November Marks American Diabetes Month

The University experienced a brief blackout last week resulting in several class cancellations.

The University Honored Veterans Day through the dedication of the 9/11 Veterans Day Memorial, recognizing the donors and completing the National Remembrance Day Roll Call on Nov. 11 at 9 a.m.

The University Student Veterans Association (SUVA) has dedicated the 9/11 Memorial on Nov. 11 at 9 a.m.

At the base of the monument is a twisted piece of steel that was recovered from the World Trade Center after the attacks on Sept. 11, 2001, said Mary Anne Nagy, Vice President of Student and Community Services.

The 9/11 Veterans Day Memorial was installed in front of Edison Hall in the beginning of the fall 2013 semester. The memorial was donated to the University two years ago by Judy Eisenberg, a University Life Trustee, and Lewis Eisenberg, Port Authority Chairman of NY and NJ.

"This is truly a unique and special privilege that [my family] and I were able to provide as a lasting memory, not only of those who perished on 9/11, but for those who have given their lives, their sacrifice in so many ways to defend our life, our liberty and our individual freedoms," said Lewis Eisenberg.

President Dr. Paul Brown officially dedicated the 9/11 Veterans Day Memorial to the University during the ceremony. "May it remind [all who walk by] of the events of Sept. 11, 2001, the courageous acts and sacrifices made by our military veterans, and the unending American spirit to guide us into the future," said Brown.

Brown said the base of the memorial, the piece of steel recovered from the wreckage, was acquired by the University Student Veterans Association through the NY, NJ Port Authority.

"The podium is engraved with the message “Here stands once more a symbol to 9/11 Heroes and America’s Military Veterans.” The memorial was designed by Raymond G Klose, University alumnus and President and CEO of the Klose Associations.

Lewis Eisenberg (right) donated the memorial. During the dedication ceremony, he spoke about Veterans Day and where he was on 9/11.

"There will be meetings regarding the effects of the new wage. She also said this will make student positions more competitive. "Our office expects more students will want to work on campus and on campus [jobs] will be even more competitive. It will be a good motivator for students to sign up for their job in advance next fall," said Parks.

Parks said there would be effects to student employees and employer associations for Federal Work Study students. "Employers might want to hire more FWS students and spread out their work hours. If students use up their FWS awards, some may have to stop working if department budgets do not allow for Student Help employees." Parks explained that right now, before the minimum wage is raised, it costs $1.88 to have a FWS student work in a department on campus but with the minimum wage being raised it will cost $2.06. For someone who is not FWS, it will now cost $8.25 instead of $7.25.

According to Parks, 76 percent of University student employee placements will be receiving some type of pay increase starting Jan. 1, 2014. This increase could be from $0.75 to $0.05.

John Buzza, a specialty professor of management and decision sciences believes students, whether it is the minimum wage or not, will improve their life, education and career.

The University of New Jersey was the first school to raise the minimum wage to $10 minimum wage being raised it will cost $2.06. For someone who is not FWS, it will now cost $8.25 instead of $7.25.

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MU Experiences Power Outage for Over An Hour

CASSANDRA FIGUEROA
ASSISTANT NEWS EDITOR

The University experienced a power outage caused by an electrical malfunction at the University's substation in Tinton Falls on Thursday, Nov. 7 that lasted about 90 minutes. According to Patrick Maloney, supervi- sor of Pressure Management and Transmission for NJ Natural Gas, a transformer blew and was de- fective for 40 minutes, causing Long Branch and West Long Branch to lose electricity.

"Transfomers are "electrical con- ververs that change AC voltage to DC voltage in order to conduct elec- tricity," Grey said.

He explained that cold weather makes the transformer malfunction to be at a higher level due to their susceptibility to corrosion.

The outage caused all 1 pm classes to be cancelled, while the University worked diligently to turn the campus electricity back on.

Patricia Swannack, Vice Presi- dent for Administrative Services, said, "First, we determine which buildings are affected by the outage and dispatch Facilities Manage- ment employees to verify that no one is stuck in an elevator and shut off mechanical equipment so that if we experience any kind of surge, equipment is not damaged."

She continued, "At the same time, we work through our JCPL [local electric company] representa- tive to determine the cause of the outage and to attempt to learn when power will be restored." Swannack said whatever task the electricians, HVAC mechan- ics, office staff, and directors at the University are engaged in at the mo- ment of the outage is stopped and reenacted in order to deal with the power outage.

Mary Anne Nagy, Vice President for Student and Community Ser- vices, said the University has pre- cautions in place to deal with power outages.

Nagy said, "When power goes out we have certain facilities that have generators to keep some of our sys- tems running, like the dining hall, so we can try to continue normal operations."

We also have emergency light in our buildings that will provide some temporary lighting for safety reasons."

The University also has staff that is deployed to monitor safety and electrical situations. When a power outage occurs, Facilities Manage- ment and the Monmouth University Police Department (MUPD) execute operations to secure safety and pro- ductivity throughout campus and the surrounding community.

Bill McElrath, Chief of University Police, explained that safety policies would be in place at the time of the outage and the University was fully in- structed on what to do.

McElrath said the blackout affect- ed the campus and the surrounding community but overall, the situation was handled smoothly.

"On campus, there were some class cancellations due to the black- out. Off-campus, the traffic lights in the affected area were out and local police departments had to assist with the flow of traffic," he said.

Some students were in class dur- ing the time of the outage. Most professors continued their lectures, working with the resources that were still available.

Mary Harris, specialist professor in the communication department, was teaching her Social Media in Public Relations class at the time of the outage. "As a class we tried to embrace the circumstances and uti- lized our smart phones to discuss the latest tweets and posts regarding the power outage," said Harris.

We also shared input regarding our digital world and how mobile so- cial media allows us to access news and resources in just a few seconds. It is quite amazing," Harris added.

Richard Schell, associate pro- fessor in the computer science and software engineering department, also continued with his class lecture during the 90 minute introduction to Computer Science II class.

"Well, we were having a lab so the students were working at their computers. I was just discussing, in general, how to go about doing the lab exercise when the power went out. So I just con- tinued and we together developed the program from those generalized discussions, working entirely on the white board," Schell said.

A student in Schell's class ex- pressed that everyone had acted as if the outage had not even occurred.

Jessica Anastasio, sophomore computer science major, said, "Since it was a computer science course all we did was starting code on the whiteboard instead of on the computer. Neither the profes- sor or the students made a big deal about it."

After an hour and 30 minutes, power was back on.

"Eventually, JCPL reset the breaker and we were back in busi- ness," Swannack said.

November Raises Awareness for Chronic Disease

Diabetes Jump from pg. 1

During this stage, blood sugars are higher than normal but not high enough to be diagnosed as T2D, according to the ADA. Patients can have this disease after she gives birth to a baby weighing over 9 pounds or develops during pregnancy. During this stage, blood sugars are higher than normal but not high enough to be diagnosed as T2D, according to the ADA. Patients can have this disease after she gives birth to a baby weighing over 9 pounds or develops during pregnancy. During this stage, blood sugars are higher than normal but not high enough to be diagnosed as T2D, according to the ADA. Patients can have this disease after she gives birth to a baby weighing over 9 pounds or develops during pregnancy. During this stage, blood sugars are higher than normal but not high enough to be diagnosed as T2D, according to the ADA. Patients can have this disease after she gives birth to a baby weighing over 9 pounds or develops during pregnancy.

Diabetes is the leading cause of blindness and kidney failure, accounting for 44 percent of kidney diseases.

American Diabetes Association

Animus Corporation, an insulin pump company, said that patients who use insulin pumps to have lower HbA1c (a measure of blood glucose levels [aver age time]) than those who take multiple injections of insulin daily. Insulin pumps also give patients the flexibil- ity to sleep in, have more vary- ing meal times and choose how and when to exercise.

Deon Jones, a junior on the bas- ketball team, does not use an insulin pump, however, "I am using an insulin pen which gives me a lot more flexibility as far as eating, where I can eat anytime of the day. Prior to using the pen, I would use syringes, which meant I had to eat at a certain time each day," Jones said.

Diabetes affects every patient differently. Kevin Holton, a se- nior English major, was diagnosed with diabetes at age two. "If the hu- man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to man body is almost impossible to

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The Outlook

Gentempo, and Jill Alexander attended the Careers in Finance and Economics in Young Auditorium on Thursday, Nov. 7.

Finance and Economics in Young Business fraternity, Alpha Kappa Psi, -

Services teamed up with the business students about taking advantage of the resources that the University’s Career Services Office has to offer. At the conclusion of the event, there was an opportunity for a question and answer period and one-on-one networking with panelists and other alumni.

William Hill, Assistant Dean of Career Services, explained that Career Services is available to help students with every phase of their job search. This includes help with resume preparation, job searching, and even searching for jobs by using the weekly full time and part time listings that is sent to students’ University email addresses.

Sforza explained his journey that eventually led him to his current position as a Relationship Manager for PNC Bank. While at the University, Sforza said he aspired to be a State Trooper.

After being on a waiting list, he utilized Career Services at the University in hopes of finding a job. This decision helped him get an initial interview with PNC, which eventually led to two additional interviews with the company.

Sforza said current students who are looking for internships or jobs should use the resources provided by the University and work hard to advance.

“You do your best and then do a little more,” Sforza said. “There are very few things in your career that you can control, but the one thing you can control is the effort that you put in and the tenacity in which you work.”

Many of the panelists stressed the importance of starting the job search early and doing things to make one’s self stand out. Engel, Executive Vice President of RD Wireless Group Companies, advised that students have a resume stand out from the thousands of others that will find an older student earlier on rather than waiting until senior year. He credits his start to the University Career Services office saying, “Will Hill was instrumental.”

Genovese graduated from the University in 2010 with his MBA. "It is really an important thing to all veterans," said Amy Bellina, Director of Student Activities and Student Center Operations, who participated in the reading for the first time this year. "It was a really nice service to honor all who gave their lives.”

Bellina said that she has veterans in her family and she felt that reading some of the names of people who lost their lives in the duty of a war was important for them to read. "It is important to them to think about what is important to them," said Bellina.

Brown said that on Veterans Day, "we have to just stop for a moment and always remember that day... please stop and think about when you were on [Sept. 11]."

Brown said that he and his family were in New York City, about a half mile from the World Trade Center. "It was a really nice service to honor all who gave their lives.”

"We have to just stop for a moment and always remember that day... please stop and think about when you were on [Sept. 11]."

Brown said that he and his family were in New York City, about a half mile from the World Trade Center. Eisenberg said the Port Authority had an office at the World Trade Center in Tower 1, on the 67th floor on Sept. 11. "For the 60 days, from that day on, I spent virtually some part of every day at ground zero,” said Lewis Eisenberg.

"It was merely a spectator amongst the hall and ground filled with first responders and heroes, with first responders, amongst the hall and ground filled with first responders and heroes, first responders and tremendously courageous men."

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President Dr. Paul Brown announced several achievements of the lives lost since 9/11 during the National Remembrance Day Roll Call.

To learn about veterans at Monmouth University go to pg.14

MU Remembers 6,725 Veterans’ Lives Lost Since 9/11 Memorial jump from pg. 1 Association. Following the ceremony, the National Remembrance Day Roll Call was read for the remainder of the day for the third year in a row.

“We will be here all day reading over 6,700 names,” said Brown. “You will hear the names from the moment the ceremony is concluded, until we continue until every last name is read as a name is read we will remember and we will be thinking about those individuals.”

Brown explained that it is “absolutely the right thing to do.” The nationwide event is practiced at 80 other universities, the University adopted it two years ago.

The list of 6,725 names included every life lost in Iraq and Afghanistan since Sept. 11. Jeffrey Hood, Coordinator of Veterans Services, said, “We just added a name today, so it’s current.”

Hood explained that he divided the list into sections of 250 names that were read every 15 minutes by a list of 27 volunteers. The reader volunteers included Judy and Lewis Eisenberg, Brown, Hood and students and faculty throughout the University.

Hood said that he list of readers was determined on a first come first serve basis. He gave veterans the first opportunity, and then opened the opportunity up to the University campus and those interested.

“Everyone in the Mac from 12:30 pm to 4:30 pm on Nov. 20.”

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“I was merely a spectator amongst the hall and ground filled with first responders and heroes, with valiant and brave police officers, and tremendously courageous firefighters.”

Brown also remembered his family members that served in the line of duty during the ceremony. Brown first mentioned his brother, who served in the Vietnam War, his wife’s father, who served in the Army Air Core in the Navy during the Battle of the Bidge as a radio operator, and finally his uncle, who said he would occasionally get to speak to a kid while he was over seas.

Susan Elwood, a junior communication major said, “It’s important to recognize those who have and are serving because they have chosen to selflessly protect the American people and get little to no thanks on a daily basis.”

Both of Elwood’s grandparents served our nation in the service, and her brother is currently serving in the Navy on the U.S.S. Ronald Reagan, which is ported in San Diego, CA.

Elwood continued, “It is truly one of the most noble jobs a person can have and people should be aware that this holiday is to commemorate this kind of bravery, for it is unique.”

The group then participated in reading the list of veterans’ names next year, contact Jeffrey Hood at jhood@monmouth.edu.
Sugar and Salt May be Next on the FDA Target List

MELISSA HEALY
MCT CAMPUS

Now that the Food and Drug Administration has banned most trans fats from food, parents of some public health advocates are hoping that the agency will also declare artificial sweeteners, sugar and salt, to be subject to similar scrutiny.

“Sugar is next,” said Dr. Dariush Mozaffarian, a Harvard University epidemiologist and cardiologist at Boston’s Brigham and Women’s Hospital.

ByActing to remove artificial trans fats from the food supply, Mozaffarian said, the FDA has acknowledged that some public health advocates are hoping that the agency will also declare artificial sweeteners, sugar and salt, to be subject to similar scrutiny.

In regulating food additives, the FDA has historically focused on removing chemicals that cause death and acute injury, Mozaffarian said. Now that the agency has demonstrated that it’s ready to step in when a food additive contributes to chronic disease, he said, “I hope this presages a new willingness to regulate with an eye to their chronic ill healths.”

Even compared with saturated fat, Mozaffarian said, the risk of using artificial trans-fatty acid is a bad actor, knocking the blood’s lipid levels into dangerous territory on two fronts. Not only does it raise levels of LDL cholesterol, trans-fat consumption depresses levels of HDL cholesterol, which is protective against heart disease.

Harvard University public health professor, Walter Willett and colleagues estimated in 1994 that consumption of trans-fatty acids caused 30,000 Americans to die prematurely of coronary heart disease each year. Other estimates head off three times as many non-fatal heart attacks.

In recent updates of trans-fat’s role in heart disease, Mozaffarian said, the FDA has acknowledged that it’s ready to step in when a food additive contributes to chronic disease, he said, “I hope this presages a new willingness to regulate with an eye to their chronic ill healths.”

While trans-fats have no nutritional value, salt is an essential nutrient that, according to medical professionals, as with any other type of food additive, can make a big difference — with cancer, early screenings and diagnoses are pertinent to a patient’s survival rate.

“The risk of dying from [testicu lar] cancer is very low: about 1 in 5,000,” the website states. The site also notes that the rela tive five-year survival rate for prostate cancer that is caught early, is near 100 percent, but advanced stage IV prostate cancer has a survival rate of only 28 percent, underscoring the incentive for men to regularly receive tests and screenings for those types of cancers.

Dr. James Konopack, an associate professor and the Chair of the University’s Department of health and physical education, believes that No-Shave November promotes the awareness of male health issues, specifically prostate and testicular cancer.

“The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow to generate awareness and donations for the cause,” Christine Hill, co-founder of no-shave november.com said. “No-Shave gives meaning to the action and spurs that emotional value, it allows our supporters to tell others why they are doing it.”

The first site’s donations have grown every year since its launch in 2009, and this month’s donations surpassed $80,000 as of Nov. 11. “I came into the month of December first,” she said. “I was inspired in No-Shave for the first time. He didn’t think about growing a beard until the month began and just decided to grow Na-"n-kid of lazy about shaving", but then decided to finish growing a beard for the campaign.

“I came into the month of November with some-what of a beard already so I figured I’d con-tinue to let it grow for the aware-ness cause,” Dibianca said. “I am a big firm believer in [causes] to raise awareness for such vital illnesses.”

“I hope this presages a new willingness to regulate with an eye to their chronic ill healths,” Neltner said. Now that the agency has demonstrated that it’s ready to step in when a food additive contributes to chronic disease, he said, “I hope this presages a new willingness to regulate with an eye to their chronic ill healths.”

Many men are great about changing the oil in their cars or planning for their financial future but are reluctant to maintain their health with such care,” Dr. James Konopack Chair of the Department of Health and Physical Education.

“Cancer is very prevalent in men in the United States will be diagnosed with prostate cancer in their lifetimes, and more than 200,000 American males are afflicted with the disease each year,” the website states. The site also notes that the relative five-year survival rate for prostate cancer is just 20 percent.

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“Many men are great about changing the oil in their cars or planning for their financial future but are reluctant to maintain their health with such care,” Dr. James Konopack Chair of the Department of Health and Physical Education.

“Our short and long-term value in knowing what influences both our short- and long-term health and how much of that is attributable to what we eat,” Willett said.

“The facial hair thing is only truly effective if it helps raise money or creates dialogue that ultimately changes behavior or improves access to care,” he said. Konopack shared a personal anecdote about an effective No-Shave November campaign: “I have a colleague at another university who is normally clean-shaven but grew his beard to raise money for men’s health research. An old friend of mine also did this a few years ago. Both used a fundraising website and received lots of support, and their photos and stories generated some great discussion,” Konopack said.

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November 13, 2013
Advertisements
The Outlook

The Provost’s Film Series for 2013-2014 will focus on “Fateful Choices: Power and Identity in the Promised Land.” The films to be shown will explore the critical decisions people make where power and identity often collide on a daily basis. Family ties, ethnic heritage, gender, religious teachings, and historical experience—all converge to make life challenging, sometimes tragic, but always unpredictable.

Host: Thomas S. Pearson, Provost / Vice President for Academic Affairs

“The Message” (1977) PG • Thursday, November 21, 2013 at 7:30 p.m.
Monmouth University • Pollak Theatre
Handsomeely-mounted historical epic that concerns the birth of Islam and the story of the Prophet Mohammed.
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THE OUTLOOK STAFF OPINION

When does volunteer work turn into paid work? When is it morally correct to not pay some- one who donates more than a week to their student-run or- ganization than their actual paid job? The Outlook staff believes that serving as an e-board mem- ber for any media-run student organization acts as a full time job and should be paid like a full time job. The Outlook staff calculated that if we were to compare the amount of hours our respective paid positions to the amount of hours we spend at The Outlook, our work would never be finished in time for the Tuesday night deadline.

It would seem appropriate if media student-run organiza- tions were paid minimum wage, but we do not think it would be proper to pay those who do not hold an e-board position. If e-board members are not permitted to be paid the $7.25 per hour rate, than why doesn’t being an e-board member count as an internship?

This idea is not as far fetched as it may seem. In fact, other well known universities, such as Northwestern in IL, offer internships to their editors on their student-run news- paper. On average, members of The Outlook site three hours a day to the newspaper. This is more than some pro- fessors spend on a lecture in a single day.

The Outlook staff agrees that the student-run newspaper has taught them more about jour- nalism than their internship. If students pay to re- ceive those internship credits, The Outlook staff believes that the student-run media organiza- tions on campus should be paid or compensated in some way.

The Outlook, as well as other student-run media organiza- tions give us credible work we can use in the future, we feel that our organization’s work re- quires commitment that has not yet been acknowledged by the University.

On top of homework, in- ternships, paid jobs, attending classes, and studying, those who hold e-board positions are also required to participate on a daily basis in their respective organizations. While the staff understands that we signed up for our position knowing the commitment level, we also re- alize that the work done on a daily basis goes above and be- yond what would be classified as a normal volunteer work. The Outlook staff volunteers their time to share their love of writing to University students, faculty, and alumni who reads the paper. On average, members of The Outlook site three hours a day to the newspaper. This is more than some pro- fessors spend on a lecture in a single day.

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The Outlook staff also think a lot more students would want to join and thus, make these organizations that much better. It would give students more incentive to get involved and hold an e-board position. It may actually broaden the type of people that are seen within the office and increase involvement of non-communication majors.

The bottom line is more of a de- mand means more competition to do one’s best.

If student media organiza- tions receive pay for their work, other University’s executive boards may want to earn a weekly paycheck as well. To this statement, The Outlook staff cannot make a sound com- ment on whether to allow paid work suffice for an internship.

In the United States, more students would want to join and thus, make these organizations that much better. It would give students more incentive to get involved and hold an e-board position. It may actually broaden the type of people that are seen within the office and increase involvement of non-communication majors.

The bottom line is more of a de- mand means more competition to do one’s best.

If student media organiza- tions receive pay for their work, other University’s executive boards may want to earn a weekly paycheck as well. To this statement, The Outlook staff cannot make a sound com- ment on whether to allow paid work suffice for an internship. If this is not possible, any movement towards money tuition would be more valuable and resist a con- flict of interest.

CORRECTION: Last week in an article titled “The Social Work Society Hosts 9th Annual Teach-In,” Beth Sidlow was credited with working with NJ Hope and Healing but the correct people were Megan Casuck, a MScW alum, and one of her coworkers. Sidlow presented about her internship with Family Promise. The Outlook regrets this mistake and apologizes for any confusion, and all corrections have been applied to the online edition.

HOW TO SUBMIT ARTICLES OR LETTERS

The Outlook provides the Monmouth University community with information concerning issues in and around the University by serving as a forum for expression of the ideas of its readers.

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

All copy must include the author’s full name and contact information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which determines if suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.

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Time for a Pep Talk: The Truth about Energy Drinks

WILLIAM ROMBA
CONTRIBUTING WRITER

In today’s busy world, there aren’t enough hours in the day to finish everything that needs to be done. Between writing papers, completing internships and maintaining a sense of balance of a social life, it can be exhausting being a college student. That’s why there are ways to try and regain that alert feeling.

When you wake up and soda or coffee are always been the caffeinated beverages of choice for anyone looking for some quick energy. However, there has been a rise in the popularity of energy drinks in recent years.

Names like Red Bull, Amn Monster, and 5-Hour Energy and Rockstar are all over store shelves and are very popular amongst high school and college students.

Yes, energy drinks are a quick, easy source of caffeine, but what’s really in them that makes them that way? Are they any worse for health than a twelve ounce can of Coke?

According to the Mayo Clinic, the caffeine content of Coca Cola contains between 30 to 35 milligrams of caffeine. By comparison, one 12 ounce can of Mountain Dew contains a whopping 135 milligrams of caffeine.

This may sound like more than enough caffeine to keep the average person awake long enough to get through the day. However, these numbers fall far short of the amount of caffeine contained in energy drinks.

An average consumption of Amp contains around 73 milligrams of caffeine, while Red Bull, Mountain Dew, and Rockstar all contain around 80 milligrams.

Yet, 5-Hour Energy packs the biggest punch; cramming a whopping 207 milligrams of caffeine into every two ounce, shrink wrapped bottle.

The Brown Tan Advisory health education website also mentions that in addition to caffeine, these drinks also contain stimulants like guarana and ginseng.

“It is because of these high levels of caffeine and stimulants that energy drinks have the potential to do more harm to the body than good.”

These are typically thrown in place of sugar so that the beverage will not lead to a crash later on in the day. It is because of these high levels of caffeine and stimulants that energy drinks have the potential to do more harm to the body than good.

In addition to simply causing sleep deprivation, the Brown University website also states that these drinks can cause dehydration and increase a person’s heart rate to the point of palpitations.

Because of this, they recommend not consuming energy drinks during any physical activity. As the site puts it, “you wouldn’t use Mountain Dew as a sports drink.”

An article on Men’s Fitness website also states that if you drink two energy drinks in one day, it can lead to dizzy spells, increased heart rate and sometimes a skipped heartbeat.

These drinks are not necessary during times when consumption is moderated. But when they are used regularly as nutritional supplements, the potential for heart issues can arise.

While we all age and consume energy drinks, they are clearly marketed towards young people. Red Bull is branded to towards people who do things like skydiving.

They have even sponsored an event where people construct makeshift aircraft and launch them off a pier to see if they will fly. Likewise, Monster is a big player in extreme sports like the X Games and both have been major sponsors in sports like NASCAR in recent years, along with 5-Hour Energy.

Whether it’s trying to pull an all-nighter to finish a paper or trying to stay awake during that 90-minute lecture at 9 a.m., there are many college students, along with others in this age group, are going to consume energy drinks.

Simply put, the key to energy drinks is moderation. Just like with indulgences such as fast food, soda and alcohol, too much can become addictive.

If you drink five Red Bulls in one day, it may give you wings but there will also be some adverse health effects to go with it.

There’s nothing wrong with drinking one once in a while for a fee of the different things you experience and learn from the music and music festivals.

The reason why 5-Hour Energy is so important and living is because of the different things you experience and learn from the music and music festivals.

To be a part of the EDM community does not discriminate against any color, shape or size. There are no judgments at these festivals but rather a culture based on the idea of PLUR. PLUR stands for peace, love, unity and respect. The EDM world lives by PLUR, not only at raves but also in their everyday life. No one is treated like an outsider. It is a community made up of extraordinary types of people, where everyone is kind and accepting of one another. The friendships forged through PLUR at festivals are some of the most important relationships in these EDM fans lives!

Every new show attended is a new friendship made. Fans of EDM call themselves rave families. These rave families are from all over the country and even the world.

A fan’s feeling towards their rave family, “I’m not close with a lot of people, but my rave family sees me at my lowest, my most happy, my most sad, most hiders and most beautiful and they love me regardless.”

If people can come together and show love and respect to others at music festivals, many believe this can bring a world together into one everyday life. The people meet at shows teach fans that no matter who they are in their life they can all come together as a group for the music.

“I’m Friends With More Animals than People”

CASEY WOLFE
SENIOR EDITOR

My phone buzzed and the little Facebook icon popped up in the corner of my computer screen. “It’s a new friend request!” I assumed it was someone I knew from class or a friend of a friend who recently moved to a nearby city. I opened the Facebook app on my smartphone to see who it was.

The name attached to the friend request was familiar, but I had to wonder why my high school acquaintance’s long hair Chihuahua wanted to set up a Facebook page with such tiny paws. Her profile picture was so damn cute that I had to accept Cupcake’s friend request.

Soon enough, I was friends with two friends of friends who both shared a fervor for Facebook. I accepted a friend request from Stan the corn snake who shared with me his very “special” day on my timeline when his laydown came around.

It was then that I realized, I think I’m friends with more pets than humans on Facebook. My newsfeed was flooded with cuddly creatures and comments about how precious they looked dressed up as a pumpkin for Halloween.

Instagram is no different. I posted one of my pictures of my pet rabbit in my personal account and suddenly I had a whole cult of kittens and puppies as “followers.”

I’ll admit, most pet selfies will make my inner child melt in an instant, but it feels like the internet has become “Planet of the Apes;” if the animals who create social media pages, let alone for something as silly as pet problems.

“#catproblems. #petproblems. #dogproblems. I can’t even see your friends and your delicate fingers dancing across the keyboard is enabling them.

As social media grows, more pet lovers are creating Facebook and Instagram accounts under their pets’ name to post pictures and statuses of their animal friend.

“Humans who create social media pages for their pets have way too much time on their hands. I barely have time to manage my own social media pages, let alone for something as silly as pet problems.”

My social media activity is limited to a few Facebook statuses and Instagram posts that are just “very special” that’s pushing it. If my dog wants to tweet or send Snapchats to the cat next door he can develop his own opposable thumbs. #petrebels.

Don’t get me wrong, showing off your pets on the internet is completely acceptable. If “Grumpy Cat” doesn’t make you smile then no amount of cuddly kittens will.

However, if your pet has more followers than you on Twitter, it’s time to think twice about the way you’re using social media.

Don’t let that adorable face fool you. Underneath that soft layer of fur is an evil genius just waiting to steal your friends and your delicate fingers dancing across the keyboard is enabling them.

If you have ever searched the hash tags, #petstips, #tinitips, #tinnostagram it is very apparent, similar, you know that there are photos upon photos of dogs, cats and other domestic animals that humans call their friends.

Their sounds sweet, right? Still, I can’t help but feel restless toward my dog for getting twice as many “likes” on that photo of her eating off the floor as I did on my latest selfie.

Moral of the story: everyone loves a good picture of your pet, but when domestic animals take control of the internet, don’t say you had nothing to do. We’re the ones who encourage the egotistical and vain behavior of our pets on social media.

Even if you have never created a Facebook or Instagram account for your dog or cat, even if you don’t have a pet of your own, don’t tell me you have never “liked” a post of your friend’s that was posted for their own iPhone camera.

We have a weakness for those adorable little creatures that’s okay. Simple pleasures don’t have to be guilty ones. After all, you would have accepted Cupcake’s friend request too.

The Electronic Dance Music Lifestyle

DIANA BUSARDO
CONTRIBUTING WRITER

Electronic Dance Music, or EDM as it is more commonly known, seems to be more popular than ever. This music is made by DJs with typically loud and continuous beats. It has been on the rise recently and has been integrated into mainstream radio and television.

The popular music festivals such as Electric Daisy Carnival saw crowds of about 200,000 people over three days, all there to enjoy the music. Although EDM has only recently become popular, it has actually been around for years, as it started as an underground movement in the 1990’s.

Many young people believe EDM is more than a music genre for some it has become a lifestyle. Hardcore EDM fans revolve their lives around the music, shows, and artists. There are numerous blogs dedicated to this genre where fans communicate and bond over the DJs, new music and their experiences at the festivals.

The reason why EDM is so important and living is because of the different things you experient and earn from the music and music festivals.

The EDM community does not discriminate against any color, shape or size. There are no judgments at these festivals but rather a culture based on the idea of PLUR. PLUR stands for peace, love, unity and respect. The EDM world lives by PLUR, not only at raves but also in their everyday life. No one is treated like an outsider. It is a community made up of extraordinary types of people, where everyone is kind and accepting of one another. The friendships forged through PLUR at festivals are some of the most important relationships in these EDM fans lives!

Every new show attended is a new friendship made. Fans of EDM call themselves rave families. These rave families are from all over the country and even the world.

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The Electronic Dance Music Lifestyle

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**My Night at Governor Christie's Victory Party**

JESSICA ROBERTS ASSISTANT POLITICAL EDITOR

November 13, 2013

Every state and federal election has a sense of anticipation to it. As political candidates take a bus to the campaign headquarters of the different parties, this year I decided to jump on the bus and get the full on experience. However, this year the political bus in charge could not leave until 8 pm, so we could only go to the winning campaigns victory party.

**The Bus**

The bus we were on was our University’s student center, waiting for us to be able to get excited to go to the Headquarters of non-other than the Governor of New Jersey, Chris Christi. It was large and in charge (fitting I know), with comfy seats and a bathroom. I was so mind-blowing me of what real political journalist ride on following their assigned candidate. We figured, as the political science group, that there would really only be other fellow members. What we did not expect was not know the majority of the other students that would be riding with us – we were graduate students, undergraduates from the political science and sociology department and all that. And we did not have a big list of names of people in my phone, so I was not in preparation for such and ideal, and got in without a problem.

When entering the building that is Asbury Park’s Convention Hall, lights were strong from the ceiling, large stages were set up all over the place, and on the now playing signs for the concert announcements that are usually there was the playlist of Chris Christie’s Campaign Party. The people in the room, as expected were predominately older, with the few surprises being the three drunk kids in suits and glasses, who naively enough to be buying into the political candidate and his party’s promises.

There was free booze for anyone over 21 in the area, so I was walking around with a ticket at the door. So while waiting in line for the bar an in conversation with someone coming, I got the tweet that we were a political right party to hear the Candidate give his acceptance speech.

**Getting into the Party**

When entering the Asbury Park Convention Hall, we were greeted with a press table, which is where I fan myself dead at a Christie event. There were still people whose homes were destroyed, with no money to fix it, and businesses that lost everything in the inconvenient storm of Hurricane Sandy. Yet, this man, our “leader” is going to use this tragedy to play up his own back; it’s taking away from the people in the back of the bus who said they didn’t even want to see his victory speech.

**His Speech**

Now I used to be a proud Dem – I have voted for every liberal stance and just being a No on the political gain literally. I was one of those people that when watching live tweeting anyway for The Night 2016… I was a heater against political party. I find the political system is not working when it comes to issue based problems, because there is no sense in solving said problems. As I was listening to Christie speak one thing about Sandy, which was (at which I am not a political party) huge and strong, a huge campaign was still on display untouched and could feed a family for a year, was literally turned down afterwards. As I spoke with a bar tender working the event she somehow even started playing up the only real highlight of his political career it made me sick. There are still people whose homes are destroyed, with no money to fix it, and businesses that lost everything in the inconvenient storm of Hurricane Sandy. Yet, this man, our “leader” is going to use this tragedy to play up his success, why the hell not, because in these next four years his eyes are not on the state, they are on a much bigger prize.

He did what he was supposed to and that is to take care of the state in a very unselfish and un-bias way. Kudos to you on that Christie, and I would not the hard-working people as a future President. If you stopped talking about how great a job you did and let us be proud of you. Stop putting your own back; it’s taking away from your actual achievement.

The exploitation of the event for his political gain literally makes me sick. I have voted for every liberal stance and just being a No on the political gain literally. I was one of those people that when watching live tweeting anyway for The Night 2016… I was a heater against political party. I find the political system is not working when it comes to issue based problems, because there is no sense in solving said problems. As I was listening to Christie speak one thing about Sandy, which was (at which I am not a political party) huge and strong, a huge campaign was still on display untouched and could feed a family for a year, was literally turned down afterwards. As I spoke with a bar tender working the event she somehow even started playing up the only real highlight of his political career it made me sick. There are still people whose homes are destroyed, with no money to fix it, and businesses that lost everything in the inconvenient storm of Hurricane Sandy. Yet, this man, our “leader” is going to use this tragedy to play up his success, why the hell not, because in these next four years his eyes are not on the state, they are on a much bigger prize.
National Security Agency: What Information Do They Keep and What Are They Looking For?

BILL SCARANO
CONTRIBUTING WRITER

Ever since details of the surveil-

lance programs enacted by the National Security Agency (NSA) surfaced in the media, the United States electronic data gathering initiatives, domestically and internationally, have drawn both favorable and unfavorable global headlines and have raised new questions concerning individuals’ expectations of priva-

cy in the 21st century digital age.

Irina Buzza, a senior communications major said, “I think accepting that paycheck knowing the raises for my personal needs but at Stop and Shop and my paycheck isposition seriously. Students have such in student employees and their su-

sponsors through the University, will be...
How to Keep Hair, Skin and Nails Healthy for Winter

FABIANA BUONTEMPO  
SPECIAL TO THE OUTLOOK

The leaves are falling, the temperature is dropping and Star- 
bucks already has its red holi- 
day cups. This can only mean one thing: winter is around the corner. Winter is the perfect time to snuggle up in a favorite sweater, drink hot chocolate and drink warm beverages. Although all these activities sound enticing, they can also lead to long winter season could be your worst nightmare.

Less humidity means better hair days, but winter brings the risk of dry skin, chapped lips, and an overall lack of that healthy glow. Before you fret about how to maintain your luscious locks, and manicured nails, there are several tips on how to continue looking your best through the cold winter months.

Winter consists of bitter winds, steamy showers and dry- ing indoor heat which can suck the life out of your skin and hair. According to Women’s Health Magazine, “Dehydrated skin cells turn over more slowly causing a buildup of dead skin, which hinders light reflection. Circulation also gets sluggish and just like that, your glow is gone and fine lines look more pronounced.”

A solution to enhance lack- lustre skin is to make sure to drink water throughout the day. Omega-3s, which are fatty acids found in foods such as salmon and walnuts are also very crucial and beneficial for one’s health, especially when it comes to keep hair and skin from drying out. Taking vitamins could not be stressed enough.

Doris Day, M.D., a clinical assistant professor of dermatol- ogy at New York University, in- forms that “Omega-3s boost hy- dration, so I recommend taking supplements to ensure you get enough.”

Even though we have survived the warm, humid months, dull, dry hair does not magically dis- appear in winter. Dry hair side effects include static cling which can make hair even more unreachable. A sophisticated communication major Samantha Savona suggests using dryer sheets to help keep static hair at bay.

Somewhat taught me to rub dryer sheets on my hair to stop static. It sounds silly, but it works,” she said.

From what I have seen, dry hair is a nightmare. I use Argan oil for my hair and I sometimes even apply it to my skin. It is amazing.” She continued, “At about $19 a bottle, it is a bit pricey but it definitely lasts and helps a lot.”

Long, hot showers and not enough moisturizing can make one’s skin resemble a desert. According to Cosmopolitan, “Arms and legs have fewer oil glands, so they tend to be drier and scarier than other parts, es- pecially in the winter.”

The lack of humidity and downing that third cup of cof- fee to make up for less daylight during this time also contrib- utes to dry skin in cold months. A sophisticated communication major, Brielle Coteo tries her hardest to prevent dry skin. She said, “Skin gets much more dry in the winter which is definitely not flattering, so I make sure to drink plenty of water and at all times to continuously moistur- ize throughout the day.”

Lathering up on creams that contain citric acids, such as Fresh Sugar Acai Age-Delay Body Cream, help to dissolve peeling skin. Antioxidant rich foods is also essential to keep skin well hydrated. “Aside from the grueling tem- peratures, "washing dishes is just about the worst activity for my skin,” says Miami dermatologist Leslie Baumann.

When reaching for that hand cream, make sure to slather some extra lotion onto nails too. Massage the cream into the cuticles to help stimulate healthy nails. Communication adjunct pro- fessor Sherry Sukienek said, “I always make sure to put a bit at my cuticles moisturized by apply- ing Vaseline, to prevent cracked, dry cuticles.”

For intense hydration, soak nails in warm, slightly ap- proximately ten minutes, then coat nails in cuticle oil and slip on cuticle cream for at least an hour. This will leave your hands feeling soft and smooth as well. The winter months may be rough on your skin, hair and nails, but with these tips you will be able to brave the brutal winter months while looking fabulous.

TAYLOR KELLY  
LIFESTYLES EDITOR

Just as the seasons change, our makeup must follow suit. Summer’s bright and bold makeup has turned to warm dewy complexities and light tones. The warm, humid months have turned to the cold, dry air and snow.

Yet, winter brings a dif- ferent kind of feeling, a cooler, costumed one. Whether you are preparing for work or class, or are enjoying a night out with friends, here are some winter makeup tips to have you looking your best.

The first step in applying makeup always begins with the face. Think of your face as the blank canvas in which you have to build upon. Of course, you want your skin to look even and blemish-free. But, we do not al- ways have the perfect complex- ity—this is where the magic of makeup comes in.

Start by taking a concealer stick that suits your skin tone and use it to cover up your troubled spots. Make sure to cover the eyes because it eliminates the look of black rings. Next, use a moisturizing base to blend in with the concealer. Now, if you have a pale complexion, choose a foundation that is closest to your tone in order to avoid looking too dark.

If you are interested in the winter months, use a bronzer that will make your skin glow. You can use a combination of liquid and powder if you prefer, or just one of the other. Powder tends to look less cake-like and more natural.

Once you have your face makeup completed, the next step is blush. The blistery win- ter weather may drain the color out of your cheeks, but blush will bring you back to life. Professional makeup artist Neil Scibelli told Huffington Post, “Always use color either on the lips or the cheeks. That pop of color will give life to your skin.”

Summer blush is all about peach, but for winter, try a light brown blush using a medium brow- mer. A great, affordable choice is Covergirl’s “Cheekers” in brick rose. This will be subtle, but will bring some of that sum- mer glow back into your face.

When applying blush, be careful of overdoing it. To keep your cheeks looking natural, apply a small amount of blush to the cheeks using a me- dium-sized brush. Next, use a mirror to find your cheekbones is to smile while sweeping the brush over your skin.

Now comes the fun part, the eyes. Start off with a black eye- liner, preferably a retractable one instead of pencil. Coat the top lash line with a dark brown eye liner, and if you prefer a more dramatic look, use it on the bot- tom lash line as well. For a daytime look, stick to softer tones for the eyes. This can include golds and light browns that look natural with any eye color.

A senior education major Madison Pinto said, “I love us- ing golds and browns on my eyes because I have a darker skin tone. I get the shimmery look of the metallic shadow, but it is still subtle enough to wear to class or school observa- tions. If I’m going out at night, I add darker shade to make it dressier.”

When applying any shade of eye shadow, cover the lid with a base color. A great choice for this is Milani’s Golden Touch. You can also use this color in the inner corners of the eye to create a highlighted look. Use a base color and then a darker shade. This is Milani’s Golden Touch. You can also use this color in the inner corners of the eye to create a highlighted look. Use a base color and then a darker shade. This is an easy finish.

For a more dramatic look, carry this color up a little bit onto the brow bone. Finish it off with top eyeliner and mascara for an easy finish.

If you want a dramatic night- time look, change your color palette. My rooster is all about dark tones, so try to use that to your advantage.

According to vogue.uk, this season’s most popular colors are jewel tones like emerald, red, and blue. Although this may seem a bit extreme, with the jewel tones, you can pull them off. Remember to always reflect your skin tone in your choice of colors. Met- tallic tones are popular this sea- son, so try some stone color like silver, platinum, and bronze. Create a smoky eye with silvers, grays, and blacks that are perfect for the holiday season.

If you prefer not to use shad- ing, keep it simple with winged out eyeliner and mascara.

Lastly, finish your entire look with your lips. This is where you can get playful. Berries and deep reds are always popular for the winter time.

A senior communication ma- jor Ashley Bonino said, “Dark red lips are really in for the fall and winter months. I love to wear a dark shade of red if I’m going out at night to make my lips pop.”

If your eye makeup is subtle, add a pop of color with hues like Revlon’s Super Lustrous lipstik in cherry blossom or faboulous fig. These shades can work with the natural browns, but can also be worn with the smoky eye for the ultimate dra- matic look. If you are playing with the jewel toned shadows, stick with a classic nude lip and let the eyes take center stage.

Makeup is a great way to play up the different seasons. Al- though winter is dull, you can add life to your face with dif- ferent colors and combinations. By using these tips, you are sure to look winter ready.

Bella's Alert: Winter 2013’s Hottest Makeup Trends

Carly Nardi

Winter makeup trends include jewel tones and deep berry lips.
The Department of Music & Theatre presents

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RSVP: Cecilia Henriques @ 732-571-7517 or chenriqu@monmouth.edu by Monday, Nov 18th, 2013

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A Day of Outreach for the Sandy Survivor Community

Save the Date!
Saturday, November 16
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Asbury Park Press Building
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As we pass the one year anniversary of Superstorm Sandy, we realize there are still a lot of people in need of assistance. The needs have changed and so have the resources to help you. We invite you to attend a workshop with organizations, businesses and government agencies that can help during the next stages of your recovery.

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Justin Timberlake
Rocks IZOD Center

By BRIANNA MCCABE
CLUB & GREEK EDITOR

Entertainment

Justin Timberlake grooved his way into the hearts of his fans at the IZOD Center in East Rutherford, NJ for the second date of his sold-out "20/20 Experience World Tour" on Saturday, Nov. 17. With his slicked-back hair, Christian Louboutin flats, Tom Ford designed suits, playful charm and impeccable gender identity, Timberlake embodied the essence of the '30s and swooned fans from 9 pm until midnight.

By not having to share the stage alongside rap-sensation Jay-Z with their "Legends of the Summer Tour," Timberlake seized the opportunity to individually embody what it meant to be an entertainer.

The Weeknd opened for Timberlake on a smaller, front-facing stage with his "reign of seduction," as fans like say, starting at 8 pm. His intoxicating melodies and flawless vocal arrangements were displayed in songs including "Wicked Games," "The Morning," and "Remember You." The Weeknd's performance, including "What Goes Around... Comes Around," was a flawless warm-up for Timberlake's flirty and suave performance.

Timberlake's fifty and suave presentation stepped up with "Pussycat Love Girl," a single off of The Weeknd Experience. His voice was able to resonate with fans of all ages, while his dance moves upheld an equal rhythmic tempo with his deeper side swooping in. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance.

Hotboxin' It

Timberlake worked the stage with finesse. His music was a beautiful blend of "Take Back the Night," "Sexy Back," and "My Love," "Take Back the Night," and "Sexy Back." The energy in its entirety never plateaued as Timberlake worked the stage with finesse. His voice was able to resonate with fans of all ages, while his dance moves upheld an equal rhythmic tempo with his deeper side swooping in. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance.

For all of the fans who were in love with Timberlake, we all felt that his words resonated with some of the deeper, more meaningful aspects of life.

Timberlake's performance was mostly dominated with songs off of World Tour, but he decided to select the more captivating sounds along with his own identity. His music was a beautiful blend of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance.

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In Timberlake's performance, songs such as "Señorita," "In My Life," and "My Name Is Love," "Love Your Body" and "Only One" were included in the setlist. The energy was so intense that even the dancers who were watching the performance couldn't help but sing and dance along.

Fans have witnessed how Timberlake, now 32, has evolved his sound. He has continued to release music that is both meaningful and enjoyable. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance.

For those keeping up with the latest in music and entertainment, the "20/20 Experience World Tour" is a must-see event. The energy was so intense that even the dancers who were watching the performance couldn't help but sing and dance along. Fans have witnessed how Timberlake, now 32, has evolved his sound. He has continued to release music that is both meaningful and enjoyable. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance. His music is a mix of gospel, hip-hop and R&B, and he is known for his ability to pour his soul into every performance.

The outlook for this year's video game industry has been promising, with many new releases and updates on the horizon. With the release of the PlayStation 4 and Xbox One consoles, fans have been eagerly anticipating the latest in gaming technology.

The Xbox One and PlayStation 4 both offer improved processing power and enhanced graphics, making for a more immersive gaming experience. Both consoles also allow for cross-platform play, allowing gamers to continue their progress on other devices.

In addition, many new games are set to be released, including some of the most anticipated titles of the year. These include Call of Duty: Advanced Warfare, Destiny, and the upcoming Battlefield: Hardline.

Of course, the PlayStation 4 is not the only console that has fans excited. The Xbox One has also been generating a lot of buzz, with many fans anticipating the release of games such as Gears of War 4 and Forza Horizon 3.

Overall, the video game industry continues to thrive, with new consoles and games being released every year. With so many options available, it's no wonder that gaming has become such a popular pastime.


The Nordic god Thor is back again with the release of "Thor: The Dark World," which is set to open in theaters nationwide on Friday, November 8. The movie is the second installment in the Thor movie series and the sequel to 2011's "Thor."

When you think of Thor, you might think of the classic Marvel comic book character, but in the "Thor" movies, the character is portrayed by actor Chris Hemsworth. Hemsworth's interpretation of Thor has been praised for his balance of humor and action, making him a fan favorite.

"Thor: The Dark World" is directed by Kenneth Branagh, who also directed the first Thor movie. The movie is set in Asgard, the home of the gods, and features a new villain, Malekith, played by Christopher Eccleston. Malekith seeks to destroy Asgard and bring about the end of the world.

The movie also introduces new characters, including Jane Foster, played byJennifer Lawrence, and her boyfriend, Thor (Chris Hemsworth). The movie is packed with action, humor, and heart, making it a must-see for fans of the Marvel Cinematic Universe.

"Thor: The Dark World" opens nationwide on November 8, so be sure to catch it in theaters near you!
Military Veterans in the Campus Community

MAGGIE ZELINKA
SPORTS EDITOR

As another veteran’s day passes, many across the nation honor those Americans who fought to protect their country.

Adjunct professor Alan Foster currently teaches sociology at the University, but in his past, he was known as a soldier for the United States Army.

Foster served in one of the country’s most chaotic and cautious eras during the Cold War. From the late summer of 1965 until the early summer of 1967, Foster was securing the shade of army green and traveling the world.

“I took my basic training at Ft. Dix, NJ, then went to Radio School also at Ft. Dix, was sent to Fort Bragg, NC, where they thought I was going to jump out of airplanes,” Foster said. “Then, luckily, I was assigned to the very secret Army Security Agency in Germany for the rest of my Army career.”

Much like his fellow comrades who served by his side, Foster was drafted into service as most were during that era.

“Although I was forewarned that I would be drafted in those days, so it was no surprise for my parents when I was drafted also. My brothers all served and had their college careers interrupted and knew I would follow in our footsteps whether I wanted to or not,” Foster said.

Foster served his nation through the height of the Cold War, during the Suez Crisis, and the Hungarian Revolution. “I returned to the States with an intensely increased understanding of the world’s many problems at that time,” he said.

Although being a soldier for the United States Army was not Foster’s first choice, he proudly served his country and believes it was one; if not, the most beneficial learning opportunity he ever received.

“The service definitely taught me how to get along with all sorts of people, from all backgrounds; it taught me to become much more disciplined than I already was, and helped me understand how people live in many other cultures, in this country and other countries,” Foster explained.

It can easily be seen how this knowledge transferred over to his current role as sociology professor. “After all, sociology is the study of the development, structure, and functioning of human social groups. Foster is one of many who have served our nation and currently employ themselves in the University community.”

Foster’s current role as Vice President for Information Management Edward Christensen is also included in this list of veterans at the University.

Christensen served in the US Navy for a total of 25 years, six of which were active duty and 19 in the reserves. He officially retired in 2009 as a Senior Chief Hospital Corpsman.

Christensen was placed all over the world during his service. When asked where he was stationed, Christensen rolled off a long list. “San Diego, Washington DC, Early NJ, Fort Dix NJ, Newport RI, Bal timore MD, with major assignments to Camp Pendleton, South Korea, Senegal, and Gabon. I was assigned to units supporting the US Marine Corps, Navy Seabees, and USNS Comfort,” he said.

Unlike Foster, Christensen signed up for the Navy willingly in order to “give myself time to find the direction I wanted to pursue in my life as well as finish my undergraduate degree,” he continued. “I was in college at RIT but had changed my major virtually every semester so I was feeling a bit lost and without coherent once in what I wanted to do after nearly two years.”

Veterans Day: How to Handle a Snow Day

WESLEY BROOKS
STAFF WRITER

Winter weather is coming and many are more time for homework and school related activities. It also means snow will be falling, increasing the desire to go out and play in it which can distract one’s study time.

Annie Siegel, a freshman said that this time of year actually motivates her to study more. “I feel this weather forces me to work harder as I am inside more often,” Siegel explained.

Christina Fisher, a freshman said that a snow day would be to her advantage in terms of mental relaxation at this point in the semester. “I would take the whole day off and wait to do work until later to finish,” Junior Lauren Walsh said, “I don’t know how much I would get done. It would depend on how much work I had.”

Walsh, unlike some students, would budget her time wisely based on work load, exams coming up and knowing that situations that may arise over the course of the semester.

Junior Kaitlin Mazzeo feels the same way about snow days. She likes to enjoy them, but also use them wisely to complete assignments that are due. “I would enjoy my day, but I also keep track of my work. I always make lists of my assignments at the beginning of the week,” said Mazzeo. She believes this is an important step in staying organized and moving towards completing short term goals.

Some students, however, view the snow day as a saving grace to get work finished. Melody Barber, a freshman does put things off until the snow day. “It would give me more time to do work,” she explained.

She continued, “I do put off work and it would be like having an extra day to accomplish things.” This is not always a good idea because it is never certain that a snow day will come. It is best to prepare as if classes will be held the next day.

Junior Eryn Siddall knows quite well to always be prepared with classwork because the University may still open if it is snowing outside. “This would mean classes go on as scheduled and assignments are due, if any were assigned the previous day.”

“I usually try to stay on top of my work when I don’t really count on a snow day,” said Siddall. This is a good step to follow. If there is a snow day, one would have time for rest and can take the day off.

In a more severe circumstance such as a snow or wind storm that may cause more damage, safety comes first. Dr. Terri Peters, an associate professor of psychology puts safety first in situations like this. “Deadlines are pushed back to ensure students are safe and not worrying about assignments due,” said Peters.

Peters did this for her students during Hurricane Sandy since the devastation was very severe. Despite these rare situations, most times assignments only get pushed back a day or two at the most, according to Peters.

Snow days are a reminder for students that the time must be managed wisely and one should not always count on them to be an excuse to get work done. Last semester there was only a partial snow day during the week and most classes were in session with the exception of those in the late afternoon. This makes having work done more problematic because sometimes only certain classes get cancelled by the University and often at the last minute. Students should indeed take time to enjoy the day, but also bear in mind that work may be due for some classes and not others. Therefore, the day should be enjoyed with time for work built in according to students and class requirements.

Several University faculty members share their military experience prior to coming to MU in honor of Veterans Day this past Monday, Nov. 11.

Many students use winter weather as an excuse to procrastinate on their work while others seize the opportunity to get projects and assignments completed.

The Navy certainly gave Christensen time to figure out his career path, but it also provided him with versatile life lessons.

When asked what these lessons were, Christensen said, “Confidence in overcoming obstacles, the importance of teamwork to accomplishing goals, and that leadership can, and should be, exhibited by everyone but first one must understand how to follow.”

With such an impact made on Christensen’s life, the question arose of what his future would have been without the Navy. “It would have been very different indeed. [I] don’t know for certain if it would be worse but it would have been different,” Christensen continued. “I wouldn’t have been exposed to as much diversity, had as many opportunities to learn about leadership, and would not have learned many skills that are very useful to me to this day. I would certainly not have seen many parts of the world [as I] have.”

Even though both Foster and Christensen learned valuable lessons from their service careers, they both believe that one’s own willingness to be a part of that service is the most beneficial learning experience you can ever have.

PHOTO TAKEN from en.wikipedia.org

For more on Veterans Day go to page 1

PHOTO TAKEN from en.wikipedia.org

“We’re so lucky to have these heroes in our own backyard,” Foster said. “I’ve been professional military these days, different skills are required, and it’s a different form of combat and world situation that you might be involved in.”

Christensen’s words of advice are, “Service to others, including ones country, is in the end a very special and rewarding experience, but is also one requiring sacrifice and one’s own willingness to be a part of sharing that service with others,” he continued.

“Our service is voluntary and you do not often get to choose when you will do what you do but you must do each job well, no matter how mundane or challenging, because your teammates are expecting you to do as you are expecting the same of them... And more than [that], many civilians will ever experience your life, and theirs, may literally depend on it. You will find that success in non-military endeavors is more similar than different to military endeavors,” said Christensen.

Winter Weary Days: How to Handle a Snow Day

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They’re all you ever wanted, they’re all you ever needed and we want them back. What am I talking about here? Why boy bands of course. Almost any 90s child can admit to listening to *NSYNC or Backstreet Boys when they were the most popular. This goes for the young men of the 90s as well. But after the 90s, boy bands didn’t start in the 90s though. People of our generation grew up in the 90’s to scream out of prepared for at least one girl who backstreet’s Back, Alright!

The epidemic of boy bands didn’t last in the 90s but not all people from the decade agree. “I think of the 90’s but not all people from today could not top the boy bands were extremely popular again in today’s away from it as boy bands became direction and Big Time Rush. “… Since I had experienced the boy band phase so much when I was younger, I purposely tried to stay away from it and that’s how I got into it,” said Brady. “however, I saw the crowd and listen to One Direction and I do like them. They have been the only current boy band I’ve got ten into though.”

Some would argue that boy bands today could not top the 90s but not all people from today’s generation agree. “I think that One Direction can be the new *NSYNC and Backstreet Boys for the next generation,” said Jaclyn Trani, a psychology major. “I know there are other 20-year-olds out there that love One Direction as much as I do.” Franz does admit though that the boy bands of her childhood “will always have a place in [her] heart.”

As for the boy bands that are fading out, some do not think that will happen at all “… they have to have good material, and a positive image, but I think boy bands will always be around, to some degree at least. “They will never fade,” said Boyd. “Music is part of our life and can bring us back to a point in time.”

So boy bands find no need to fret. With their popularity only growing from the 90s to today, boy bands do not seem to be going anywhere any time soon. Now only if someone could get *NSYNC to go on a reunion tour. That would truly make all of my 90s dreams come true. That and having my room turn into a purple Gameboy Color back.

**Four Backstreet Boys fans** show their love for boy bands by sporting homemade t-shirts at their concert in 2011.
The Campus Catholic Ministry welcomes Father Richard Tomlinson to the campus. Tomlinson will serve as the religious leader of the campus Catholic community and its weekly masses, and a spiritual link between God and college students, faculty, and employees.

“I want to help people experience the spirituality of church and assist them in their search for their spiritual values,” said Tomlinson. “I want these people to experience the Catholic Church in Monmouth and make it meaningful today while still embracing the college culture.”

Tomlinson replaced the position by Bishop David O’Connell of the Trenton diocese in mid-September, replacing Father William Lago after he was moved and named pastor of two local parishes.

Vice President of the Catholic Center Eros Siddall said, “Father Bill was an excellent priest who was very involved with our group and he is greatly missed, but I’m sure every one can agree that Father Tomlinson is doing a great job so far.”

Tomlinson was relocated from his church in SC where he has been a priest for the last nine years. He has been in SC for 20% of his life. He was born in the Philippines and is fluent in English and Latin.

“The Catholic identity is much stronger on campus here in New Jersey than it is in SC. Fifteen years ago, when Father Lago moved here, the active Catholic community was about 10 people in and it is definitely a different cultural atmosphere,” said Tomlinson.

According to MUCatholic.org, the manuscript of the Catholic Campus Ministry is “to be an expression of the Church's special desire to be present to all involved in higher education, reflecting the long history of cultivating the intellectual life.” Its goals include promoting the liturgical (church) year, so we attend mass the first time! The Pep Band is seeking a bass guitarist for their upcoming shows. If you play flute, clarinet, tenor, baritone, or percussion, we definitely want you! We are a friendly and to being in the classroom. This program is run on Wednesdays from 6 pm to 8 pm in the Catholic Center. The Pep Band is interested in supporting the students and providing a resource for the active Catholic Campus Ministry.

“Religious people can function in a college setting and still be involved with other campus activities and social life. Being connected with the Catholic Center gives me strength to get through my studies and everything going on in my life. I wouldn’t be able to function as a college student without God in my life. Father Tomlinson is now that link between me and God.”
Active Minds, a national organization that seeks to promote mental health awareness, is in the process of becoming a University campus chapter. The initiative began as part of Promoting Wellness and Resiliency, a campus-specific mental health awareness and suicide prevention endeavor that started just over a year ago as the result of a federal grant for $300,000. The Active Minds organization currently has over 400 chapters nationwide and has spread to Canada. The University is the most recent affiliate-in-progress, followed by the University of Massachusetts. Ten other universities in New Jersey also have Active Minds chapters. The American Greek Court, Montclair State, and Ramapo. Active Minds President Jessica Ketch chose to get involved with Active Minds because she believes this group of people is the stigma that surrounds mental health issues. Psychology and sociology double major recognizes mental health as a prevalent problem that is often ignored due to the transition from high school to college.

One of the most important events to note was the “Chow Down” sub eating contest that was held, one being for the Special Olympics. The event was really pleased with the participation. The event was so successful that it resulted with them leaving the room in tears from shock. According to STG President Joseph Santini, “It was so much fun participating in this event. I still can’t believe I won an eating contest and still felt fine after eating nine subs!”

Active Minds executive leaders (left to right): Jason Caianiello and Jessica Ketch plan to promote mental health awareness on campus.

STG Chows Down

SIGMA TAU GAMMA (STG) hosted their “Chow Down” sub eating contest between different fraternities and sororities in Pollak Theatre on Wednesday, Nov. 6 at 10 pm. The event raised approximately $700 for STG’s philanthropy, the Michael McNeil Foundation.

Two separate contests were held, one being for the sororities, where Alpha Xi Delta (AXD) came out victorious and one being for the fraternities, where the brothers of Tau Kappa Epsilon (TKE) were crowned winners.

The Active Minds chapter, in partnership with Promoting Wellness and Resiliency, aims to alleviate mental health issues on campus by creating a competent community.

According to Dr. Michelle Scott, co-director for research of Promoting Wellness and Resiliency, a competent community is “where everyone is able to take care of each other. Everyone is aware of someone in need, can make an initial response, and knows how to call for help.” Part of the competent community idea is that everyone knows how and when to seek help and the need, which is in line with the Hawley’s Paper Project.

“Active Minds is an important feature to the University because instead of us sitting here and trying to reach out to students, the Active Minds group will enable a better outreach to the student population when it comes to mental health awareness,” said Active Minds Vice President Jason Caianiello.

Nicole McQueen, a graduate student employee for Promoting Wellness that oversees campus, said, “As part of the process to bring Active Minds to campus since the beginning, “Through education and the ability to openly talking about mental health, we hope students will have a better understanding to then accept and help those who need support, but we also hope students who are experiencing their own mental health difficulties will feel safe in our community to come forward and ask for help.”

“Waven is important feature to Monmouth University because student mental health is a priority for each member of the campus community,” she said. Ketch and Caianiello agreed their primary goal after the club received official recognition by the Student Government Association (SGA) is to collaborate with other clubs on events to spread suicide awareness and increase positive relationships between student organizations.

Ketch said, “We want to plan events and work with T.G.I. Fridays like Leming. We were very happy to T.G.I. Fridays and Bubbakoos Burritos and $10 to $15 gift cards to the winner. Jackie Leming of AXD took the title for eating the most subs in one sitting on November 6th.

Jerseys donated 30 subs and only 10 minutes to eat them. Joseph D’Amaco, brother of TKE, devoured eleven subs. He won a $20 gift card to BubbaBuckos Burritos and $10 to T.G.I. Fridays like Leming. At the end of the contest brothers of STG gave out a prize to the audience, which was an other gift card to T.G.I. Fridays.

According to STG President Pat Swisher, “This was a new event that we had never done before. We were very happy with the turnout for our event and many of the organizations came out to support us.”

Swisher explained the money that was raised from “Chow Down” would be donated to the Michael McNeil Foundation. McNeil was a brother of STG who died in 2009 at the age of 27 from cancer.

STG Philathropy Chair Joseph Santini helped coordinate the event to make sure everything went smoothly. Santini said, “A lot of planning went into coordinating this event. It took me almost two weeks to make sure everything was in order for the event. Overall, the event was a success and I was so thankful to everyone who came out to support.”

According to brothers of STG, the event was a huge success with organizations from different clubs and chapters coming out to see the contest.

Swisher said, “The event was a total success for the brothers of the fraternity and the University community as a whole.”

Jackie Leming and Jessica Ketch

PHOTO COURTESY of Courtney Barker

Psyched for a Psychic Weekend

Keeping the spirit of Halloween alive at Monmouth, this past weekend the Student Activities Board wanted to continue the Halloween theme of the day event focused around paranormal activity, horror and the unknown. The event included psychic readers, a movie showing, and a paranormal panel featuring mediums and clairvoyants. The event drew huge crowds of students and some from the local community.

On Thursday at 9 pm the doors of Wilson Hall opened to those that wanted to attend back in the day event. The event was really pleased with the turnout for our event and many of the organizations came out to support us.”

There was a lot of positive feedback on the event by the students who attended the previous nights.

Her speech also included never before seen pictures of the Amityville house, ghost pictures, videos from The Conjuring and Warren’s life and an actual exorcism that the Warrens had previously attended back in the day.

Freshman Gina Cromwell said, “I think of Lorraine Warren is, like nothing I’ve ever heard; she’s incredibly brave.”

SAB advisor Megan McGowan stated, “Students react very well to the ping in the movie The Conjuring, but also including a house that she attended the previous night that was very enjoyable.”

One of the events that is held for the spring semester is “Send Silence Packing,” in which 1,500 backpacks or pinwheels will be gathered to represent the number of college students and others who die by suicide every year. If the group decides to use pinwheels, they hope to have students write a reason for living on each of the pinwheels, which will then be placed in high traffic areas on campus.

Tau Delta Phi, a fraternity in the process of becoming officially recognized by the University, has adopted Active Minds as their national philanthropy, Dr. Pietro Sasso, Assistant Professor in the School of Education, will be the fraternity sponsor. Sasso said, “The partnership with Active Minds is an example of Tau Delta Phi’s spirit of giving, which embraces all students without accepting societal stigmas as a valid reason for differentiation.”

Tim Low, a general member of Active Minds and first year Masters student in the Mental Health Counseling program, was ecstatic to hear the news and has played an active role in the group’s affiliation process.

He said, “I originally emailed Dr. Franca Mancini in Counseling and Psychological Services to see if there were any work opportunities in her department, and she responded within a week to tell me about Active Minds and the Student Mental Health Advisory Board.”

American paranormal investigator Lorraine Warren (center right) and her son-in-law (center left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and her son-in-law Tony Speara (center) and daughter-in-law (left) and}
Where is your favorite place to spend time off-campus?

COMPiled by: Alyssa Gray

Lauren freshman
“Probably Red Bank. My friends and I like the stores.”

Maddie senior
“I like to stay at home and relax.”

Mckenna freshman
“I like relaxing at friend’s houses.”

Diane office coordinator
“I just like to stay home. I’m a homebody.”

John junior
“My apartment.”

Mark senior
“I like going to sporting events; the Prudential Center especially.”

Jon junior
“Probably the beach. I live right there so it’s like prime location.”

Connor sophomore
“I just chill at the beach.”

Rachel junior
“I go to the beach. It’s just kind of nice to get off of the campus map for a minute.”

Danielle freshman
“I really like going to the beach and to my friend’s house.”

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Fall Career Day 2013

WEDNESDAY, November 20, 2013
12:30 p.m. - 4:00 p.m.

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www.monmouth.edu/careerservices

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INTERNS WANTED

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.

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Great opportunity to learn the ins and outs of running a business!
Call 732-892-0728 for more information.

FREE & OPEN TO THE PUBLIC!

Vegan Potluck Thanksgiving Celebration
Sunday, November 17, 2013 at 1:00 pm

Featuring Special Guest Speaker Mike Stura, Animal Rescuer and Longtime Volunteer at Farm Sanctuary

Location: Monmouth University, Magill Commons Club Dining Room

RSVP: Email mcharris@monmouth.edu if you plan on attending with your guest headcount, and please include the vegan potluck dish you plan on contributing.

What to Bring: Vegan food that is fall-themed or vegan Thanksgiving favorites are encouraged for this celebration, but all vegan dishes are welcome. Please bring a quantity that would feed a family of four a generous meal. This will ensure that everyone can sample your dish. Some people like to bring their own plates, cups, and utensils from home to conserve resources and help the planet; this is fantastic!

Hosted by: The Monmouth Area Vegetarian Society (MAVS), brought to the community by Monmouth University’s Center for Human and Community Wellness.

(LOGO)

WMCX
40th Anniversary
May 1st & 2nd, 2014

Contact Aaron Furgason at afurgaso@monmouth.edu
732-263-5254
Log onto wmcx.com for detailed information

(LOGO)

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ABOVE LEFT: A COUPLE OF STUDENTS WAIT AROUND FOR THE POWER TO RETURN (PHOTO COURTESY OF ALYSSA GRAY)

CENTER: STUDENT ALEXA DEROSA SOUNDS THE ALARM WHEN HAWK TV LOST THE LIGHTS (PHOTO COURTESY OF ALYSSA GRAY)

ABOVE RIGHT: DR. ELEANOR NOVEK SNACKS SMART BY EATING SOMETHING THAT ACTUALLY DOESN’T HAVE TO BE REFRIGERATED OR MICROWAVED (PHOTO COURTESY OF ALYSSA GRAY)

HEY MONMOUTH!
INTERESTED IN SHARING YOUR MOMENTS? SEND YOUR PHOTOS TO ANY OF THE FOLLOWING EMAILS AND YOU JUST MIGHT HAVE THEM FEATURED IN THE "MOMENTS AT MONMOUTH" SECTION!
OUTLOOK@MONMOUTH.EDU OR S0848553@MONMOUTH.EDU

COMICS
“MISGUIDED UNDERSTANDINGS” BY ALYSSA GRAY

A SO-YOU-SAY COMIX #32

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The Outlook Celebrates its 80th Anniversary

Stay tuned for upcoming details about The Outlook’s 80th Anniversary contest and how to win fabulous prizes!
Good job on third down, kept Wag. the point on our defense played Lahan. “That jumpstarted us and opening kickoff if we were to re all week to run a reverse on the 10-yard-line. Two plays later, the on the Wagner 36-yard-line. Four times, he contributed with a good kickoff return of their own and worked its way down to the MU’s 31-yard- line, but junior lineman Andrew Jurczynski battled the ball away on fourth down and the Hawks took over. The next play was a career-long 65-yard one-handed catch by fifth year senior tight end Mike McAf- ferty off a pass that go the Hawks to Wagner’s 5-yard-line. Two plays later, Hayes walked into the end-zone for his second touchdown of the day, putting the Hawks up 13-0. Phillips in the back of the end-zone down the Wagner 30-yard-line. Two plays later, the Hayes went up being the final score. Wagner on the board with 30 seconds remaining in the first half via a 37-yard field goal setup by a blocked punt to head into halftime with a score of 13-3. Senior kicker Eric Spillane got the scoring started in the second half when he hit a 31-yard field goal that put the Hawks ahead, 16-3, with 9:42 to play in the third quarter. Two drives later, Hayes closed the gap to 10 on a 21-yard field goal from David Lopez with 2:43 left in the quarter. MU put the game out of reach midway through the fourth quar ter after a fair catch on a punt was dropped by Wagner’s Andre Yurchinecz, and was recovered by fifth year senior linebacker Dave Damigian at the Wagner 36-yard line. A couple of runs by senior run ning back KB Asante set up a first down from the Wagner 13-yard line, where junior quarterback Brandon Hill found a wide open fifth year senior receiver Eljah Phillips in the back of the end-zone to go up 23-6, which would wind up being the final score. The Hawks held the ball for 33:30 compared to Wagner’s 26:30 time of possession, and outgained the Seahawks 336-252. Jurczynski finished with a career-high seven tackles, and added one sack. Red shirt freshman Darrell Leslie fin ished with three tackles, including 2.5 sacks from his defensive end position. Offensively, Hayes finished with 21-carries for 87-yards with the pair of scores, while Asante fin ished with 19-carries for 65-yards. Hill was 12-20 for 190-yards and a touchdown, while tight end Mike McAferty had a career high of four catches for 119-yards. MU’s linebacking trio of fifth year senior Gary Omuokwusi, senior John Sietzlawski, and Damigian led the defense with nine, eight and eight tackles respectively. The Hawks will resume play this weekend when they travel to Rhode Island to battle against the Bull dogs of Bryant University. Kickoff for the game is set for noon.
Sophomore Jasmine Walker recorded eight points and two rebounds against the Yale Bulldogs.

However, momentum began to swing in the Hawks favor as four straight points from Jones kick started an 11-2 run that brought the score to 54-51 at the 12:48 mark. Junior guard Max DiLeo’s pair of three point shots and another O’Garro dunk heightened the lead.

After eight straight points, Hofstra managed to increase the lead one more time to 62-51 with ten minutes remaining in the game. The Hawks fought back and scored from Jones, DiLeo, and freshman guard Josh James eventually plated the even the score at 63 with 7:36 remaining in the game.

The contest remained close the rest of the way as the lead swung back and forth between the two teams. After the Pride took a 75-72 lead, junior guard Andrew Nicholass hit his fourth three point shot of the game to tie the score, and MU would not trail for the rest of the game. With 2:08 remaining, freshman guard Justin Robinson scored five straight points to push the score to 80-75, and gave Hofstra the lead for good.

As time wound down, Hofstra began fouling MU to try and extend their lead. However, blue and white converted their free-throw attempts to pull away and hold onto the lead. Two late three pointers for The Pride made the game seem closer than it actually was in the final minute.

Rice was very happy with his team’s performance overall on the night. “Tonight was a great game for Mommouth,” he concluded.

“Our young boys really stepped up at critical times tonight.”

Junior guard Jasmine Walker had a total of 15 of her 19 points and DiLeo scored all ten of his points in the final 20 minutes.

On Saturday night, the Hawks shot 30-71, and went 10-26 from downtown. The Pride shot 28-65, while hitting 18 of 21 three point shots.

It was a tale of two halves for the Hoyas. Blue and white struggled a bit from the floor in the first half, shooting under 40 percent, but improved greatly in the second half as their 17-of-23 from the floor, just under 50 percent.

During the game, the Hawks saw a mix of returning and new team members play key roles in the victory. While veteran players, as well as Nicholas, DiLeo, and O’Garro, all did their part in the victory several players both freshman and transfers, who had yet to play for MU also contributed to the effort.

“Our young boys really stepped up at critical times tonight,” explained Rice. “Josh was getting to the rim, Justin was hitting jumpers and getting points. He and James really stepped up.”

Despite the win, Hofstra will have to wait for conference play to extend their lead. Hofstra has won its first two games of the season since the 2001-2002 campaign.

The Hawks will now head to Laramie to face Wyoming, a tough competitor as Penn nearly defeated a top 20 Temple Owls.

MU is set for 7 pm.

The Hawks fell to the Yale Bulldogs 64-55 in the season opener on Saturday, Nov. 9 at home. Senior forward Shira Shechter scored a career high 13 points while freshman guard Mica Hopkins dropped seven points to go along with nine rebounds in her first college game.

Junior forward Sara English matched her career-high with 12 rebounds. Sophomore guard Jasmine Walker added eight points during her 24 minutes of action.

Within 16 minutes of the opening tip-off, the Hawks led the Bulldogs, 19-13. Yale then went on a run and scored five consecutive points bringing the game to a 19-19 tie. This back and forth pattern was repeated throughout the first half of play; MU would take a lead which would then be matched. Yale would take a lead which MU would then match. With 20 seconds left in the first half, the score was tied 29-29.

Shechter was able to break the tie as she landed a three point shot with three seconds left in the half. Heading into halftime, the Hawks led the Bulldogs, 32-29. MU had their biggest lead of the game come during the second half when they lead the Bulldogs by 13. The lead was quickly cut by Yale as they came storming back and had four players who scored in double figures. Bulldogs Hayden Latham led the charge with 14 points followed by 10 point performances by teammate Mer- edith Boardman, who was one board shy of a double-double. Yale’s Janna Graf and Katie Werner combined for 20 points and 11 rebounds.

To further Yale’s comeback, the Bulldogs scored 12 points from beyond the arc in the second half.

Fuehring Yale’s lead were the Hawks who turned the ball over 14 times, most of which came in the second half.

“We can’t afford making the little mistakes,” Hopkins said.

In total, Hofstra forced the Hoyas into 13 turnovers. She is one of five freshmen who joined the team this season.

The first game jitters bit the team as they shot 35.5 percent from the field and were 1-13 from three-point range. MU gave up 23 points off turn- overs which held Hofstra Yale run away with the game. MU also struggled from the free-throw line. The Hawks went 10-19, shooting 52.6 percent.

The women did have six blocks in the game, one from freshman forward Christina Nelson, who also had six points and was perfect from the foul line, two by Sara Eng- le who had three by senior guard forward Chevannah Paalvast who also added five points and grabbing five boards.

“Once we come together we can show what we can do,” a positive Hopkins said. With their youth, the team has promise. Being very young gives the women a chance to work together for many years as a bond like no other team can.

The Hawks have the weapons to make some noise. MU returns to action Thurs- day, Nov. 14 when they take on the Wagner Seahawks in the Gampel Center at Monmouth University in West Long Branch. NJ. The Pride will be at 7 pm.

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The Hawks are currently 10-3 on the year and have a four-game winning streak. Hofstra is currently 14-5 on the year and has a three-game winning streak. Both teams are major conference teams.

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With three Hawks teams competing in postseason play things are getting exciting at Monmouth. Stay tuned for next week’s issue to see how each team fares as men’s soccer and cross country begin their conference championships while women’s soccer looks to advance in the NCAA tournament.

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