



THE OUTLOOK

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STUDENT-RUN NEWSPAPER SINCE 1933

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	Wednesday 43°/26° Partly Cloudy
	Thursday 38°/25° Sunny
	Friday 45°/32° Mostly Sunny
	Saturday 50°/32° Partly Cloudy
	Sunday 47°/38° Showers
	Monday 46°/35° Showers
	Tuesday 41°/27° Rain/Snow Showers

INFORMATION PROVIDED BY weather.com

MU community awaits decision on MAC

LAUREN BENEDETTI
EDITOR IN CHIEF

AND
ED OCCHIPINTI
SPORTS EDITOR

After months of preparation, the Monmouth University's Multi-purpose Activity Center (MAC) moved closer toward construction on Friday, January 20 when the application was presented to the West Long Branch Board of Adjustment for approval. If given approval by the zoning board, state Department of Community Affairs and the Long Branch Sewerage Authority construction will begin and could take anywhere between 18 and 24 months. The future \$34 million home of the Hawks is part of President Paul Gaffney's plan to create "destinations" on campus. "I hope the MAC will be the center of campus life with recreation, fitness, retail, academic and administrative space," said Gaffney. "The MU student will love this new part of their home. We will be more competitive with peer institutions." The 152,400-square-foot facility was made possible through a combination of public and private funds. Monmouth believes the sports complex is essential

for the athletic department to remain competitive in the National Collegiate Athletic Association (NCAA) Division I athletic program.

"The MU student will love this new part of their home. We will be more competitive with peer institutions."

PAUL GAFFNEY
PRESIDENT

Boylan Gymnasium vs. Multi-purpose Activity Center

Boylan Gym, the second oldest and sixth smallest arena in the Northeast Conference, is home to 19 Division I teams. The gym although useable was considered "well below the standard for Division I athletics" by the NCAA peer review team.

"Boylan Gym, while a great playing court and with the stands full of spirited students is a good



PHOTO COURTESY of Monmouth University

The Multi-purpose Activity Center will be considered the epicenter of Monmouth University.



PHOTO COURTESY of Monmouth University

MAC will offer 5,000 seats for major events.

home court advantage, the rest of the building is very outdated and serves no purpose for a good Division I program," said athletic director Marilyn McNeil. "There is no media room, no lobby, (and) the locker rooms are dismal, at best. The fitness center leaves

much to the imagination and the circulation plan, particularly for Monmouth women, is totally useless. We have the worst indoor facility of the Northeast Conference."

MAC continued on pg. 17

New Vice President of Enrollment Management

JACQUELINE KOLOSKI
NEWS EDITOR

On November 28, 2005, Dr. Robert Mc Caig received the position of Vice President of Enrollment Management at Monmouth University.

Mc Caig said he was selected through a national search. He received an e-mail from somebody he knew concerning the job and he decided to put his name in for the position after reading it.

"It seemed like it would be a good match for my abilities and my experiences," said Mc Caig.

The vice president of enrollment management supervises key areas like enrollment publications and communications, enrollment research, and financial aid.

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

Another area Mc Caig manages is enrollment publications and communications. This area is responsible for view books, brochures, and advertisements, which purpose Mc Caig said is "to make perspective students

aware that we are here and how good we are". They also handle the website.

Mc Caig also looks after enrollment research.

"Enrollment research is a unit under us that supplies us with data that enables us to study how students do once they are here...and allows us to see what is a good match for Monmouth. They also help us do studies that determine which new degrees we might offer at both the undergraduate and graduate level," he said.

The final area is financial aid. "Lastly is financial aid which is key in terms of all scholarship and grant aid we give at the institutional, state, and federal level," explained Mc Caig.

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

"The first ten years, I was a faculty member and academic administrator. So I taught English full time for six years and I also started getting into some administration," he said.

VP continued on pg. 21

Women's soccer team honored

NATALIE B. ANZAROUTH
ASSOCIATE NEWS EDITOR

The National Soccer Coaches Association of America recently honored the scholastic performance of the women's soccer team with the NSCAA Team Academic Award for the eighth consecutive year.

yearly to women's and men's soccer teams who are able to sustain a cumulative GPA over 3.0.

As stated on their website, "The NSCAA administers an outstanding awards and recognition program which includes Coach of the Year, All-America, long-term achievement and special recognition awards, designed to recognize

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

MARILYN MCNEIL
Athletics Director

"We are very proud. This is quite an accomplishment and further emphasizes that Monmouth athletics cares deeply about our athletes as students first," Athletic Director Marilyn McNeil stated.

According to the nscaa.com, "The award acknowledges the women's soccer team's academic performance for the spring and fall of 2004, and is distributed

excellence in soccer, academics and service to the game."

Head Women's Soccer Coach Kristine Turner is a member of the NSCAA, which is made up of over 17,000 coaches of both men's and women's soccer at college and other levels, according to nscaa.com.

Soccer continued on pg. 13

MU hosts Biotechnology Institute’s BioGENEius Challenge

WESLEY CHIN
CONTRIBUTING WRITER

The university will be hosting the Biotechnology Institute’s annual *BioGENEius* Challenge March 4, as part of the Northeastern Region competition. Bey Hall’s Young Auditorium will house the event.

The national event showcases projects created by high school students, exhibiting their research in biotechnology.

Students from Connecticut, Washington, D.C., Delaware, Maine, Massachusetts, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and Virginia will compete for cash prizes and a chance to advance to the international competition held in Chicago. Pharmaceutical company Sanofi-aventis has been the challenge’s sponsor since it began in 1994.

During the event student team’s will present power point slides to a panel of judges. Each team will be critiqued on the construction and information of their poster, as well as overall presentation and question response to their topics. Team sizes are limited to three members.

Last year’s international challenge winners were a duo from the North Carolina School of Science

and Mathematics, who won the \$7,500 first place cash prize with their presentation on breast cancer detection methods.

Project topics are chosen by teams and are only limited to their relationship to biotechnology applications. Some inclusive fields which qualify are health care, food processing, and forensics.

For the competition, the Biotechnology Institute has defined biotechnology as the use of

“I was able to see the new and ongoing research and development at biotechnology and pharmaceutical companies,”

ANNA LISA DE OBALDIA
2003 International BioGENEius Winner

knowledge of biological systems to produce goods and services.

The 2003 international *BioGENEius* challenge winner Anna Lisa De Obaldia was recruited to

participate in the challenge after having earlier success in a different competition. As a high school student from Moorestown, New Jersey she describes the competition as both professional as well as recreational.

“I was able to see the new and ongoing research and development at biotechnology and pharmaceutical companies,” said De Obaldia. She added, “The *BioGENEius* competition was not all work, but a lot of fun also. I attended a luncheon where President Bush spoke. There were many fun things planned for us, a haunted house tour of D.C., and a tour of The Institute for Genomic Research Labs, where we were able to see what they were doing with genome sequencing.”

Currently a sophomore at Duke University, De Obaldia is majoring in biology. She credits the competition as a determining factor of her priorities.

“It made me more aware of what was going on in the field of biotechnology, and I can now have a more focused path once I’m finished with college,” De Obaldia added.

Associate professor Dr. Michael Palladino of Monmouth’s Biology department was recently appointed Northeast Regional coordinator by the Biotechnology Institute.

Former New Jersey Governor passes Smoke-Free Air Act

Codey’s final act in office bans smoking in workplace

NICOLE STEVENS
CONTRIBUTING WRITER

Former New Jersey Governor Richard Codey passed the New Jersey Smoke-Free Air Act on Jan. 15, banning smoking from all New Jersey workplaces. The ban excludes casinos and cigar bars and will go into effect on April 15 of this year.

Violators of the bill will incur a \$250 fine for their first offense, \$500 for a second offense, and a \$1,000 fine for any offenses thereafter, according to hillwallack.com.

The new bill has received mixed reactions from New Jersey citizens; some are glad the bill was finally approved, some find it completely unfair, and others disapprove of the bill’s leniency towards casinos.

Monmouth University’s Substance Health Coordinator, Suanne Schaad, believes that the new ban on smoking will benefit both smokers and non-smokers.

“The smoking ban is great for non-smokers, who were exposed to the smoke in public places. For the smokers, it will make it more difficult to smoke, so maybe they will smoke less, which would be a great thing for their health,” she commented.

However, many disagree with this opinion. The New Jersey Restaurant Association has called the bill discriminatory, and many restaurant and bar owners are concerned with losing business.

Sam Rapuano, 62, has owned the local bar and restaurant, My Way Café, for 10 years and describes the new ban as, “dictatorship-style and discriminatory.” He believes that it gives another advantage to big businesses, the casinos. Jack Maldonael, manager of the Europa South Restaurant in Point Pleasant, does not

smoke himself but also disapproves of the bill.

“People should be able to come to a bar and have a cigarette with their drink,” he said.

Also, many argue that the bill’s leniency towards casinos shows a higher concern for making money than ensuring the health of New Jersey’s citizens.

“People should be able to come to a bar and have a cigarette with their drink”

JACK MALDONAE
Manager of the Europa South Restaurant

Monmouth University students also have varying opinions on the new bill.

Freshman Kim Kaminek, an accounting major, quit smoking just two months ago and sees no problem with the new law.

Kaminek stated, “If you want to hurt yourself, that’s fine, but hurting others while you’re at it just isn’t fair.” Kaminek also feels that the new ban will help her stay away from cigarettes since it will make smoking much more inconvenient.

Freshman Meghan Shaw, a biology major, agrees, explaining that the ban is good because non-smokers will not be bothered by smoke any longer.

Freshman and smoker Amanda Yunker, a criminal justice major, calls the new ban “stupid.” Adding, “If you don’t like it, don’t sit by it.”

The risks of smoke and second-hand smoke have proven to be very

dangerous and have been the main reason for this bill.

According to quitsmokingsupport.com and state.nj.us, statistics show that smoking kills over 400,000 Americans each year, which is more than alcohol, cocaine, crack, heroine, homicide, car accidents, fire, and AIDS combined; with 53,000 of those deaths a result of second-hand smoke. Smoking also increases the risk of high blood pressure, stroke, heart attack, and several cancers, including cancer of the mouth, lungs, bladder, and larynx.

Smoking causes yellowing of the teeth and skin and negatively affects many vital organs, such as the kidneys and liver. In many cases, it can also lead to more severe drug use.

So while the new bill continues to stir up controversy in New Jersey, two facts remain. Smoking does kill, and come April 15 the new ban will go into effect, allowing some the pleasure of smoke-free dining and burdening others with the hassle of going outdoors to satisfy their nicotine cravings.

FACTS

Former Acting Governor Codey passed the NJ Smoke-Free Air Act on January 15, 2006.

The bill takes effect on April 15, 2006

Smoking is banned in all NJ workplaces

The bill excludes casinos and cigar bars
Violators will have to pay
\$250 1st offense
\$500 2nd offense
\$1,000 3rd offense

MU IN THE KNOW: WEEK IN REVIEW

NATALIE B. ANZAROUTH
ASSOCIATE NEWS EDITOR

Audio recording of Osama Bin Laden released on Al Jazeera radio

An audio recording of Osama Bin Laden cautioning another attack against America was released on January 13, on Al Jazeera radio, *The New York Times* reported in a January 20, article.

According to the report, the CIA presumed that the tape may have come from the beginning of December. Authorities said that the audio tape confirms that Bin Laden is still alive following the bombings that took place in a Pakistani village. The bombing reportedly killed other members of Al Qaeda.

Citing the terrorist attacks in Europe,. Bin Laden asserted that the absence of terrorist attacks in the U.S. is not due to better security, and that plans for another attack are underway.

Bin Laden also offered a “truce” if the administration would restore Afghanistan and Iraq. The White House dismissed this. Vice President Dick Cheney said, “We don’t negotiate with terrorists.”

This is the most recent message from Bin Laden since December 2004.

NATALIE B. ANZAROUTH
ASSOCIATE NEWS EDITOR

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

Supreme Court nominee Samuel A. Alito Jr. was approved by the Senate Judiciary Committee on Tuesday in a 10 to 8 vote, the *Los Angeles Times.com* reported on January 24.

Many Democrats are concerned with Alito’s stance on issues such as abortion rights, while pro-choice Republican

senator and chairmen of the committee Arlen Specter expressed that he would vote for Alito based on his remarks throughout the committee hearings.

The nomination will go to the full Senate in order to determine whether or not Alito will be confirmed to the US Supreme Court.

ALEX TRUNCALE
ASSISTANT SPORTS EDITOR

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

Both pro-life and pro-abortion groups held demonstrations on Sunday to mark the 33rd anniversary of Roe v. Wade for what legal scholars say is one of the most landmark Supreme Court decisions in American history, according to a January 23, report by the *Washington Times*.

According to the report, activists for abortion say that they are worried that recent Supreme

Court appointee John Roberts and nominee Samuel A. Alito Jr. will overturn the decision. This year and in past years, President Bush has scheduled trips away from Washington on January 22. Both Concerned Women of America (CWA) and the National Organization for Women (NOW) both had marches in front of the Supreme Court building.

Ford to cut up to 30,000 jobs at 14 plants in the next six years

ALEX TRUNCALE
ASSISTANT SPORTS EDITOR

According to the January 23, 2006, edition of the *New York Times*, the Ford Motor Company is cutting 30,000 jobs in 14 different factories around the nation, which represents between 20 percent and 25 percent of its entire work force. This comes just two months after American auto rival General

Motors said it would eliminate a similar amount of jobs at about 12 factories. Ford reported losses in 2005 of around \$1 billion. Since 2000, the “Big Three” automakers (GM, Chrysler, and Ford) have cut over 86,000 jobs in the U.S.

Thursday night alternative



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

AMANDA PAINTER
STAFF WRITER

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

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

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

Students roared loudly for track star Chris Vuono as he took the spotlight, smiling with his guitar. “Chris Vuono was my roommate last year,” said sophomore track runner Matt Losey. “It’s nice to have a lot of fans here when

you’re up there.”

Not only did the night’s event draw many talents, but the performers acquired a contrasting audience as well.

The first three performances consisted of an acoustic guitar and harmonious vocals, including a performance by sophomore Susie St. Amor.

“I’ve been to a couple Open Mic Nights before, and it’s a great way to see what people at Monmouth have to offer, talent-wise,” freshman music major Adam Romano said after the third act of the night.

“I like Open Mic Night as a Thursday Night Alternative. It brings people together on campus, instead of just hiding in our rooms,” said freshman Christina Guarino. “It’s a great way to express ourselves.”

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

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

shy about it, but everyone is really friendly and nice.”

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

“It’s called a didgeridoo. I got it from a shop in Oregon,” said Duffy. “It was made out of a eucalyptus tree that was eaten away by termites.”

Following Duffy’s performance was a group known as Spin accompanied by John Lewis on the guitar. The trio was composed of twins Cherlynn and Stephanie Spinner, and friend Megan Battaglia. The three ladies circled around a single microphone, serenading the audience with lyrics they had written themselves.

After the acts finished, the performers were given the chance to perform encores, and anyone else who wished to perform was encouraged to do so.

“Thursdays are always big nights to go out to the bar,” said John Gant, assistant to the Substance Awareness Coordinator. “Thursday Night Alternatives give students something else to do on campus, and it just brings all of us together.”



PHOTO BY Sara Werner

Junior Dan Duffy shares his musical talent by singing and playing two didgeridoos, and acoustic and electric guitar

SGA President’s Corner

Happy New Year Monmouth University!

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

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

Secondly, SGA is holding two open houses in our suite – Wednesday, January 25 and Tuesday, January 31 – both at 7:30 p.m. This is open to everyone, and we are especially encouraging club/organization presidents and treasurers to attend with questions regarding special event funding and the finance allocation process. Plus, free food – who can give that up?

There is an events calendar available for all students with everything that is going on this semester. Just to give everyone a

heads up to mark your calendars, SpringFest will be Sunday, April 30th. Let’s hope for sunshine, no rain, and warm weather this year!

SGA is also sponsoring an auction in March to benefit a local charity. If you know anyone who would like to make donations – yourself, family, local businesses, or Monmouth clubs/organizations, please contact SGA secretary Bette Fariello at 732-571-3484.

I am looking forward to answering more questions and comments this semester that anyone may have. Feel free to email SGA@monmouth.edu with anything that you would like answered. If SGA does not currently have the answer, we pledge to research your question since we have committee chairs who work with all departments around campus.

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

Sincerely,
Alyson Goode
SGA President
x4701

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Exp. 02/01/06

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The Evasons read minds at MU



PHOTO BY Suzanne Guarino

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

CHAD ESPOSITO
STAFF WRITER

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

They opened up Friday's show with a simple name game, in which they guessed the names of everyone in the audience, as well as the names of their parents and friend. Afterwards, they went on to ask audience member Emma Maguire to draw a number on a blackboard. While Tessa was blindfolded, she drew a graph of nine numbers that, no matter what way you looked at it, added up to the number she wrote down on the clipboard.

Another stunt that they performed involved four participants, a girl and three guys. The girl was

instructed to put a sharp nail under one of the three cups on three chairs that were on-stage. At random, the guys had to choose or trust Tessa to tell them where to sit, and sit down hard on the chair with the recurring thought that a nail could be under it. It turned out that none of the guys were rushed to the emergency room, and the stunt was a success.

One of the strangest stunts they performed saw the Evasons bring a girl and one of her good friends onto stage. One of the girls was instructed to sit down as

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

KELSEY BUTTERWICK
MU Freshman

the lights were dimmed. Once the lights had been dimmed, the girls had their picture taken. When the photo was developed, a picture of a girl as a ghost hovering above the girl sitting in the chair appeared.

"I went to the show expecting it to be a real flop," commented Maguire, a Monmouth

freshman. "But it turned out to be authentic. I was really surprised."

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



PHOTO BY Suzanne Guarino

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

Spring break travel scams

COURTNEY MUIR
STAFF WRITER

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

Important rule of thumb: If it sounds too good to be true, it probably is. According to independenttraveler.com, if you find out that you have won an all expenses paid trip, make sure you are familiar with the company by getting their name, address, and telephone number. Then, look them up at the Better Business Bureau (www.bbbonline.org) to see if complaints were filed against them. It is also important to be wary about giving your credit card number over the phone or online. Most likely, if the company pressures you into making a decision before you can get the chance to check their background, they are trying to scam you. There is no need to get worried every time you re-

ceive a phone call such as this, as long as you can be aware of the red flags. For one thing, if a solicitor calls you after business hours, then they are probably not legitimate because most companies operate between regular business hours. The best way to go about getting a cheap vacation is to take advantage of the college discounts that most companies offer. Websites, such as studentuniverse.com, will usually cut the regular price in half if you are a college student. If you are not satisfied with the price, you can always look on travelocity.com, orbitz.com, or hotwire.com. All will have legitimate low prices.

There are other ways of being scammed, aside from winning trips. It is also important to watch out for scams while you are on vacation. Although it may seem like fun hanging out with the locals, be aware of over friendliness. About.com claims that some locals can spot the tourists and will offer a free taxi ride to your hotel, or a place to go shopping. This can lead you into the pressure of making a purchase that will include a commission. It is also important to familiarize yourself the best you can with where you will be vacationing. Taxis will sometimes take their passengers an extra 30 miles out of the way just to get more money. It is also important to check that the meter is at zero before you get in. Finally, a very important tip that most travelers tend to forget is to check your insurance before you go. Make sure insurance covers the camera or laptop that you may bring with you. These items can easily be stolen, so make sure they are covered.

These scams, although they are important to be aware of, shouldn't ruin your entire vacation. Just make sure you follow the proper procedures to protect yourself. Thinkglink.com claims that you should be aware of travel companies that misrepresent information about travel cost and booking. It is also important to try not to let your credit card out of your sight. When you first arrive to your destination, you are obviously going to have your important travel documents and all the money you will have for the trip on you. This is why it is important to keep your passport in one pocket, and a third of your money in another one. In the event of getting pick pocketed, you won't lose all of your money in one shot. Ladies, it is also crucial to know that if you plan on going out to a bar or club, try to purchase a wristlet to bring with you and only keep in it the money you will need for the night, and maybe your cell phone. A wristlet will keep someone from being able to pick your purse and, in the event that you lose your wristlet, you won't be losing all your money and your important documents.

As long as you keep these tips in mind, not only will you have a safe vacation, but you will also be able to enjoy yourself more knowing that you won't need to worry as much that you are being ripped off. So enjoy your spring break this year.

Fashion Show February 25 Wilson Grand Hall

Doors open at 6:30
Show starts at 7:00

All proceeds go to the Erika Recancone Foundation Tickets on sale soon

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EXPLORE THE POSSIBILITIES!

UPCOMING STUDENT EVENTS

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

Thursday, January 26
Jason LeVasseur - Musician
8:00 PM, Java City Cafe

Friday, January 27
Monmouth Mall Shuttle
6:00PM-12:00 PM, Departs Hourly from Birch Hall

Weekend Movie Series - WALLACE & GROMIT
8:00 PM, Young Auditorium, Bey Hall

Saturday, January 28
Broadway Show - Beauty and the Beast
Tickets @ \$35 per student (MU Guests - \$40)
Bus departs @ 10:00 AM, Student Center

Weekend Movie Series - WALLACE & GROMIT
3:00 PM, & 9:00 PM, Young Auditorium, Bey Hall

Intramural Texas Hold'em Tournament
4:00 PM, RSSC Anacon Hall

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

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

Tuesday, January 31
SGA Open House
7:30 PM, 315 Student Center

Meet the Greeks
10:00 PM, RSSC Anacon Hall

Wednesday, February 1
Black History Month Flag Raising
12:00 PM, Great Lawn

Student Involvement Fair
2:30 PM, RSSC Anacon Hall

CHECK HERE EVERY WEEK FOR GREAT EVENTS COMING YOUR WAY.

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Weekly Film Series

Friday, January 27 @ 8PM
Saturday, January 28 @ 3PM & 9PM

BEYHALL, YOUNG AUD.

ABΓΔΕΖΗΘΙΚΑΜΝΕΟΠΡΤΥΦΧΨΩ

MEET THE GREEKS



Tuesday, January 31st
Anacon Hall — 10pm

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The Common Cold: what is it and how to avoid it

LAUREN NAPOLITANO
FEATURES EDITOR

You're sitting in your mesmerizing and oh-so-exciting biology class when you hear a noise from your lab partner that sounds more like the entire ocean being sucked through a larger-than-life straw than the reality of the annoying sniffing of mucous.

You then see your partner slowly bring the palm of his hand to the tip of his nose and everything else around you freezes.

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

Now you are left with no choice but to share the same contaminated instruments your partner has been touching, knowing you will inevitably catch what is known as the common cold.

Do you ever wonder what the common cold actually is, and why we suffer from it year after year? Here, your curious cold questions are answered, as well as some tips on how to avoid catching one.

1. What is the common cold?

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

Colds can be the result of more than 200 viruses that inflame the membranes in the lining of the nose and throat. Among all of

the cold viruses, the rhinoviruses and the coronaviruses cause the majority of colds.

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

2. What are the symptoms of the common cold?

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

- Stuffy, runny nose
- Scratchy, tickly throat
- Sneezing
- Watery eyes
- Low-grade fever
- Sore throat
- Mild hacking cough
- Achy muscles and bones
- Headache
- Mild fatigue

- Chills
- Watery discharge from nose that thickens and turns yellow or green

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

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

Since we were little tykes, we were always told to bundle up before stepping outside into the frigid weather to avoid catching a cold.

However, according to the National Institute of Allergy and Infectious Diseases, there is no evidence that you can catch a cold from being exposed to cold weather or from getting chilled or overheated.

4. Can I prevent catching the common cold?

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

Germs on your hands can easily enter the body through the eyes and nose, so it is advised to keep your hands away from those areas of your body.

Also avoid being close to people who may be carrying a cold, and vice versa. If you are contaminated by the virus, make sure you cover your nose and mouth if you cough or sneeze.

According to the National Institute of Allergy and Infectious Diseases, a necessity in avoiding the contamination of you or the people around you is handwashing. This is one of the simplest and most effective ways to stay healthy.

During the fall and winter, otherwise known as "cold season", you should wash your hands often throughout the day.

According to the Centers for Disease Control and Prevention, you should use alcohol-based products made for washing hands when water is unavailable.

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

Using a virus-killing disinfectant to clean environmental surfaces will also help prevent the spread of infection.

Exercise is another great way to avoid ill-

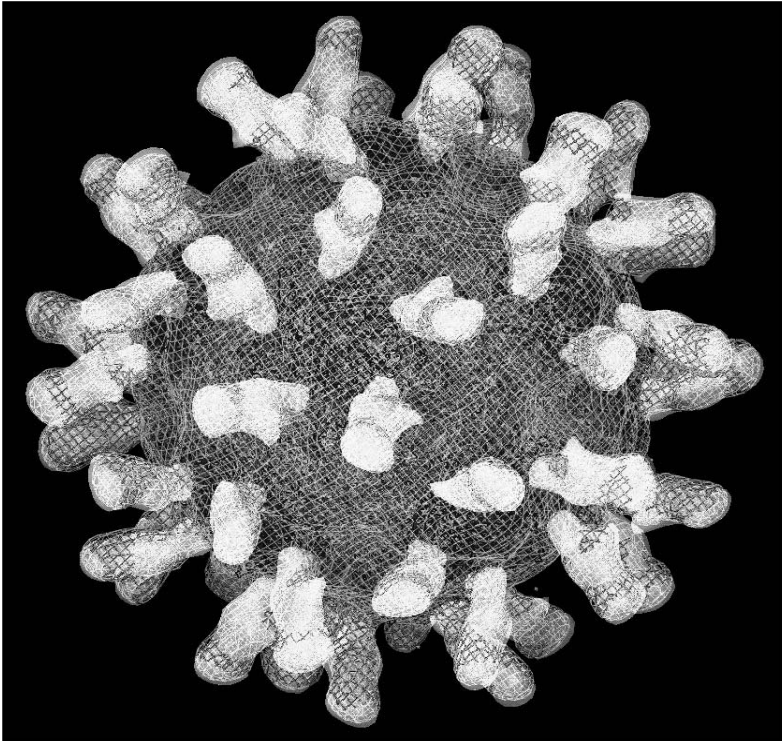


IMAGE PROVIDED by <http://news.uns.purdue.edu/>

The common cold virus rhinovirus (pictured above) contains 60 sites capable of connecting to a receptor on human cells. The virus uses several of these sites to gain entry into the cell. This computer-simulated model shows where the receptors attach to the outer protein shell of the virus.

nesses. Research shows moderate amounts of aerobic exercise during the cold and flu season – such

Exercise is another great way to avoid illnesses.

as jogging, brisk walking, and cycling – boosts the body's defenses against viruses and bacteria, according to MSNBC.com.

Michael Flynn, who studies the effects of exercise on the immune system at Purdue University in West Lafayette, stated, "The general consensus, I believe, is that 30 minutes, three or four times a week, is generally considered to have positive effects."

5. How can I treat a cold?

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

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

Not Sure Which One You Have?

Is it a cold or is it the flu? Check your symptoms.

WebMD Public Information from the National Institute of Allergy and Infectious Diseases

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (102-104F); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; amantadine or rimantadine (antiviral drugs)
Treatment	Only temporary relief of symptoms	Amantadine or rimantadine within 24- 48 hours after onset of symptoms

SOURCE: The National Institute of Allergy and Infectious Diseases, April 2001.

Influenza Virus

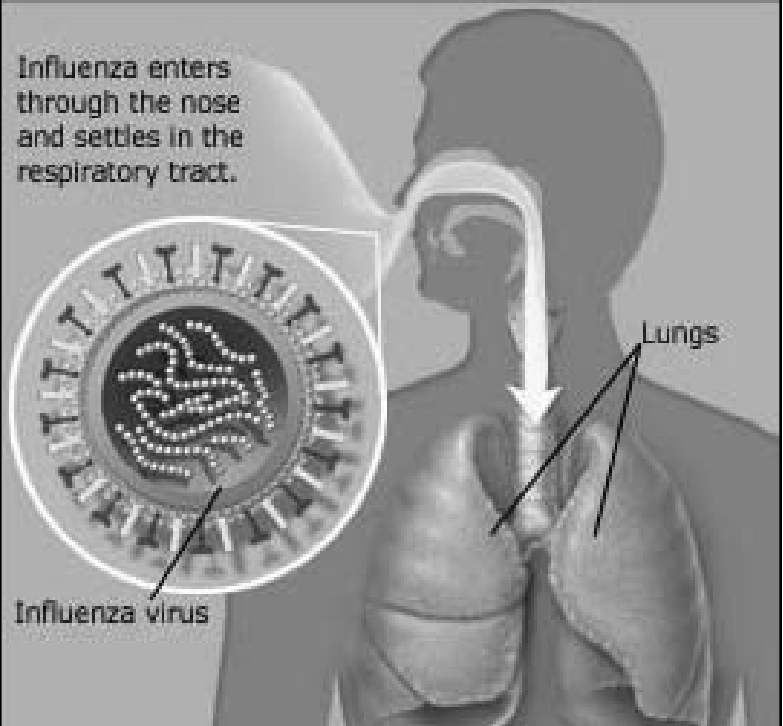


IMAGE PROVIDED by www.webmd.com

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

Cough Syrup: Medicine or Myth?

DEBRA PACHUCKI
STAFF WRITER

It's become an archetypal phenomenon. Try to give a sick kid cough syrup, and they instantaneously run for the hills as though you were about to, God forbid, change their diaper or something. But while adults have been heroically administering the medicine amidst a combination of kicks and screams for decades, recent studies show that pint-sized protestors might have been right for resisting all along.

Both children and adults can, in fact, be "harmed by cough medicines due to over-sedation" without even realizing it, as reported on the BBC News website. And taking such a health risk only proves to be unnecessary in the long run, being that most cough syrups don't even work to begin with.

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

"Over-the-counter syrups generally contain drugs in too low a dose to be effective, or contain combinations of drugs that have never been proven to treat coughs," states Irwin.

The truth of the matter is, certain drugs that are commonly found in cough syrups (such as codeine and dextromethorphan) are effective in suppressing coughs. The Food and Drug Administration does not allow for large enough doses of them to be sold without a prescription. As a result, most cough medicine manufacturers are forced to use insufficient amounts of these drugs in their patented syrups,

hence over-the-counter medicine that doesn't really work.

According to Irwin, this is more than just a notion. "The best studies we have to date would suggest there's not a lot of justification for using these medications because they haven't been shown to work,"

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

he says, with regards to the cough guidelines (yes, they exist) published in the January issue of the medical journal *Chest*. The guidelines discourage the use of over-the-counter cough syrups.

So why do cough medicines continue to sell? Maybe it's as simple as mind over matter. According to the Consumer Healthcare Products Association, "over-the-counter cough medicines provide relief to millions of people each year."

And in an article printed in the January 9 edition of the Chicago Tribune, Francis Sullivan, a

spokesperson for Wyeth Consumer Healthcare (which manufactures Robitussin), states that Robitussin "wouldn't be a top brand if people didn't feel it was efficacious."

But doctors like Irwin who think such statements are all phooey don't just say so; they bear actual proof that claims made by Sullivan and the Consumer Healthcare Products Association are more myths than they are facts.

A 2002 study of 2,166 people with cold or flu symptoms conducted at the University of Bristol, England, concluded that most cough suppressants, expectorants, antihistamine-decongestant combinations, and other drug combinations were no more effective than sugar pills, according to WebMD.com.

The doctor-reviewed website also states that two of these studies, conducted by the university's researcher Kurt Shroeder, M.D., tested codeine in amounts similar to those found in typical cough syrups, only to find that it was "no more effective than the placebo."

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

His recommendation? Look for ingredients that are known to work. Certain antihistamines, such as diphenhydramine, do help relieve coughs that are due to colds.

But the medicines that contain them aren't typically labeled as cough syrups. Benadryl, for example, uses diphenhydramine as



its active ingredient, but is usually only thought of as an allergy medication.

Yet another option to those seeking cough relief is chocolate, as evidenced by a recent study in a 2004 edition of *The Federation of American Societies for Experimental Biology* journal. An ingredient in chocolate called theobromine was actually proven to be "more effective at stopping persistent coughs than the leading

cough medicine," according to the Bupa Health Information website.

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



IMAGE PROVIDED by Google

Why do we cough? Coughing can be a symptom of an infection of our respiratory tract. If our immune system is weakened, viruses or bacteria can lodge in the respiratory passages, and to fight them off more mucus is produced. This mucus (known as phlegm) is thicker and stickier than normal mucus, and sticks deep in our bronchi. The body is unable to eliminate the mucus in the usual gentle way. Therefore we try to loosen this phlegm with the cough.

Myths and Facts

LAUREN NAPOLITANO
FEATURES EDITOR

'Tis the season to get sick. Unfortunately, cold season is unavoidable and comes fast and furious every year. We try to dodge the pestering bug, but to no avail — it seems inevitable that we get hit with it.

There are many misconceptions when it comes to colds and the flu. Many people don't understand the viruses, and are unaware of how we catch them.

The following is a list from the American Lung Association of myths and facts about colds and the flu.

Myth: You can catch the flu from a flu shot.

Fact: The flu vaccine is made

from an inactivated virus, so you cannot get the flu from a flu shot.

Myth: There is nothing you can do once you get sick with the flu except stay home in bed.

Some people may be sore at the spot where the vaccination was injected, and in a few cases, may develop a fever, muscle aches, and feel unwell for a day or two. In very rare cases when a person is

allergic to the vaccine, there may be an immediate reaction.

Myth: One kind of flu is the stomach flu.

Fact: About one out of three people with the flu may have an upset stomach, but this is rarely the main symptom of the flu. Other viruses and bacteria, as well as food poisoning, are more common causes of nausea, vomiting, and diarrhea.

Myth: There is nothing you can do once you get sick with the flu, except stay home in bed.

Fact: Antivirals, when started within 2 days after flu symptoms appear, can reduce the duration of the illness and the severity of symptoms. Symptom relief medications can also help to minimize the discomfort associated with flu symptoms.

Myth: You can catch the flu or a cold from going outdoors in cold weather.

Fact: The flu and colds are more common in the winter months, because that is when the

viruses spread across the country. It has nothing to do with being outside in cold weather.

Myth: Large doses of Vitamin C can keep you from catching the flu or a cold, or will quickly cure them.

Fact: These claims have not been proven. Still, it is important to one's overall health to consume the minimum daily requirement of Vitamin C.

Myth: "Feed a cold and starve a fever (flu)."

Fact: This is definitely not a good idea in either case. You need more fluids than usual when you have the flu or a cold. Drink plenty of water and juice, eat enough food to satisfy your appetite, and drink hot fluids to ease your cough and sore throat.

Myth: Herbal remedies are an effective treatment for colds.

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

Myth: Chicken soup and hot toddies are effective treatments for the flu or colds.

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



IMAGE PROVIDED by Google

Every year in the U.S., on average five to 20 percent of the population gets the flu.

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MAC, possibly the best thing to ever happen

Editorial

LAUREN BENEDETTI
EDITOR IN CHIEF

Although a commuter student I think it's safe to say that I've spent more time on campus (not including time spent in the resident halls) than some resident students. If I could sleep in my office I would. I think it's also pretty safe to say that I've attended a number of different events on campus, except for one, a sporting event.

For four years I have never in my college life stopped my busy day to sit down in the bleachers and watch the track team or at Boylan Gymnasium to watch the basketball players or plotted myself on the grass to watch the Hawks run up and down the soccer field. I don't know why I haven't done any of these things but simply put, I never have.

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

What's there that I'm missing out on? Smelly locker rooms and a fitness room that everyone

complains about - no thanks. The MAC looks like it might be one of the best things that could happen to Monmouth, and although I'm ecstatic about graduating I wish I could stick around to see the center in use.

I agree with William McCullough, AIA, a principal with EwingCole the architectural firm that created the MAC when he says, "We are creating a campus destination, a new campus hub" - that it is. The MAC is going to be the new "hotspot" on campus, just like the Rebecca Stafford Center is now. The Center will not just be a place for athletes it will be a place for students and faculty to "just hang out" (in lack of better words).

It's disappointing to see the community in such a hullabaloo about the possibility of center like this one. It's sad to see them upset about the possibility of a dormitory but then again I can understand their reasoning for not wanting it, that doesn't mean I agree either.

Some of the reasons for not wanting the MAC include, noise, increased population, and overflow of traffic on surrounding streets.

This new center isn't going to increase Monmouth University's population; it's only going to improve it. With this state of the art facility the university will attract

a "population by qualification." In time the school will increase the requirements to attend.

The community should see this center as a blessing. This center will be considered one of it's kind, it will be the best sports facility in Monmouth County. And it's not just for the University it's for the community. Neighbors and other local athletes will be encouraged to use the new and old gymnasium. Well doesn't that sound lovely, a nice new gym right down the street.

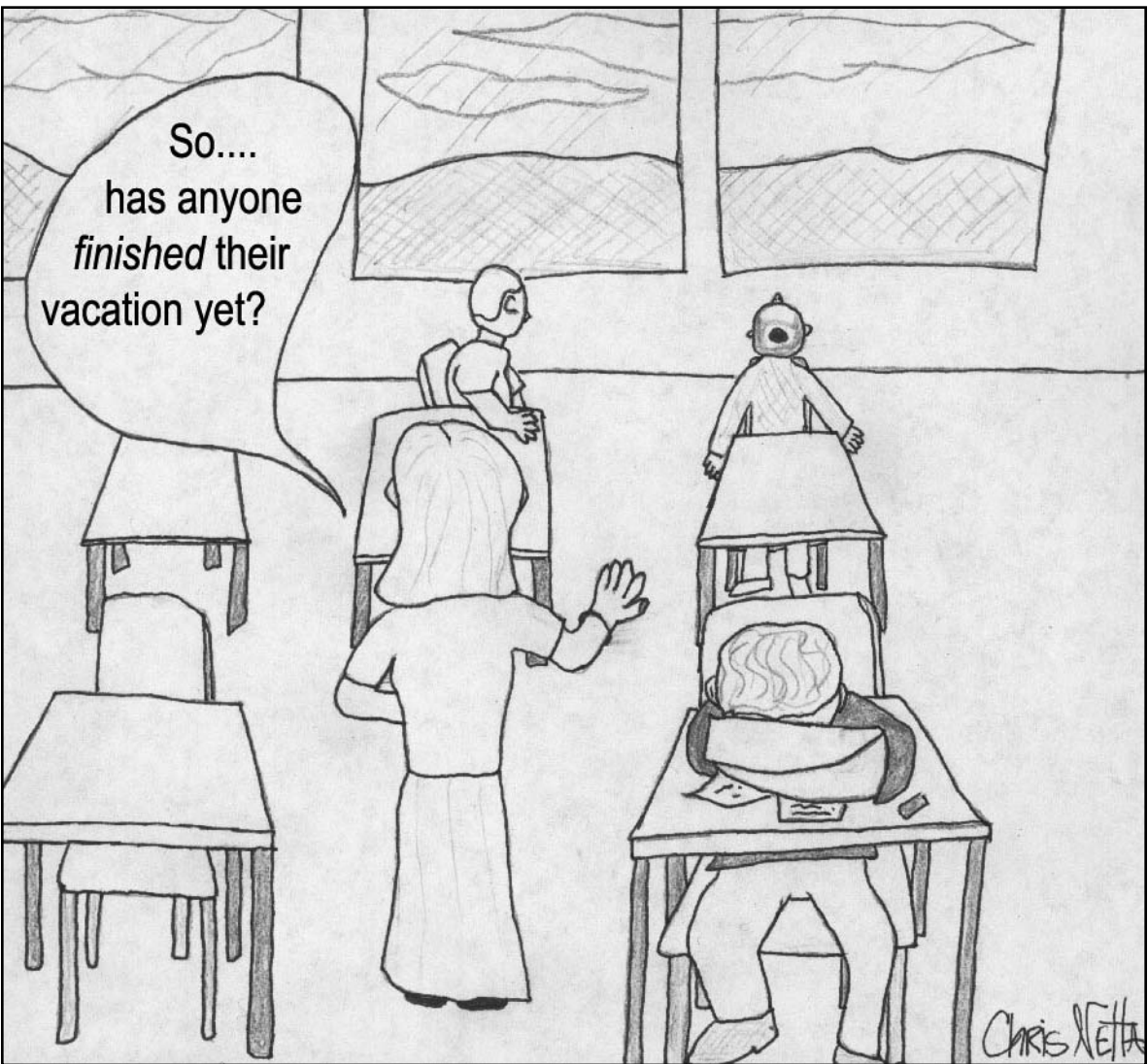
As for noise and traffic. I too am a local, I see what happens during the summers when students aren't here. Traffic calms down and the noise level decreases, but not by much. As for a chance of increase when the center is built, highly likely. The MAC can fit some 5,000 individuals. That's a little under our population, what's the chance you're going to see all of us here at once? Now we're dreaming.

Additionally, the MAC will offer us, the community, a place to see other events other than sports, such as concerts. Furthermore, the new gym will give local teams and intramural sports time to use Boylan gym.

With any project of this size there will be the pro's and con's, but I'm certain the pro's can out way anyone's complaints.

Amused

By: CHRIS NETTA



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NJ smoking laws are a waste of time

CINDY CHISVETTE
CONTRIBUTING WRITER

It seems as if it has become routine for smokers in New Jersey to go to the bar and have a cigarette with their beer or a cigarette with their coffee at the diner. As a smoker myself, I can not seem to imagine not smoking my after meal cigarette in the diner at two in the morning, after a long night. As far as I was concerned, it was my decision to start smoking and it is my right to have my cigarette in my designated section at the diner or the bar. I can remember at midnight on my 18th birthday, one of the first things I did was go into the local 7-11 and legally buy my first pack of cigarettes and a scratch off. It was almost like an initiation to my coming of age. I was 18 and I could vote, play the lottery, move out on my own, drive past midnight, and finally buy my own cigarettes.

rettes is also unfair to adults. Once a person reaches the age of 18 they are considered an adult. They can enter a legal contract, move out on their own, get married, and even die for their country. Why is it that an 18 year old can do all of this but they can not go out and buy their own pack of cigarettes? The argument for this was to keep cigarettes out of the high schools. I started smoking at the age of 13, even though the legal age was 18. Teenagers, no matter what the laws are, are still going to manage to get their hands on them. The age for both drinking and smoking can keep getting raised higher and higher but teenagers will always find ways to smoke. Raising the smoking age is not going to do much of anything. Raising the age is not going to motivate teenagers



IMAGE COURTESY of Utah State University College

If the smoking laws couldn't stop me from smoking at the age of 13 when the legal age was 18, I can't imagine that raising the age to 19 is going to keep cigarettes out of the high schools.

However, after April 15th, turning 18 will mean nothing to teenage smokers and smoking that cigarette while sipping coffee at the diner will no longer be allowed. The rumors are true; New Jersey has passed a law, which will be in effect April 15th, that there will be no more smoking in public restaurants and the new legal age to buy cigarettes will be 19. Perhaps I can see why smoking in public restaurants and bars was such a big deal, but that is why there was a smoking and non-smoking section. As adults, smokers should be able to have their rights, just as much as non-smokers do. When there are two opposing forces, a compromise needs to be made. This compromise was the restaurants and bars being separated into a smoking and a non-smoking section. It is understandable why people can not be allowed to smoke where ever they please, but it also isn't fair for them to not be able to smoke inside at all. It seems like no matter what laws are passed, someone is going to be angry. Smokers deserve their rights just as much as non-smokers do.

Raising the legal age to buy ciga-

to quit smoking because they were most likely smoking underage even before these laws were passed. If the smoking laws couldn't stop me from smoking at the age of 13 when the legal age was 18, I can't imagine that raising the age to 19 is going to keep cigarettes out of the high schools. The state can keep passing laws, making the ages older and older to do things such as driving, smoking, and drinking but it will just result in the same percentage of incidents, only in an older age bracket. If turning 18 grants adulthood, then an 18 year old should be given the right to smoke, among their many other and more serious rights. As for smoking in public establishments, I strongly believe that smokers have their rights as well. Designated sections was the compromise, which should have been fair enough. The new smoking laws in effect this April are not going to do much to stop teenage smoking, prevent others from exposure to second hand smoke, or stop other adults from smoking. These new laws are mostly just going to anger the smokers of New Jersey.

Smoke and mirrors

CHRIS NETTA
OP/ED EDITOR

Allow me to explain one reason why the recent smoking ban in NJ has taken effect. In December of 1992, the Environmental Protection Agency (EPA) released a meta-analytic study of the dangers of second hand smoke on non smokers. May I simply state, first off, that the EPA has never conducted their own study on this matter, merely compiled results from existing studies. For this the EPA compiled a paltry 11 studies, which claimed that second hand smoke caused 3,000 deaths per year, a number that was announced prior to the

study's conclusion. When their study was concluded, they couldn't come up with the prerequisite 3,000 deaths per year, instead of revisiting the data, they doubled the margin of error. The EPA's study also concluded that the amount of nicotine absorbed by non-smokers was equal to about one cigarette every five days. A later study by Oak Ridge National Laboratories concluded that exposure for those who live and work in smoky environments is about six per year. Three other studies on nicotine use were going on simultaneously. The EPA ignored two of them. The scientists of the study that was used never

Someone has to pay

SEAN QUINN
CONTRIBUTING WRITER

The whole fiasco and media circus surrounding the execution of convicted quadruple murderer Stanley "Tookie" Williams got me thinking about a conversation I had with my father after the Communications Department award banquet back in May.

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

My dad had just retired from being a cop for just under 30 years. He had been a detective, youth officer, sergeant and a lieutenant who has dealt with the best and worse of humanity. He has arrested everyone from pedophiles to thieves to common and troubled youths. That night we happened to talk about a case he was a detective on back in the early 80's that involved a deranged man who lured and then murdered a few young women in our area some 20 years ago.

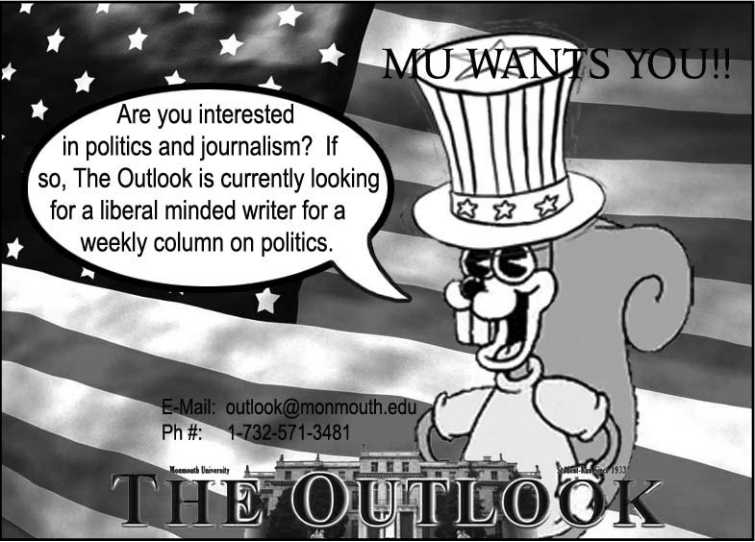
This man was convicted of the multiple homicides and was sentenced to death, (a wage for his sin that I whole heartedly agreed with) yet when his sentence was commuted to life imprisonment, my father thought it a better punishment. I could not understand how he, after seeing the decomposing bodies of murdered women, did not want the bastard to have a needle in his arm. My dad explained to me that he interpreted the Bible through his strict Irish Catholic upbringing to believe that it was only God's place to provide the final judgment of a death sentence; he reminded me that "vengeance is mine sayith the lord". He also said that the knowledge that

the SOB will wake up every morning knowing he will never get out of that place again, combined with the knowledge that the other inmates know of his heinous crimes and treat him "not too pleasantly" satisfies him greatly. While I do understand some of his logic one must ask "how much is too much"? Would a concentration camp Commandant be let off so easily? What about Ted Bundy, The BTK Killer and Timothy McVeigh? What

if Adolph Hitler had been captured before he killed himself and what will happen with Bin Ladden when he is brought to justice? Do they deserve to live, even in misery, when they have taken so many other lives? I have a firm belief that when a person has such a disregard for human life as to murder, he has forfeited his own. I do however believe in redemption through God, that a guilty man may be absolved from sin in the eyes of the Lord and be saved. But I also believe that a person has to pay for their crimes. Yes, they can be a better person now and

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

possibly even rehabilitated but that doesn't mean they get off scott free just for doing some good deeds. We can praise a person who acknowledges their wrong doing, repents for their crimes and tries to do some sort of community service, but if they truly want to be an example and do what's right, they must do the honorable thing and take responsibility for their actions and their punishment. Naturally, the punishment must fit the crime and for these monsters. I say someone has to pay ... sometimes the wages of sin is death.



publicly released their information Due to discrepancies such as this and others the Congressional Research Service (CRS) was critical of the EPA's methods and conclusions. They pointed out that "six of 24 studies found a passive smoking effect opposite to the expected relationship." After crunching the numbers, the Relative Risk (RR) of second hand smoke causing lung cancer is 1.19. Statistically

speaking, an RR of less than 2.0 is usually dismissed as insignificant. So after doubling their margin of error, ignoring nearly two-thirds of the available data, and hand picking the studies that were used, the Relative Risk factor for smoking was determined insignificant. After this study, cigarettes almost tripled in price, and you can't smoke indoors. If that doesn't sound fascist, I don't know what does.

Quotes
of the week...

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

Plato
(c.428-348 BC)

•

"You will find rest from vain fancies if you perform every act in life as though it were your last."

Marcus Aurelius Antoninus
(121-180)

•

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

William James
(1842-1910)

•

"Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day."

Dalai Lama
(1935-)

•

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

Alfred Tennyson
(1809-1892)

•

"Do you want me to tell you something really subversive? Love is everything it's cracked up to be. That's why people are so cynical about it..It really is worth fighting for, being brave for, risking everything for. And the trouble is, if you don't risk everything, you risk even more. Life doesn't leave that many choices."

Erica Jong
(1942-)

•

"All life is theatre... We are all actors, you and I, in a play which nobody wrote and which nobody will see. We have no audience but ourselves... Some players would say that is the best kind of theatre there can be."

Susan Cooper
(1935-)

•

"As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being."

Carl Gustave Jung
(1875-1961)

•

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

Lao-tzu
(c.604-c.531BC)

•

All quotes taken from
www.junkfoodforthought.com



BY SUZANNE GUARINO

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

“How does this make you feel?



Sean senior

“I love it. That way my clothes won’t smell when I leave the bar.”



Veronica freshman

“I understand what they’re trying to do with decreasing second-hand smoke, but it’s going to cause problems for strippers and smokers who work in a restaurant or bar. Yes, this ban worked in N.Y.C. but that’s a whole different environment.”



Jessica & Tracy seniors

“We think it’s good ‘cause it’s gonna make the bars & clubs more enjoyable. Smokers will get used to it after a while.”



Ryan freshman

“I think it’s a great thing. Smoking is a health hazard for non-smokers and there will be less risk of fires.”



David grad student

“I’m a non-smoker. I realize that people want to smoke, but it is bothersome in enclosed spaces.”

A tricky thing called timing

ERIN LUCAS
STAFF WRITER

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

We live in a fast paced world, there is no doubt about this, and the more time passes, the more advances we make in every area of our lives. For most of us here at Monmouth University, even if

It could be an extremely tough decision because often the battles between our heads and hearts are the hardest to fight. When it comes to feelings it’s easy for some to shut them out, pretend they aren’t there, and continue on with the way they expected their lives to go. Some may keep a person at a certain distance, providing them with a comfort that the distance will keep them safe from anything serious. What happens when something unexpected happens such as having feelings you know are real but realistically would be hard to pursue because of everything else going on in your life? Do you leave it up to fate, believing if its right, nothing, not even time, can change it or do you decide to listen to your heart, knowing this is something worth not passing up? By no means do we live in a perfect world but if we are lucky we may be able to find some people who

make the feelings of perfection feel a little more possible. So when you do find one of these people instead of pushing them away by making several excuses of why it’s not right, try giving them a chance. What’s the worst thing that could happen?

Furthermore, when students get to

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

Timing is a very tricky thing in ones life being that there is absolutely no way to control it. Time can’t simply stop and start at the pressing of a button and the majority of us find this to be an extremely scary concept. It seems like there are certain time slots for certain responsibilities that a college student must fulfill. Among them being trying to graduate in four years (if possible), graduate school, an internship, and then a real job, along with adjusting to real life. Most of us have this blue print imprinted in our brains; I know I’ve always been under the impression that this is what was expected of me. For some it may be an easy task, while others may find themselves running around like mad men, fixed on the idea that these responsibilities are the only main concerns in their life. Being one of the people who can get easily frazzled, I wonder if being so concerned with other things will cause me, along with others to miss out on good things we may be too busy to realize.

It’s obvious that being in college you meet a handful of different people a week. Some you may just exchange a friendly hello with, other’s you will become friends with, and if you’re lucky you might find yourself having feelings for one of these people. So when faced with this situation how does one decide if another person is worth enough to fit into their already hectic life?

college they are offered a variety of different majors and minors to choose from. Eventually, when they do pick one, in turn are offered classes that will further their knowledge on the subject as well as prepare them for a job in that particular field. I think it’s fair to say making this decision is not an easy one; here you are faced with numerous options and not a whole lot of time to choose. So, fast forward to junior year when a student realizes their major is just not the right one for them, where do they go from there? If they feel as if there are certain expectations set for them, will they continue on despite their unhappiness for fear of disappointment? Are we as student’s so set on fulfilling our expected responsibilities in the expected time frame that we will overlook even our own happiness?

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

Top 10 reasons why Monmouth is not a real college

KEVIN CUNEO
CONTRIBUTING WRITER

I applied to Monmouth two days before the deadline. I did so following a tour, at campus, with a pencil, and if I remember correctly I even had a few cross outs (yeah that’s right I used a pencil but not the eraser). No way, I thought, would any self-respecting institution accept such a delinquent applicant. Turns out I was right, but I did get in.

Top 10 Reasons Why Monmouth isn’t a Real College:

(Normally, when constructing a count down, you would start from 10 and work your way to one, but in the spirit of this article, I’m going to do it backwards.)

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

2. If you want to party at Monmouth become a cop because they attend more parties in one month than you will in a career at this school.



IMAGE COURTESY of SISIP Website

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

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

5. OK I can understand (not really but for the sake of this argument) the Gestapo like crackdown of off campus parties, but what about on campus. Walk into a dorm, any dorm, wait till you hear music and then bang on the door screaming, “R.A. open up!” The reaction is just comical. “Hide the beer man, it’s the R.A.,” says one kid. “Oh god,” says the other as he realizes this just may be his third alcohol violation. Let the kids play ref! Allow for leniency and kids won’t be forced to respond in dangerous ways. If students weren’t compelled to hide their activities they would be more willing to ask for help when/if something goes wrong.

6. Walk from Boylan Gymnasium toward the student center, look at the first sign to your right and follow the arrow to the 700 “Building.” Higher education? I think not.



IMAGE COURTESY of Monmouth University Website

7. If Wilson Hall didn’t exist, the University would fold. Heck, how would they convince kids to come here, tell them that “Annie” was filmed in that field over there? Talk about one dimensional.

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

9. We once prided ourselves as the, “Intellectual Center of the Jersey Shore.” We changed that. Hmm, I guess Stockton got the better of us?

10. Lets be honest, this is Monmouth, no one made it to 10, so I won’t bother.

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Do teens start driving too young?

CLIFF BUGLE
CONTRIBUTING WRITER

Everyone remembers when they got their driver’s license. Whether it was the first time you took the test or the tenth, we all remember the exhilaration of finally getting our 2”-3.5” ticket to freedom. The day it happens we make sure to tell our friends of the accomplishment, and the first thing they ask us to do is take them for a ride.

Many consider getting your driver’s license to be one of the first pinnacle moments in their young lives, having it be in the company of a girl’s sweet sixteen, a Jewish girl/boy’s bat mitzvah or bar mitzvah, and turning seventeen and finally being able to buy a ticket to a rated R movie. Getting a license, even when not having your own car, makes you feel on top of the world and eager to go anywhere. It’s your first real step towards earning any kind of genuine power.

Go back in time in your mind right now and think about how you would feel if you were under the same scru-

tiny as young teenagers are today (though to be realistic the difference is not dramatic) and you had to face the probability of states raising the minimum driving age right when you become old enough for the existing minimum. The debate of whether or not to raise the minimum age for receiving a driver’s license is fairly new, but freshman and even seniors remember the topic being brought up at some point or another when we got our licenses. You remember the case against young drivers, “they’re inexperienced,” “they’re cocky,” “they think they’re invincible.” Some of us might think like that, others who may have had accidents who did prior to it might have but usually after your first accident a new or fairly new driver will learn their lesson and improve their driving. I’ll admit that I personally was cocky when I got my license. I sped around in my red 2001 Chevy Cavalier (hardcore right?) trying to impress the ladies (I know, the attempt was moot), but after my first fender bender that made a young girl get whiplash enough to be sent to the hospital in an ambulance set my head straight (don’t worry she’s fine I

checked). Saying such stupid things as “they’re inexperienced” (and I say stupid because anyone who is new at something is obviously inexperienced at it. *Duh Factor* = 10/10) and painting with a large brush by calling every teen cocky and immature with a car is not helpful. In fact it raised the real debate over new drivers: is it their youth that makes new drivers as bad as they are/ever been, or does it have something to do with the driving schools and state requirements such as the infamous driving test being insufficient?

I’m pretty sure I can speak for everyone in that earning your driver’s license is not the hardest thing to do. In fact it’s so easy the only things really going against you at the time are A) a malevolent test instructor, and B) your anxiety. Back at Maryland all that was required of me for my license was forty hours of driving practice (which never happened), a week or so of driving school classes (of which the tests were so easy I slept through every class and still got an A on all the daily quizzes), and a driving test that only required me to stop at a stop sign, turn right, turn

left, drive straight, back up, make a three-point turn, and parallel park. I could have been blind in one eye, not have my glasses on, had my driving foot asleep, and have my ex choking me and still pass with flying colors. Now I’m not obviously too familiar with the New Jersey way of doing things, but from what I’ve gathered the requirements aren’t all that different.

So the point becomes: new drivers aren’t dangerous because they’re young, but because they aren’t taught to become good drivers. Driving tests should be making kids deal with highway traffic at rush-hour, parallel parking in a real place (town, city, anywhere that’s not an artificial environment), and navigating a few windy back roads. That way the person who’s giving the test can look for

three things. 1) if the kid had road rage issues, 2) if the kid has an idea of space and depth, and 3) if they’re intelligent enough of the surrounding area or have at least a decent sense of direction. Those are the three main things. All other intangibles such as road laws (oh yeah, remember those things?) can be evaluated with a pencil and paper test. Just to throw another opinion of mine into the mix, I would bet my tuition that 9 out of 10 senior drivers would not be able to pass the driving test that I invented. On that note I’m not even so sure they could pass the test that’s already obligatory, but that’s a different debate. However it is good leverage to use if you’re a young teen vying to not win the “Least Competent and Most Dangerous Driving Generation Award.”

Google refuses to turn over records to Justice Department

KEVIN NORTH
STAFF WRITER

Recently Google Inc., the world’s most popular search engine, was issued a subpoena from the White House ordering them to turn over a list of all the search requests entered during a randomly selected week. The alleged goal of this subpoena is to seek out information that was relevant to the Bush administrations battle to reinstate online child protection laws. This list would consist of tens of millions of search entries, many of which will likely contain personal, medical, financial, and social security information about the person who made the query. Google refused to turn over their records and is now fighting their battle in court.

I commend Google for taking a stand and refusing to turn over their records despite the obvious potential for legal troubles. They are taking a stand against the widespread invasion of personal privacy that the Bush administration has supported openly since shortly after September 11, 2005. The administration has already admitted to tapping the phones of private citizens without judicial approval, and this would have just another way that the government would be able to spy on a population of citizens who are supposed to be free. Google’s resistance to the government shows that the organization is dedicated to protecting their users.

The White House claims that this subpoena will not link individuals to the search queries, but, with the prevalence of individuals using Google for searches that involve their private information, the possibility that this

information could be abused is very real. Google’s defense of its users’ privacy is quite admirable and could set a precedent for the way similar cases are handled in the future. Given the constantly rising popularity of search engine use, this case could affect many citizens on a daily basis. As Thomas Burke, a San Francisco attorney often linked with cases involving privacy issues, said in an interview with the Associated Press, “Search engines now play such an important part in our daily lives that many people probably contact Google more often than they do their own mother. Just as most people would be upset if the government wanted to know how much you called your mother and what you talked about, they should be upset about this, too.”

The Department of Justice claims that Google’s records are extremely valuable to their research on the amount of obscene materials the average internet user comes across on search engines. This would seem to make sense given that Google Inc is the largest internet search engine, however, the government does already have a wealth of information that it had subpoenaed from Google’s number one competitor, Yahoo Inc. Yahoo admits that it did turn information over to government officials but maintains that no personal information was handed over about its users. It is also likely that the third largest search engine, Microsoft Corp. MSN, complied with the justice department since their official statement on the matter was that the company “works closely with law enforcement officials worldwide to assist them when requested.”

Google’s defense of the privacy rights of the private citizens may influence the way that information privacy legislation is written in the future. In an era when the most popular Supreme Court nominee, Samuel Alito Jr., has openly voiced his opinion that national security issues should always supersede the privacy rights of US citizens, it is refreshing to see that there are still groups willing to stand up for what they believe in. Ashok Ramani corporate attorney for Google Inc, said it best in an interview with the Associate Press, “Google’s acceding to the request would suggest that it is willing to reveal information about those who use its services. This is not a perception that Google can accept.”



IMAGE CREATED by Chris Netta

They are taking a stand against the widespread invasion of personal privacy that the Bush administration has supported



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Grades	Course Schedule Information
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Transcript	Registration Approvals and Blocks
Class Schedule	WEBregistration - Register/Add Classes
Final Exam Schedule	WEBregistration - Drop Classes
Final Exam Schedule Lookup	OTHER
Undergraduate Catalog	Registration and Records Online Forms
Undergraduate Catalog	Academic Procedures
Course Descriptions	Academic Calendars
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ALCOHOL AND SEXUAL ASSAULT

SUANNE SCHAAD, MA ,LCADC
SUBSTANCE AWARENESS COORDINATOR

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

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

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

One in four women in college will be the victim of a sexual assault, while men are typically victims in approximately 1 percent of rape cases. The numbers are lower for men, however, the statistics greatly affect them as well. Men may have sisters, girlfriends, and friends who may experience a sexual assault. Some people argue that females may "cry rape" after having sex because they later feel guilty. However, the FBI reports only 2 percent of rape accusations are false.

Intoxicated Rape Cases increase if the following risk factors are present:

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

TIPS FOR MALES:

You may be surprised to learn what the law says- The law states anyone found mentally incompetent is not able to give consent to sex. Yes, being drunk meets criteria for being mentally incompetent.

Make sure you hear the word "yes"- When being sexually ac-

tive, confirm that you have consent to avoid any discrepancies later.

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

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

TIPS FOR FEMALES:

Use the Buddy System- Go out with friends you know, and keep an eye on each other, and changes in behavior due to drinking or drugs. When you are leaving a party, be sure your friends are accounted for.

Make sure you can get home- Be Aware of your location and know the way home if you need to. People may leave a situation from a party only to discover they have no idea where they are.

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

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

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

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

IF YOU HAVE BEEN THE VICTIM OF A SEXUAL ASSAULT...

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

NSCAA AWARD

Soccer continued from pg. 1

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

According to McNeil, the Athletic Department encourages their athletes to excel academically by utilizing the computer lab, academic study halls, as well as tutoring services and peer mentor programs.

"We have a wonderful academic support staff and all of our teams have very academically-minded coaches, who instill in our athletes the value of competing on the field and in the classroom..." McNeil said.

Commenting on the dual pressure athlete's face both physically and scholastically, McNeil explained that while being part of a team is

extremely demanding, it does not preclude excelling academically.

"The pressures that all of our athletes endure in time management, learning to compete, win and lose, come back the next day and practice harder, deal with injuries,

"I expect that women's soccer will set a national record for the most consecutive awards in team academic excellence. I believe they expect nothing less of themselves."

MARILYN MCNEIL
ATHLETIC DIRECTOR

are tremendous pressures. For this group of young women to deal with all of that and excel in the class-

room is remarkable," she said.

Turner also explained that academic performance is a vital part of the university's recruitment process.

"The Athletics Department cultivates an environment that encourages academic success and as coaches we preach it constantly. In our recruiting efforts we search for strong soccer players but also strong students," Turner said.

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

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

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

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ENTERTAINMENT

"Love Always, Mama Kin"

JOSH STRAUSS
CONTRIBUTING WRITER

There is something to be said about the relationship between a mother and her son she loves so very much. Perhaps no one says it better than M. Dylan Raskin, author of *Little New York Bastard*, in this, his second book, *Bandanas & October Supplies*. It's a rare look inside the heart and mind of this gifted writer, who lives and writes only for his mother, October, his Honda Del Sol, and Lake George. Okay, and maybe also driving his mother around Lake George in that Del Sol in the middle of October. You get the point; it's not a very complicated relationship. Or maybe it's the most complex relationship you've ever seen.

In *Bandanas & October Supplies*, Raskin takes his sick mother on an adventure neither one of them will soon forget and invites you along for the ride. Well at least he won't forget. In the first lines of the book Raskin admits, "I have the greatest memory you've ever heard of - I can't remember the last thing I forgot." But I'm sorry guys, looks like you'll have to sit in the trunk, his Del Sol is only a two-seater, and Franny always rides shotgun.

Although the book is told through the eyes of the author, M. Dylan Raskin, it is quite obvious from the start, that the real star of the story is his mother, Franny, who you can't help but fall in love with, almost as much as Dylan loves her. Not quite as much though. These two share a bond rarely found between mother and son. Maybe it's the loss of his father that brings these two so close, or maybe it's that the time they have together is slowly dwindling down. As you soon find out, it's faster than it may seem. But regardless of the reason, you will soon find yourself falling in love with Franny, laughing and sometimes even crying with her. After all, according to Raskin, this is, "just a story about a boy and his mom and how lost [they] got last October." How can you not love it?

It seems rather fitting the places Raskin and his mother visit and love so very much: Carlin Park, Lake George, and even their favorite abandoned side street covered in October autumn leaves, which they've appropriately named "Sunday Way." The one thing they all have in common, anonymity. If Raskin is known for anything

among his fans, it's the fact that his fans don't know anything about him, and that's just the way he likes it. He, Carlin Park, Lake George, and Sunday Way all love their privacy, and the pleasure they get from their own company, and more often than not, each others. Perhaps this is why you immediately, for no reason, fall in love with Raskin. Okay, having Franny as a mother does help out, but the lack of knowledge about the author leaves you with a sense of authenticity. The fact that Raskin refuses interviews, despises pictures, and cringes at book blurbs, seems to make him that much more genuine. It is in this reviewer's opinion that once you give yourself up, you give up everything.

In *Bandanas & October Supplies*, Raskin's sophomore work, he has everything, but at the same time nothing to prove. He has certainly graduated from freshman standing with a huge improvement from his angst-driven, angry debut, *Little New York Bastard*. Yet, he has nothing to prove to anyone but himself and his mother, because in the end (or perhaps the beginning) Raskin is "going to go to a place where [he] can spend some time with [his] parents."



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IN SEARCH OF HIP-HOP

Search No More, *Right About Now* is here

JENNY ROBERTS
STAFF WRITER

With this column's title being "In Search of Hip-Hop," it is necessary to note that there is no other artist who embodies what hip-hop is like than Talib Kweli. He is a hip-hop fan's dream, a lyrical force to reckon with, and a rapper who presents uplifting tracks for the masses. Now from the man who brought you 2001's *Quality* and *The Beautiful Struggle* in 2004, comes another brick in the rebuilding of hip-hop. Talib Kweli presents *Right about Now*.

Kweli has been considered underground since people started trying to pronounce his name. Lately, it seems that the man who often was behind the music but not heavily promoted to stand in front of it is becoming a bit more visible. Kweli has already released two videos since his album dropped on November 22 and is featured on the Black Eyed Peas new song "Like That." Some will criticize these moves as motives that serve only a commercial interest, but Kweli proves he has not changed on his album by demonstrating the

same hunger and creative style he originally brought in his very first album. He also manages to show growth on the album by demonstrating supreme lyrical skill on "Fly that Knot" and recruiting a melodic sound as a backdrop for his unique flow on "Who Got It."

Right from the jump in the introduction he exhibits an extreme disapproval with the music industry. In the second track, "Drugs, Basketball and Rap" Kweli refers to the outlook that many have

about his culture and says "there's more to us than that." This is the typical socially conscious Kweli we've known since before *Quality*. Perhaps the best and cer-

tainly the most intriguing track on the entire album is "Ms. Hill." According to Kweli in the discography, "Ms. Hill was written after waiting to see Lauryn perform at the BET awards finale and hearing a rumor that they didn't approve of a poem she wanted to read. It got me thinking that folks always invite her to places and then complain when she expresses herself the way she wants to." The track suggests that although Lauryn Hill

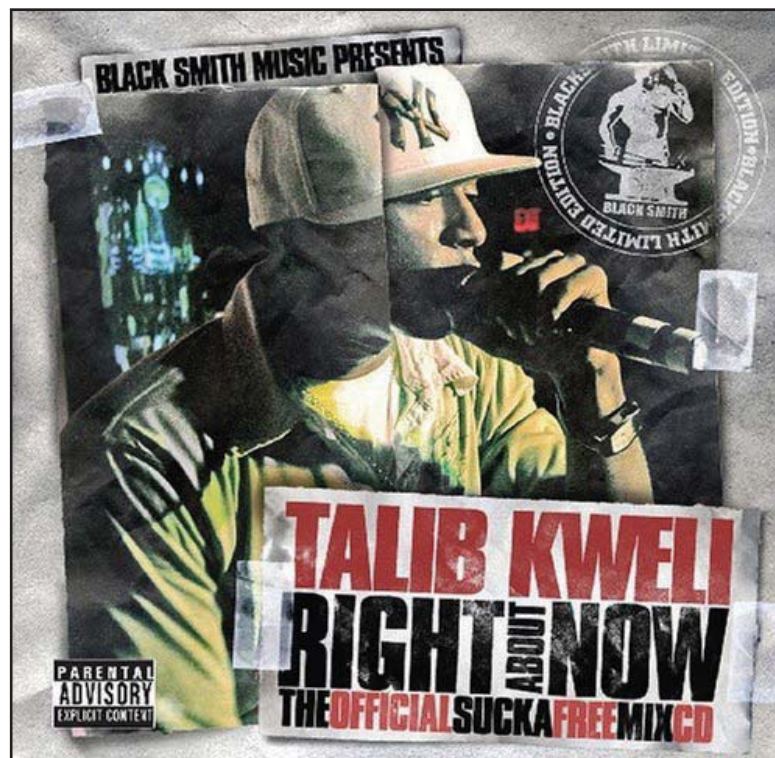
has been through a lot with her career and her personal life in recent years, that in Kweli's eyes she has the potential to be the leader for women now that she was in the past. Kweli sees her talent and her intention and knows she is capable of making a positive impact. "What you say got the power to

uplift the hill," says Kweli.

Some of the tracks on the album are a bit mediocre for Kweli, but they are still better than the average rapper. Kweli is calling this "The Official Sucka Free Album" and it is definitely one you can pop in and listen to all the way through. Even the tracks that

aren't as interesting are decent and Kweli's lyrical skills make each song valuable. Something that Kweli does well but doesn't exactly give him as much street credibility is his ability to create a beautiful love song. Other female fans like myself will wish Kweli included more love songs on this album. Songs like "Never Been in Love" from 2004's *The Beautiful Struggle* for example are so out of the ordinary and he expresses his emotions so much better than many males.

"Two and Two" is the final track and in the words of Kweli in his discography "It's that smooth jazz (stuff) people accuse me of, but I kept the lyrics hard. Hey if it sounds good, it sound good though. Sometimes what I like to rap on, is not what my fans wanna hear me on. At this stage I just do me. This is me right about now." That is the very statement he makes throughout this album. It seems that Kweli is not feeling a lot of pressure from the label and as he was free of anxiety he was able to express exactly how he felt at the moment he created the album. If you are in search of hip-hop, like I often am, look no further than Talib Kweli. His album may have dropped back in November but it is likely to be late in gaining momentum. Buy *Right About Now* and directly support hip-hop.



Koch Records © 2005

WWW.AMAZON.COM

April Smith: *Star* in the Making



DAN ROTH
STAFF WRITER

An unparalleled voice, a sound that makes humming birds jealous and puts even the most distraught mind at ease, a face that tells a story, eyes that take you into a undiscovered universe, a universe that is pure and serene, a gentle smile, the eighth wonder of the world, April Smith.

It's not until you wander into a place like the Saint, Stone Pony, etc and hear her sing that you realize instantly that this girl has something special.

April is a beautiful woman of 29 who is 5 foot 2, with long silky brown hair, angelic blue eyes, a fair complexion, and a sparkling smile.

You might say it was April's destiny to wind up in the business. Her father was a guitarist and singer whose most notable band was called "The Rusty Chain." He always had an artistic way about him which he passed down to both April and her brother (who is a singer). All the while neither parent forced the children into anything, just nurtured and cared for whatever endeavors or talents they chose to explore, such as substitute teaching.

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

These realizations led to April

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

According to Dave Kosciolk, president of Indigo Planet records "April was the only artist that I seriously considered and pursued to launch the label. For two years, I have felt she has been among the most talented performers anywhere, not just in Jersey. There is simply no better vocalist. Her music has a unique edge, crosses over several musical boundaries, and when people see and hear her perform live, she basically leaves them speechless; and it didn't hurt that she already had a strong local presence."

Along with other local talent such as Jeff Buckley and Janey Todd, they have formed a very close and tight knit group. All of them work night after night, going from The Saint to Stone Pony, East Straburg University and back in order further enhance their musical styles.

This idealistic setting has enabled April to further her talent and practice in a place where egos are not allowed. By having people

around her that keep pushing her and refuse to let her fail, April has taken her gift to the next level.

According to Gary Wien, publisher of Upstage Magazine, "(April has) a voice that made it seem like you lived a lifetime within the 4 and-a-half minute song she just finished."

Ed Condran of the Asbury Park Press shared this opinion, "Impressive...melodic rock... reminiscent of Queen and Freddy Mercury."

The release of her first album "loveletterbombs," marks the first step towards the acclaim April is

destined to achieve. From the first song to the last song April seems to lift you up and take you on a ride, a journey into her soul. As you listen to each melodic note that comes from her near perfect voice you can't help but feel like you're soaring above the clouds looking down at all the people who haven't yet had the undeniable pleasure of listening to this musical masterpiece.

But then, when you don't think it can get any better April opens up her vocal box even wider and you hear her sweet and romanc-

ing voice reach notes that rival the vocal range of world renowned artists such as Mariah Carey and Whitney Houston.

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

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

This presents a unique opportunity for music lovers. It presents an opportunity to watch the birth of someone who may very well become a nationally renowned artist. The ability to watch as a woman opens your eyes and your hearts to a world yet to be discovered. Perhaps what April does is best said in her own words, "I make music because I would go crazy if I didn't. When I first realized that something I created had such an intense effect on others, I was exhilarated! From the moment I played the first song I ever wrote in front of an audience and felt their reaction, I knew I'd never do anything else with my whole heart. I knew that being a musician was all I would ever want or need."

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

For more information including scheduled appearances and song samples please go to AprilSmith-music.com or search for April on MySpace.com.



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Indigo Planet Records © 2005

The Strokes - First Impressions of Earth

WILLIAM STECH
CONTRIBUTING WRITER

Remember 2001? Bands like the White Stripes, the Hives, Vines, and Strokes brought a movement known as "garage rock" to the forefront and made rock interesting again. Well,

almost five years later, as far as most music fans are concerned, only the White Stripes and the Strokes have survived. Whereas the White Stripes have become almost avant-garde and have even embraced country music, the Strokes third album, *First Impressions of Earth* shows them musically and lyrically maturing without losing the qualities that made fans feel like hipsters while falling for them.

The first single, "Juicebox", is catchy and worth a few listens simply because it does not sound like their previous work. "On the Other Side" has lead singer Julian Casablancas stepping out lyrically and you realize why the band finally made the vocals clear for the first time. The song features the lyric "my feelings are more important than yours", making you want to nod your head while listening. While fans have gotten used to songs about getting hammered and meeting girls in bars, the new album speaks of spiri-

tual imagery, deep-seeded fears, and every bands' inner anguish about a fall from grace, covered in the track "15 Minutes." "Ask Me Anything" features excellent drumming and a guitar riff straight out of India. Many of the

songs are a step forward for the band, but there is still some filler. "Killing Lies" sounds like it could have been left off any of their albums and no one would argue. "Fear of Sleep" is kind of a bore. Some

bands can get away with sneaking the occasional snoozer onto their third release, but the fans that adopted the Strokes as "the shot in the arm rock needed" expect nothing short of every track being intense.

The band is growing up, but they're not even close to grown up, so we can look forward to them getting to the point of "cutting edge." That being said, the Strokes are not going to save music. Three albums deep now, the band has helped keep the spirit of alt-rock alive, and have carved out their own niche. For most bands, that is a level of success they will never know.



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RCA Records © 2006

New Music for the New Year

LISA PIKAARD
STAFF WRITER

Looking for new music in the new year? Look no further than Pray for the Soul of Betty's self titled debut album whose frontman is former "American Idol" contestant Constantine Maroulis. The band's sound is certainly not something anyone could expect from someone who lasted so long on a show like *Idol* whose performers sing songs that are primarily pop. When the band found out about Constantine's television debut, the entire bands reaction was, "according to Taylor, Betty's bassist, "Not shock, but definitely concern about what it would do to our image, being a rock-n-roll band and all - none of us including C ever thought he would advance so far." Perhaps the lack of shock is due in part to Constantine's previous

performances on the national tour of the Broadway hit "Rent." Both shows exposure helped market the band to new audiences.

Pray For the Soul of Betty's sound is far from the pop scene the frontman has been getting used to. Their sound is New York City underground edgy grunge rock but with a very unique sound. Taylor states they are expanding their unique sound even further. "We keep developing musically and are entering several new genres with our new material, namely reggae, industrial, and acoustic sounds," he says. The newer genres being incorporated into their sound is undoubtedly the sign of evolution on to better things for Betty. Lyrically, the music is intense and deep but also engaging. Their music is inspired by love, pain, and loss, and according to Taylor, "a bit of partying never hurts!" The

music is definitely something to check out. For an intense mellow song check out, "Cry."

Lyrically and emotionally it is a deep and heartfelt track that is something special. For a track that is a bit less intense and a bit more fun, "Truck Stop Sally" is a great tune. Check out the band on their Myspace at www.myspace.com/prayforthesoulofbetty or on their website, www.prayforthesoulofbetty.com. The band is currently on a winter tour as well if you want to see them perform live.

1/26 Cleveland- House of Blues
1/27 Pittsburgh- Rex Theater
1/29 Baltimore- Recher Theater
1/30 Boston- Avalon
1/31 New York City- Nokia Theater
2/1 Philadelphia- Theater of Living Arts



WWW.PRAYFORTHE SOUL OF BETTY.COM

(From Left): Joao Joya, Hamboussi, Constantine Maroulis, and Taylor C.R.

Are you getting your Z's?

A look at sleep deprivation

LINDSAY WEISS
COLUMNIST

Are you constantly falling asleep in class? Does it seem like there are not enough hours in the day to finish your tasks? You may be suffering from sleep deprivation, and sleep insufficiency impacts everything from an individual's ability to pay attention in class to his or her mood.

Research shows that 20% of college students fall asleep in class, and experts have been able to tie lost sleep to poorer grades.

Most teenagers need about 8 1/2 to 9 hours of sleep each night. The right amount of sleep is essential for anyone who wants to do well on a test or play sports without tripping over their feet. However, it is difficult to sleep when your roommate is listening to Metallica on his computer, and your suite mates next door are skateboarding in the hallway at midnight.

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

The National Highway Safety Traffic Administration estimates that "1,500 people are killed every year in crashes caused by drivers between the ages of 15 and 24 who are simply tired, and lacking

sleep." Lack of sleep has also been linked to emotional troubles, such as feelings of sadness and depression. Sleep helps keep us physically healthy by slowing our body's systems enough to re-energize us for the next day.

If you experience difficulty waking in the morning, are unable to concentrate in class, or have feelings of moodiness and even depression, you should consult a physician.

In order to receive eight hours of sleep, and keep you looking fresh and rested, try to **set a regular bedtime**. Going to bed at the same time each night informs your body that it is time to sleep. Waking up at the same time every day can also help establish sleep patterns. Do not go to sleep more than an hour later, or wake up more than 2 to 3 hours later than you do during the week. Try to maintain a regular **exercise routine**. Do not exercise right before bed, because it can raise your body temperature and keep you awake. Sleep experts believe that exercising five or six hours before bedtime may actually help a person sleep. Also, **try to avoid stimulants**, and do not consume beverages with caffeine, such as soda and coffee, after 4 p.m. Nicotine is also a stimulant, so quitting smoking may help you sleep better. And drinking alcohol in the evening can also cause a per-

son to be restless, and wake up during the night.

Relax your mind. Avoid violent, scary, or action movies or television shows right before bed - anything that might set your mind and heart racing. Reading books with involved or active plots may also keep you from falling or staying asleep.

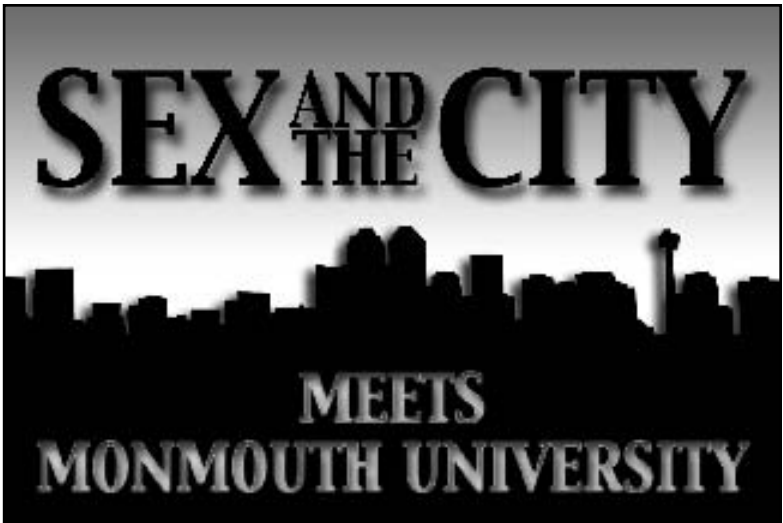
Unwind by keeping the lights low. Light signals the brain that it's time to wake up. Staying away from bright lights (including computer screens!), as well as meditating or listening to soothing music, can help your body relax.

Do not nap too much, because napping for more than thirty minutes during the day may keep you from falling asleep later.

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

Before you get your Z's, close the blinds, and make certain the room is dark enough in order for you to get a good night's sleep. Studies have demonstrated that people sleep best in a dark room that is slightly on the cool side. Close your blinds or curtains (and make sure they are heavy enough to block out the light).

If you follow those simple guidelines, you will be counting sheep in no time, and wake up rested and refreshed in the morning.



REBECCA HEYDON
COLUMNIST

"I'm just a waste of her time, she's just a waste of my, energy, so why don't we get together, we could waste, everything, tonight..."

In case you haven't become wrapped up in the Jack Johnson craze, these are his lyrics featured in his song *Wasting Time*. Are you in a relationship? If not, are you in a non-relationship or a non-commitment? Or maybe it's even less serious than that-do you have a constant non-relationship with a particular "friend?" As the New Year rolled in, I noticed that my usually coupled friends had recently become fabulously single friends, but not completely.

As I spoke with other boys and girls, it seemed more apparent that many 20+ year olds often keep a special "friend" on the backburner for the fulfillment of certain physical needs, for when a relationship ends. Often, this friend is either an

at 28, I might still find going out to the bars and singing way drunk karaoke at Jack's a good time. But I hope to feel that there are more important things than that in life when I'm 28. For right now, I'm in college and it's fine. I have nothing absolutely necessary to do.

According to that argument, it would appear then that these "non-relationships" are not a waste of time.

However, if most people hope to end up finding "the one," isn't spending time with someone you know is definitely not "the one," a waste of time? With every hour you spend with this "friend," are you losing time with that should be better spent with, or finding "the one?"

In support of continuously having and maintaining these special "friends," there is also the argument of fate and "what will be, will be." This is that constant belief that, although we have some control over our destiny, love is something that you can't control and is destined.

Twelve bad health habits to break

LINDSAY WEISS
COLUMNIST

Everyone knows that taking care of their health and exercising on a daily basis is good for them. However, a majority of those people do not have the time to fit this into their schedule.

The American Public Health Association recently conducted a survey which confirmed that 34% of adults were too busy to fit in activities such as exercising, and taking care of their teeth. The first major mistake a majority of people do is forgetting to floss before they go to bed. If the benefits of good oral health do not convince you to pick up the floss, perhaps an increased risk of heart disease will. Recent research at Columbia University's Mailman School of Public Health discovered a connection between severe gum disease and an increased risk of atherosclerosis, a condition in which the arteries become blocked. A second must before bed is removing your contact lenses, because keeping contacts in all night will impede the flow of oxygen that corneas need in order to stay healthy. This may not seem as important as flossing, or getting a bacterial infection in your eyes but all you girls out there should remove your make-up before bed. Wearing foundation can cause outbreaks and blackheads, and mascara particles can dislodge in your eyes, causing painful corneal abrasions.

I know it is difficult to fit in a well-balanced breakfast before you begin the day, and as a result many down a glass of orange juice as a substitute for a sufficient source of potassium. However, many juices on the market, even if they are labeled 100% juice, are equivalent to soda. Fruit juices are often full of sugar, and do not

contain a great deal of fiber.

On extremely warm days when the sun is out, it is common to raid your cabinet for the coconut suntan lotion. On beach days especially, you, among the other bronzed sun bathers, lather on the highest number SPF sunscreen in the morning in order to avoid having to reapply messy lotions throughout the duration of the day. It is recommended that you reapply sun block every two and a half hours in order to avoid getting burned by the harmful rays of the sun. Overexposure to the sun not only causes premature wrinkles, and freckles, but also puts you at risk for getting potentially deadly skin cancers. There is a new drug currently being tested that may make tanning less risky. The drug, which is a synthetic hormone called Melanotan-1, is an injection that could speed up the skin's production of pigment when it is exposed to the sun. The clinical test trial proved that people who were injected with this serum and exposed to sunlight for 15-35 minutes per day tanned in half the time as those who did not receive the injection.

It is time to get ready for bed, and you look down and notice that your nails need to be cut, but you cannot find the nail clippers. You decide to do the next best thing and bite your nails. Not only is this habit unhealthy, but I am also sure that your boyfriend or girlfriend does not want to see you rip your nails apart with your teeth. Not only will your nails look unkempt, but you also risk transferring infectious bacteria between your mouth and your fingers, according to Dr. Emmanuel Loucas, director of nutrition therapy at the Cleveland Clinic. A solution to this problem is to apply a coat of nail polish, because every time you try to bite your nails, the taste of the polish will be so repulsive

that it will prevent you from biting your nails.

It is that time of year again when your life becomes consumed with finals, graduation planning, and looking for a future career that you do not have time for your friends. According to Patricia Fennel, the CEO of Albany Health Management Associates in Albany, NY, when someone becomes stressed-out, one of the first priorities to do is go out and socialize with close friends. Socialization is an important part of life and if you have a strong support network of family and friends it will help you throughout your stressful times of deciding what to do after graduation, and which career path you choose in life. One tip is to make a time during the week to spend with family and several of your closest friends.

The last bad habit to break relates to working out. Often, before and after a working out, people do not warm-up or cool-down. Warming up and cooling down are both significant because, according to Dr. Wayne Westcott, fitness research director for the South Shore YMCA in Quincy, MA, they not only prevent dizziness, but also help remove the lactic acid that can build up in muscles. A helpful tip that could prevent these ailments is warming up before you exercise. Additionally, you should not begin your workout with heavy weightlifting. For the cool-down, it is recommended by professional trainers that you progressively slow the pace of your exercise down over several minutes.

All those times your mother told you "to eat your veggies" or "take your vitamins," you should have listened. As you get older, your body will need those nutrients for sustenance, and it is not too late to break those bad habits, and live a healthier life.

Many of us hold on to the belief that there is someone out there for us, just waiting to meet us, and we will all know when we see that person. This supports the "non-relationship", because according to love-fate, it doesn't matter what you do or where you go, your "the one" will find you.

ex, or a friend that the individual finds attractive, or someone the individual feels a physical chemistry with, but nothing more and knows a relationship would never work. Some people have this person for kissing, some for much more, and others for simply cuddling. When questioning why these "friends" were kept around, the answers seemed to revolve around the fact that the "non-relationship" was easy and direct, everyone knew what was expected, and there was never the drama of a relationship. And, above all, it was FUN.

In college and in our twenties, our lives completely revolve around what will give a great time and not cause too many after-affects. Even those people you know who have graduated probably do not go out as much as when they were younger, but still manage to have a good time. As we get older, having a good time becomes about balance.

When it comes to "relationships," we all have our share of fun, and probably have been in one of these non-relationships, or will be in the future. But, listening to Mr. Jack Johnson made me wonder-are these non-relationships simply a waste of time? The argument from most would be that they are absolutely not, because they're fun. As long as you're having fun, is anything a waste of time? Well,

Many of us hold on to the belief that there is someone out there for us, just waiting to meet us, and we will all know when we see that person. This supports the "non-relationship", because according to love-fate, it doesn't matter what you do or where you go, "the one" will find you. Therefore, if you are in a "non-relationship," you are meant to be, and you will soon stop seeing your "friend" when you lay eyes on or at least realize who "the one" is.

Playing devil's advocate, if, as we get older, fun becomes a juggling or balancing act, doesn't that mean that these "non-relationships" have to be balanced also? Some would argue that they must not only be balanced, and perhaps fewer as our age increases because of the fun issue, but also due to the fact that as we get older, the years pass us and leave us with less time to find and spend with our "the one." So, how do you know when enough fun is enough fun? How do you know when it's time to walk to the other side of the scale and add some weight to the "relationship" side of it by actually looking for, and maybe even participating in a real relationship? Should you even be concerned, or will fate really take care of it and you? If so, should you indulge Jack and "get together" with your friend to "waste everything"?

Multi-purpose Activity Center

MAC from continued from pg. 1

One benefit of the new proposed MAC is the in the recruiting of potential student-athletes.

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

The state-of-the-art center will include a 200-meter, six-lane indoor track, Hall of Fame, locker rooms, Varsity Club, and basketball court with seating for 5,000. There will also be VIP suites available for “naming” sponsorships.

Monmouth head men’s basketball coach Dave Calloway, whose team will call the new MAC home, believes an upgraded facility is essential.

“It’s needed for the athletic department in general,” Calloway said. “To continue to move forward in the Division I athletic world, a facility like this one is key.”

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

“The type of facility it’s going to be from a player’s standpoint, a fan’s standpoint and a student’s standpoint is great,” Calloway said. “The whole university population will benefit from having two great facilities on campus.”

Community Concern

The MAC would be located 647 feet from the nearest home on Larchwood Avenue, which has caused an uproar in the surrounding community.

According to the Asbury Park Press’ Barbara Berkowitz, a resident of Larchwood Avenue has expressed concern about the university’s property moving into residential zones.

“I think in general, they are making the neighborhood too collegiate, too institutional,” said Berkowitz. On August 31, approval was given for further expansion of the university property which had intentions of building a small parking lot, six tennis courts and a detention basin. But on Wednesday, January 18 the Borough Council voted 5 to 1 to appeal the approval. The appeal did not include plans for the construction of a new dormitory.

“The community should not be concerned,” said Gaffney. “It will serve MU’s current population, not a bigger population. It will enhance the whole region and there will be new opportunities for local sports and other events in Boylan Gym and in the new arena without taking any time away from our student.”

Parking and Traffic

The sports facility will replace temporary lots 25 and 25a, which is located between the Jules L. Plangere Center for Instructional Technology and Boylan Gym. In order to accommodate commuter parking the existing tennis courts will be replaced with new lots that will provide approximately 40 additional spots for students. Other spaces will become available on the north campus.

Many members of the community also believe the MAC may cause an overflow of traffic

along the streets surrounding the university. Patricia Swannack, Vice President of Administrative Services believes there will not be that many sold out events. “If we had an event for a large crowd in the Multi-purpose Activity Center we would implement numerous traffic management strategies including converting a driveway that is currently is entrance only to an exit when the event ends. These efforts are intended to minagate any impact on the local community. ”

To lessen the possibility of traffic before and after events, a traffic study was done to assure a safe and reliable flow of traffic in and out of the parking lots. The exit that is currently used on Cedar avenue will remain an exit. There also will be a road on the east side of the sports complex that will connect to Cedar Ave.

Architectural Design
Architectural Firm, Ewing Cole Cherry Brott of Philadelphia de-

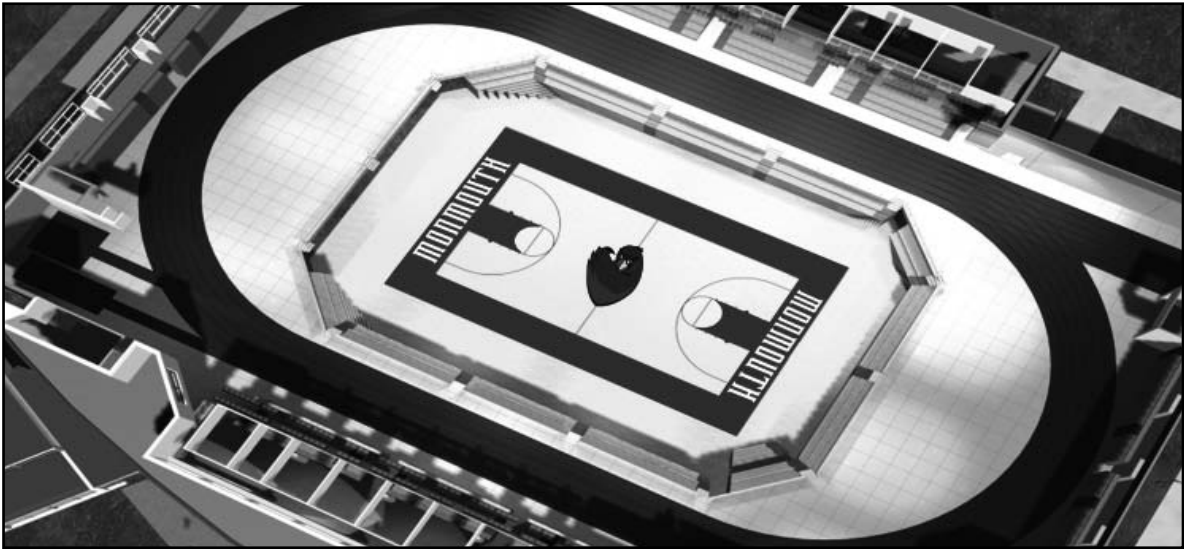


PHOTO COURTESY of Monmouth University
Architectural Firm, Ewing Cole Cherry Brott of Philadelphia designed the Multi-purpose Activity Center.

signed the MAC. The company’s most recent collegiate athletic center design was the Kenneth G. Langone Athletic and Recreation Center at Bucknell University in Lewisburg, Pa.

John Hardt, Director of Athletics at Bucknell University said the new sports arena on campus has improved the school in more than just one aspect.

“During the KLARC’s inaugural two years of operation, it has

quickly become one of the most popular and well used facilities on Bucknell’s campus. In fact, the number of students, faculty and staff who regularly use the facility are at an all-time record level.”

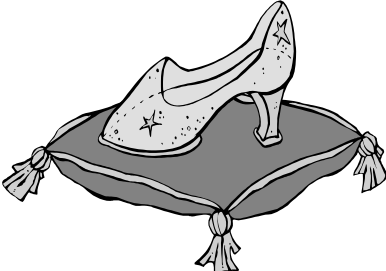
William McCullough, AIA, a principal with EwingCole, believes the MAC will be as successful at Monmouth as it was at Bucknell.

“College athletic and recre-

ation facilities offer a great deal of potential to campuses,” said McCullough. “An integral part of our design process is to work closely with Monmouth to maximize the MAC’s impact on campus. We are designing a center that not only meets athletic and recreational needs, but also provides unique opportunities for the students, staff and community. We are creating a campus destination, a new campus hub.”

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WWW.SEFAN.ORG: WEB SITE TO HELP FIGHT HUNGER

The Statewide Emergency Food and Anti-Hunger Network (SEFAN) has launched a web site to help address the growing problem of hunger in New Jersey. By logging onto www.sefan.org and clicking onto "Pantry Link" you can find out about local food pantries, soup kitchens and shelters that serve meals in your community. The web site lists volunteer opportunities as well as items needed such as non-perishable food and baby products.


By helping your local emergency food provider, you will be helping to fight hunger in your community and in New Jersey. So log onto www.sefan.org and click on "Pantry Link" today!



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Direct Care Professionals

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		3p-11p	Wed/Sat/Sun
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Somerset:	Overnight	11p-9a	Fri/Sat/Sun
		9a-3p	Sat
Piscataway:	Transportation	6a-10a	M-F
		7a-3p	Sun
		3p-11p	Sat/Sun
		7a-3p	Sat/Sun
East Brunswick:		3p-11p	Sat/Sun 2 positions
	Plainsboro:	2p-11p	M
Overnight		11p-9a	Wed/Thur/Sat
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Salary and Benefits:
Attractive compensation and benefit package. Comprehensive benefits include health, dental, vision, disability, life insurance, tuition reimbursement, retirement savings program, generous vacation and sick leave, etc. Great work environment and a rewarding experience. Please consider joining our diverse workforce.

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EOE MFVD



"Here kitty, kitty."

You'd think it would be easy to spot a kid with a vision problem, but the signs aren't always so obvious. One in four children has a vision problem, but only an eye doctor can tell for sure. And, since 80 percent of all childhood learning is visual, good grades and good vision go hand in hand. For more information, visit www.checkyearly.com.





"What's your new years resolution for 2006?"

BY: SUZANNE GUARINO



Sean
freshman

"To stop breaking bones in my body. I broke 3 bones over break!"



Marshall
sophomore

"Quit spending \$600 a week at the bar and concentrate on my classes."



Regina & Ryan
juniors

"To quit smoking!"



Jason
junior

"I want to get more listeners for my Saturday morning radio show."



Jessica
sophomore

"To not curse as much."



Mike
freshman

"Eat healthier food"



Lauren & Nikki
freshmen

"We resolve to keep our dorm less messy."



Stephen
freshman

"To not throw up when I drink. That doesn't mean I'm gonna drink any less, just that I'm gonna try



Becca
freshman

"Spend less money with my credit card because my dad almost cut it up!"



Eddie
sophomore

"Spend less money."

RA Tryouts Starting Soon!

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

Wed 1/25 @ 3pm, Thurs 1/26 @ 9:30pm,

Sun 1/29 @ 7pm, Wed 2/1 @ 3pm

Or contact rsalcedo@monmouth.edu - x6261

New Vice President

VP continued from pg. 1

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

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

“Eventually, I was responsible for teaching one course and responsible for all of the retention efforts at the institution,” he added.

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

“I was Penn State Abington’s first enrollment manager and did it

for ten years,” said Dr. Mc Caig.

He said this was “brand new in the mid-90’s” and was a combination of admissions and financial

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

DR. ROBERT MC CAIG

Vice President of Enrollment Management

ferent types of diversity [like ethnic diversity, geographic diversity, and international diversity].”

Mc Caig describes one goal he hopes to achieve at Monmouth.

“When the demographics would have changed a little bit...by 2014, I would like to have crafted a freshman class that is more academically talented, more geographically diverse, more ethnically diverse, and which is retained at a significantly higher level than we are currently retaining our students,” described Mc Caig.

Mc Caig said that he is excited about being a member of the Monmouth University community. He has many ideas for offering more opportunities for students in the summer and create “a more vigorous summer life” at Monmouth. He added that things will also be done with retention “so students are engaged at every level of their Monmouth experience at the undergraduate and graduate level.”

“I felt in coming here I could do good things for Monmouth,” concluded Mc Caig.



PHOTO BY Ryan Scally

Dr. Robert Mc Caig, vice president of enrollment management, came to Monmouth University on November 28, 2005 .

Online privacy a fragile shield

MICHAEL BAZELY
KRTARCHIVES

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

Not only is he upset that the federal government subpoenaed reams of data from four Internet companies Google, Yahoo, AOL and Microsoft. He’s now wondering which online companies he can trust to keep his personal information private.

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

“It definitely brings up the issue of trust in those companies when they will comply with a bogus subpoena without fighting it,” said the Miami real estate developer. “It does give me pause that they would rollover without a fight.”

Revelations last week that government officials asked the four large companies to provide information about the billions of Internet searches conducted on their sites has cast new light on the fact that online companies collect and store so much potentially personal information about people.

Authorities in this case never sought any personal information about any of the companies’ users, according to court documents and statements by government officials last week.

But the case has nonetheless sparked a dialogue about how much those companies can be trusted to guard information about their users and how forthcoming they would be if the government were more aggressive in its information requests. And it also raises questions about how many times companies may have already turned over information to third parties, including the government, without the public knowing.

For some people, these questions have taken on more importance at a time when the government has been given more freedom to search and spy on Americans.

aid and the student experience.

Mc Caig noted much success while there.

“We were able to increase its academic quality and increase its ethnic diversity,” he said.

He added, “It was a good match for me to come here when some of what I have been asked to do is concentrate on retention and dif-

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

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

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

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

The amount of information amassed by online companies grows daily. Companies such as Amazon, Yahoo and AOL are constantly signing up new members who willingly hand over their real names, addresses, gender, income levels and, in some cases, credit card information.

Search engines, meanwhile, are constantly building a growing record of search queries, Web site visits and Internet Protocol addresses, which can sometimes help identify who owns the computers being used by searchers.

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

Google’s privacy policy, for example, says that it will only share personal information about its users with third parties in certain circumstances if a user allows it, if business partners need it, or if it is “reasonably necessary” to comply with “any applicable law, regulation, legal process or enforceable governmental request.”

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

has an incentive to do things in a good way.”

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

Nonetheless, privacy policies are voluntary and carry no legal weight.

“They’re just stated intentions,” Hoofnagle said.

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

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

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

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

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

“What we always say about subpoenas is, they can’t subpoena what you don’t have,” Tien said.

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

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

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

Orthodox Christian Fellowship

Beginning his 22nd year as Greek Orthodox Chaplain at Monmouth University, Archimandrite Father Ephraem extends his personal blessing to all Eastern Orthodox students, faculty, and staff for a prolific scholastic year and hopes all will be active in the Orthodox Christian Fellowship. Father is available at any time to minister to the spiritual needs of all Orthodox Christians on a 24-hour basis, for prayer, confession, or just someone to talk to.



Father Ephraem can be found on campus, or he can be reached by calling: 732-671-5932



Catholic Centre at Monmouth

Please join us every week!

Weekly Mass
Every Sunday 7pm

Eucharistic Adoration
Every Wednesday 6-8pm

Craft Night Monday
February 6th 7pm

Understanding your Faith Series: Generation Life Monday
February 20th 7:30pm

Men’s & Women’s Bible Study
Every Wednesday 8pm

ASL (American Sign Language)
Class Every Thursday 7:30pm

Valentine’s Day Party
February 9th 8:30pm (after Asl Class)

Lunch with Fr. Joe Farrell
Topic: Friendship: The Basis of Spirituality
Tuesday, January 24th 1-2pm
Magill Commons, Rm 107
Bring your own Lunch

www.mucatholic.org
Watch for our special events during the semester!
Food Always Served!
Catholic Centre at Monmouth University
16 Beechwood Avenue
Gate to our house is located in the rear corner of Lot 4, next to the Health Center.
Call us at 732-229-9300

WHAT
MU
THINKS

Do you have your own beauty regimes that keep you looking and feeling great?

"I love treating myself to a manicure every two weeks...its me-time. I also like tanning year-round, because it beats the winter blues and is relaxing."
-Nicole Holota
Senior

"Absolutely not. New Jersey is the only state where guys tan, get their eyebrows waxed and their teeth whitened like women. You see, me, yeah babe, I'm all natural."
-Ben Brenner
Senior

"I usually just drink a lot of water and I make sure that I wash my face everyday."
-Nicole Giannopoulos
Freshman

"The only thing I do really, is as soon as I get up in the morning, I like to wash my face, brush my teeth, and put some face lotion on. It makes me get up and ready for the day."
-Chris Hurley
Senior

"I like to whiten my teeth, because the first thing people usually notice is your smile."
-Ashley Stimpson
Senior

"I get a manicure and pedicure every 1st and 15th of the month from May til October. It gives me something to look forward to."
-Julianne Mackey
Senior

In the name of beauty
The hip ways we keep ourselves looking great

ANDREA TIBALDO
FASHION EDITOR

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



Eyebrow threading

This beauty technique may sound painful, but if you've never experienced it then think again. Eyebrow threading is taken from ancient india and is now widely used throughout the world. As compared to waxing or tweezing, it is a less painful way of getting rid of unsightly bushy brow hair. Threading causes less redness and swelling than waxing or tweezing. For people who have sensitive skin threading is even more of a reason to skip the painful irritations of waxing, which can also cause breakouts. So how does this work, you ask? Thread is knotted around a piece of hair by the root and simply pulled out. Hair by hair, your eyebrow sculptor will achieve perfection. The cost: \$10-\$20

Eyelash tinting

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



Facials

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

Teeth whitening

When you were younger, your teeth would be perfect if you had braces. But now, the perfect smile is beyond just straight teeth. Whiter, brighter smiles are all the rage lately, and there are a few options if you choose to enhance your smile. The less expensive way to go is to purchase whitening toothpaste or whitening strips. Try either Crest Vivid White Night or Colgate's Simply White toothpaste for noticable results. Crest Whitestrips are an even better route to take if you're willing to spend some time and money. Most times, the packs take about 14 days to complete. If you're looking for instant gratification, then going to a dental professional, such as those at BriteSmile, might be better for you since some teeth will turn about eight shades brighter. You must be 21years of age to undergo this process.



Indoor tanning

The first tanning bed was made in 1906 by a company called Heraeus, for medicinal purposes. In the 1970s, however, tanning beds became more popular for cosmetic reasons. There are, of course, some general rules if you're a 'fake-n-baker'. The most obvious fact is that tanning beds are not healthy and do have long-term effects on the skin and body. With that said, if you still choose to tan, be sure to use lotion for tanning and moisturize afterwards to ward off any burnt or drying skin. Eye protection is essential so you don't damage your retinas or even cause cataracts later in life. Be aware of your medical history, because indoor tanning can be too sensitive for certian medications you may be taking. Cost varies by salon.

Manicures

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

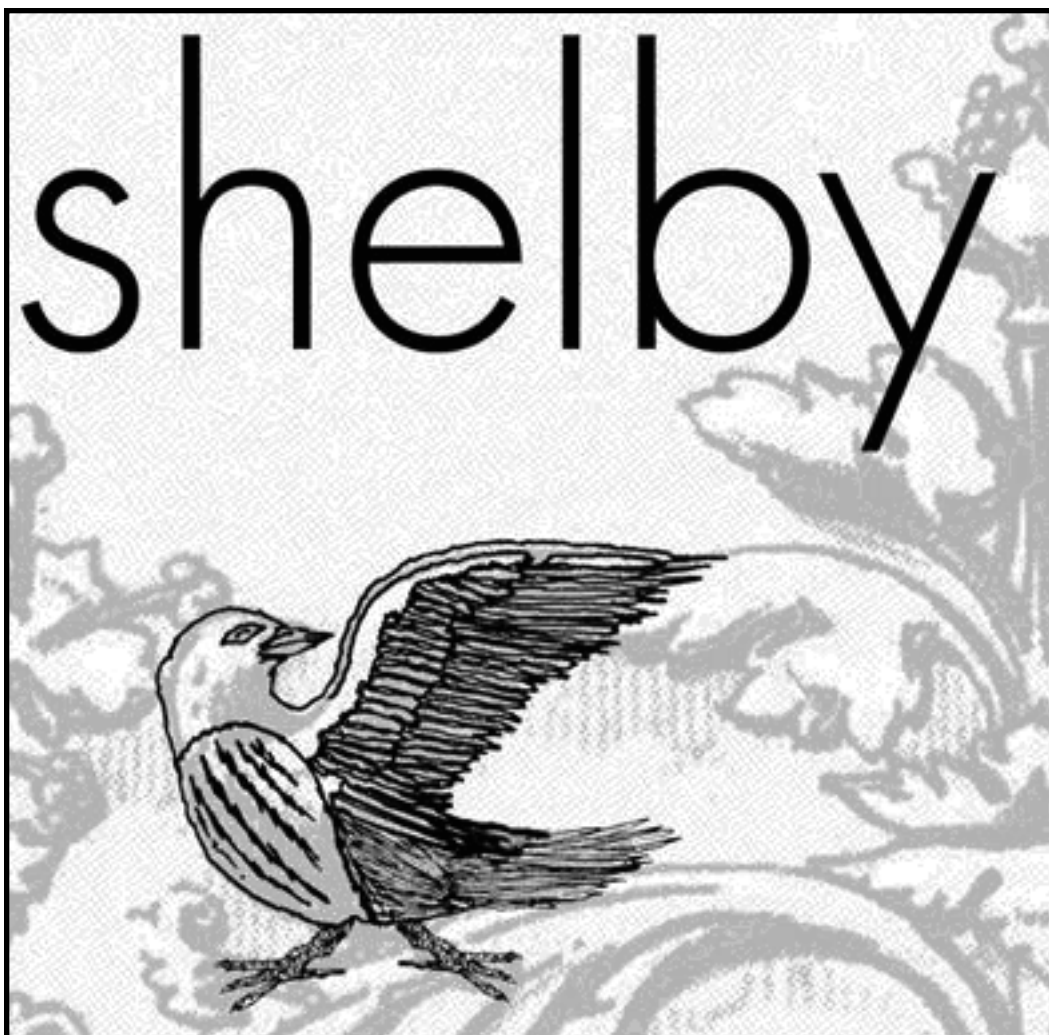


Hair extensions

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

“... A GUITAR-POP BANK WITH A DASH OF U2.

- Time out New York



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CLUB and GREEK

Editor Note: The Club and Greek page contains articles written by the student members of these organizations. The Outlook is not responsible for the content of these articles.

Phi Sigma Kappa

Welcome back brothers.. last semester was the semester of falling in love..this semester is the semester of telling your girl-friend ur in love with her awww Stimpy...last semester Launchpad gave Precious hand lotion to use for hand relief..this semester Launchpad gives Precious his tissues to dry his eyes :’(...Cheese journeys to the bottom of the pyramid...Farva gets blasted on the phone by Brick and has to leave the party early.. Vanilla Ice called, Pugsley, he wants his hairdo back.. Pugsley gets beligit and forgets what gender he is.. Barf loses 30 lbs last year and

gains back 50.. Keegles goes by many names and here are some you can call him: Hook nose Hurley, Hairy Hands Hurley (Triple H), and Mrs. CH x 2.. Schlaef-fer gets a headache after reading Dr. Suess.. Greaeshead goes on Cheese’s diet and loses his hair in the process...L-pad misses meeting because of chronic diarrhea.. Remix goes twelve rounds with Laila Ali in Canada and loses heheheh...Tweakhead skips his pills and becomes Mother Hen. Scrotum danced all the way to Alcapulco and back over break... Rerun becomes a school teacher, “He-He-Hello class, ma-ma-ma my n-n-name is Mi-Mi Mister Joyce”.. This is Farva and Stimpy signing off DAMN PROUD!

Delta Phi Epsilon

Skyy-we missed you, Love-Pseud and Pseud. Biggie-wow Janelle wow! another crazy weekend with you. Love ur little, Jaime. Corina- your notcool... face it, but I still love youJaime. Lil-u have credits-course loadof a single working mom-ur a babysitter-face it! luv u- Al-u still got-taget up xoxo Janelle. Littles- oh how I have missed you! So excited for spring semester scandals! Love, Shimmer. Allison-make me pizza dip. Glad to be back! Love Starlet. Nelly-by any chance are we from the same womb?! Starlizzle-where are the cheetahs

and monkeys? ps-make your own pizza dip! J-adore Jolie where has my biggie gone? Too hot-Caliente. 503 finally complete! Love you big and twin! fabulous love sunset. Love you little fantasies! Little one your the love of my life 503 oh the craziness. Love you name twin and saint! Luckie Biggie I love you! Painter-AA reunion this Thursday!-Martini 1 2 3 Canadia absurdities! US, the Thetas, and Sigs rocked that country hardcore. Corina and Ash have my Lil American heart. “I’m just here for the cheese!” -No words to describe. How do you go to Monmouth? You don’t speak English! -Marist boy-Canada was rocked by the international triple threat! Love u girls! Venus-start writing the sad aways-Jolie Ciao mi bella Luna! So glad you’re back little! My day is complete

again. Love, Solaia. Roomies I love your lives -Solaia.

Theta Phi Alpha

To Monmouth Students, Faculty, Staff, and Administration:

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

-Theta Phi Alpha

Alpha Chi Rho

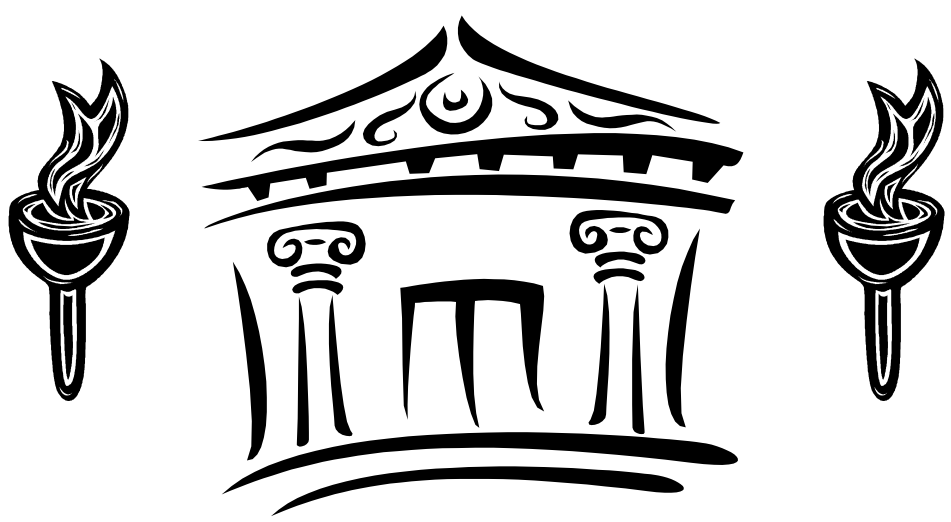
Winter Break: Lazy Days, Yet So Much To Do! We managed to successfully segregate the Woodgate house on New Year’s Eve. Zero-Cool is a cross between Jesus and an extra from “Only the Strong”. Bam tosses his cookies after taking a single drag off of his cigarette. Darby looses his dignity while Dog Show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

Tau Kappa Epsilon

Ay-yo washu doin? First and foremost thank you to the lovely girls of Theta Phi Alpha for a crazy mixer, always a good time with you girls- Mr. Shaggy Slave Hasselhoff aka Bundt Cakes. Shrek passes out in the bathroom, locks himself in, and has to climb out the window to get out- Johnny 5. Master Wok pulls some ninja trickery and secretly disappears. New President rocks but doesn’t roll- Quailman. Good luck boys, hold it down, and always keep it real. Peace MU and thanks for ALL the good times- Sherminator. Keep your head up Moby. All Quailman wants for Xmas is Wiggum and a pig to play with- Gus Gus. Entire semester was a blur, and next semester is gonna be even worse. AWESOME!- Moby. From all the brothers of TKE, Sherminator you are the Kingpin/Ese hueso del brillo. You’ll always will be our brother and we’ll miss havin you around as much. CHECK IS GOOD!!!

ΑΒΓΔΕΖΗΘΙΚΛΜΝΞΟΠΡΣΤΥΦΧΨΩ

MEET THE GREEKS



Come find out how to get involved and what being a member of the Greek community is all about!

**Tuesday, January 31st
Anacon Hall — 10pm**

Any questions? Contact the Office of Student Activities and Student Center Operations at (732) 571-3586

ΑΒΓΔΕΖΗΘΙΚΛΜΝΞΟΠΡΣΤΥΦΧΨΩ

ΑΒΓΔΕΖΗΘΙΚΛΜΝΞΟΠΡΣΤΥΦΧΨΩ

ΩΥΧΦΥΤΖΠΘΞΝΜΒΚΙΘΗΖΕΑΒΓΔΕΖΗΘΙΚΛΜΝΞΟΠΡΣΤΥΦΧΨΩ

The world is your classssroom

Explore Australia



Monmouth University Fall '05 Study Abroad students stop to admire the view along the Great Ocean Road. Pictured left to right: Sita Fox, Macquarie University Advisor, Rachel Kurzawa, Andrea Strauchler, Lacey Ackerman, Nanette Pinter, Jessica Wojewodzki and Stephanie Dill.

LACEY ACKERMAN
CONTRIBUTING WRITER

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

in the Blue Mountains. It may not be skydiving or bungee jumping, but to me that is much more appealing, considering I could do those extreme adventures at home. Although I do wish I could have made it to the Outback and New Zealand, the places I've visited were so amazing and beautiful that the memories will certainly last a lifetime. A major highlight of my study abroad experience was the Sydney Harbour Bridge Climb. I've been into Sydney and drove over the bridge so many times before I had done this. But ever since that day, I have been

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

plore my own country. I always took the United States for granted and now I realize that there are so many places within my own country I have yet to see and gain an appreciation for. There have been absolutely no negative aspects to studying abroad. The only thing may be that I missed my family and friends terribly, but stayed strong knowing that I would see them again. I believe that being so far away from home has made me much more independent. Backpacking was definitely a positive aspect of my whole experience. I met people who taught me things about their cultures and about places I should explore sometime in my life. During my stay I traveled to the Blue Mountains, Fiji, Byron Bay, Brisbane, Melbourne, and Fraser Island. I did things that I never thought I would have done, such as scuba diving at the Great Barrier Reef (which is a whole another world) and abseiling of huge cliffs

looking at the city and the Opera House in a whole new aspect. When I was on top of that bridge, it actually hit me hard that I was in Australia and I couldn't believe where I really was and what I was doing. I will reflect on my experience and look at my pictures quite frequently. I'm sure of it. Many may not understand, but I feel as if Australia has become a second home to me, for it is the only place I have lived other than New Jersey. The Aussies' are great, the land is beautiful, and I will never forget that. It has become a large part of my life and I will deeply miss the country and all the friends I made. As of right now, I will be going home in about two weeks. I cannot wait to see my family and friends, but leaving Australia may be the hardest thing I ever had to do. I can tell you one thing...this is definitely not the last time I will be here. I will be back.

Explore England



Fall '05 Study Abroad Students take a trip on London's infamous double decker bus tour the day after they arrived at Regent's College in Regent's Park, London, England.

KATHERINE DAVIE
CONTRIBUTING WRITER

On a sunny Sunday morning in October I strolled into a piazza in Barcelona. In front of the church, a small band of three old men were playing various horns. They were surrounded by people—both church-goers and passers-by—who had stopped and thrown their purses, parcels and bags at their feet. Groups of people joined hands, spread into wide circles and danced. The sun shone down, warming the crowded square. I sat on the church steps and sipped my coffee. I had no camera. I could not take a picture, could not freeze this image; could not squeeze these cheerful, dancing souls into a frame. It would have been a crime to do that anyway. For an undisturbed snatch of time, I sat alone and simply watched. At that point in my semester abroad I had been to Amsterdam, Dublin, Paris, Brussels, and of course I was living in London. I had ridden canal boats, been taken inside Ann Frank's house, and studied Van Gogh's works. I had bus toured Dublin, drank my share of Guinness, and experienced a crusty hostel bed sheet. I had been in and out of Notre Dame, St. Denis, and the Eiffel Tower. I took pictures of every sight there is to see in Brussels, yet saw none of them. I smelled the sweetness of Belgium waffles on every corner. I had seen British Parliament, and heard Big Ben chiming, not quite the way Woolf describes it in *Mrs. Dalloway*, but stunning just the same. With all of these experiences, these sights, sounds, and smells that I now attempt to put on a page, my Sunday morning in Barcelona does not need a photo album. It is forever etched into me. I know it probably sounds unrealistic. I would've thought the same thing just three months ago, sitting in the student center of a university somewhere in New Jersey—the same place I had always been—but this Barcelona *thing*, this is just my thing. Surely if you went abroad, you would find your own thing too. In Barcelona, I spoke the little Spanish that I know. In France and Brussels, God knows I tried to speak French. In Italy, I spoke Italian. I don't even know Italian.

This experience has enabled me to discover things about myself: I am not too old. For those of you who do not know me, I am probably older than you. As a 27 year-old under grad, I felt almost foolish *thinking* about a semester abroad. Obviously, I have had my share of good times. I thought I should've been “buckling down,” budgeting and taking life seriously. Who knew I was to leave my job, my family, and my *responsibilities* for three months? But fortunately, something in me found its way out. I may love the Jersey shore, Jacks, my classes, friends, and parents. But nothing beats dipping your feet into the Mediterranean Sea, with a glass of wine in your hand outside of a night club at midnight in Barcelona. I can navigate *anywhere*. It is absolutely true. You are, as a person, how you travel. I hate hostels, love exotic food, and enjoy shopping. I probably could've told you all of that before I left. But, as you travel, especially with others, certain people just hone these skills that they never even knew they had. I am a navigator of streets, metros, train stations, and airports. My closest friend here is exactly the same. My friend, Mike, who came to visit from Monmouth, is a master of languages and communication. Some people are neither of these things. Some people emerge as followers and others as leaders. This experience was the best way for me to figure out which of the two I am. I expect that the study abroad experience would do the same for you.

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January 2006				
Monday	Tuesday	Wednesday	Thursday	Friday
	<u>17</u> SPRING SEMESTER BEGINS	<u>18</u> 1:30- 2:00 pm	<u>19</u> 11:30- 12:00pm	<u>20</u> 3:30- 4:00 pm
<u>23</u> 2:00- 2:30 pm	<u>24</u> 11:30- 12:00 pm	<u>25</u> 1:30- 2:00 pm	<u>26</u> 10:30- 11:00am	<u>27</u> 2:30- 3:00 pm
<u>30</u> 1:30- 2:00 pm	<u>31</u> 3:00- 3:30 pm			

February 2006				
Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> 2:30 - 3:00 pm	<u>2</u> 11:00- 11:30 am	<u>3</u> 1:30- 2:00 pm
<u>6</u> 2:30- 3:00 pm	<u>7</u> 10:30 - 11:00 am	<u>8</u> 2:30 - 3:00 pm	<u>9</u> 1:30- 2:00 pm	<u>10</u> 11:30 - 12:00 pm
<u>13</u> 10:00- 10:30am	<u>14</u> 3:00- 3:30 pm	<u>15</u> 11:30- 12:00 pm	<u>16</u> 10:30- 11:00 am	<u>17</u> 2:30- 3:00 pm
<u>20</u> 11:30- 12:00pm	<u>21</u> 1:30- 2:00pm	<u>22</u> 4:00- 4:30pm	<u>23</u> 11:30- 12:00pm	<u>24</u> 1:30- 2:00pm

Women's Basketball

Rolling on all cylinders

Hawks beat Mount, have won 7 of last 9

CRAIG D'AMICO
ASSOCIATE SPORTS EDITOR

After a 1-6 start with five consecutive losses to start the season, one of the worst starts in team history, the Monmouth Hawks have finally started rolling on all cylinders, and are heating up at exactly the perfect time -- the heart of the conference schedule.

The Blue and White have won seven out of their last nine games, including four in a row, to get their overall record back to .500 at 8-8, and take over sole possession of fourth place in the NEC standings with a 5-2 conference record.

"I knew that we had a young team and eventually we would get there," exclaimed Hawks head coach Michele Baxter. "They are gelling together right now at a perfect time for us."

Saturday afternoon, the Hawks closed out the Schwartz Athletic Center in Brooklyn with a 65-56 win over the Long Island Blackbirds in their only meeting of the season.

In a back and forth first half, the Hawks grabbed the lead for good and all the momentum, with an 8-0 run over the final two minutes of the first half, including three straight baskets by LaKia Barber.

In the first half, Monmouth held LIU to just 19 points and 20 percent shooting, while the Hawks shot 60% themselves. Rachel Ferdinand tied her career high with 12 points for the second straight game, and came up with several key offensive rebounds off of missed LIU free throws in the final minutes to seal the win.

Monday night, Monmouth kept rolling with a 58-49 win over Mount St. Mary's at Boylan Gym. It was the first "big game" of the year as far as the conference standings are concerned, as both teams came in with identical 7-8, 4-2 records.

Hawk senior Niamh Dwyer

scored 17 of the teams 34 first half points, as Monmouth took a 34-22 halftime lead, leading at the half for only the fifth time this year, but for the third consecutive game. The Mountaineers started the second half with a 7-0 run to close in, and eventually get within four of the Hawks, but Monmouth rolled off eight straight points to put the game out of reach.

Dwyer finished with 22 points, leading the team and moving past Tracy Robinson into the Top 10 in Monmouth's All Time Points list with 1,089 points. It was Dwyer's eighth straight game in double figures.

The Hawks dominated the glass, holding a 56-44 advantage, including 26 offensive rebounds which led to many second chance points. Ferdinand collected a career high ten rebounds and Merriweather had a career high nine rebounds.

"The bad thing about the rebounds was that we missed a lot of shots," said Baxter, "But they are a good rebounding team, we got a lot of second chance points, and we put emphasis on rebounding."

The streak started with a Nyaimah Ware buzzer beater at Columbia on December 13th. It could be the two seconds in which Ware intercepted the ball, as Columbia was trying to head up court for a final shot, and sank it in from the top of the key at the buzzer that turned the Hawks season around.

Monmouth then built their momentum in their next game out on December 21st in Jersey City against St. Peter's in overtime. Sophomore's Veronica Randolph and Brianne Edwards combined to score all 11 points in the bonus session to lead Monmouth to the 72-71 win.

The two games Monmouth lost during their current run could easily have been turned around. After a 12 day layoff due to the holiday break, the Hawks started out 2006 with a 67-57 loss to Rider. By the time the Hawks shook off the rust,

it was too little too late. The game featured Dwyer's 1,000th point, on a lay-up in the final moments.

In the other loss, 64-60 to pre-season NEC favorite Robert Morris, Monmouth would love to have the first eight minutes back. They fell behind early 20-4, before battling back to close the gap to three late in the game. In that game, the Hawks never quit and battled to the finish, outplaying and outthussling the Colonials over the final 32 minutes.

The key to the Hawks string of wins has been the suffocating defense. First, they have done a great job in shutting down the opposing team's biggest offensive threat. Look at the last six games: Hein SFPA- 11pts, Monsac Robert Morris- 9pts, Lee Quinnipiac- 8pts, Guegbelet Central Connecticut St. - 7 first half points, Wirth LIU- only 4-12 shooting, and Rashid Mount St. Mary's to less than 10 points.

All six of those players were among their respective teams leading scorers, and among the top scorers in the conference, but Monmouth has been able to hold them in check.

Also, Monmouth is 6-1 this year when holding opponents to fewer than 60 points, a feat that they have accomplished in all four wins in their current four game win streak. Monmouth has risen to the number two scoring defense, and the number two field goal percent defense in the conference, only behind Sacred Heart in both categories.

"When our offense is struggling like tonight," said Baxter following the game against the Mountaineers, "We have to rely on our defense, and tonight was an example. We didn't shoot the ball well but through our defense, we were able to get the win."

Monmouth will head out to western Pennsylvania for rematches against St. Francis PA on Saturday at 4pm, and Robert Morris on Monday at 7:30pm. The Hawks defeat-



PHOTO BY Jim Remo

Freshman Rachel Ferdinand led the Hawks with a career high 12 points in back to back games against LIU and CCSU last week. She brought down seven offensive rebounds Monday night against Mount, and was named the NEC Rookie of the Week.

ed the four time defending NEC champs at Boylan Gym on January 7th 51-49, on two game winning free throws by Lindsey Zegowitz with two seconds left.

Robert Morris will most likely be without Monsac, who missed the first six games with an injury and went down late in the game vs. Monmouth with an injury and hasn't played since.

Notes:

*Rachel Ferdinand was honored as the NEC Rookie of the Week for the week of January 23rd. Ferdinand had back to back 12 point games

last week against LIU and CCSU.

*With 11 regular season games remaining, the Hawks are 8-8, 5-2 in the NEC and have a one game lead for fourth place in the standings, and are one game behind Quinnipiac and Robert Morris for second.

*Linda Wilson (1983-1987) and Sandra Cook (1984-1988) were named to the Northeast Conference 25th Anniversary team. Wilson is Monmouth's all time leading scorer with 1,947 points, and Cook was a former NEC player of the year in 1988 and scored a team record 42 points in a game against Wagner.

Hawks shine at Dane Classic

Men finish third and the women finish fourth

ALEXANDER TRUNCALE
ASSISTANT SPORTS EDITOR

The Monmouth University Track and Field teams competed in the Great Dane Classic at the University of Albany in Albany, New York. The Hawks, led by Senior Andrew Allen and Junior Malia Lyles, turned in a solid performance, as the men's team finished third overall and the women's team finished fourth.

"We had hoped to finish a little bit higher but we had some great individual performances, and the field of teams was more competitive this year than last year," head coach Joe Compagni said.

Allen placed in three different events, including winning the 55-Meter hurdles with a time of 7.68, just .05 seconds off the school record for the event, set by Bill Hertz in 2001. In addition, Allen finished second overall 400 meter relay with a time of 49.01 and led the 4x400 relay team to a sixth place finish with a time of 3:22.55.

Allen was joined by fellow senior Jeff Elisca, junior George Nsowu, and sophomores Bill

Doherty. Elisca finished fifth in the 500 meter event with a time of 1:05.65, while Junior Fabrice St. Elme finished second in the 55 meter dash.

Overall, the Hawks ran well in the distance events, gobbling up 24 of their total 90.5 points in the event. Sophomore Larry Schau placed fourth in the mile run,

and Tim Swartz. Senior Will Springman finished fifth and sophomore Dustin Coleman finished sixth for the Hawks in the 5000-meters.

Junior Martin Suarez also had a notable performance, finishing seventh in the 3000 meters with a time of 8:56.73. Only Rutgers and host U of Albany finished ahead of the

of 19:36.07, and finished fourth in the mile run, posting a time of 5:30.40.

In addition, Katina Alexander placed third in the 3000 meters event, clocking in at 10:04.77, and then anchored the Distance Medley Relay team to a third place finish in a time of 12:40.56. Joining her on the team was fellow Senior Caitlin Graham and freshmen Jessica Jones and Nayda Pirela. Pirela also had a nice individual performance, finishing fifth in the 1000 meters in a time of 3:15.11. In addition, Pirela joined senior Toria Williams, junior Asha Arneth and freshman Illiana Blackshear in the 4x400 relay, as the squad placed seventh with a time of 3:58.56. Senior Tisifene Taylor ran 55 meter dash with a time of 7.26 seconds, tying the school record set by Diane Temple in 1999. In the field, Taylor also second in the long jump.

"This was the only score meet prior to the NEC championships so it was a good test for us," said Compagni. "We now have two more weeks to sharpen up before we go to NECs."

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

-JOE COMPAGNI
Track Team Coach

with a time of 4:18.41. Freshman Ryan Madrid placed fifth in the 1000-meters event with a time of 2:34.09.

He then led the Distance Medley Relay team to a third place finish with a time 10:35.59. Also on the team were David Gaines, and sophomores Joe Quintano

men's team in the overall standings.

The women's team also performed well. Led by Lyles, who placed in two distance events and totaled 15 points, the team finished behind only Northeastern, U of Albany and St. John's in the overall standings. Lyles won the 5000 meter dash with a time

Current, past Hawk greats honored

BY ALEXANDER TRUNCALE
ASSISTANT SPORTS EDITOR

At halftime of the Monmouth Hawks home basketball game against Mount St. Mary's, the University took time to honor two groups of standout athletes. The first group honored consisted of the three men and six women who represented the Monmouth University Track and Field team at the NCAA Division I East Regional Track & Field Championships last year. They were Bobby Smith in the men's javelin, Tisifene Taylor in the women's long jump, Nick Williams in the men's shot put, Katina Alexander in the women's 5000m, and Nick Gilanelli in the men's pole vault. Representing MU in the women's 4x400 were Toria Williams, Asha Arneth, Latasha Dickson and Suraya Kornegay.

In addition, Monmouth University honored the only four NCAA Division I Track and Field All-Americans in school history. They were Augie Zilincar - Hammer Throw (1968), Joe Madden - Hammer Throw (2001), Jon Kalnas - Shot Put (Indoor Track 2001 and 2002; Outdoor Track 2002), and Bobby Smith - Javelin (2005).

Hawks persevere in double-overtime marathon against Quinnipiac

MU alone in first atop cluttered NEC standings with 6-2 mark

ED OCCHIPINTI
SPORTS EDITOR

Two and a half hours of basketball is a long time, a really long time. That's how long it took the Monmouth University men's basketball to defeat Quinnipiac this past Saturday night 80-74 in double overtime at Boylan Gym. It was the second time the two teams had gone to overtime in less than a week as the previous Saturday night the Hawks again bested the Bobcats 85-82 in extra time. Monmouth was led by Dejan Delic's game-high 22 points as he went a perfect 14-14 from the free-throw line in the contest, mostly down the stretch. Delic was playing in his second game back from a knee injury. "That game was way too long," said the junior from Serbia-Montenegro. He scored nine of his points in the extra session.

The game was Monmouth's first double overtime contest since winning a 73-72 thriller at Fairleigh Dickinson in the semifinal of the 1997 Northeast Conference Tournament.

Delic took over in the second overtime as he hit what proved to be the game-winning three with 3:35 remaining.

Both teams traded baskets to start

the first overtime, before Quinnipiac's Adam Gonzalez hit a runner and Dale Meinbresse sank a free throw to put the Bobcat's ahead, 62-59 with 41 seconds remaining. Monmouth senior Chris Kenny hit a season-saving three-pointer from the left corner with under 30 seconds left to send the contest into a second extra session after Quinnipiac failed to score at the buzzer.

The Hawks started the game quickly by scoring the first five points of the contest after a three by senior Tyler Azzarelli and a Corey Hallett basket. After a Delic three gave the Hawks a 9-5 advantage, the Bobcats answered back as Craig Benson, who has haunted Monmouth is his career, connected on his second straight long-range shot. Benson hit a three-pointer in last season's game at Quinnipiac to tie at 66-66 before Monmouth's Marques Alston canned a three at the buzzer to win the game.

The Bobcats took their first lead half-way through the first half as Benson continued his hot-shooting, connecting on another three to give Quinnipiac an 11-9 advantage. Five straight points by Karl Anderson, the younger brother of former Hawk Russ Anderson, extended the Bobcat lead to 18-12 with six minutes left in the first half.

Quinnipiac took its biggest lead,

24-12, on back-to-back three pointers by Meinbresse and Van Crafton with five minutes left in the first half. Monmouth freshman Whitney Coleman ended a 10+ minute field goal drought for the Hawks with a lay-up that ignited a 10-0 Monmouth run over the next four minutes that included baskets by Delic, Kenny and Azzarelli and Quinnipiac saw their lead evaporate to 24-22. Quinnipiac's Kevin Jolley hit a buzzer-beating lay-up as the first half expired to give them a 26-22 lead at halftime.

Monmouth took their first lead since the midway point of the first half at 35-30 after using another 10-0 run. Azzarelli and junior giant John Bunch combined to score nine of the ten points for the Hawks.

Quinnipiac used a 9-2 run to regain the lead at 44-43 with five minutes left in the game. Anderson scored seven of the nine Bobcat points during the stretch. Alston scored on consecutive trips down the court to regain the MU lead at 47-44 with three minutes remaining.

After trading baskets down the stretch of regulation, Anderson was sent to line for the Bobcats with three seconds remaining with a chance to put Quinnipiac up by one. He missed the first free throw, but connected on the second to tie the game. Alston's half court heave with time expiring fell short and sent the game to the initial extra session.

The Hawks attempted a school record 50 free throws in the game, making 35 of them to make up for a poor shooting night as they shot only 32 percent from the field.

Azzarelli added 18 points, while fellow senior Kenny was the third Hawk in double digits with 10 points.

"We played well enough to win this game," said head coach Dave Calloway. "It was a hard fought game. When you win close games, it's a good sign."

The Hawks return to action as they embark on what has affectionately been referred to as the "PA" trip as they travel through the Keystone State to take Robert Morris on tomorrow night for a 7:30 p.m. contest. They then take on St. Francis (PA) before returning home against Central Connecticut State on February 4. The Hawks lost to Robert Morris 87-75 back on January 5 at home.

"We remember that loss (against RMU)," said Delic. "We want to give them back a loss."

In the first meeting between the schools, the Hawks were out-rebounded by 19 as the Colonials held a 42-23 advantage on the glass. The Hawks were paced in that first game against the Colonials by Delic and Alston, who had 20 and 18 points respectively.

In Monmouth's first game against St. Francis (PA), the Hawks were fortunate to escape with a 55-53 win on a Mike Shipman half-court three-point shot at the buzzer.

In the game, Alston and Azzarelli were the only Hawks to reach double figures as they scored 10 apiece. Shipman had nine in the game as well, including the final three-pointer.

After the Pennsylvania road trip, the Hawks face rivals Wagner, LIU and FDU all twice before the season ends on February 27.



PHOTO BY Alex Mielechowsky

Tyler Azzarelli makes a move on RMU's Derrick Coleman. Azzarelli hasn't missed a beat since returning from injury. He is averaging 12.7 ppg and shooting 36 % from three-point range while running the Hawks motion offense. MU is 6-3 with him in the lineup this season.

While you were gone.....

ED OCCHIPINTI
SPORTS EDITOR

Winter break is a time to relax and rest up between semesters for most students. Yet, for others, it is the most crucial stretch of the year. Academics aside, it's when basketball season is in full swing and the student-athletes that comprise the Monmouth University men's basketball team have little time to spend relaxing. In an attempt to get everyone caught up on what happened during the winter break period, here's a list of notable things that the MU men's basketball team accomplished:

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

- Whitney Coleman was named Northeast Conference Rookie of the Week for the week of 1/16

- It was his second Choice Hotels NEC Rookie of the Week award of the season. He averaged 9.5 points, 4.5 rebounds, 4.0 assists and hit 7-11 shots (.636) from the floor, including a perfect 3-3 from beyond the arc.

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

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

And around the rest of the NEC...

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

- Robert Morris and Mount St. Mary's, the preseason number 10 and eight teams respectively, have a combined conference record 10-4, going 5-2 each

- Kibwe Trim, who leads the NEC in scoring with 18.5 ppg, has been slowed by injury each of the last two seasons. Sacred Heart is a surprising 6-3 in conference play with him.

On the air:

All Monmouth University men's basketball games can be heard live on WMCX, 88.9 fm, www.wmcx.com and www.sportsjuice.com. Pre-game coverage begins about 15 minutes prior to tip-off.



PHOTO BY Alex Mielechowsky

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



PHOTO BY Jim Reme

John Bunch has proven that he can take games over at times in his first year at Monmouth. He is averaging 12.5 points in NEC games including scoring a team -high 19 at St. Francis (NY), 17 at CCSU and 20 at Quinnipiac.

MONMOUTH HAWKS ATHLETICS

SPORTS



Boyer cooks up a THRILLER

Boylan Gym was rockin' Saturday night as Chris Kenny and the Hawks survived a double-overtime battle against NEC foe Quinnipiac.

Story on page 27