Facebook Settles Privacy Case with Federal Trade Commission

Ordered to Get User Consent for Some Changes to Privacy Settings, Subjected to 20 Years of Internal Audits

BRIAN HALISKSKE
STAFF WRITER

“It will be the practice of the University to report once every semester on situations that occurred on campus,” said President Paul G. Gaffney II in his mass email to the University community last week. Due to University policies and State and Federal laws, The memo will be reported once every semester, to prevent campus harassment and hate crimes.

Gaffney’s memo explained that “Monmouth University will not tolerate acts and expressions of disrespect or instances of interpersonal violence, relationship abuse, and cultural intolerance.” The memo also revealed that “during the spring semester there were two separate bias incidents reported regarding allegations of harassment, one verbal and one written, both toward sexual orientation. These matters have been investigated and have concluded at this time. Pending any further information that may be presented.”

William McElrath, Director and Chief of MUPD, said President Gaffney’s implementation of reporting crimes. “The benefit of reporting various forms of bias and harassment type crimes every semester brings benefits for our students, faculty and staff.”

Crime continued on pg. 4

SwoopThat.com: A New Chapter for Textbooks

MEGAN MCCLUSKEY
TEXTBOOKS MANAGER

“I’m a big fan of cheap books, but I don’t think SwoopThat is accurate and the best choice for students.”

With this semester coming to an end, students are looking for the best way to cash in on their used textbooks and get new ones for the spring. SwoopThat.com is an online service, now connected with over 2,100 colleges, and allows students to search the Internet for the cheapest rentals and digital textbooks.

Johnny Simkin, textbook manager of University Bookstore, recent graduate of Harvey Mudd College, came up with the idea while in school pursuing his degree. He knows firsthand the painful prices of college textbooks, and how many students face this.

The whole idea was that buying textbooks was taking too much time, and too much money. On average, students spend $900 per year on textbooks, and a lot of kids can’t go to school because textbook prices are so high and rising. I wanted to automate the whole process, and bring textbook affordability to everyone,” said Simkin.

Simkin has automated every bit of the process, down to a one-click checkout option allowing users to purchase all textbooks simultaneously. Users can also integrate shopping carts, which allows SwoopThat to build shopping carts on the merchant’s web site.

The website works similarly to the University bookstore’s. Students can log on and begin by simply typing “Monmouth University.” Once online, a student picks the semester they’re looking for, which departments, and which sections. After entering your course schedule, the website will search multiple online vendors like Amazon. Books continued on pg. 2

Preventing Bias and Harassment on Campus

LAUREN GARCIA
ASSISTANT NEWS EDITOR

Facebook has recently settled a complaint made against them by the Federal Trade Commission (FTC) regarding its unlawful sharing of personal user information with advertising companies without user consent.

The popular social media website, which claimed it would not share personal information with advertisers, nor with anyone else if their settings were adjusted as so back out of their agreement and made such information available to advertisers without permission first from its users. Facebook was also changing privacy settings of members without warning.

Laura Berger, Attorney for the FTC division of Privacy and Identity Protection said, “The issue with the allegations of contract that [the FTC] alleged, Facebook engaged in is that Facebook promised users in several instances, highlighted in the complaint, promises users that it would not share our information with advertisers and it didn’t keep those promises.”

The agreement reached between the FTC and Facebook in late November is that user privacy will be regulated for the next 20 years. For every violation, the company will be charged $16,000, according to Reuters.

“They are creating a position for a chief privacy officer and have to receive permission before sharing private user information,” said Mary Harris, a specialist professor in the Department of Communication, of one of the steps Facebook is taking to carry out its part of the agreement.

Despite this issue in regards to the networking website, its popularity has yet to wane. The site, which according to Reuters has more than 800 million users, continues to grow in popularity in spite of all scandals.

“Will people ever stop using Facebook?” Harris asks. “There’s not much you can do, once your information is out there, it’s out there. You can’t take it back; you don’t know where it goes.”

Another controversial issue, brought up by Dr. Michael Phillips-Anderson, an assistant professor in Rhetoric and Political Communication, is whether the information noted is owned by Facebook or belongs to the users.

“A lot of students still think that Facebook is private, and that the stuff you put up there isn’t going to get out. Even with the privacy settings it still could,” said Phillips-Anderson. “I think people are mistaken in thinking that they’re Facebook’s customers, Facebook’s advertisement people are advertisers. We’re the product. We upload all the stuff and all of that stuff Facebook owns. Every picture, every post you ever made, even if you delete it, they keep it. People need to think about that.”

“It is really kind of interesting to think about,” said Harris. “Facebook is a completely free service and most people who use it are willingly putting private information out there, potentially for the world to see. Most people who really care about privacy issues and avoiding advertisements choose not to use Facebook and other forms of social media.”

In response to this issue, Berger pointed out, “If you have privacy settings in place to use on the Facebook site to protect your information, in other words, that restrict who has access to it, Facebook then cannot share that information beyond those privacy settings in any Facebook continued on pg. 3

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How the University Decorates for the Holidays

Tiffany Mattera Staff Writer

During the weeks of December, University staff and students alike admire the holiday decorations in Wilson Hall.

Before entering Wilson Hall, one is greeted by small reindeer next to the Annex and scarf borders covering lanterns by the main doors. One inside, one witnesses garland and poinsettias lining the grand staircase, and in Christmas trees that all bear different decorations.

This year, complimenting the days leading up to the annual Holiday Ball, each Christmas tree emitted varying colors, some red, green and even a white one with peacocks bursting out. These trees were professionally decorated by Susan Muscica, a retired designer who has been visiting her trade for the past 20 years. These decorations were removed at the conclusion of December 16.

“Overall the decorations are very nice, but they should have decorated the outside a bit more,” said Anthony La Fera, a sophomore. “Wilson is nice, but they should have decorated a bit more.”

The Rebecca Stafford Student Center also has its fair share of holiday decorations with a Christmas tree and Menorah in the windows above its main entrance. “We put up decorations every year with help from our student workers,” said Megan McGowan, Assistant Director of Student Activities. Moreover, many offices such as Residential Life and First-Year have gotten into the holiday spirit with small Christmas trees.

Students can see many of these decorations while walking the campus on their way to class and other activities. The only thing that makes me feel like it’s not the holidays is the lack of snow,” said Tess La Fera, a sophomore. “Wilson is gorgeous and I love what they do with it every year.”

“Overall the decorations are very nice, but they should have decorated the outside a bit more,” said Anthony La Fera, a sophomore. “Wilson is gorgeous and I love what they do with it every year.”

“All decorations will remain in place until the end of winter break.”

Letter From the President

Dear Students and Colleagues:

You have had a great semester. You, and we, have overcome challenges. Don’t forget the challenges for a moment. Look back on the semester, look back on your year. Reflect on your substantial accomplishments. Every one of you has a long list of successes about which to be happy and proud.

Go off now into the holiday break by congratulating yourself. Enjoy your time with family and friends. We will rejoin each other in 2012, ready to move forward again.

Linda and I wish you all a joyous holiday season.

Paul G. Gaffney II
President

Books continued from pg. 1

for the book, and show you all the available prices. This course-search technology has expanded to now support over 14.2 million students at over 2,500 universities, colleges, and private high schools nationwide.

“I only purchase my books through websites like these,” says senior Sloane Coran. “Half the time professors don’t even use the books, and at the end of the semester at the bookstore’s buyback, I’m lucky if I get back a quarter of what I originally spent. If I can save money, I’d rather go through an online bookstore.”

Another service that is offered on SwoopThat is the free student exchange, which provides a platform for students to buy and sell books with other students at their school. This gives students the option of dealing directly with one another on or off campus. Students can organize the meeting and exchange and not have to worry about paying for postage.

The filters for buying books work just as well in reverse. Instead of finding the cheapest book, a user can see how much a book can be sold for and who is willing to pay that price. SwoopThat has been compared to Kayak, but for textbooks instead of travel packages. They are not selling the books, they are just providing the convenience and the information. In fact, the company runs solely on small commission made from each transaction, and gains no monetary benefit from the student exchange service.

“We wanted to provide a bookstore solution for students and a better service. Everyone, including myself, thinks of the bookstore as the enemy,” said Simkin. The truth is that bookstores only make a small profit, about 3.4 percent, from students’ purchases.

Another great thing we have is that we give the bookstores the option of making their own page on SwoopThat. Once they’re online, students will be able to see the online prices compared to in-store. They’ll be able to sell directly to the students, and make more money. It’s a great win-win situation for everybody involved,” said Simkin.

Megan McCluskey, textbook manager for the University’s bookstore, doesn’t agree. She has been following the site for about six months now, and doesn’t think they’re a threat yet.

“Anything that can get cheap books for students, I’m a fan of,” says McCluskey. “My problem is that SwoopThat isn’t accurate. When you pick up your schedules on there, the custom books we get for classes won’t show up. It says no textbook required.”

“The way they went about their business was under the radar, and other schools that are just learning about them are actually filing claims to have their information removed from their site,” said McCluskey.

McCluskey thinks students will be confused because SwoopThats interface is so similar to the University’s bookstore’s website. “Like I said, I’m a big fan of cheap books, but I don’t think SwoopThat is accurate and the best choice for students.”

DE-STRESS FEST!!!

ENERGIZE DRAWING FOR A KINDLE!

THURSDAY
DECEMBER 15

DOOR PRIZES
1 PM - 5 PM

GAMES

SNACKS

MASSAGES

PUPPIES!

PHOTOS COURTESY of Joanna Zietara

Various Christmas trees adorn the halls, doorways and staircases of Wilson Hall in the days leading up to the holiday season.
Fountain Gardens Residents Must Pay Fee to Stay During Break

JOANNA ZIETARA

This winter break, the Fountain Gardens apartments will be empty unless students can afford to pay an extra $278 fee charged associated with staying there during break.

The University’s Office of Resi-
dential Life offers off-campus housing at three locations: Pier Vil-
lage, the Diplomat Apartments and Fountain Gardens Apartments. All students living at University spon-
sored housing have the choice to remain in the apartment during the break. All students must submit a request form at the Office of Resi-
dential Life by December 15 if they wish to stay during break, but only Fountain Gardens students will be charged a fee for staying. Students are questioning why the charge is only applied to Fountain Gardens and upset that the charge is imple-
mented.

“I think it is unfair that students have to pay a fee for staying in an apartment that they are already pay-
ing for in their tuition,” said Alex Fillimon, a senior living at Fountain Gardens. “I think there shouldn’t be a fee for staying in the complex during winter break.”

TJ Graham, a sophomore, said he was hoping to attain a seasonal job in the area and was planning to stay in Long Branch before finding out that there is a charge associated with staying.

“ I think it is absolutely ridiculous. The apartments are not being used by anyone else during break anyway. The apartments are not being used by anyone else during break anyway,” said Graham. “We should be able to stay. I would have looked for a job if I had the choice, but I don’t because I can’t live in my apartment thatI pay $7,000 per year to live in.”

According to Eric Mochnacz, Area Coordinator for Off-Campus Housing, any student who decides to stay during winter break without paying the fee and filing a request form might be subjected to expulsion from the apartment complex.

The reason for the fee at Foun-
tain Gardens is the type of lease that students agree to in order to reside at the apartment complex. According to Mochnacz, Fountain Gardens is the only University-sponsored off-campus housing complex out of the three oth-
ers that have a semester-by-semester lease. The other two have a nine month lease from September through May.

The Fountain Gardens complex costs $3,586 per semester; The Dip-
lomats cost $7,588 for both semes-
ters. The price difference between the two apartment complexes per semester is $416.

“We always try to improve stu-
dents’ experiences off campus but we also try to be fair,” said Jim Pillar, Associate Vice President of Student Services. "The Diplomates students are paying more for ultimately the same living conditions because it’s a yearly lease. Fountain Gardens is semester-by-semester so we cut that $400 out of the payment." According to Mochnacz, the Of-

fice of Residential Life tries to keep the prices of off-campus housing af-
fordable for students by giving them multiple options. "The price range between the three complexes allows students to make the choice that is best for them financially," he said. "Part of the affordability of the Foun-
tain Gardens lies in the fact that it is a semester-to-semester lease."
Students Get Hands-on Experience in Business Class

JOHN HAREN
STAFF WRITER

This fall, an elective class for the business major embarked on an endeavor that put classroom knowledge to use, and taught students critical lessons that can only be learned through hands-on experience.

The entrepreneurship class, taught by Professor John Buzza, started a company called Total Quality Management. Attracting both Corporate America and stay-at-home mothers, TQM offers 24/7 monitoring of trucking fleets, pampered pets and inquisitive children.

The sophisticated software and contemporary technology provide innovative solutions that enhance productivity in the workplace and relieves unavoidable stress for families.

"By offering services to a wide array of clientele, TQM's appeal makes it an exciting young company that has a lot of opportunity," said Buzza, whose 2000 Center for Entrepreneurship at the University won the United States Association for Small Business Innovative Entrepreneurship Educational Course Award.

From a business standpoint, TQM offers companies more profit by saving on such necessities as time, gas and unnecessary vehicle wear-and-tear. "By tracking their employees, these companies become aware of sluggish drivers and meander- ing route salesman," Buzza said.

Some more examples where tracking can blow the whistle on sneaky employees would be with company cars used for pleasure, municipal workers enjoying hidden cul-de-sacs for beauty sleep,turning drivers stopping home for lunch and a Sports Center update.

For families, TQM offers peace-of-mind over children who tend to wander at unexpected times. "Being aware of a child's location can help at amusement parks, school trips and family vacations," Buzza said. With TQM's software capability readily available on a parent's cell phone, sauntering children can be located within seconds, preventing any potential harm that could occur. The small device that can be either clipped on a child's pants or worn as a bracelet would have the mechanism for sending a signal to the cellphone or computer. TQM's website shows these fashionable color bracelets along with startling statistics that highlight the importance of using child locating equipment in today's unpredictable world.

K-9s can also sport a collar that holds the device, assuring owners a quick retrieval of their squirrel-hunting terrier.

But before arriving at this promising juncture in the company's early start, students had to collectively pool their knowledge and skills gained those skills and learned fundamental business concepts that will be critical to finding success in the future.

STEVEN DECARLO
Senior Business Mayor

The pragmatic approach to starting a business is encapsulated in this course, and the experience has taught us fundamentals that will be critical to finding success in the future.

"I wanted my students to get the best experience in the business world," Buzza said, "and as a result, they have learned skills that they can take with them the rest of their lives." Steve DeCarlo, a senior, is one of the students who has gained those skills and learned invaluable lessons in his involvement in the FYSP.

"I have gained a stronger sense of determination because of this together and decipher which aspects of determination because of this together and decipher which aspects of TQM and a company that put classroom and the experience has taught us fundamentals that will be critical to finding success in the future.

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Some of those fundamentals include establishing a network, marketing the product, and initiating a solid rapport with potential customers. "A lot of extra effort is put forth by the students after class to ensure that progress is being made with the com- pany," DeCarlo said.

Students are in contact with companies in the U.S., Europe and Asia to familiarize their product with those markets, and hopefully create business once an LLC is established.

In hearing about the growth and future potential of TQM, senior, Emily Curry, compli- mented the students involved. "I think that it is important for them to realize that they have the opportunity to apply their knowledge of business in an environment that is similar to what it will be like in the business world," said Curry.

"Their success should give them confidence in doing great things after graduation," said Curry.

To learn more about the services offered by Total Quality Monitoring & Tracking Inc., visit tqmtracking@gmail.com.
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December 14, 2011
The Outlook

Occupying Off-Campus Housing During Breaks

College life is nothing without dormitories and off-campus housing where students learn a great deal about independence. However, when coming close to the end of the semester, such freedom can feel like it is ending.

While it stands to reason that some students are excited to go back home, other may have different reasons to stay and want to remain in their housing through the break until the following semester begins.

For the most part, this situation is geared more toward those living in off-campus housing than dormitories.

Although there are some dormitories that have kitchens, those who live in off-campus housing, students are given more amenities in addition to having a form of transportation.

With dorms, it means more work for the University police to make sure everything is safe and sound at a time that’s generally void of students. If you have the accommodations to allow living off-campus and choosing to remain there, why shouldn’t students have to depart?

For some students, this means taking a leave of absence from any employment they might have while on campus. If they are working at a store in the mall or a local business to earn money for classes, book, equipment, etc., then it could put a dent on their finances.

Overall, we aren’t saying that staying off-campus during breaks is a great idea. However, one also can’t rule out the issue of insurance and students.

Keeping off-campus housing open for students during breaks should also be considered for international students that are not only acquiring an education at the campus but also getting a taste of American culture.

This could allow them the chance to travel home and then stay in these houses for a semester or two. Of course, this isn’t to say that the University doesn’t offer its students the opportunity to stay in their off-campus housing during breaks.

A student has to do is get permission to remain in their housing when the semester is done. However, so many individuals might be submitting claims to stay during breaks that the University doesn’t have the resources to handle the situation.

Therefore, if students travel far and wide to come to the University to study from places like California, Florida, or Nebraska to name a few, they should really have to spend more money to go back home only to leave a couple of weeks later?

The University could avoid a price break here for students that live far away to pay a certain price for living during the year and then pay a smaller dividend during breaks. Who knows?

This could be cheaper than having to buy a plane ticket back.

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Stop Procrastinating... Starting Tomorrow

CHRISTINA HARTET
CONTRIBUTING WRITER

Think you know what you’re eating? According to the USDA, in 2009, 93 percent of soy, 93 percent of cotton and 66 percent of corn grown in the U.S. were GMOs. “Genetically modified organisms: GMOS that have been created through techniques of biotechnology, genetic engineering, or GE,”

This relatively new science allows a laboratory organism to be injected into another species in a laboratory, creating combinations of plant, animal, bacteria, and viral genes that do not occur in nature or through traditional crossbreeding methods. Surprised? Incredible isn’t it? “Pesticide companies develop genetically engineered food crops by combining deoxyribonucleic acid (DNA) from plants, animals, bacteria and viruses, to contain or resist pesticide, which results in more pesticides sold and sprayed,” says Michael Hansen, Chief Scientist of Consumers Union. “Genetically engineered foods contain untested novel foreign compounds that can be detrimental to our health.”

American consumers deserve the choice whether they want to eat GMOs. In 30 other countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production of GMOs because they are not proven to be safe.

On the US on the other hand, the FDA approved commercial production of GMOs based on studies conducted by the companies who created them and profit from their sale. Safe labeling to indicate whether a food ingredient is a bioengineered product. It also does not require labeling to indicate which conventional breeding technique was used in developing a food. According to an ABC News Poll, 93 percent of Americans say the federal government should require labels on food saying whether it’s genetically modified.

Surely the use of GMOs will continue, but we have a right to know. If you happen to have a label that has a label we can choose to buy it or not. Currently we’re in the dark, aware of nothing. Awareness might make a difference.

Look for non-GMO labeled foods and buy organic products. Visit justlabelit.org/takeaction if you want to sign the petition to tell the FDA to label our food.

All Good Things Come in Pairs

MARA MCNRENEY
CONTRIBUTING WRITER

I believe that twins share a bond deeper than any other relationship in this world.

The entire experience of being a twin has promoted wonder, curiosity and what seemed like an obvious question—"do you like having a twin?" The truth is, I don’t know what it is like to live with one, as this is the only life I have known. My unique circumstance has helped me live an interesting life.

Some people seem offended by the statement that "twins" are the closest of any set of siblings and often attempt to get defensive. I have heard statements that are so endearing, such as “me and my sibling are only 13 months apart, we are just like twins.” This is not accurate in my opinion. Actually for us, we have other siblings that are “close to our age” and from a first-hand experience, I can state that the bond is in no way, shape or form “the same!”

How can anything be compared to sharing the womb with someone for nine months? Being born minutes apart and having someone the same exact age as you, sharing every significant moment together for the rest of your life, how can this be compared with siblings who are months apart?

Through photographs and memory enhancement, I was able to take a learning experience and guided us through the period of time where we were/are and what they want for themselves. I know I can count on him for anything. Of course as in any relationship, there are disagreements and our ups and downs but I know that we will always love each other. I have always lived with my twin for almost my entire life and I am fully aware of that in time me and my twin will form new families and new relationships, but whatever the bond, I will have with my twin will forever be. He will always be a special part of me. I believe that twins share a bond deeper than any other relationship in this world because I am in it!
**The Mayan calendar is supposed to end in 2012, and just like the ending of the world outside of our own little bubble. I would want to see the way people live in other parts of the world. I would want to experience talking up close with the sound of the cell phone alarm, but instead by the sound of nature question, a thriving life. I want to go everywhere and see everything; from the Amazon in South America, to the penguins in Antarctica. I want to walk the Great Wall of China, and swim along the Great Barrier Reef. There are so many amazing things this world has to offer, and we tend to forget that because of everything else that takes priority in our lives.

I don’t worry about paying for the material possessions, but instead worry about the so important but in the long run have no meaning. I want to live simply, like we were meant to. I want to value who I am, not what I have. I don’t want to be consumed by technology. I want to be consumed by the natural world. I want to see things without goggling at the natural wonders of the world. I want to see things without being free, without a worry or moment of anxiety. I want to forget about Facebook, and Twitter, and e-mail. I don’t want to send texts or receive texts. I don’t want to be consumed by technology. I want to engage in is with the people who surround me. If a time limit was put on my days, I couldn’t imagine filling even a single day. I should live every technology that we have become so dependent on. I believe there is so much more to life.

I want to help people, in whatever way I can. It is more important to see and experience live what life is really like. To see someone struggle and yet hope for a better future for their children and the children’s children. To see someone who has little in return. I would like to lend a helping hand to people who work hard for it. I would like to make a difference. I would like to help change someone’s life.

It’s a strange though, “the end of the world”. We don’t know how or when it’s going to happen. It could be next year, or 1000 years from now. I suppose since we don’t know, and we more than likely not live to see whatever will happen to the world, I have no worries about the world. What I do worry about is the treatment of one another. How we treat each other and the minority just have it so easy. There are so many bettering things in this world. Not only are we able to see the leaving of Princess Diana, the devastation of Hurricane Katrina, and the 9/11 attacks, but also, the various predictions of the end of the world. Many of these predictions have come true, many others have not. The fact is that people can’t help but wonder if they will make it through the year, or if the world will end on December 21, 2012.

**The end of the world seems to be as insigniﬁcant as a trending topic on Twitter these days. Any crazy prediction, real or not, is taken seriously. Even stories of the end of the world would be just as believable. In our lifetimes, na- tions we all know and love. The lack of media and representation to the most life threatening issues infected by organisms living in their lives from firsthand contac-

I go? The answer is that I do not if I had only one year left to live? Where would you go if you were only one year away from death? In one year I would be just another student out of college, and barely 23 years old. Having one year left to do all the things I would want to do through out my lifetime seems impossible, but if I came down to it, my bucket list would contain the most life changing of experiences. I want to see the world. In this life we are living now, we take everything for granted, and I am no exception. In college, we are overpowered from lobbies. These were only a few of the proactive steps that the government has taken to encourage diversity, but people still continue to promote their own holidays above all others.

I am sure walking around this holiday season you have noticed the trend of Christmas decoration everywhere you go. Even on our be-loved campus, we are overpowered by Christmas. Wilson Hall is clearly decorated in strict regards solely towards this holiday. Whether they are called holiday trees or not, the abundance of trees and the witty decorations almost make it seem to be a competition amongst the buildings on campus, Wilson Hall, but I feel that in this day and age, our world is entirely Christmas. Unfortunately, us in the minority have just to accept that fact. Halpern is right in her theory about this day and age, but will there ever be a way to dis-continue this tradition? The change in the holidays may never come to those in the United States due to the sta- ple television specials that air each year and the music that will forever be associ- ated with Christmas. Though a complete change will not hap- pen, we at the University can inﬂuence others to make an effort to make small changes to represent other holidays. An individual can simply change their “Merry Christmas” to “Happy Holidays” to help support holiday diversity. This small change will not only show maturity as an individual but it can also show that you have compassion and consideration for the melting-pot we call home. We can be the change.

The thought of not being able to have safe water to drink has not ever occurred to most of us. If only every person in this world was as lucky. Roughly 3.4 million people lose their lives from this absolutely preventable disease every year. Imagine having to drink from a contaminated river because you did not have access to safe drinking water. This is a reality for billions of people today.

For most of us this would be a very difficult picture to picture but that is because we live in a developed country with an abundance of available clean drinking water. Developed nations such as the United States often take for granted the fact that we have access to accessible water at our fingertips. Therefore, they endure the consequences of not living in a developed country with an abundance of accessible water at our fingertips. This article also states that China has less than seven percent of the world’s freshwater yet it accounts for 20 percent of the world’s total population. This uneven distribution of the water is a major barrier of not enough clean water for China. Instead, the world’s most im- poverished people have to pay for the most clean water, while the world’s most affluent pay next to nothing for sanitary water. According to a study done in 2006 conducted by the United Nations’ Water Supply and Sanitation Commission Report found that over one bil- lion people are negate the right to sanitary water, and 2.6 billion do not have access to sufﬁcient water. The United Nations’ Global Response to help the developing nations is the privatization of water.

This system does provide clean water to those in developing nations however, over charges and take advantage of the vulnerable people that have the world’s absolute lowest income to begin with. Water is a natural renewable re-source that is taken for granted in being’s life. No one should be de-

This system provides clean water to those in developing na-

nations however, over charges and takes advantage of the vulnerable people that have the world’s absolute lowest income to begin with.
Wherever You Go, Go With All Your Heart

SANDRA MEOLA
POLITICS EDITOR

Here’s where politics gets a little mushy, gushy, and cliché. Who knew, right? The first thing Professor Morano taught me on the first day of Intro to Journalism was, “Journalists are story tellers...” so here’s mine:

I first came to college afraid ofchange. I got so excited by the new world that made high school so comfortable. After a summer filled with anxiety, I met the girl I would share the majority of my college memories with. Back then Gina Columbus was a Facebook friend, yet, so naturally I thought she would be a complete weirdo and/or star at me while I slept. Thank goodness I was wrong.

The first week of classes, Gina wasted no time at all and had her first news story. Freshman year passed quickly and my studious roommate became a part of the best friend tri-pod along with my fellow Hawthorne High-Schooler, Ajda Dorday.

September of my sophomore year, I was coerced into going to the social event of my life. Gina, the same one on staff who likes watching the news as much as I do. Don’t be too stressed next year! You’re great at what you do. Amanda, Chris Netta, and masky— an overwhelming thank you for being the BEST grad assistants, mentors, and friends.

Nick, in the short time I’ve known you, all I can say is you’ve grown on me. Whenever I think of the Grinch, I’ll think of you).

Jackie, you’ve taken on not only one section, but two this semester and have done an amazing job in the short amount of time you’ve been here so far. Keep up the good work.

Kelly and Matt, you two are fantastic and huge assets to the paper. Thanks for making us such a better paper.

A special thanks to Frank aka Cupcake for throwing me into an editor position when I had no idea what I wanted to do. You’ve given me the most valuable advice I ever could have received.

Sandy, thank you so much for always keeping the office in line and always being there for us when we needed you. You really are appreciated so much by all of us.

Evelyn, you’re the best and so wise when it comes to relationship advice, especially your bus stop theory!

Professor Morano, thanks for the great story suggestions and always being so helpful. You get the ball rolling for me and I’m glad I ran with it. Without you, I wouldn’t know how to pretend to be a communication major.

Ray, thank you for your comic relief and pepinss on slow days. Finally, thank you to everyone who has read and enjoyed the section.

Being a part of The Outlook staff wasn’t just something I was putting time into to add to my resume. It became a second home, a group of friends, and a safe haven to expand my experience of not only politics and journalism, but also how to work with people. I consider the experience a lucky one.

It’s safe to say that I wholeheartedly enjoyed these past four years. I really don’t think I would have changed a thing. I found my niche. From starting out as a shy and awkward freshman, I stepped out of my comfort zone and joined a sorority filled with some of the most amazing girls I know, completed an internship that influenced me towards my career path, and studied abroad in Italy. Allowing me to find a passion so strong, I didn’t know I had the capability of feeling.

And of course, I joined The Outlook, a place where you can hear the same jokes a million times and still can’t help but laugh. So here’s to the past. But more importantly here’s to us and our futures. Chris, I now leave the pages of politics in your hands. Be the best you can be. Love you all. Toodles.
During Gingrich’s tenure as Speaker of the House, the country’s fiscal situation was the center of attention. A balanced budget amendment was introduced, and Gingrich was known for his fiscal conservatism, focusing on reducing the national debt. However, his approach also attracted criticism for its impact on social programs and healthcare. Gingrich’s leadership style was marked by his strong personality and his ability to mobilize grassroots support, especially among conservative voters. His tenure was marked by the partial government shutdown of 1995 and 1996, which was a result of conflicts between President Clinton and the Republican-controlled Congress sent him. Eighty-four ethics charges were filed against Gingrich during his term, including campaign finance violations, and he was eventually forced to resign from Congress in 2008.

Back to the positive side, Gingrich’s influence has helped reduce the influence of certain companies, including Newsweek and the Associated Press, which have been successful companies including Gingrich Group, Gingrich Productions, Gingrich and Company, and Gingrich Communications.

In order to attract the youth vote, Newt Gingrich has pioneered social media among the Republican candidates. Currently, Gingrich has over 1.3 million followers on Twitter. His nearest rivals, Mitt Romney and Herman Cain, have both raised substantially more money than Gingrich, followed by Michele Bachmann with 144,000, Rick Perry with 104,000, and Ron Paul with 78,000.

as a winner. The electoral college is an important system because it strikes a crucial balance of power between states. Each state is represented similarly to the United States, national elections take all the country. It also gives elections a sense of proportion, balancing the federal budget, taxpayer relief, the Congressional Accountability Act of 1995, and the electoral system.

A post-mortem of the 2000 election showed that the electoral system was not addressing the concerns of voters, who were demanding more representation and accountability. The election was decided by a narrow margin, and the Reform Party candidate, Ross Perot, was not included in the debates. This systemic failure led to a widespread call for reform, and the Electoral College Reform Act was introduced in Congress.

The Reform Party candidate, Ross Perot, was not included in the debates, and the election was decided by a narrow margin. This systemic failure led to a widespread call for reform, and the Electoral College Reform Act was introduced in Congress.

The collection and counting of votes would also become a problem under a national-popular vote. As was the case in the 2000 election in Florida, there would be recounts in some states. If the vote were to be determined by a simple majority, it would raise serious questions as to how this sort of recount would be done. Also, vote recounts would be much more time-consuming and expensive. The current electoral system was designed to protect the rights of the states, and it would be difficult to change the system without broad public support. The current system is also more efficient, as it requires less paperwork and more accurately reflects the will of the people.

It is clear that the electoral system needs to be reformed, and the Reform Party candidate, Ross Perot, was not included in the debates. This systemic failure led to a widespread call for reform, and the Electoral College Reform Act was introduced in Congress.

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Social Work

INFORMATION SESSIONS

Wednesday, January 11, 1 - 3 p.m.
Multipurpose Activity Center (MAC), 3rd Floor

Wednesday, February 8, 6 - 8 p.m.
Multipurpose Activity Center (MAC), 3rd Floor

www.monmouth.edu/GR_infosession

West Long Branch, New Jersey  I  gradadm@monmouth.edu  I  732-571-3452
If you were stranded on a deserted island, what two items would you want with you?

Compiled by: Jacklyn Kouefati

Ben freshman
“A compass and a chart.”

Liz sophomore
“An iPhone and a boat.”

Megan sophomore
“A blanket and a water bottle.”

Melissa freshman
“Another person to keep me company and my cell phone.”

Mike sophomore
“A cell phone and an airplane.”

Brianna sophomore
“Shoes and a cell phone.”

Kelly Rose sophomore
“My dog and a lighter.”

Dion junior
“Food and water.”

Kimberly sophomore
“A match and a map.”

Megan junior
“A friend and my cell phone.”

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BOOK DRIVE TO BENEFIT RELAY FOR LIFE
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No matter why you take part in Relay, one thing is clear: with every step you take, you are helping the American Cancer Society save lives.

With your help, we aren’t just fighting one type of cancer – we’re fighting for every birthday threatened by every cancer in every community.
How to See the World Before 65

The city of Madrid is a place that not many people will be able to experience in their lifetimes.

Anthony Salvadori, who has been using the same travel agent for the last 10 years, said, “My travel agent, Debbie, has gotten to know me so well that I go to her without any problems. According to the article “Quick and Fast: Tips to Rapidly Reduce Stress,” the first step in reducing stress is identifying your stressors. “Stress is a disconnection against anyone! It’s important to be aware of some of the key techniques that can help you remain “triple C” cool, calm and collected.

Remaining calm in a stressful situation is a task many people find difficult. Consider my story. For four years, I have been a full-time student who has maintained a high enough GPA to be able to keep my scholarship while juggling a part-time job. Engaging in stress relief techniques can help you remain calm and maintain your goals.

According to Dr. Nauer, “When we are busy, stressed, worried, anxious, and suffering from guilt, we tend to breathe shallower breaths, utilizing only the top 20 percent of our lung capacity. That means your body and brain are getting 20 percent of the oxygen they should be getting. If you have a lot going on and what you need is endurance, energy and clear thinking, one of the simplest ways to help yourself is to get 100 percent of the oxygen your body needs.”

While traveling directly with clients, one problem you may face is a lack of communication. Clientel is a French word for a client. Things in life do not always run smoothly. When a client is screaming at me because a mistake was made, my first reaction is not to panic. I again utilize the basic skills I learned to remain calm.

I am in my final semester of college and recently received a huge promotion to my newest position at work, where I work directly with clientele (something which is very nerve rack-
ing). There was not always a light at the end of the tunnel. I had to learn to be patient and to allow time for things to fall into place. According to the article “Quick Stress Relief: Fast and Effective Ways to Rapidly Reduce Stress,” the first thing you should do is learn how to recognize stress by observing your muscles and inside.

Written by Jenna Intersimone, photo courtesy of Jenna Intersimone

LIFESTYLES

Jenna IntersimonE
SENIOR EDITOR

In my closet, you will not find a sparkly Juicy Couture handbag or chintzy t-shirts, but I am Michael Keors. You won’t find leather Coach wallets or Gucci sunglasses. But instead, you might find your old purple suitcase, and an old purple suitcase, and some postcards.

This is because I would much rather spend my hard-earned cash on a trip to Paris, the Bahamas, or Oslo than on a pile of fabric from the Mercantile. Unfortunately, when traveling, I’m still on a student’s budget, also known as the New York City budget. “Never gone for a few days. Postcards are much more friendly and personal than yet another shot glass. Postcards will cost under five dollars for quite a few, while souvenirs will cost more than 10 per item and they will take up space, and you might break them. If you break them in your bag when it’s time to get on your flight. Donna Roth, frequent recipient of my writing, said, “Getting postcards makes me smile and laugh and they’re a great gift to have on as the years pass, so souvenirs tend to be kind of useless. I will just collect dust in my house.”

Sometimes when looking for trips and seeing what the world has to offer can seem like an impossible dream in the face of tuition, rent, and bills.

However, if you do a little research before you embark with your travel agent and think outside the box, you might find some great deals, you’ll have much more to show for your summer than a pile of tank tops in the closet.

Don’t Stress Over the Little Things

Mara McInerney
CONTINuing WRITER

Don’t Stress Over the Little Things

Keeping Cool in the Cold

Natalie Goldberg.Author and artist of Zen

“Stress is basically a disconnection from Earth, a forgetting of the breath. Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important. Just lie down.”

CASEY REDDY
STAFF WRITER

With another semester approaching, it’s almost time to be back in the routine of school. I am excited to go back, but I am sure that there will be stress involved.

Located in a climate that varies greatly from day-to-day, it is difficult to decide what students need here at the University in terms of a winter wardrobe. Winter clothes also tend to be bulky, which can become an issue especially in the dorms where space is limited. Yet in spite of this, there are some things you can do to make it easier to be warm in the winter. “While leggings all on their own are a great choice for keeping them underneath your jeans can give you an extra buffer against the cold,” says Jessica Gordon, junior.

In terms of color, trends can already be seen throughout shops and departments stores. Bright summer palette and orange summer palette are off the shelves. Everywhere I shop I’m seeing dark, dark, and more dark. Those colors are the ones that are in for the fall. Laura Ledman. Vogue magazine states that this winter’s color will be filled with jewel tones. Amethyst, sapphire, emerald, ruby, garnet and malachite are all colors that you must wear to make you rich and sophisticated,” according vogue.co.uk.

However, if you have the time of your life by the thought of having to look like a marshmallow while traveling through the bitter winter. Through incorporating these campus necessities into your wardrobe they offer protection to layer and accessorize, every student can look fashionable and keep warm.
**Inexpensive Gift Ideas for the Holidays**

**Jillian Benanti**

**STAFF WRITER**

It is that time of the year again, the holiday season. Whether you celebrate Christmas, Hanukkah, or Kwanzaa, it’s the time of the year when you start to feel all warm and fuzzy inside. The houses are all lit up with holiday cheer, the radio starts playing holiday music, and your favorite holiday movies begin to play on television. Although this time of year is celebrated and cherished, it can also be a very stressful time for some people. You have to start thinking about what you are going to give to your loved-ones and how much of a dent this is going to make in your wallet.

Being a college student means a lot of things; you study hard and long hours, and want to do what is easy! We all have family and friends present, but you don’t exactly have the funds to buy them the presents everyone wants to come off looking cheap. What many of you don’t know is that there are so many different and inexpensive gift ideas that can work for everyone and won’t burn a hole in your wallet.

Let’s start with your parents. All parents love to show off their children. So a great idea for your mom or dad would be to take a picture of your child and print it out and put it in a nice frame. Run to Target or Wal-Mart and pick up a simple frame. According to walmart.com, you can get a standard size frame for as cheap as $15. This gift could potentially cost you less than $20 and it’s a gift that shows means something personal. Would you really get it to be switched up for once? This is the perfect birthday idea, or a special occasion that you can make it happen.

Buying gifts can get a little overwhelming during the holidays, but there are still ways to save money and get great presents.

**When Will the Bullying End?**

**Mara McNerney**

**CONTRIBUTING WRITER**

“Being bullied? Just act less gay!”

Intrigued, I decided to read on the headline of a recent article in the London Evening Standard. "Less gay? Really? And what question, what is our society is coming to? Is it not okay to be different? Is it not okay to be who you are, frowned upon because it might alienate you from your peers.

Teachers are supposed to act as a role model for their students, lend guidance and are looked upon as someone that work for everyone and won’t have to first be very Willy Wonka and the Chocolate Factory. How much you spend on that person, just make sure the gift comes from the heart. Keep these tips in mind, and happy shopping!

**The ENVIRONMENTAL Magazine**

**MC CAMPUS WIRE**

Our meat consumption habits take a serious toll on the environment. According to the Environmental Working Group (EWG), the production, processing and distribution of meat requires huge amounts of pesticides, fertilizers, fuel, feed and water while releasing greenhouse gases, pollution and a range of toxic chemicals into our air and water.

A lifecycle analysis conducted by EWG that took into account the production and distribution of 20 common agricultural products found that red meat such as beef and lamb is responsible for 30 to 40 times more greenhouse gas emissions as common vegetables and grains.

Livestock are typically fed corn, soybean meal and other grains which have to first be grown using large amounts of fertilizer, fuel, pesticides, water and land. EWG estimates that growing livestock feed in the U.S. alone requires 167 million pounds of pesticides and 17.1 billion pounds of nitrogen fertilizer each year across a crop area of 1.2 million acres of cropland.

The process generates copious amounts of nitrous oxide, a greenhouse gas 360 times more potent than carbon dioxide, while the output of methane, another live-

stock are contained in tight quarters can produce as much sewage waste as a small city, according to the Natural Resources Defense Council (NRDC).

Further, the widespread use of antibiotics to keep livestock healthy on these overcrowded CAFO’s has led to the development of antibiotic-resistant strains of bacteria that threaten human health and the environment in their own backyards.

Eating too much meat is no good for our health, with overindulgence linked to increased risk of heart disease, cancer and obesity.

Research has extrapolated that global meat production will increase by as much as 400 percent by 2050 to about 1.2 trillion pounds a year, putting further pressure on the environment.

For those who can’t give up meat fully, cutting back goes a long way toward helping the environment, as does choosing meat and dairy products from organic, pasture-raised, grass-fed animals. For example, EWG’s Karris Hammerschlag...

"Ultimately, we need better policies and stronger regulations to reduce the environmental impacts of livestock production,” says EWG’s Karris Hammerschlag...
The University Concert Chorus performed “Gloria” and “Mary, Go Tell It!” at the annual “Season’s Greetings” holiday concert. Their act was one of many musical performances at the seasonal event.

The Harmonic Joules then did an a cappella version of “Carol of the Bells.” The “Harmonic Joules were my favorite performers of the night,” said Dave Leiman, a resident of Aberdeen and family friend of one of the students performing. “The way they did ‘Baby It’s Cold Outside’ was something I’ve never heard before, and they seemed to have a lot of fun with it.”

The University Concert Chorus then took the staircase, dressed in their navy blue robes under the direction of Tripod and accompanied on piano by his wife, Maggie. The chorus’s sweet voices filled the halls of Wilson as they graciously went through dynamics in “Gloria” and “Mary, Go Tell It!” with a gospel swing tone that showed their heavenly talent.

There was a little break for a pleasant solo by cantor singer Ross Bernstein as he sang in Hebrew while a different candle until the Menorah was fully lit, followed by “Lighting the Menorah,” “Blessing of the Candles,” and “Maz’or.”

While the music shined bright through the rest of the evening performance, violinist Ruggiero came out to accompany the choir in “Hanukkah Flame,” a very moving piece that put the audience in the cold winter night.

Tripod said this year’s performance was “magical” for him. “Everyone outdid themselves, especially in the artistic expression that I had not been previously heard,” said Tripod. “I was blown away by Ross Bernstein’s lighting of the Hanukkah menorah and his brilliant cantoring.”

The Exultation Ringers of The Colts Neck Reformed Church under the direction of Mag- tie, took center stage with giant bells, big shiny ones commonly used to gather donations for the Salvation Army and small ones used for solid ringing. They performed three songs that were featured in the rights show, “ForUnto Us a Child Is Born” by George Handel that were also exciting to watch as the Ringers shook and drummed on their bells.

For the grand finale, the Con- cert Chorus joined the Exulta- tion Ringers in “Noel Festival” featuring traditional French and English Noel carols and a tradi- tional Ringing Carol. When they came together, it was sweet music to the audience’s ears as the crowd gave a standing ovation with a roaring applause.

“This was our 13th holiday concert and I think that if I would all say we get better each year,” David said. “Our audiences have grown to capacity crowds.”

Off-Broadway Shows that Are on the Money

Five Off-Broadway Shows That Are on the Money

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Tripod said this year’s performance was “magical” for him. “Everyone outdid themselves, especially in the artistic expression that I had not been previously heard,” said Tripod. “I was blown away by Ross Bernstein’s lighting of the Hanukkah menorah and his brilliant cantoring.”

The Exultation Ringers of The Colts Neck Reformed Church under the direction of Mag- tie, took center stage with giant bells, big shiny ones commonly used to gather donations for the Salvation Army and small ones used for solid ringing. They performed three songs that were featured in the rights show, “ForUnto Us a Child Is Born” by George Handel that were also exciting to watch as the Ringers shook and drummed on their bells.

For the grand finale, the Con- cert Chorus joined the Exulta- tion Ringers in “Noel Festival” featuring traditional French and English Noel carols and a tradi- tional Ringing Carol. When they came together, it was sweet music to the audience’s ears as the crowd gave a standing ovation with a roaring applause.

“This was our 13th holiday concert and I think that if I would all say we get better each year,” David said. “Our audiences have grown to capacity crowds.”

Off-Broadway Shows that Are on the Money

Five Off-Broadway Shows That Are on the Money

When living so close to New York, people have the oppor- tunity of attending all the great theater at your disposal on the Great White Way. That is unless you’re a struggling theater fan should see.

Additionally, “Gazillion” is the only show with the “adorable fac- tor” – as the performer frequently picks children up off the stage and assist.

This is one of the most fun and exciting shows anyone can see and will leave you feeling like a little kid again.
Fans Enjoyed ‘A Winter Night’ with Martin Sexton’s Music

ENTERTAINMENT

Nicole Massabrook

Musician Martin Sexton filled Pollak Theatre with his bluesy, folk rock this past Friday night, December 9. His set, entitled “A Winter Night” was a low-key affair that featured Sexton and his guitar.

The Boston native has been a recording artist for the better part of 30 years, with half-full-length albums and an EP due out in January.

Sexton greeted the audience when he first arrived with, “Good evening, brothers and sisters,” and right away one could feel his hippie vibe.

Anyone who wasn’t a Sexton fan might have felt a little out of place, though, hardly a sound was shockingly loud, as was the Sexton fans. The uproar that was filled was probably less than 10 rows in the performance. The audience was mostly dience.

Sexton incorporated beat box into his music, too, which was not a suck, but it is kind of sucks that I have no idea what song it was.

Such a great meal where they say nah, we’ll skip dessert; but they give you just a taste. It was great.

Jeff Cohen

Attendee

But Sexton usually didn’t even introduce his songs, and the loss of that introduction was before one song when he said, “I try hard not to suck, and it’s off a record that I think doesn’t suck.”

The song it was.

Through good judgment by the small audience (probably less than 10 rows filled), the audience was mostly Sexton fans. The upshot that was heard every time a song finished was shockingly loud, as was the scrambling when Sexton would begin a new tune.

In between starting and finishing tunes, there was a sound that was made. The audience seemed to just watch in awe as Sexton performed. I could even hear the woman seated behind me whispering the lyrics along with Sexton.

The small audience allowed for Sexton to really hear his fans, though. At one point Sexton said, “ Gets to that point in the show where I just don’t know what to play.” Fans started shouting songs and he played them of their requests.

Sexton’s voice is eerily similar to that of Dave Matthews, and it really isn’t surprising to hear that he spent much of this year as the opening act for the Dave Matthews Band. His music is a little bit jazz, some blues and a lot of folk rock.

Sexton incorporated beat box into his music, too, which is sort of odd but he made it work.

He also included scatting, the use of nonsense syllables in songs, which didn’t work, quite as well. It just seemed really strange and sometimes made it sound like he was in pain. Sexton also doesn’t really annunciate when he sings, which sometimes makes it a little hard to understand the lyrics.

It was a bit of a relief when Sexton covered Buffalo Springfield’s “Stop Children What’s That Sound” because all of his originals were starting to sound the same. Surprisingly, Sexton’s opening act was much more appealing. Chris Trapper is a charismatic folk rocker and Buffalo, NY native.

His songs, like Sexton’s, tell a story. Yet, unlike Sexton, he doesn’t tell all of his songs with a funny anecdot. Trapper played a song that got him a Grammy nomination and was on the soundtrack for the movie August Rush.

He played another tune called “Here All Along,” the recorded version of which features Rob Thomas of Matchbox Twenty. The one love song Trapper played caused many couples in the audience to become affectionate.

Most concert goers seemed very pleased with the performance. McCourt of Wenonah, NJ has been a fan of Sexton for about five years now and has gone to many of his shows. McCourt said, “I think his voice is just amazing, beautiful. He tells a story in his songs.”

Kathy Damato of Brad- ley Beach really enjoyed Sexton’s voice as well. “I just think the different variations in the way he sings it are tunes that have great pro-

Cohen brought his wife Arlene to the concert as a birthday sur-

Cohen said that he enjoyed Sexton’s encore, when he played one of the best rap releases of the year. How can this album not be good, when it combines the talents of two of the best rappers around today in Jay-Z and Kanye West.

The two complement each other terrifically and it makes for quite the listening experience. Some notable tracks to listen to on the album are “Otis” (which has a guest track from Otis Redding), “N**as” in Paris,” “Gotta Have It,” and “I Feel Myself After Alive.”

Drake – ‘Take Care’

In one of the most anticipated releases of the year, Drake released his second studio album, Take Care, on November 15.

The album has already had much success with radio hits like “Headlines” and “Make Me Proud,” which features Nicki Minaj. It’s only a matter of time before more songs off this album become hits. “We’ll Be Fine,” “The Motto” (feat. Lil Wayne), and a slow song featuring Rihanna called “Take Care” are tunes that have great prom-

Drake definitely took a step forward in his career and Take Care makes for a great listen, no matter what kind of music you are into.

As 2012 slowly approaches, one can only expect there to be even more great new music released in the new year. Time will tell, but for now we say farewell to 2011 and enjoy what is currently playing.

**Note:** All information is based on the album’s release date.
Just the Winter Blues... or Something More?

The Symptoms and Treatment of Seasonal Affective Disorder

MICHELLE CALLAS
STAFF WRITER

As cold weather closes in, the winter chill blankets the campus. With less hours of sunshine and more indoor activities, some people are prone to the winter blues. Not everyone who experiences the blues can come out of it so easily. In some cases, depression can last all season long. Seasonal affective disorder (SAD) is a depression that occurs at the same time every year.

Seasonal Affective Disorder (SAD) has symptoms that include increased fatigue, especially during the day, and an increased appetite.

SAD has several symptoms similar to depression but there are a few that make it distinctly different. Everyone experiences a random depressive mood differently, McCarthy said. A person’s appetite can either increase or decrease and sleep patterns can be affected by too much sleep or sleeplessness. “For seasonal affective disorder, it seems there is an increased sleep, especially during the day, and an increased appetite rather than a decreased appetite.”

Other symptoms of SAD include depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping and loss of interest, according to the Mayo Clinic. McCarthy said these symptoms are also common with depression since they can occur at any time of the year. It is the seasonal pattern of SAD that contributes to the diagnosis. To establish this pattern, a client would seek help for depression more than one occasion at the same time each year after a minimum of two years, a diagnosis of SAD is possible as long as the depression is limited to one season and not experienced during the rest of the year.

“People differ about [SAD] and the winter blues is that usually it affects their functioning to a certain extent whether it be socially, occupationally, or school,” McCarthy said. “If you’re not getting enough exposure to things, you would normally enjoy, or enjoy watching from friends and your mood has significantly changed, you should probably go talk to someone.”

Although the winter blues may seem common, SAD is not. In McCarthy’s five years of working at the University, he has only seen four cases that were diagnosed as SAD. “The majority of depressive incidences that I see is really a depressive episode rather than SAD,” McCarthy said. “It does happen, you do see it, but in my experience here it’s more rare than some of the other disorders.”

There is no known cause of SAD but the biological clock, serotonin levels, and melanin levels can contribute to depression symptoms, according to the Mayo Clinic. The change in sunlight hours can affect a person’s sleep pattern, add to depression, and affect serotonin, a brain chemical that controls the mood. The hormone melatonin, which is imbalanced during the summer months, also affects sleep patterns and mood.

McCarthy recommends taking long walks to expose yourself to more sunlight in the winter months. Exercise can help and one should not isolate from friends and family regardless of the urge to do so. Doing these things on your own can help improve mood and functioning.

There are several ways to treat SAD including light therapy, Cognitive Behavioral Therapy (CBT) and light therapy. “Medication in conjunction with CBT is effective,” McCarthy said. The best way to fight the depression is to start treatment early as winter approaches. If medication is used the mood should begin in October because it can take four to six weeks to become effective.

Light therapy can improve depression in severe cases, although the lights can be expensive. Lights that have the same color spectrum as the sun are sometimes appropriate. They emit UV light similar to tanning beds. Some people may feel improved moods after using tanning beds for this reason.

Even though feeling depressed can be a struggle, SAD does not last. “At the end of winter as you’re moving into spring, with or without treatment, the symptoms start to subside anyway,” McCarthy said. With a clinical depression, the symptoms do not improve with the seasonal changes.

SAD is more common in women than men and can begin during the teen and early adult years. McCarthy said there can also be a genetic component. Finding exact statistics of how many people are affected proved difficult. McCarthy estimates that about two percent of people suffer from SAD and five percent are affected by clinical depression.

According to the Mayo Clinic, winter is not the only season people can be affected by SAD. Cases can also occur during the summer months, although the symptoms may vary. Symptoms of summer SAD include anxiety, trouble sleeping, irritability, agitation, weight loss, poor appetite, and difficulty in concentration.

The University’s counseling office offers help to students from depression. SAD occurs in the winter when students are home on break, but their office will help find a referral near a student’s home so that treatment can continue.

Students can contact counseling services by phone, walk-in, or email at mucounseling@monmouth.edu.

MICHELLE CALLAS
STAFF WRITER

Happier now? Even before my mother’s death, I questioned my faith, and who I was going to become. The hormone melatonin, which is imbalanced during the summer months, also affects sleep patterns and mood.

When I was 17-years-old, my mother was diagnosed with breast cancer. For nine years following, I watched my mother struggle, conquer, and then struggle again with the disease.

I believe things, good and bad alike, to take away the pain and make me happy, if only for even the slightest moment. I was struggling, learning to contend with difficulties, trying to figure out what was going on.

An event like this makes you question almost everything. Why me? Why my family? What happens now? Even before my mother’s death, I questioned most things, especially religion and values. I still do today.

No. I am not an atheist, I am not without morals, but I do not believe in much. I lost faith in people after my mother’s death because it brought out the worst in people, friends and family alike. I lost faith in spirituality because it did not heal the wounds and it did not bring me comfort in my mother’s death. I questioned God, my mother’s death because it brought out the worst in people, friends and family alike.

Then, when I was eight-years-old, my mother was diagnosed with a rare genetic disorder. “SAD has several symptoms similar to depression but there are a few that make it distinctly different. Everyone experiences a random depressive mood differently," McCarthy said. "A person’s appetite can either increase or decrease and sleep patterns can be affected by too much sleep or sleeplessness. ‘For seasonal affective disorder, it seems there is an increased sleep, especially during the day, and an increased appetite rather than a decreased appetite.’ Other symptoms of SAD include depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping and loss of interest, according to the Mayo Clinic. "

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STAFF WRITER

I was raised very different—from most kids my age and many kids being raised today. I came from a small, close-knit family, with working parents who hired nannies, and enforced structure. I was raised Protestant, went to church on Sundays, and went to a Catholic high school.

Then, when I was eight-years-old, my mother was diagnosed with breast cancer. For nine years following, I watched my mother struggle, conquer, and then struggle again with the disease.

When I was 17-years-old, my mother finally lost her battle with cancer. At the time, I was a senior in high school, struggling with graduating, finding a college, figuring out who I was, and who I was going to become. Her death left a gaping hole in my life.

I began doing things, good and bad alike, to take away the pain and make me happy, if only for even the slightest moment. I was struggling, learning to contend with difficulties, trying to figure out what was going on.

An event like this makes you question almost everything. Why me? Why my family? What happens now? Even before my mother’s death, I questioned most things, especially religion and values. I still do today.

No. I am not an atheist, I am not without morals, but I do not believe in much. I lost faith in people after my mother’s death because it brought out the worst in people, friends and family alike. I lost faith in spirituality because it did not heal the wounds and it did not bring me comfort in my mother’s death.

It is eight years after her death, and I am still searching for things to believe in. What I believe in, and have found the most comfort in, is my personal freedom. A freedom which my mother’s death helped me to achieve.

I live frivolously now because I know I will not be able to afford it when I am finished with college. I go on vacations now because there isn’t a house to take care of when I am working and starting a family.

How many people my age can say they have been to Mardi Gras in New Orleans, run a half-marathon, went sky diving, and survived the DayGlow Paint Party? Concert within six months? I’m going to guess and say not many. It sounds cliché, but my mother’s death taught me that life is short, and her will to live has been the driving force behind all of my personal choices throughout my life.

Be spontaneous, and go sky diving. Book a trip to Las Vegas, get a VIP table, and have some fun. Get lost in the Bourbon Street crowd of Mardi Gras. No matter what you do, live to live, because you never know when your chances will end.

NORTH CAROLINA

STAFF WRITER

Mardi Gras is one of the many things that Colin Sargent has set out to experience in his motto to live frivolously while he still can.
**What's Really in Your Cereal?**

**The Use of Genetically Modified Organisms in Our Food**

**CHRISTINA HARTEL**

**CONTRIBUTING WRITER**

Think you know what you're eating? According to the United States Department of Agriculture, in 2009, 93 percent of soy, 92 percent of cotton, and 86 percent of corn grown in the U.S. were GMOs.

Also, “genetically modified organisms,” or organisms that have been created through techniques not common to nature, is also called genetic engineering (GE).

In 30 other countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production of GMOs because they are not proven safe.

**In the United Kingdom, Territoriality of Black Holes**

**Scientific Discovery Proves That We Have Much to Learn**

**SHAHARYAR AHMAD**

**SCIENCE EDITOR**

Recently, astronomers have reported the discovery of a second class of black holes, as they form from collapsing stars. These child’s play compared to the galaxies.

The fact that such enormous objects have only just recently been discovered,” said Sam Broadbent, a cosmology major, “truly shows how little we know about our universe. I am excited to see even more awe inspiring discoveries to come in time.

At the big bang, since the universe was so dense, there was no reason for black holes to exist as the gravitational force was zero.

Theoretical physicists suggest that shortly following the Big Bang, however, slight quantum fluctuations introduced an almost non-uniformity that caused an inward force in areas of higher density that pulled mass and energy into areas of lower densities, forming, according to NASA, primordial black holes. While there is no direct evidence for these hypothesized primary black holes, according to Broadbent, primordial black holes are child’s play compared to the giant black holes.

Shivam Patel, a sophomore biology major, feels that “the discovery is amazing.” In his words, “I have catalyzed the synthesis of super massive black holes.”

**Robert Brackett, Director of Center for Food Safety and Applied Nutrition at the Food and Drug Administration**

The FDA is confident that the biengineered foods are safe. Many health-conscious shoppers find the lack of rigorous, independent, scientific examination of GMOs based on studies conducted by the companies who created them from the start.

For example, in the United States, the choice whether they want to eat GMOs is left to the consumer. In Australia, Japan, and all of the countries in the European Union, there are significant restrictions on the impact of consuming GM foods to be cause for concern, according to the Non-GMO project.

In the United States, on the other hand, the United States Food and Drug Administration approved commercial production of foods that have been sprayed, said Michael Hansen, Chief Scientist of Consumers Union. “Genetically engineered foods contain untested novel food compounds that can be detrimental to our health.”

American consumers deserve evidence to indicate that DNA inserted into plants using biotechnology presently used is safe.

The FDA does not require labeling to indicate whether a food is biengineered or a food engineered product, just as it does not require labeling to indicate which conventional foods are derived from their conventional counterparts.

For example, in the United States, the choice whether they want to eat GMOs is left to the consumer. In Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production of GMOs because they are not proven safe.

**Black hole NGC 4889**

A mass of about 21 million times more than that of our sun and is distanced at an incredible 336 million light years (about two million trillion miles) away, according to the New York Times. The results of their work can shed some major light on black holes and their formation mechanism.

Scott Suter, junior biochemistry major, said, “It’s amazing how the universe can be analyzed on a grand and atomic scale, and yet we have no clue what it’s trying to explain to us. These giant black holes are awe-inspiring and bewildering.” It just goes to show that we don’t have a clue as to what’s next.”

To better understand what black holes are, imagine a massive star that is about nine to 20 times the mass of the sun. When this star finally matures, the remnant core becomes three times the mass of the sun. If that remnant, when it stop fusing and stops having an outward pressure, has enough density, it will cause a supernova and release a sublime shockwave throughout the rest of the universe. The star will then condense into what is known as a neutron star.

Stars that are the size of the sun will collapse into white dwarfs, which are roughly the size of Earth. The pressure that prevents them from collapsing further is known as the electron degeneracy pressure, where their atoms are being squeezed to the center so much that the electrons actually create a cushion, preventing the atoms from being squeezed any further.

When the electron pressure gets large enough, the magnitude of force per unit area reaches a level so high that the electron degeneracy pressure, causing the white dwarf to crumble under its weight, will now hold by an inner neutron degeneracy pressure that prevents it from collapsing further.

What is especially unintuitive is that neutron star actually has a higher mass than a white dwarf according to NASA. A teaspoon of this material consisting a neutron star would weigh about five billion tons on Earth.

Certain stars 20 times more massive than the sun should have a remnant that is three to five times more massive than the sun. These stars, it turns out, are so large that even the neutron degeneracy pressure will not be enough to keep their mass from imploding any further such that they could attain an even greater theory of general relativity as they would exhibit infinite curvature in space-time, according to the New York Times.

Dr. Bradley Ingberthenn, chemistry and physics professor, said, “One of the many things Einstein predicted that were too much of an abstraction, we are now finding out are true. I wonder what else he has for us.”

The reason the boundary of a black hole is hard to define is that there is some point in space where no matter how much energy an object has, it will not be able to escape the gravitational influence of the black hole. That boundary, called the event horizon, is essentially a sphere around that singularity where anything closer or within it has to end up in the singularity.

Since not even light can escape the awesome magnitude of the gravitational force about that singularity, black holes appear black as they do not emit any type of electromagnetic radiation from themselves.

**Black hole NGC 4889**

The second class of black holes: supermassive black holes. If the word “super” isn’t big enough, these monsters are on the order of 100,000’s to billions of solar masses.

As black holes ingest everything with an angular velocity that is too slow to escape their gravitational pull, certain masses that have just the right angular velocity can actually avoid being sucked in. These will eventually orbit the black hole around this "accretion disk," a behavior that has led physicists the notion of black holes to be the forerunners of galaxies.
Easy Ways to Live Green

**Soda Cans**

Driving a fuel efficient car and recycling can reduce our carbon footprint. Every day, billions of people drive and consume fossil fuels. In addition, billions of people are involved in the recycling industry, which significantly reduces the amount of waste going into landfills and the amount of energy used to produce new products. Recycling aluminum cans, for example, saves 95% of the energy that would be required to produce new aluminum.

**Water Conservation**

Conserving water is crucial for the long-term sustainability of our planet. In many parts of the world, water is scarce and accessing it can be a challenge. Simple actions like turning off the faucet while brushing your teeth, taking shorter showers, and fixing leaks can significantly reduce water usage. Recycling water is also a crucial step in conserving resources.

**Energy Conservation**

Energy conservation is essential for reducing our dependence on fossil fuels. Simple actions like turning off lights when you leave a room, using energy-efficient light bulbs, and using energy-efficient appliances can significantly reduce energy consumption. These actions not only help the environment, but also save money on energy bills.

**Recycling**

Recycling is an essential part of living sustainably. By recycling, we reuse materials that would otherwise be discarded, reducing waste and conserving resources. Recycling reduces the amount of waste that goes into landfills, reduces the need for new raw materials, and conserves energy.

**Eco-Friendly Products**

Choosing eco-friendly products is another way to reduce our impact on the environment. These products are designed to be more environmentally friendly, often using less water and energy in their production. Additionally, eco-friendly products often use less packaging, reducing waste.

**Green Living**

Green living is a lifestyle that prioritizes the health and sustainability of the planet. It involves making choices that are more environmentally friendly and reduce our impact on the environment. Green living can be as simple as using reusable bags, using public transportation, or reducing water usage.

**Conclusion**

Living sustainably is crucial for the future of our planet. By making simple changes in our daily lives, we can significantly reduce our impact on the environment. It is up to each of us to take action and make a difference.
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Business Fraternity Welcome to Campus

Alpha Kappa Psi Successfully Passes Fraternal Exam

Fourty-four members of Alpha Kappa Psi took the fraternal exam on November 26 and all 44 passed.

Bracelets were sold for two dollars and all the profits went to a local soup kitchen, Soup D’Shore located in Long Branch. The sale raised $1,229 and the soup kitchen was able to use the money to buy food for Thanksgiving.

PHOTO COURTESY of Alexis Orlacchio

To become charterd, officially recognized as a social organization on campus, fraternities and sororities need a minimum of 40 members to pass the fraternal exam and complete the interview process conducted by nationals. The University welcomed the Psi Iota pledge class of the Alpha Kappa Psi Business Fraternity on Saturday, December 3.

The members of Alpha Kappa Psi successfully passed the fraternal exam on Saturday, November 26. The interviews took place on Saturday, December 3 in the Club Dining Room, next to Magill Commons, from 8:00 am to 5:00 pm. Forty-four members of Alpha Kappa Psi took the exam, and all 44 members passed. All but one pledge member was induced into the fraternity because they missed the induction ceremony.

Alpha Kappa Psi is a co-ed business fraternity, but students of any major are allowed to join. Since Alpha Kappa Psi is not a social fraternity, there are some members of Alpha Kappa Psi who are also involved in other social fraternities and sororities.

“What we will be looking for in the upcoming semester is pledges are people who are well rounded, and can contribute to our fraternity and what we have built,” said Christian Klein, Alpha Kappa Psi Junior. “It was a seven month long process bringing this fraternity to the University,” said Klein. Alpha Kappa Psi is the world’s largest business fraternity and is described as a charitable and educational foundation and aims at bettering the community.

“We don’t know exactly what pledging entails because our situation was unique. We had to complete a lot of requirements before we could get our charter,” said Louis Yuliano, Alpha Kappa Psi Junior. Among the requirements, Alpha Kappa Psi needed to hold one social event, two professional events, and one philanthropy event. Alpha Kappa Psi did two bracelet sales, one philanthropy event. Alpha Kappa Psi Junior. Among the requirements, Alpha Kappa Psi needed to hold one social event, two professional events, and one philanthropy event. Alpha Kappa Psi also held a resume writing workshop. “We want kids to know that we are a good group of people, with many different personalities and we all have a common goal of helping out the community and being involved on campus,” said Yuliano.

On Monday, December 12, the fraternity voted on President, Vice President of Membership, Vice President of Finance, Vice President of Programming, Vice President of Communication and Alumni Secretary and Historian in the club dining room.

The voting session was closed to everyone but the brothers of the fraternity and the alumni.

“Besides the hard work of the Executive Board, I would also like to thank President Gaffney, and members of the administration, especially Tyler Havens, in his Greek Life position, for the support and encouragement given to the chapter during the process,” said Professor Gorman, advisor of Alpha Kappa Psi.

“As one of their faculty advisors during the process, I have been very proud of the commitment by the members of the organization as the process advanced to its recent culmination,” said Gorman.

“They are a fine example of what Greek life can do for students.”
Fund “raise” the Roof
Social Work Classes Bring Fundraising Events to Campus

ASHLEY CORREIA
CONTRIBUTING WRITER

MARA MCDERMET
CONTRIBUTING WRITER

The University communica-
tion staff was consulted to see how they could publicize the events that were required as part of their separate curriculums, to take Small Group Coordination (SO-320) and Community Service (SO-320/50-320). These classes focus on developing communication and understanding skills necessary for successful communication in group situations.

To foster practical use of tech-
niques learned, the class must form groups and facilitate a group service project in which they are required to work with an existing non-profit organization to create an event on campus fundraising events.

The SO-320/50-SO-320-50 as a whole had three different groups, all of which chose to link up with local food banks and organizations in order to organize their own unique can and food collection efforts.

The Monmouth University Food Drivers, worked with the Monmouth and Ocean County Food Bank, which is located in Neptune, NJ. As part of their efforts to give back to the com-

munity they organized an on-campus food drive called "Can Scram." This "Can Scram" consisted of getting dorm-
dwelling students to give towards cans and boxes for donations from students. Although students were informed ahead of time of the groups intended visit through e-

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While Marvel is busy baking fun with their special, things are a bit more serious at DC Comics. Their holiday book in the spotlight this year is “Batman: Noel” by superstar artist Lee Bermejo (who was also written about in last week’s column regarding “Lex Luthor: Man of Steel”) and a Halloween special like the TV show (“Bart Simpson: Treehouse of Horror”).

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Women’s Basketball Team Wins Home Opener Over Fordham

MAGGIE ZELIKA
SPORTS WRITER

The women's basketball team defeated the St. Peter's College Peahens this past Saturday at the Multipurpose Activity Center (MAC) with a final score of 73-64. The two teams were idle for two games while St. Peter's faced West Chester. The MAC was packed with fans cheering on both teams.

MU defeated Navy 69-67. Along with Steele's strong performance, Mike Myers Keitt and Ed Waite each scored in double digits for the Hawks. MU’s Head Coach, King Rice, shot 58 percent from the field in this contest, compared to Navy’s 47.1 percent.

Mu's forward, Gena Broadus, the next two minutes until MU's lead did not last long; the Peahens quickly put their name on the scoreboard. MU defeated Navy 69-67. Along with Steele's strong performance, Mike Myers Keitt and Ed Waite each scored in double digits for the Hawks. MU’s Head Coach, King Rice, shot 58 percent from the field in this contest, compared to Navy’s 47.1 percent.

Women’s Basketball Team Beats St. Peter’s 73-64

ED MORLOCK
ASSOCIATE SPORTS EDITOR

After starting the season 0-8, the Hawks have put together a two-game winning streak. They defeated Navy on Wednesday and topped Fordham at home for Head Coach King Rice's first game at the MAC.

“I’m really proud of my kids. I’ve been saying to them that this was going to get very fun at some point during the season. I did not know when it would be,” said Rice. “But if you look at the kids out on the court, you can tell that they are having a good time. Tonight, they switched their tails off but they had fun playing basketball!”

Hawks’ guard Jesse Steele has energized the team in the two

percent. Navy was led by forward J.J. Avila. Avila scored 14 points and added five assists in 33 minutes on the floor. Worth Smith, Jordan Brickman, and Jordan Sugars joined him in scoring in double figures.

The Hawks put together a strong team effort Saturday night against Fordham. There was a good crowd at the MAC, and the team didn’t disappoint. The Hawks jumped out to an early double-digit lead and never looked back.

“The energy in the building was electric, the crowd was excited, and the team really let our defense pump us up,” said Steele. “We just came out and put it in the face, we just kept going.”

Five Hawks scored in double figures in the game. Myers Keitt, Hens were able to tie the game up 26-26 with 2:55 left to play in the first half. Monmouth made the next four points bringing the score to 48-42 as Monmouth was still in the lead. Within the next three minutes, the game became 50-49 in favor of the Hawks. The women were able to create distance and by the five minute mark, they were leading 63-55.

With 2:25 left, the Hawks were up by ten points with the score at 67-57. Although the team knew they would most likely win, they continued to play hard in attempt to increase the point gap. As the game was winding down with only 26 seconds left to play, Monmouth was still in the lead 71-59.

The Peahens continued to be aggressive and they were able to make a three-pointer at the 14:41 mark. When the game ended, the scoreboard read 73 Hawks and 64 Peahens.

Marking a notch in their win column, the women currently hold a 3-7 record and will face Winthrop this upcoming Wednesday at 7:00 p.m. in the MAC.

The Blue and White still find themselves tied for last in the Northeast Conference (NEC). After two games against NEC opponents, MU is winless. The team will not have a chance to improve their conference record until they host Mount St. Mary’s on January 5.

The next home game for the Hawks is Thursday, December 22 against Rider.

In the mean time, the Hawks will travel to Piscataway, NJ to take on Rutgers at the Rutgers Athletic Center.

Men’s Basketball Team Wins Home Opener Over Fordham

Freshman Austin Tillotson drives to the net in the Hawks 80-65 victory over Fordham on Saturday night.

Tillotson had a season high 12 points in the game, and he was one of five Hawks in double figures.

The Outlook’s Weekly NFL Picks

Brett Dan Ed Vice President Navy

Jets vs. Eagles
Giants vs. Redskins
49ers vs. Steelers
Ravens vs. Chargers
Patriots vs. Broncos
Lions vs. Raiders
Falcons vs. Jaguars
Cowboys vs. Bucs

Week Fifteen

Last week’s guest picker: Nicole Levy (8-0 Last Week)

Now featuring guest picks!

(12-2 Last Week) (8-4 Last Week)
(12-2 Last Week) (8-4 Last Week)
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Getting to Know the Ice Hawks

DARIA DELUCCIA  STAFF WRITER

Even though the Ice Hawks are not on the athletics’ page like most of the other Hawk teams, does not mean that they are not an equal part of University’s athletics program. Because many University’s and colleges in this area do not have a hockey team, club teams are set up offering the same rules and high expectations as any other sport. After not seeing much information regarding the University’s hockey team, I felt they deserved a fair shot to be recognized just as equally as any other team.

The teams 25 game season is off to a rocky start so far. With a 5-11 record in the Mid-Atlantic Collegiate Hockey Association they are remaining hopeful for the rest of the season. After being on the team for a few years already, senior captains Patrick Lynch and Sean Rohan described how much they enjoyed being a part of the team for those years. With a new coach, a new locker room, and new jerseys, the University’s Ice Hawks say they are only looking up for the future of the team. Their new coach Steven Rittenger previously coached The Wildcats junior team in the Easter Junior Hockey League. “He’s awesome,” described freshman assistant captain Kyle McKenna. “He’s slowly but surely turning the program around.”

The tight knit team of 24 players compare themselves as being just as close with one another as a band of fraternity brothers would be. Just one example of the teams’ closeness is portrayed through their annual winter flag football game. The team is divided into two teams after the two captains, Lynch and Rohan, conduct a draft. This event is something that brings the team closer together after working hard the entire season.

If the relationship that the three players I interviewed was any indication of what the whole was like together, then it is quite obvious they truly are like a brotherhood. With nothing but positive things to say about each other, Lynch described his fellow teammate and co-captain as the “heart of the team,” and as the “playmaker.”

As each player gave me an insight to what their team is like, neither of them was shy or hesitant to boast about their fellow players achievements and abilities. McKenna, or “Mickey” as his teammates call him, was awarded with player of the week this season. He is also the leading goal scorer for the team, with seven goals. Lynch is the second leading goal scorer for the team, with ten goals.

After talking with the three players, it was apparent that they had such a strong passion for the game. Lynch, who first started playing at the age of four, joked that he went from learning how to walk right into learning how to skate as a child. Playing as the center or left wing, he got into hockey through the encouragement of his father who played in the America Hockey League. After spending some time playing in the junior league, he was recruited to play for the Ice Hawks. Rohan, whose position is also left wing, started playing hockey at the age of five. With the influence of his older brothers playing hockey, he too hit the ice at a young age. McKenna, who was always a fan of hockey, did not start playing until he was ten years old. He too played in the junior league before becoming apart of the University’s team.

With a few more games left in the season, hockey fans and Hawk followers are encouraged to take a trip out to the Jersey Shore Arena located in Wall, NJ to support the Ice Hawks.
Men and Women’s Track Team Post Strong Finishes at Lehigh

The men’s and women’s track and field teams put solid finishes at the “Fast Times Before Finals” Invitational at Rauch Field House at Lehigh University on December 14, 2011. The teams took third place for the men and sixth place for the women in the meet.

For the men, the next step is to keep training hard for the indoor season, which will begin at the “Fast Times Before Finals” Invitational. The team will focus on improving their performances in every event area. The next goal for the men is to win at least one team title in the postseason.

For the women, the high-light was Laura Williams, who was an All-American in the shot put and weight throw. She set a new school record in the shot put with a distance of 60 meters, finishing in first place with a mark of 14.71. She also set a new personal record in the weight throw with a distance of 19.07 meters, finishing in first place with a mark of 19.07.

Elardo, an All-American in the shot put and weight throw, set a new school record in the shot put with a distance of 60 meters, finishing in first place with a mark of 14.71. He also set a new personal record in the weight throw with a distance of 19.07 meters, finishing in first place with a mark of 19.07.

In the triple jump, Geoff Navarro came in second place with a distance of 22.93 and he came in third in the 600 meter dash with a distance of 1:24.23. He also set a new personal record in the 600 meter run with a distance of 1:09.77, finishing in first place with a mark of 59.15. In the triple jump, Geoff Navarro came in second place with a distance of 22.93 and he came in third in the 600 meter dash with a distance of 1:24.23. He also set a new personal record in the 600 meter run with a distance of 1:09.77, finishing in first place with a mark of 59.15.

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After losing the first eight games of the season, the men's basketball team has won two straight games, including their home opener against Fordham.

Full Story on page 26