Heroin Use on the Rise in Monmouth County

Heroin use in Monmouth County has been on the rise with over 37 overdose deaths this year. Doctors, substance abuse counselors, and police believe this is due to the increase in prescribed opiates which leads to progressive addiction, and its overall purity and availability.

Suanne Schaad, Substance Awareness Coordinator in Health Services, said that prescription pill abuse has been on the rise within the past 10 years, and this can lead to heroin addiction. Such experts are blaming doctors on overprescribing opiate-based drugs for this increase in user dependency.

“If people want to know what’s killing our people who live in the county, especially what’s killing our youth, it is heroin and other drug abuse,” Acting Monmouth County Prosecutor, Christopher Gramiccioni, said. Psychology professor Alan Cavaiola said, “I always ask my classes, ‘How many of you have ever been prescribed a pain Killer like Vicodin or Percocet?’”

Cavaiola explained that most students answer that they have been administered these drugs and that the medication made them nauseous or dizzy. The students explained that they each chose to stop taking the drug as soon as possible.

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MU Awarded JedCampus Seal For Comprehensive Mental Health and Suicide Prevention Programming

The University is now recognized nationwide by the Jed Foundation as one of the 30 JedCampus seal schools. This two-year recognition was awarded on Oct. 2 because of MU’s comprehensive mental health and suicide prevention programming.

The Jed Foundation, a nonprofit organization dedicated to promoting emotional health and preventing suicide among college students, issued this seal to the University of Oregon, Cornell University, and Columbia University among others who have received the seal.

According to the JedCampus website, the program is a national initiative to promote wellness on college campuses. This recognition was based off of an 80 question, two-hour online assessment that evaluated the school’s mental health programming in comparison to the Jed Foundation’s recommended practices. Schools were provided confidential feedback after completing the assessment relating to crisis management, strategic planning, and identifying at risk students.

“When a school is awarded the JedCampus Seal, it shows that they follow the recommended practices in providing comprehensive mental health care on their campus, as evidenced by the seal,” JedCampus continued on pg. 2.

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New Four-Story Press Box to be Added to Kessler Field

Construction for a new four-story building at Kessler Field has been confirmed to begin this year. The new multi-purpose building will replace the current press box built at the University in 1993.

The building will meet the standards of the Big South Conference, Metro Atlantic Athletic Conference and National Collegiate Athletic Association, according to Marilyn McNeill, Vice President and Director of Athletics.

“When the current press box does not accommodate the needs of the University community,” said McNeill. “Permanent indoor bathrooms for fans attending events, multipurpose meeting space that can be utilized year-round, and adequate media and game-day operations space simply do not exist within the current facility.”

Features of the new building will include new concessions stands, a scoreboard, radio booths, video operations, a coaching booth, and many other uses.

Each floor of the building has separate purposes, according to McNeill. The first floor will feature new indoor restrooms and concession stands. The second floor multi-use space has not yet been determined. The third floor will replace the previous press box and the fourth floor will serve as a president’s suite to accommodate donors and guests along with space for camera decks.

University President Dr. Paul Brown said sketches of the inside of each floor are currently being drawn up, and although the second floor has not yet been determined, it will most likely be “open space that could be used for special events, classrooms, instruction,” along with other events as needed.

An exact price has not yet been determined. Once the bid documents are sent out and selected a final cost will be announced.

Construction of the new building will cost an estimated $4 million, according to Vice President for Administrative Services, Patti Swannack. “The anticipated cost of the project was based on estimates received by the university from independent firms.”

Faculty explained that the new building will offer many opportunities to the University. “The new four-tier structure will provide space and amenities that will enhance the game day experience for student athletes and fans,” said Swannack.

Swannack continued that the new building will also “serve as a training ground for students interested in sports production communications.” Brown said, “For students that are majoring in communication
The Vegetarian Diet is Increasing Across the Country

ANGELA CIRIALO
NEWS EDITOR

October’s vegetarian awareness month is one of the initiatives that continue to increase the 7.3 million American’s interest in eating a plant-based diet. A study completed by the Vegetarian Times in 2002 found that 3.2 percent of American adults follow a vegetarian diet and 22.8 million follow a vegetarian-inclined diet.

By definition a vegetarian diet consists of mostly plant-based foods, without the conclusion of meat. Julie Schaud, a professor of health and physical education describes vegetarianism as a “diet based on plant foods (fruits, vegetables, grains, legumes, beans, nuts and seeds).”

According to About.com there are actually six types of vegetarian diets. The pesca-vegetarian includes fish, the lacto-vegetarian includes eggs and dairy, the flexitarian is flexible and includes meat on occasion, the vegan diet excludes eggs, dairy, fish and meat, the raw vegan diet involves foods that are cooked under 118 degrees and the macrobiotic diet is similar to raw vegan, although it is more lenient.

Vegetarian Awareness Month was originally created by the North American Vegetarian Society in 1977. The idea was created to allow people to share the benefits of a vegetarian diet and welcome everyone exploring eating meat-free diets.

Since the creation of the month, many have expressed an interest. “I love that there is a vegetarian month,” Mary Harris, Specialist Professor in Communication and Director of the Center for the Study of Vegetarian Society (MAYS) at the University said. “I believe it encourages education and adding variety to what students put into their bodies.”

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University Receives Seal of Approval from the Jed Foundation

Award from pg 1

their JedCampus survey results.

Being acknowledged by the Jed Foundation has further enhanced the University’s reputation for high-stand- ing on campus. President Dr. Paul Brown explained in a press release that “the physical and emotional well-being of our students is a priority for Monmouth University.”

John MacPhee, Executive Di- rector of The Jed Foundation, said, “Schools like Monmouth University have shown they employ a comprehensive, contextur- nated approach to mental health care which will result in the identification of care and for more-at-risk students.” He added, “We believe that the years in 2006 that the campus was recognized as a best practices campus model in the state of New Jersey for one-dimen- sional mental health programming. Last year, the University was awarded a three-year $301,215 grant to promote suicide preven- tion through the Substance Abuse and Mental Health Administration.

Since then, Counseling and Psychological Services have been further expanding wellness and counseling programs, and we have found solutions that work for us.”

Thank you to the Jed Foun- dation for recognizing our out- standing mental health programs, services, and suicide prevention efforts. “We truly appreciate the reconnec- tion within our community,” said Brown.

Vincenzo Mancini, Director of Counseling and Psychological Services, said, “It’s hard to talk about mental health because I think that we find a lot of ways to demon- strate that we are very acces- sible and that we will do what we can to help the students reach their full potential.”

Mancini says everyone on cam- pus is a part of the solution to help students reach their full potential.

University news

The Outlook

October 9, 2013

National Vegetarian Month

Vegetarians have many options to consider when dining on or around campus. Pictured above are several different vegetarian meals.

Consistently called Kognito. This online stimulation training program helps to identify students who are expe- riencing distress, assists with the process of approaching these stu- dents, and provides information for student counseling and campus support services. To access, students can visit: cognitocampus.com/student and employees can visit: cognitocampus.com/faculty. These are only some of the many programming efforts to pro- mote mental health and suicide prevention on campus.

“Have acquired national rec- ognition truly acknowledges the work that we do and Monmouth’s commitment, not only to academ- ic excellence, but also to student wellness,” said Mancini.
Construction of New Press Box to Begin this Winter

Over 30 Monmouth Residents have Overdosed on Heroin This Year

Kessler from pg. 1

and students that are majoring in sports management, this will actu-
ally be a learning tool." The new fa-
"We need the building in order
cility will provide students with up-
to-date technology to complete tasks
such as sports broadcasts and many
other communications or sports man-
gement related tasks year-round.

"The Point

Schaad. "There is, however, a small
percentage who will continue using
and who will become addicted.

According to McNeill the upgrades to
Kessler Field are sorely needed "if we
want to recruit a higher caliber athlete and to make the experience of coming to a game much better for all, including the students."

Brown also said the new four-sco-
try to do much more than
meet the needs of the new
conference the football team will en-
ter next year.

Over 30 Monmouth Residents have Overdosed on Heroin this Year

Heroin from pg. 1

"There is, however, a small percentage who will continue using and who will become addicted.

The only issue with [prescription
the world.

As defined by DrugFree.org,
heroin is a highly addictive drug
derived from morphine. Heroin is a "downer" that interferes
with the brain’s ability to per-
form daily activities. Heroin is
easy to use, as it can be smoked,
baked, or snorted.

Schaad said that depending
on the user, one bag can get
some addicts through the day;
however, there are those who
love it in that context," said Brown.
Student athletes are also looking
forward to the construction. "I am
very happy about the renovations
to the football field because our sta-
dium is not up to par in comparison
to other schools," said Greg DePugh,
University quarterback. "Since we
changed conferences, we really
needed it to expand. I just wish they
had done it sooner, because it is a
great idea."

Jason Kroll, Vice President for
University Advancement, explained
that funding for the new building
will be supplied through private do-
nations. Numerous commitments
from donors have already been re-
ceived, including the Jules L. Plan-
gere Jr. Family Foundation, Inc., who
addressed a personal interest in
the construction.

"(Kessler Field) has been in need
of an upgrade for quite some time," said Kroll. "The interest and com-
mitment from donors, particularly the Frances Field, put the plan-
ing and design process into action
approximately two years ago.

The building was planned and

designed by Ewing Cole in conjunc-
tion with key members of facility
management, university adminis-
tration, athletics, and the Board of
Trustees, Swannack said."

"We receive approval for the building by the borough of
West Long Branch zoning board. A
resolution allowing the University to
construct the building was approved
in July and memorialized on Sept.
26. An exact construction date has
not been determined, although the
University plans to begin after the
fall football season, Swannack ex-
plained. The construction process
will take approximately 10 to 12
months to complete, weather per-
mitting. The new building will be constructed
behind the Kessler Field bleachers.

During the construction process,
students will have full access to the
field.

Brown added, "I like it because
it’s not just a press box, it can be
used for many different purposes."

Additional reporting done by Nina
Marie Costa

An image of the current press box that sits on top of the stands at Kessler Field (left) and a sketch of the new four-story building that will begin construction later this year (right).

PHOTO TAKEN from harmreduction.org

PHOTO CREDI TED by Angela Costa
Jason Hawes and Steve Gonsalves from Syfy’s hit series, Ghost Hunters, visited The University to demonstrate a ghost hunting skit in Wilson Hall and show a video presentation in Pollak Theatre on Friday, October 4.

The Ghost Hunters are a team of paranormal investigators who examine claims of paranormal hauntings. Hawes explained during the presentation the investigations that the team does throughout the world aim to disprove paranormal haunting claims. “The truth is that actual demonic hauntings are extremely rare,” said Hawes.

Hawes is the founder of The Atlantic Paranormal Society (TAPS) and star/producer of Ghost Hunters. Gonsalves is the show’s technology manager and evidence analyst who is responsible for training investigators and the staff about the equipment.

The University presentation was arranged by Vaune Peck, counselor and coordinator of arts programming for The University’s Center of Distinction for the Arts. Peck, who enjoys the show, explained that she felt like she needed to have the University of Distinction for the Arts. Peck, a Brookdale Community College student, said, “They were amazing, I can’t wait to make [my own] investigations.”

The recordings were followed by six video clips. An example of one clip showed a loud banging noise and a light spontaneously turning on while asleep in a bed and breakfast in Mackinaw Island. As Hawes began to lift his head to look around, the bedside lamp flicks on. This was another explanation of the ghost activity that the team works together to investigate. Following the video was a question and answer session. Samantha Furlong, a Brookdale Community College student, said, “They were so smart. I can’t wait to make [my sister and mother] sit through the six hour live Halloween episode.”

The Syfy’s Ghost Hunters gave a presentation at Monmouth University on October 4.

Fall Into Pink
Wednesday October 16th, 2013
Rebecca Stafford Student Center Patio
11:00 AM - 4:00 PM
Silent Auction
Proceeds will benefit Breast Cancer Awareness and Monmouth University’s PR Firm and PRSSA Chapter.

Common App Available to Prospective Students

High school students interested in applying to the University now have the opportunity to use the Common Application. In previous years, students looking to apply to the University could only do so by filling out several applications that students and school officials may submit to any of over 500 members.

This year however, the University has officially become a member of the Common Application. The Common App is a single application that can be found online and submitted to a large number of various institutions of higher education.

According to commonapp.org, “We serve students, member institutions, and secondary schools by providing applications that students and school officials may submit to any of our over 500 members.”

The colleges and universities that are not members of the Common Application typically have an application that is specific to their institution that prospective students are required to fill out. Up until this year, the University was one of these universities.

Victoria Bobik, Director of Admission, is excited about this recent change. “The Common Application has become a premiere application for students from all over the country, and we think that this will assist in students applying to Monmouth,” she said.

Although the previous application used by the University was fairly easy to complete, students currently enrolled would have much rather preferred to use the Common Application when they were applying. Kristen Catalano, a freshman biology major, was able to use the Common Application for several of the schools she applied to during her college application process. The University, however, was not one of them. “I didn’t think [MU’s application] was a lot more work than the Common Application, but it would probably be a lot easier if Monmouth was a part of the Common App so it’s one less application to do,” Catalano said.

As to the fact that most high school seniors generally apply to more than one college, the Common Application is said to be an easier way for students to submit applications to multiple schools while simultaneously lessening their workload.

Casey Kohut, a freshman management and marketing major, said, “The application process at Monmouth was pretty simple and self-explanatory, although it was a little more work filling out an extra application.”

Some students may only apply to schools that use the Common Application just so they can avoid having to fill out more than one application. If that is the case, there is a chance that the University’s former applicants are interested by many high school students looking to apply to college in 2014.

Every college student knows how much work goes into applying to school, but the Common Application exists to help make the process a little easier. Catalano said, “Applying to college is stressful enough, so the less applications you have to fill out the better.”

The University hopes that with the addition of the Common Application, the Office of Admission will see an increase in interested students. “We are anticipating that more students will apply to Monmouth because we are now a member of the Common Application,” explained Bobik. “The application is convenient for both students and guidance or college counselors, and as a member, Monmouth will gain more national exposure.”

Mary Anne Nagy, Vice President for Student and Communitiy Services, agreed with Bobik. She feels that the Common Application will bring in more student applications and also increase our exposure to potential students. “I think it is a good idea and I look forward to seeing the impact,” Nagy said.
Graduate School Information Sessions

Wednesday, October 16th, 7 p.m.
Saturday, November 9th, 9:30 a.m.
Wilson Hall Auditorium
www.monmouth.edu/GR_infosession
Student Involvement? Not So Much.

Multiple clubs and organization make great efforts at hosting events on campus, but The Outlook staff believes that improvement on student attendance can be made.

We believe that one possibility can be whether the events offered on-campus are of student interest or not. This is still up for debate amongst the staff, yet we do give organizations and clubs like the Student Activities Board (SAB) credit for the way they advertise their events and push for student involvement. Email is usually the common form of how clubs and organizations reach out to students. However, the vast majority of the student body deletes these invitations upon receiving them.

While there are certain events that occur on campus which have hosted a larger amount of students, these events usually only obtain such an audience when there is an obligation for a class or a chance for extra credit. While The Outlook staff does notice that Monmouth has a record of hosting events with large student turnouts that aren’t a part of an academic commitment, like the Involvement Fair or the Fall Carnival, it is usually the common form of how clubs and organizations reach out to students. However, the vast majority of the student body deletes these invitations upon receiving them.

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Many Legal Ages

**Should There Be One Legal Age For Everything?**

What about all of our friends who leave us right after high school, or maybe even younger in the army? Don’t they deserve the right to go into a bar and unwind after serving for our country? If the government doesn’t believe that the drinking age should be 18, at least make it 20.

For a 19-20 year old is half-way through college, working towards a stable job or internship, and probably working on their credit (yes at 20 we realize that most of our accomplishments in life will depend on those digits). If they can do that, then why not be given the freedom to legally drink? I mean, they’re going to do it anyway. Might as well make it legal and give us all a break on the arrests and worries.

Two whole numbers is one such random number. Was the decision based on some medical research? If so, you might as well neglect it, because now-a-days either all medical research is backed on themselves or prove that something else we consume will lead to another.

It is ridiculous to have so many different legal ages. The government shouldn’t be deciding what one legal age or at least lower the drinking age to 18. Let’s admit it, we are truly care about is having the freedom to choose how we have fun. Whether it’s legal or not, we’re going to do as we please.
October 9, 2013

Politics

The Outlook

Lonegan Tailing Behind by 13 Percent in Recent Monmouth University Polling Institute

BILLY SCARANO
CONTRIBUTING WRITER

Only one week remains until the people of New Jersey head to the polls on Wednesday, Oct. 16 for a special election to select the state’s next U.S. Senator, filling the seat left vacant by the death of former Senator Frank Lautenberg.

Newark Mayor Cory Booker is in the lead among New Jersey Republicans and former Gubernatorial Candidate Steve Lonegan is the Republican candidate. As of October 1, a Monmouth University poll showed Booker maintaining a 13 percentage point lead over Lonegan.

Booker, who is known for his social media sites such as Twitter and Facebook has increased. He also entered a burning home to rescue a woman who had been trapped and flames and smoke had gained him popularity over the last few years. It selected to run, Booker vows to fight for continued improvements to the healthcare system, military, and continue advancing the causes of women's rights, to ensure marriage equality for same-sex couples, and to safeguard the long term health of the environment.

For his part, Lonegan is far from backing down despite facing a clear uphill battle. He receives support from staunch New Jersey Republicans and Tea Party supporters. However, Lonegan’s agenda calls for the board spending cuts, the repeal of the Affordable Care Act, scaling down federal entitlement programs, lower taxes, and reduced federal involvement in the educational system. This may prove too divisive and heavy-handed given New Jersey’s historically blue-state image.

Senior business finance major Adam Sharkey believes that Lonegan’s agenda of fiscal responsibility is precisely what is needed given America’s current economic woes. Sharkey said, “We need Republicans to step up and reign in the federal government’s excessive and often unnecessary spending. We have made virtually imperceptible sacrifices, and not really a sacrifice. Missed opportunities allow the race more exposure given its unconventional timing. The average person lead over Lonegan.

“Essential” Government Employees Being Paid During Government Shutdown

“As the shutdown of our government continues, now on its ninth day since congress failed to pass a budget on Sept. 30, every day is a smaller deal,” Representative, Ami Bera will decline his pay because “Congress should lead by example and…reopen the government.”

“Across the aisle Democrat Dr. Charles Cotton, professor of political science, points out similarities between Booker’s growing presence in the national spotlight and that of President Obama, who, in similar circumstances to Booker, was elected to the U.S. Senate in 2004 before running for President in 2008.” Cotton believes that “a Booker victory might lead to something bigger - perhaps residency in the Governor’s Mansion or maybe even the Presidency.”

October 9, 2013

Congressional Committee Votes to Pay Federal Government Employees During Shutdown

President and Congress Among the Government Employees Still Being Paid

IZIAH THOMPSON
CONTRIBUTING WRITER

As the shutdown of our government continues, now on its ninth day since Congress failed to pass a budget on Sept. 30, every day is a smaller deal. As votes are counted across this country, we must stop finger pointing at Congress for the continued government shutdown, for local charities until October makes it harder to get voters, especially non-attentive voters, to the polls,” said Phillips-Anderson.

Dr. Joseph Patten, chair of the Political Science and Sociology Department said that “Voters are understandably confused as to why the election isn’t on the same day as the shutdown like other federal elections,” adding that “the turnout for this race will be extremely low.”

Regardless of who is ultimately victorious on Oct. 16, the result of the special election will not have any immediate national consequences with regard to the balance of power in the Senate, where the Democrats retain a considerable majority.

If Booker should win, there would be further-reaching implications with regard to the 2016 presidential election. Although Booker has not expressed any intentions concerning further participation in similarities between Booker’s growing presence in the national spotlight and that of Presi- dent Obama, who, in similar circumstances to Booker, was elected to the U.S. Senate in 2004 before running for President in 2008.”

During Government Shutdown

It has raised some eyebrows among Congress members of Congress are easily recollected.”

Professor of Communications, Dr. Michael Phillips-Anderson, said that it is a ploy for Congress to avoid giving everyone a little more paychecks. He also believes that despite what many think Central Committee to give or refuse to take one’s paycheck until a paycheck is a smaller deal if you make $37,400, than if you make $40,000.”

As Monmouth students await the upcoming elections there is so much to think about. Ed Hunt, biology major at the University said, “The current situation in the government leaves a lot of students feeling helpless in the voting booth, it leaves us asking exactly what can we do to get positive change in our government? The shutdown and actions of lawmakers have put many at odds. On October 16, NJ will have its general election for the Senate, and in November we will have the gubernatorial and state assembly election. As votes are casted across this country, we will see exactly what effects the lawmaker’s decisions have.

Patten stated, “[The shutdown is] embarrassing and another sign that Congress is our broken branch of government.”

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DR. JOSEPH PATTEN
Chair of Political Science and Sociology Department

“If Congress can’t do its job and pay the American people first, then they certainly shouldn’t get paid during a cri- sis that they are causing.” He also must stop finger point- ing and act like adults.

Some congressional committee members are choosing to give their salaries to charities others will just not receive. This constitu- tion dictates that certain people must be paid, even during a shutdown.

As it stands our president and our legislators in the house and senate have no paychecks receiving their paychecks. Congress’s salary falls under what is called “mandatory funds.” Their pay- checks do not fall under the umbrella of discretionary spending or “mandatory funds”. Their pay- checks do not fall under the umbrella of discretionary spending. Their pay-checks do not fall under the umbrella of discretionary spending. Their pay- checks do not fall under the umbrella of discretionary spending.

During Government Shutdown

President and Congress Among the Government Employees Still Being Paid

Cory Booker (left) and Steven Lonegan (right) posing before the first New Jersey senate debate.

Lonegan Tailing Behind by 13 Percent in Recent Monmouth University Polling Institute

Steve Lonegan or Cory Booker who will represent the Garden State in the U.S. Senate. Polls open Oct. 16.
The Superior Court of New Jersey, located in Mercer County, New Jersey, made a "historic" decision in the case, Garden State Equality v. Dow. On Oct. 21, Judge Mary Jacobson   ordered state officials to begin of- ficiating same-sex marriages as of Oct. 21.

This decision was 10 years in the making. Lambda Legal and Garden State Equality, representing their clients, filed a lawsuit under the U.S. v. Windsor decision. They argued New Jersey's own legal precedents support same-sex marriage in the New Jersey Constitution.

"Same-sex couples must be allowed to marry the same as opposite sex couples," Judge Jacobson noted. "The land of the free." Lipman continued, "It was just a historic decision. A large majority now supports same-sex marriage and civil unions.

Several years ago that President Obama's stance was "historic news." A strong opponent of this decision is Governor Christie. The Governor has "vowed that he will personally appeal the ruling all the way to the Supreme Court of the United States."

Governor Christie and the legislature attempted to do so but the Mercer County court ruled in favor of the state Suprior Court. After the landmark decision in this past summer in U.S. v. Windsor, the Supreme Court declared the Defense of Marriage Act (DOMA) as unconstitutional. DOMA, a federal law, defines marriage as a union strictly between one man and one woman.

State marriage is only legal in 13 states and the District of Columbia. These states include: California, Connecticut, Delaware, Iowa, Maine, Maryland, Massachusetts, Michigan, New Hampshire, New York, Rhode Island, Vermont, and Washington. If Judge Jacobson's deci- sion stands, New Jersey will follow suit with the rest of the Northeast and become the 14th state to legislatively allow same-sex marriage.

Despite Judge Jacobson's de- cision, some New Jerseyans are not so happy about the "historic" news. A strong opponent of this decision is Governor Christie. The Governor has "vowed that he will personally appeal the ruling all the way to the Supreme Court of the United States.


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**Think Pink** for Breast Cancer Awareness Month

**TAYLOR KELLY**  **LIFESTYLES EDITOR**

October is Breast Cancer Awareness Month, and you may be seeing more shades of pink than you would at any other time of year. Going pink can show your support for the cause, but wearing a ribbon may not be the route you want to take. If you want to “go pink” in more creative ways, there’s plenty of simple, yet creative approaches you can take.

Highlighting a piece of your hair with pink dye is a recent, popular idea that many use. But, if you don’t want to permanently color your locks, you can use hair chalk to represent the cause temporarily. You can also buy a clip-in pink extension that is easy to remove at night. Hair chalk is sold in your local convenience store like Walgreens and CVS, while you can buy the extensions in stores like Sally’s Beauty Supply or online.

Junior English and early education major Krysten Spannuck said, “I always get a pink extension in my hair every October, so it has turned into a tradition for me.”

**The Pros and Cons of the Popular Paleo Diet**

**KELLY HUGHES**  **STAFF WRITER**

We are bombarded with images of weight loss through new diets and fitness techniques all the time. Some include the Atkins diet, South Beach diet, and Beach Body Fit just to name a few. These established plans have all been targeted towards people of constantly struggling to get their body “they’ve always wanted.”

There is a new diet, however, making a buzz among these groups. The Paleo diet, a lifestyle change for those not committed. The paleo way of life is a lifestyle change for those not committed. It would be particularly difficult for college students who rely heavily on campus food services. It’s possible to experience the Paleo way of life while in college. Students who cut out grains and carbs will be worth it.

**Cancer Fund.**

Shoes are a perfect way to make an outfit pop, especially if they’re pink. Dress up jeans with a simple pink stiletto to channel your inner Barbie while supporting the cause. A simple way to think pink is by putting it on your nails. The next time you’re at the nail salon, find your favorite shade of pink for a manicure and pedicure. You can even ask your manicurist to incorporate the ribbon into the design. Sophomore graphic design major Natalie Carpenteri said, “Pink nails with the breast cancer ribbon on your ring finger is a simple and effective way to show your support.”

Makeup is another easy option. Incorporate pink into your look with lipstick that will pop.

With new diets, people are always skeptical of losing the weight and then putting it back on once they see results. However, the paleo diet isn’t just about weight loss. The Huffington Post states that it lowers the risk of cardiovascular disease and blood pressure, can reduce acne and promote optimum health as well as athletic performance.

Still, some of the claims have come under fire by weight loss specialists. One of the main arguments against the diet is that during the Stone Age, when people ate like this, the average life span was only 25 years.

Junior English major Ariana Tepedino said, “I’ve lost about 10 pounds since I’ve been on it but I modify it to fit my daily needs so it’s actually not as effective as it could be. Ultimately it’s a hard adjustment but it’s definitely a healthier way of living and it’s worth it.”

Since the paleo diet is so precise, it can be a rocky transition for those starting out. It would be particularly difficult for college students who rely heavily on campus food services. It’s possible to experience the Paleo way of life while in college. Students who cut out grains and carbs will be worth it.

**Mommouth students showed their support for Breast Cancer Awareness Month by wearing pink t-shirts to last week’s football game.**

**Paley Recipes**

**This Diet is Based off of the Paleolithic Time Period, which Means Absolutely no Carbs or Grains**

**Tepedino said, “The diet works, as long as you’re diligent with it, and it can be difficult to stick with just because you do have to cut out major food groups like carbohydrates and dairy. At times when you’re rushing you can’t just make a quick, convenient, filling meal. Instead of pizza, you have to make an intricate meal and avoid all the processed foods.”**

Like any diet, there are pros and cons and advocates and opponents. It has proven to demonstrate weight loss results, so if you’re looking to drop some pounds keep the diet in mind. It’s a drastic change, but perhaps feeding you a little more of a free man while cutting out the grains and carbs will be worth it.
Free and Open to the Public

VEGAN POTLUCK
+ A PRESENTATION ON:

Foods to Keep You Healthy Through the Winter

Presented by:
Alex & Cara from Seed to Sprout

October 20, 2013
1:00 PM
RSVP: Email
mcharris@monmouth.edu

Monmouth University’s
Magill Commons
Club Dining Room

What to Bring:
-a completely vegan dish to share
-serving utensils
-an index card listing the ingredients

October 20, 2013

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STUDENT DISCOUNT
25% OFF
One Single Costume Purchase
Must present Monmouth U I.D.

Offer expires 10.20.13

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SGA’s 14th Annual
THE BIG EVENT

Saturday, October 26th
10am-5pm

number of hours spent at The Big Event: 7
number of lives changed at The Big Event: countless
being a part of the big event: priceless

Priceless

The Outlook
October 9, 2013

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Justin Timberlake Overload?  

One reviewer thinks JT went overboard  

PETER QUINTON  

Entertainment Editor

Justin Timberlake released “The 20/20 Experience” in March, a two-album release that made the news appear as a godsend among mere mortals. I began to think that maybe we should have a Justin Timberlake for one year.

But what's this? Another Timberlake record? The problem I have with JT is that I can’t possibly think of anyone even knew she was missing? I don't really see what’s wrong with it this year, but I’ll bite. "The 20/20 Experience," after all, is still relatively good, and my reasoning as to how all these were all really any different…Is it just something of a good thing? I don’t think I can see why he held these songs back for a while. Though there are a few catchy riffs, the most genuine thing that the album’s whole collection of mediocre B-sides that no one even noticed, providing a make this collection a much more forgettable experience.

To understand why “Part 2” tags in comparison to its first half, we must first understand what stands between the two: the album, two time lengths, and two endings. “The 20/20 Experience” stood strong with catchy hooks, mesmerizing production, and JT’s pristine, soulful vocals. Yes, the album lacks the polish of The 20/20 Experience, but making this album, collecting a much more forgettable experience.

But “Part 2” doesn’t spend too much time on the sentimentalities. In fact, one of the main things that sent it apart from its predecessor is its songs’ more pronounced lyrical content. His previous album, “Suit & Tie,” is a tail-chasing kid anymore; it’s a grown man in a happy marriage with actress Jessica Biel, and on “Part 1,” the themes of love and attractiveness he explored felt mature and genuine, much more than satisfied with “Part 1.”

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Meanwhile, single “Tunnel Vision,” perhaps the album’s finest moment, brings in the space-funk energy that made "The 20/20 Experience" so wonderful. However, the song is still held back by a number of unnecessary details, namely the cripe-worthy Timberlake hook: “She killed me with that knottie-lah.” I’d argue that “Part 2” does a bit more genre-hopping than its predecessor, but by no means does that put it at “Drink You Away,” a bit of a downer. We pass through a classic blues rock with a guitar line that sounds suspiciously close to Queen’s “Crazy Little Thing Called Love.”

“Only When I Walk Away” is possibly the most unorthodox achievement with Timberlake’s ever. It’s as if he’s rapping like a mixture of one of the first blind date between Aaron (Zachary Levi) and Casey (Kristy Rodriguez) got run down by a car. Are you’ve seen it way too often. Playwright Justin Winberg didn't come up with anything new. That doesn’t mean “First Date” won’t worth seeing though.

The musical premiered on Broadway in July after its world premiere in London’s West End in October. I've never seen the show… But "Part 2" doesn’t spend too much time on the sentimentalities. In fact, one of the main things that sent it apart from its predecessor is its songs’ more pronounced lyrical content. His previous album, “Suit & Tie,” is a tail-chasing kid anymore; it’s a grown man in a happy marriage with actress Jessica Biel, and on “Part 1,” the themes of love and attractiveness he explored felt mature and genuine, much more than satisfied with “Part 1.”

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"First Date” is a new Broadway musical currently being offered as a trip from the Employee Activities Committee, and all students and employees are eligible for the trip.
Sophomore Taylor Hope is more than just the average musician from Sayreville, NJ. She is double-majoring in math and music here at Monmouth University. At only 19, she already opened up for big stars such as Jason Aldean and Tim McGraw, played a solo at Carnegie Hall, and had Bruce Springsteen himself come and watch her entire solo set.

She started playing the violin when she was only 5 years old, but had the interest a couple years before. Hope said, “I wanted to [start playing] at 3, but I saw a violin playing in the park when I was little, and I loved the sound of it.”

Like any normal parents, they did not believe that their 3 year old would actually continue with such a delicate instrument. Hope explained, “[My Parents] bought me a fake violin, and I was like ‘Not! I want a real one!’”

It was actually a teacher at her school that confirmed her desire to play, although that was not his intention. Hope said, “There was this teacher who taught third graders and up, and he said ‘Bring her in, she’ll be too intimidated and won’t want to play.’” He then added, “I want to offer her something.” At that time he said, ‘Get her a violin.” So persistence paid off for toddler Taylor, and her parents finally gave in and bought a real violin.

Her musical talents do not just stop at the violin. Over the years, Taylor has learned how to play the piano, guitar, and the mandolin. She also enjoys singing while playing on her multiple instruments.

The violin was not just a hobby for the young child. Hope played in many orchestras when she was little and was completely dedicated. Her mom always received questions from other parents, who were basically forcing their kids to play an instrument. “The biggest question was ‘How do you make your daughter practice?’” and (my mom) was like ‘What do you mean, I have to ask her to put it away?’”

Her parents would support her performing, as long as she saw a violin playing. The biggest thing is to follow your heart, and if you don’t like it then that’s when we stop.”

Taylor was constantly involved in her passion, starting to play in multiple orchestras at 6 years old, and all the way through high school. She continues now to play with the Monmouth University Chamber Orchestras. Hope said, “I did a lot of solo stuff as a young kid. I did my first solo show at 3 years old…World Tour.”

Playing all those solo shows and bands must have been great practice, leading up to her Carnegie Hall audition at age 13. “I was auditioning to play with other musicians, and I didn’t get a call for a few weeks…then the phone call came and I was ecstatic…it was really cool,” Hope said. Other venues she has played at include the PNC Bank Arts Center, Susquehanna Bank Center, and down in Nashville for the CMA Fest.

Taylor has also played at local venues such as The Stone Pony and The Wonder Bar, which is where Springsteen came and watched her play. “Springsteen[teen] showed up and watched my entire set, and then after – he spoke to me for good 15-20 minutes,” Hope said.

Springsteen is actually connected to her biggest inspiration, Soozie Tyrell, who is Springsteen’s violinist. “When I was [8 years old] I wrote to [Tyrell], and she wrote me back this hand-written, 3 page letter,” Hope said. Hope still keeps that letter hanging on her wall for constant inspiration and as a reminder to, “follow your dreams and follow your heart,” which was the main point of the letter.

When asked if she ever gets nervous, Hope says “I love performing, big or small.” Performing with big crowds, however, can easily turn into a snooze-fest. When played live because it can easily turn into a snooze-fest. Luckily, both Dosik and Katzman avoided that easily.

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When asked if she ever gets nervous, Hope says “I love performing, big or small.” Performing with big crowds, however, can easily turn into a snooze-fest. Luckily, both Dosik and Katzman avoided that easily.

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Seeing Through the Eyes of a Commuter

October is Disability Awareness Month

October is Disability Awareness Month and students and faculty are encouraged to learn more about disabilities from events that will occur throughout the month. Students and staff were greeted by an email on the first day of October, highlighting the many events and the importance of Disability Awareness Month.

Many people do not know how much time is spent increasing awareness on these issues. Many things can be done to assist individuals with special needs on campus. Meredith Courtney, freshman, is excited about the upcoming activities. She was not aware that October is Disability Awareness Month until the month began. “I think that it is great that October is dedicated to bringing awareness to people with disabilities,” said Courtney.

“I believe that it is unfortunate that the month is also shared with other issues such as Breast Cancer Awareness, Bullying Prevention Awareness, Domestic Violence Awareness and many, others. I think that disability awareness is being overlooked because it is being shared with so many other awareness causes.”

Courtney said she hadn’t heard of Disability Awareness Month until very recently. “Personally, I wish that more people were aware that this month is Disability Awareness Month because so many people in our world suffer from disabilities and other humans tend to take their lives for granted.”

Kristen Brannick, junior education major, shared the same idea. “I feel that it is necessary to have disability awareness events because all students and faculty should know about the importance of having resources on campus,” said Brannick.

Senior psychology major and head Resident Assistant, Rachel Conners, didn’t even know about the special happenings to celebrate the month. “I don’t know much about it, but I want to be honest,” she explained. “That was until a student came up and shared some of the happenings to her. This is one of many causes to be celebrated in October along with Breast Cancer. Other events include a quiz which students can take online and a speaker discussing his internship experience despite a physical challenge on Tuesday, Oct. 29 at 11:30 am. Some may have not had experience working with special needs people until very recently. Sophomore Brianne O’Neill was intrigued when her special education class recently went to the Harbor School in Eatontown. “I never knew they had so many kids out there in terms of technology for people with disabilities,” said O’Neill. “I think it is very important that all students see this so they have a better understanding on what is going on around them.”

This is very important not only because she is a teacher candidate, but also as a college student. There could be people sitting in class struggling due to a disability and one may not even know because some disabilities are hidden. It is also important to see people being active because helping to make the campus more diverse and increasing one’s understanding of the world around him or her can have a significant effect on people with disabilities. One of the events, called “Disability in the Workplace,” will feature a panel with University students with disabilities. Many students currently attend the University and others are in the workforce, agencies such as the Commission for the Blind and the Department of Vocational Rehabilitation, Skip Carey, said, “This has been evolving nicely and much larger than in the past.”

He added, “In the past we have had very few people attend, but we expect to have a sizeable group this year.” Panelists will tell their story about strengths and the challenges they have encountered while in college and the workplace.

Meghan Gibson and Denisse Amrilla (left to right) utilize the Student Center as their on campus hang-out.

Branch with five other girls. They both are extremely happy and eager to live off campus this year for the first time. However, even though they both just five minutes away from school, there is a lot of work that comes with living in a non-residential house.

One of the hardest things that all seven girls struggle with is the arrangement of cars in the driveway. Seven cars in one driveway with girls who leave for class at all different times is a challenge. Gibson said she enjoys “having my own kitchen so that I could cook what I want to eat and when it’s most convenient for me.”

Both of the housemates agree that they spend most of their free time on campus in the Rebecca Stafford Student Center. Junior Maxwell Kenney gets the privilege to live off campus, but spends most of his time on campus working for residential life as a desk assistant. With living off campus Kenney expressed that he needs to work to pay for expenses that one would not pay for on campus such as utilities and groceries.

Kenny said having an off campus home has its benefits. He loves having his own bedroom and bathroom so that he can make his own schedule every day and not worry about conflicting with anyone else.

“Being in TKE, it gives me more opportunities to not only meet a whole bunch of people, but to spend more time on campus and become involved in the Monmouth University community,” said Ken- ney. Clearly, living off campus and commuting has its ups and downs. However, whether students are commuting or living on campus, the University gives its students such great opportunities to connect with one another and feel united. Hawks truly do fly together.

The University will host speakers and activities throughout the month of October in recognition of Disability Awareness Month.
Learning is Not a No-Brainer: Different Learning Styles Expand the Theory of Right and Left Brain Thinkers

What is the best way to learn? There are many different suggestions, options and theories out there that boost the most effective way to learn or study. But one thing is most certain, it is being right and left brain dominated according to Dr. Rebecca Sanford, associate professor of communication, and the "VARK Model." But there is much controversy against these theories, so how are students supposed to learn? There has been a discovery of a process called "desirable difficulty" that shows students can be taught when the students' recollection of information was tested.

"The Right Brain Theory has been around since the 1960’s when an epiphany had their brain split, separating the right and left hemisphere, severely limiting communications between the sides. People developed theories that one side of the brain was dominant and therefore their personality reflected the traits attributed to the dominant half. For example left brained people were more logical, and right brained people were more artistic, intuitive and expressive. While right brained people were seen as more artistic, intuitive and expressive, the theory really bloomed through time and people even adapted the idea into learning styles.

Hypothetically, left brained people prefer clear thinking, taking notes and right brained people preferred visuals, and hands-on experiences. However many recent studies have disproved this theory.

Dr. Jack Demarest, psychology professor, explained while both sides of the brain are required to process information first, the brain shares the info with the other half almost instantaneously through a whole theory of proven, the learning style becomes obsolete as well.

Some students, however, still believe in the right and left brain theory. "I take an inaccurate source of information, according to Sanford. "I may find information or may not find information, but the credibility of the information may or may not be as strong as it should be." Sanford added.

The outlook of the brain and right brain hemisphere, according to Sanford, is to "Google it." When you type "search" on Google, the brain shares the information we want, when you have right at their fingertips. "It becomes just a given that if you use Wikipedia, which can be a questionable source, that is the answer," Jenner said. "I don’t see the problem with using non-scholarly sources out there."

There has not been much research in this area of learning styles, taking notes and right brained students. "Those things that are top level domain with her students, teaches an online journal of psychology. "The process of "desirable difficulty" is actually not a learning theory but is thinking theory that differs from person to person. It is a process of making information difficult or unique memories keep in your mind more prominently than everyday mundane things. However most people don’t feel that they are learning as well because they aren’t as comfortable. people don’t like pushing themselves."

Psychologist Robert Bjork did an experiment on the spelling of words displayed on index cards. People who were shown the cards normally scored worse than people who were shown the cards upside down. There is less information that is upside down is unique and difficult to learn on to that information and recalled the words dramatically better than the control group. Bjork and other researchers have conducted many similar studies and the results have shown that this idea is correct. People are just catching on to this idea and are starting to adapt courses to compli- ment the idea of desirable difficulty.

There may be preference of methods to learn so you don’t fall asleep, however in the end all brains end up processing information the same way. There are many different theories have been disproved since their FAD in the 90’s. However, there are still many studies out there that is an effective way to help students find information but might take some practice to fully use.

Quality Research Resources: Let’s Google It

Google is a vast portal of information from everything, from song lyrics and more. It is the simplest way to find information, search requires scholarly journals and such. "The internet is a democracy. It has access to people. They will pull out real places to try to reach out to real places," Vujnovic said. However, there are many different suggestions, options and theories out there that boost the most effective way to learn or study. But one thing is most certain, it is being right and left brain dominated according to Dr. Rebecca Sanford, associate professor of communication, and the "VARK Model." But there is much controversy against these theories, so how are students supposed to learn? There has been a discovery of a process called "desirable difficulty" that shows students can be taught when the students' recollection of information was tested.

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Students and their families gathered in Anacon Hall for Casino Night as part of Family Weekend on Saturday, Oct. 5 from 7:30 to 10:30 pm.

Students and their families were given three cups of poker chips throughout the night and at the end of the event were allowed to trade in those poker chips for raffle tickets to win baskets. Some of the big prizes of the night were a mini iPad, a Keurig, Dr. Dre Beats Headphones, and all the student leaders who worked to put it together this year.

SAB turned Anacon Hall into a fully functional casino that included games such as poker, blackjack, and craps. A money wheel was also available.

Students and their families were all very happy that they accomplished and the attendees were all very happy that they had attended the event,” added Kofsky.

Several parents said that this was the best casino night they have ever attended and that they can’t wait until next year because it is one of their favorite events here at the University.

Last year during Family Weekend, Hurricane Sandy had hit the University and the entire weekend of events was postponed until the following spring semester.

Students participating in SAB create events and ideas for all students. The club meets every Wednesday at 2:30 pm on the third floor of the Student Center in the Carol Afflitto conference room.

SAB’s Festival Chair, senior Samantha Kofsky, has been in charge of Casino Night for two consecutive years. Kofsky said, “I can’t believe I just did my last casino night for Monmouth. Thank you so much to the SAB E-board and general members [for making this possible]. I know it was a really long day but you guys honestly carried out my vision better than I could have imagined.”

“At the end of the day, SAB was really proud of what they accomplished and the attendees were all very happy that they had attended the event,” added Kofsky.

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SAB’s next event will be a Coffee House Concert with Landon Austin on Tuesday, Oct. 8 at 7 pm on the Magill Lounge Patio, located behind the dining hall.

Senior Elisha Henderson said, “Casino night turned out to be very successful. It was as much fun for my parents as it was for me. They said it was one of the highlights of their visit!”

President Brown Invites Students to the Opera at Pollak Theatre

WEST LONG BRANCH, NJ - Monmouth University’s new President, Dr. Paul Brown, has extended an invite for ten Monmouth University students to join him in the viewing of the simulcast performance of Tosca on Saturday, Nov. 9 at 1 p.m.

In order to give a fair chance to every student enrolled at the University, President Brown has decided to have a contest. In order to enter, a student must log onto www.surveymonkey.com/s/opera50 and write why they should be picked to accompany President Brown to the opera in 50 words or less. The deadline for responses is on Wednesday, Oct. 9. If chosen, the student will be notified by Friday, Oct. 25.

"Opera is great entertainment, but unfortunately too many students have not been exposed to it. In fact, my love of opera came about from studying German at Franklin and Marshall College, so I thought this was a great way to payback. The winning students will enjoy Tosca and a brunch before the performance with us – and what better way for me to meet more MU students,” President Brown said.

Monmouth University is a leading private institution that offers a comprehensive array of undergraduate and graduate degree programs. The University provides students with a highly personalized education that builds the knowledge and confidence of tomorrow’s leaders. Located in West Long Branch, New Jersey, Monmouth University’s magnificent and historic campus is approximately one hour from both New York City and Philadelphia and is within walking distance of the Atlantic Ocean shoreline.

Fall Into Pink! Event to Support Breast Cancer Awareness

WEST LONG BRANCH, NJ - The Public Relations Student Society of America (PSSA) and the sisters of Zeta Tau Alpha (ZTA) are hosting a “Fall Into Pink!” event to support Breast Cancer Awareness on Wednesday, Oct. 16 from 11 am to 4 pm on the Rebecca Stafford Student Center Patio. Proceeds will benefit the ZTA philanthropy and Monmouth University’s Shadow PR Firm and PRSSA Chapter.

October is Breast Cancer Awareness Month, and across the country, members of Zeta Tau Alpha hold special events to increase awareness about early detection and raise funds for education and research. Activities at the “Fall Into Pink!” event will include pie a Zeta, pumpkin painting, a bake sale, music, and a silent auction of donated goods from local businesses to bid on. All support and donations are greatly appreciated.

Kristi Silver, CEO of Shadow PR firm and Co-President of PSSA, said, “Every year, we donate a proceed of all fundraising efforts to some nonprofit organization. This event’s proceeds are supporting Breast Cancer awareness so we decided to work with ZTA being that is their philanthropy and it is a great collaboration.”

For more information about the event or getting involved, visit the Shadow PR Firm in the Communication Department located in Plangere room 235A. Contact Co-Presidents Kelly Brockett or Kristi Silver with any questions.
The Outdoors Club Takes on Shark River State Park

The University’s Outdoors Club ventured to Shark River State Park for an afternoon picnic on Saturday, Oct. 5 starting at 11:30 am.

Fifteen members of the Outdoors Club met on campus to carpool to the park grounds.

Upon arrival, the group members began their barbeque. Students enjoyed hotdogs, hamburgers, chips, donuts, and beverages, paid for by the club’s funds and budget.

“The picnic gave students the opportunity to relax in the picnic area while listening to music and enjoy the company of friends,” said Lindsey Pietsch, junior psychology major. “This was a great time to go for a picnic because the leaves are starting to change colors and it’s still not too cold out.”

After lunch, many of the members participated in competitive games of football, kickball, and even ultimate Frisbee.

October is breast cancer awareness month and Zeta Tau Alpha will be holding events all throughout the month of October to spread awareness.

Erin Ally, ZTA philanthropy chair, said, “I think the pink lemonade stand was an amazing way to start off Breast Cancer Awareness month. It was a great way to catch the entire campus’s attention, get them excited about all the other upcoming events, and make them want to show their support.”

“It was such a beautiful day that you could hardly resist a glass of pink lemonade! It was a successful start and we’re excited for our other events,” added Ally.

ZTA will be tabling every Monday at the Student Center to continue to spread awareness. The sorority encourages everyone to wear pink and advocate for their philanthropy.

While a good portion of the students chose to play games, a few others decided to go for a hike on one of the many wooded trails that make up Shark River Park. “The trail was full of unique foliage, photo-opportunities, and even a few water features,” said Jackie Leming, junior health studies major. “We crossed a really cool bridge that was messed up from Hurricane Sandy, but still intact,” she stated.

“That was my favorite part of the hike.”

After the students returned from the hike and rejoined the rest of the club, the members all took part in yet another round of ultimate Frisbee and hung out around the picnic site. At around 4 pm, they finally began to depart for the trip back to campus.

The members of the Outdoors Club who attended the picnic found that the trip was a fun experience. Professor Reynolds, the faculty advisor for the Outdoors Club, agrees that it was a success, by stating, “It was a very relaxing time with wonderful people enjoying each other and the beautiful weather.”

Rachel Fox, Secretary of Outdoors Club, said, “The event was yet again successful. It differed from last year because not as many people attended, but it was understandable because it was parents weekend. The most appealing aspect about the picnic was that it is a free opportunity to eat food and spend time with friends in nature.”

Shark River State Park, which is located in Neptune Township, Wall Township, and Tinton Falls, is 946 acres of fields, trails, ponds, and picnicking areas.

The Outdoors Club is always engaging in activities. Within the next few weeks, they will be going on an apple-picking and haunted hayride trip, as well as participating in the University’s Big Event.

All students are welcome to join the Outdoors Club and attend the weekly meetings.

Delta Phi Epsilon
Delta Phi Epsilon is hosting an ANAD Vigil on Tuesday, Oct. 22, at 7:30 pm in Anacon Hall.

Call now and reserve your spot! If you have any questions, contact Maria Carvalho at s0827808@monmouth.edu.

Italian Club
There will be an Italian Club meeting on Tuesday, Oct. 15 from 6:30 – 4:20 pm in room 2208. If you have any questions, contact Marla Carvalho at s0774490@monmouth.edu.

Social Work Society
The Social Work Society needs volunteers for its 9th Annual Teach-In on Tuesday, October 29, from 3 to 7 pm. If you are interested, please contact club president Tess L’Aera at s0779132@monmouth.edu.

Phi Sigma Sigma
Phi Sigma Sigma presents its annual “Monmouth Idol” on Wednesday, Oct. 23, in Polask Theatre. All contestants can register by contacting Renée Olmeca at s0789194@monmouth.edu or Marissa Iraldi at s0885383@monmouth.edu. Tickets will be sold for $5 presale or $7 at the door.

Eye to Eye
Eye to Eye is a mentoring program that mentors children with learning disabilities and ADHD at St. Jerome’s School. The program pairs mentors from the Department of Disabilities Services with children with similar disabilities. The goal of the program is to help the students feel empowered when they come to being in the classroom. The children express themselves through art projects and this ultimately helps them learn about themselves. This program is run on Wednesdays at 2:30 pm. Email Christina Gonzalez at s089331@monmouth.edu.

The Outdoors Club visited Shark River State Park on Saturday, Oct. 5, for a picnic in Bey Hall on Wednesdays at 3:30 pm to find out about even more of their upcoming trips and events.

MONMOUTH UNIVERSITY WHERE LEADERS LOOK FORWARD

Got Jobs, MU?
Freshmen Christopher Rubinitetti and Ariel Guzman are two of the many Federal Work Study students looking for an on campus job.

Please call Student Employment at 732-571-3569 to hire MU’s great FWS students!

The Outdoors Club

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MONMOUTH UNIVERSITY WHERE LEADERS LOOK FORWARD

Ayla Yildiz

Staff Writer

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Get Pink with ZTA

Zeta Tau Alpha (ZTA) held a Pink Lemonade Stand outside of the Rebecca Stafford Student Center on Tuesday, Oct. 1, to help raise awareness and education.

Breast Cancer Center on Tuesday, Oct. 1, to help raise awareness.

Lemonade was being sold for $1 awareness. The next meeting will be Monday at the Student Center to continue to raise awareness. The sorority encourages everyone to continue to raise awareness.

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What are you most excited to do during Fall Break?

Compiled by: Alyssa Gray

Maddie
freshman

"I'm really excited to go home for a little."

Veronica
sophomore

"I'm excited to just go home, I haven't been home at all yet."

Bryanna
sophomore

"Sleep!"

Chris
senior

"Get work done. I just applied for graduate school and I'm trying to get a paper published."

Matt
freshman

"I'm excited to see friends that I haven't seen in a while."

Christina
sophomore

"Probably just hang out with friends and go visit them at their colleges."

Nora
sophomore

"I'm going to see family in Pennsylvania."

Nick
sophomore

"I guess just seeing my friends who are coming home during the break."

Mike
sophomore

"Go see friends from home and go to Vintage Vinyl, a record store by home."

Kelly
freshman

"Getting away from school work and getting a break from it all."

JULIAN SANDS in

A Celebration of

HAROLD PINTER

Directed by John Malkovich

October 18 | 8 PM | Pollak Theatre

"...a warm, witty, and thoroughly winning actor."

~ Backstage

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We accept Visa, Master Card, American Express, and Discover.

<table>
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<tr>
<th>Small hot or cold sub, chips and medium 24 oz. fountain soda</th>
<th>$5.99</th>
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<td>Expires October 31, 2013</td>
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<th>Large cold or hot sub, chips and large 32 oz. fountain soda</th>
<th>$10.99</th>
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<td>Expires October 31, 2013</td>
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Upscale retail furniture and home accessories store in Pt. Pleasant is looking for a well-spoken, energetic and creative intern. Ideal candidate would be:

- Strong interest in sales and working with people
- A student majoring in business, marketing or social media
- Active on Facebook, Twitter, YouTube & Instagram
- Proficient with Microsoft Office Suite

Preferred qualifications include retail experience; flexible availability; able to work weekends and holidays; be hard working and reliable.

Great opportunity to learn the ins and outs of running a business!

Call 732-892-0728 for more information.

CLOTHING & GIFT BOUTIQUE

INTERN WANTED

Small woman’s clothing and gift boutique is looking for an intern to help sell merchandise and manage social media.

Great opportunity to learn the ins and outs of fashion and running a business!

Call 732-531-2526 for more information.

STRESSED?

Six Week Stress Management Sessions

Six steps to a more relaxed you.

Group meets every Wednesday from 3-4pm beginning on October 16th.

Stress Session Schedule

October 16  November 6
October 23  November 13
October 30  November 20

Location: Conference Room, 3rd fl. Student Center. Room 327

For special accommodations or more information, contact us prior to the program.

Counseling and Psychological Services, RSSC
Tel: 732-571-7517 email: mucounseling@monmouth.edu

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ABOVE LEFT: JUNIOR ROBBIE REINER ROCKS OUT WITH HIS BAND, IDLE THREAT (PHOTO COURTESY OF ALYSSA GRAY)

CENTER: STUDENTS (FROM LEFT) COURTNEY CARR, ALEXA DEROSA, AND OLIVIA CARUSO GET READY TO FILM FOR HAWK TV (PHOTO COURTESY OF ALYSSA GRAY)

ABOVE RIGHT: A COUPLE OF STUDENTS ENJOY THE WEATHER WITH A LITTLE BREAKDANCING IN FRONT OF MCALLEN HALL (PHOTO COURTESY OF ALYSSA GRAY)

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COMICS
“MISGUIDED UNDERSTANDINGS” BY ALYSSA GRAY

Stay tuned for upcoming details about The Outlook’s 80th Anniversary contest and how to win fabulous prizes!
Forestal Downs Colonials for Third Consecutive Win

ALFRED TILLERSON
Sports Editor

The Monmouth Hawks’ football team (3-3) defeated the Robert Morris University Colonials (2-3) by a score of 35-9 at Kessler Field on Friday, Oct 4. With the victory, MU continues their three game winning streak and improves their record to 3-3. 

I thought in the first half, we left some opportunities out there on the field and didn’t always take advantage of some excellent field position,” said head coach Kevin Callahan. “In the second half, we came out and I think we were able to play very solid defense. We were able to get the ball back to our offense with good field position and capitalize on those opportunities with points.”

In the fourth quarter, following a third quarter that took 24 minutes to play, the Hawks put the game away for good by riding the legs of senior running back Kaeshaan Asante. With 10 minutes remaining in the fourth quarter, Asante got into the end zone on a 10-yard run following a 55-yard pass. MU led 24-9 at that point.

“Everything was just falling our way, the play went to the right, the wind was a little calmer but I was able to pick it,” said Head Coach Dennis Shea.

OL Mike Hunchak and WR Neal Sterling comprised one of MU’s five touchdowns against Robert Morris University.

On Wednesday, October 2, he was named MAAC Men’s Golf of the Month for the second consecutive month. Goodling’s teammates also prevailed in the tournament. Deisher finished third overall with a 76 and 79 for a 155 in the tournament. Teammates senior Corey Carrick and sophmore Cody Gross finished fourth out of the MU men and the team placed tenth overall. The second round, which was supposed to be played the following day, was rained out.

Rider. MU finished with 623 strokes in the tournament. "It was a nice victory for us, does it mean that we have to continue to work hard and get better? I wasn't extremely happy with the total team score, I think we could have done a little better, but on the fourth and fifth team player," Shea said.

The team competed in the Rutgers Invitational and the Iona Quad Match and the ECAC Tournament at the Twist and Shout Golf Club in Egg Harbor Township on Saturday, Oct 12. Game time is set for noon.

The Hawks will next face Saint Peter's at Loretto, PA on Saturday, Oct 12. Game time is set for noon.
The Hawks Soar to Fifth Straight Victory

EDDIE ALLEGRETTO  STAFF WRITER

The Hawks (10-1-0) dominated the Fairfield Stags (3-8-1; 0-3-1) and won with a final score of 6-0 on Wednesday, Oct 9 at The Great Lawn. Freshman forward Alexis McTamney tallied one goal and two assists, while senior midfielder Melanie Dawson contributed an assist and matched her career high of two goals in the victory.

The blue and white outscored the Fairfield goalie to knot the game at 1-0 in the 29th minute of play, when senior forward Jacob Ruzicka put his head down, and moved the ball into the corner. McTamney made a stop on her own in just 27 minutes to hold onto the clean sheet. The blue and white also held a 7-2 advantage in corner kicks. MU gained another win when they defeated the Fairfield Stags (6-1-2; 2-1-1) on the Great Lawn Saturday night by the final score of 2-0.

The Hawks continued to play, the blue and white were looking for their fourth goal of the game as sophomore defender Colleen How ard sent a lobbed pass down the field to Costello, collected the ball, and dribbled it past the Stag's keeper, but she shot right off the crossbar.

MU outshot the Stags 9-7 and Lewis added four saves to complete a shutout of the Hawks as the team still hopes to increase MU's lead to 2-0. With 12 minutes remaining in the first half, as Lewis came out to defend a corner kick, the ball was lobbed over her head and flying to the top of the box and shot it as Stags keeper Kathryn King scooped it up.

MU's level of the game or anything like that," McCourt said. "I thought we did a good job of managing games from the back and putting pressure on the ball. Soft goals have resulted in some of our losses this season, and the advantage on corner kicks is something we've been working to improve on." McCourt expected.

The Hawks continued to outscore the Fairfield goalie to knot the game at 1-0 in the 29th minute of play, when senior forward Jacob Ruzicka put his head down, and moved the ball into the corner. McTamney made a stop on her own in just 27 minutes to hold onto the clean sheet. The blue and white also held a 7-2 advantage in corner kicks. MU gained another win when they defeated the Fairfield Stags (6-1-2; 2-1-1) on the Great Lawn Saturday night by the final score of 2-0.

The men's soccer team tied the Fairfield University Stags by a score of 1-1 this past Saturday, October 5th. With the tie, the Hawks improved to 6-5-1; 2-1-1 in MAAC games. While at MU, he helped the Hawks capture the MAAC Conference Regular Season Title. Originally from Scotch Plains, NJ, Meredith, has signed on with COSMO. While at MU, he helped the Hawks capture the MAAC Conference Regular Season Title. Originally from Scotch Plains, NJ, Meredith, has signed on with COSMO.
MU Senior Running Back Kwabena Asante played a key role in the Hawks 35-9 win over Robert Morris. Asante finished with over 100 yards and scored twice in the game.

Full Story on page 22

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Men's Golf continues to improve this Fall ... Page 22
Women's Soccer maintains winning streak ... Page 23
Men's Soccer ties in first conference game ... Page 23