everyone just told me to stick to football." And good thing they did. Gumbs started making history well before he even made it to college. As a senior and junior he led his team in tackles and was the two-time All-League selections. The two-year junior Gumbs helped lead the team to the New England Bowl with a win over the University of Alabama. Gumbs continued his football legacy his sophomore year in college after being red-shirted as a freshman. Sophomore year he led the team with 60 tackles, 43 assists, five sacks, two fumble recoveries and one fumble recovery. After his first year on the team, it was obvious that Gumbs was to be reckoned with. His junior year brought him more success as he finished the season with a team high of 95 tackles, five sacks, tied for the most in the conference, was the second in the NEC in tackles per game with 10.6, and was third in tackle-for-loss Player of the Week against Wagner with 95 tackles, which is the seventh most in school history.

"Everyone dreams of this, but not everyone gets to live it."

Jose Gumbs  Defensive Back

Daria Deluca  Midfielder

November 2, 2011

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The 2011 NCAA Puzzle: A Look at the Conference realignments

Field Hockey Team Knocks off RMU; Midfielder Stays Hot

Gavin Massaglia  Staff Writer

"We have to remember where our program came from and we have to concentrate on taking it to the next level."

Morganne Firmstone  Midfielder

This is the second straight season Monmouth has recorded 14 victories. It comes after a season in which the team was able to earn their 14th victory of the season, including their sixth conference win. Robert Morris would drop to 8-12-2 (5).

"We have to concentrate on taking it to the next level."

"We have to concentrate on taking it to the next level."”
Winter weather wreaked havoc on the 2011 Homecoming weekend and was a factor in the football team’s 16-0 loss at home to Duquesne.

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