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Monmouth University's Student-Run Newspaper Since 1933

VOL. 76, NO. 16 • FEBRUARY 2, 2005

University mourns loss of freshman

First year student dies in dorm.

OUTLOOK STAFF REPORT

A freshman residing in Cedar Hall died of unknown causes Sunday.

Tom "Lennon" Gonch, 18, died in his room on the third floor of the residence hall. He was found by his roommate, Albert Kurtz in the early afternoon.

"At first I thought he was just passed out," Kurtz, also a freshman, said.

Kurtz immediately notified his R.A., who then called the authorities. At the time of publication the cause of death was unknown.

"There is nothing to indicate anything of a criminal nature," said Monmouth University Police Chief William McElrath.

"We won't know (the cause of death) for quite sometime. We have a pretty good idea based upon what we saw and it appears that it is possibly drug related, but the only way we can tell for certain is when we do a toxicological exam," said John Kaye, the Monmouth County Prosecutor. "We don't believe it was a suicide."

President Paul Gaffney II informed the university of the loss Monday morning via e-mail. He requested that members of the university community take a moment out of their day to remember Gonch.

"I think it's surreal," said freshman Greg Swindasz. "It kind of puts life into perspective. I just ate dinner with him the other day and now that's never going to happen again."

"It's always tough to comment on the loss of a student," said Mary Anne Nagy, Vice President for Student Services. "I know all of our thoughts and prayers are with his family and his friends right now."

Nagy made the drive along with President Gaffney and Dr. Franca Mancini to Fanwood, Gonch's hometown, to inform his parents Sunday afternoon in person.

thies to Tom's family and friends." said Gaffney. "Our prayers are with

Sunday night, counselors as well as the Residential Life staff were available in the basement of Cedar Hall to aid students who wished to talk about the loss. Students who resided in the suite with Gonch spent the night in the Esplanade Hotel.

Students who lived in the dormitory with Gonch described him as a well intentioned guy.

'Lennon was an all around really nice kid, one of those kids it shouldn't have happened to," said freshman Brittany Vozza.

The one thing everyone seemed to remember the most was how much he loved his music. He was a music industry major and had three guitars that he would play every night before he went to bed, according to his suitemates.

"I remember it was early in the school year and I played a song for ten seconds and he played the exact same thing. I'll never forget that, it was incredible," said suitemate Christian Briscoe.

Cedar residents still appear to be stunned by the loss of one of their brethren.

'I'm still shocked. I've never dealt with a death this close or unexpected. It doesn't feel real," said Briscoe. "He was a really quiet kid. even with friends, but he was always really friendly, you could laugh at him, he was like that.'

Kurtz was moved out of the room that he and Gonch occupied and members of the suite have expressed their hope that it stays that

"I hope they don't move someone in there, that would be really upsetting," said Briscoe.

Public Relations Chair of the Student Government Association, Bill Madden commented, "Now more than ever we need to come together as a campus community.'

Services will be held at the Catholic Center on Wednesday, February 2, at 1:10 p.m.

"It's a very difficult time, but "We extend our deepest sympa- I think it's also an opportunity for the university community to come together to take care of one

Marine and environmental biology major to be offered

CHRIS NETTA STAFF WRITER

Beginning in the Fall of 2005 Monmouth University will begin offering a new biology bachelor program, the Bachelor of Science in Marine and Environmental Biology and Policy.

This major will include classes which encompass a broad base in the fields of environmental biology and policy. The new program will utilize field trips to get students into the field to gain real world experience in the biology field, by going to ecosystems such as Seven President's Beach, Barnegat Bay, the federally protected Pine Barrens, and the numerous streams and lakes around the campus.

In the fall, MU's School of Science, Technology, and Engineering's (STE) will open their doors to this new Bachelor of Sciences Marine and Environmental Biology concentration, and hopes to draw in 30 to 35 students into its program per year. The program will be similar to other colleges with marine sciences and environmental studies programs, such as Drew University, Rutgers University, and Seton Hall.

Next fall students can begin to take classes in this new Marine and Environmental Biology and Policy Major. These classes include things such as Ecology, Systematic Biol-ogy, Genetics, Natural Resource Conservation & Management and Physical Oceanography. Experiential education is required of this major, and STE students can fulfill this requirement at a number of organizations, such as the NJ Division of Fish and Wildlife, Jenkinsons Aquarium, the Jersey Shore chapter of the Surfrider Foundation, or students can fulfill this requirement through a semester abroad in either London, England's Regents College or in Sydney, Australia's Macquarie University.

According to the School of STE Dean John A. Tiedemann, "We started [working on this program] probably about five years ago, with a committee of Chemistry and Biology job market studies which shaped the curriculum." Dean Tiedemann



Assistant Dean Tieddemann will play a role in the new program.

advisory board, which also helped to shape the program, and why he feels that this program is important.

"Students will get a broad base on both the science and policy [of marine and environmental biology]. This was recommended by the advisory board."

In 2000 MU commissioned the consulting firm Kane, Parsons and Associates Inc., of New York, New York to conduct a study surveying over 100 corporations in the metropolitan New York, New Jersey and Philadelphia area that work with "agriculture, forestry, fisheries, mining, construction, transportation, communications, utilities and manufacturing" according to the final MEBP Program Announcement.

Most of the corporations states

ested in hiring "entry level environmental students" and that recent graduates in the environmental field lacked any practical experience, and that these employers believe that environmental undergraduates learned too much theory and not enough practice in the field.

Practical experience will play a major part in this new program. The school of STE has invested in state of the art environmental probes, which take various measurements from the waters in which they are moored. The school of STÉ will also invest in some small boats for field stud-

In a 2003-2004 survey of PSAT test takers 25% of the students expressed interest in Marine Bi-

them in this time of great sorrow." and other," said Nagy

the curriculum." Dean Tiedemann Most of the corporations states also talked about the formation of an that their organizations were inter- from students into this field.

University helps children recognize Dr. King's work

ALYSON GOODE CONTRIBUTING WRITER

Monmouth University celebrated the life of Dr. Martin Luther King, Jr. last Wednesday and Thursday through a series of events in the Rebecca Stafford Student Center.

Heather Kelly, Assistant Director of Student Activities, coordinated the two-day program which was funded by a grant from the Martin Luther King, Jr. Commemorative Commission and the Office of Student Activities. The programs were intended to emphasize Dr. King's call to service. Wednesday was a day of service at MU while Thursday honored those who do outstanding acts of service.

Late Wednesday morning, 172 Government Association, Student Anacon Hall, there was a display

children from Westside Christian Academy and Hope Academy Charter School arrived at Monmouth for a festival that honored MLK. Student organizations from Monmouth sponsored different booths to educate the visiting students. The children were provided with bags to take home their arts and crafts along with prizes that they all accumulated throughout the two hour program.

"Today was fun and eye-opening, and to my surprise I had a very fun time," said Vicki Pirher, President of the English Honor Society. "Things went much smoother than I anticipated and the kids had a good time.'

Among other organizations that created booths were the Student

Activities Board, Inter-Greek Council, Dance Team, Zeta Tau Alpha, Lambda Theta Alpha, Alpha Chi Rho, Sigma Tau Gamma, Kappa Delta Pi Teaching Honor Society, Animation club, National Council of Negro Women. Council for Exceptional Children, Social Work Society, All Lifestyles Included, International Reading Association and Residence Hall Association.

The children were able to express their creativity at the various booths. Projects included making Kufi hats, to learning the roots of African dance, to expressing their dreams on quilts, to playing bingo with facts of Dr. King's life. The students rotated between the stations and lunchtime.

Museum which travels to colleges, churches and schools. In February, 4 to 5,000 people will pass through the museum in Newtonville, NJ. At Monmouth there were many displays of artwork symbolizing the triumphs and struggles of African Americans. Included in the collection were depictions of Malcolm X and Ruby Bridges. There were also magazine covers and advertisements, such as Life and Jet magazines and an ad for Cream of Wheat which belittled children of color in the 1800's

Ralph E. Hunter, Sr. founder of the museum said, "I thought this [day] was super sensational to have kids In addition to the tables around come. They were well behaved and very interested in the contributions

from the African American Heritage African Americans have made."

The museum collection remained displayed all day Thursday in Anacon Hall. It was open to the public for viewing for a few hours that afternoon. It was also still standing Thursday night at the Dr. Martin Luther King, Jr. Annual Tribute Celebration entitled, "Echoing his Dream...'

Thursday evening's tribute started with a welcome from MU President Paul G. Gaffney. He reminded attendees that Dr. King was a great orator and communicator who once spoke at Monmouth College during turbulent times in history.

"His message was for all of us, not

[See MLK on page 4]

Winter Ball Commitee lowers prices to bring back 32 year-old tradition

KAITLIN COPPOCK CONTRIBUTING WRITER

The Winter Ball is an annual Monmouth University tradition that came to a halt last year. Overpriced tickets caused MU students to refrain from purchasing them, which in turn resulted in the cancellation of the dinner/dance.

This year, the Residence Hall Association (RHA) took charge in order to get the Winter Ball up and running again. The only way to keep the tradition alive was to

lower the ticket prices in order to give students the initiative to buy them.

A committee was formed to organize the Winter Ball and meet every week to formulate plans. "It's an ongoing process, everyday I do something related to Winter Ball especially in regards to

getting students to attend and bring back this wonderful tradition," said Stacey Ciprich, Winter Ball Chair and Secretary of RHA.

Sophomore Lindsay Savage, also a member of the committee, commented on the months of hard work it took to plan. "We've been working really hard since October to put this all together," said Savage.

With the help of the Student Government Association, Weekend Warriors, the Inter-Greek Council, the Residence Hall Association, and Vice President of Student Services Mary Anne Nagy, the costs and labor have been deterred greatly.

Ticket prices decreased to less than half the cost they were last year. This year, tickets are as low as \$20 for a single, \$35 for a couple, and they can also be bought in groups of three and four so that a date is not necessary.

The dance will be held in Wilson Hall on February 12. In past years, the event

semiforwas "We're trying to mal. "This year's encourage a sense Winter Ball is a formal event of community where girls can bring out their at Monmouth by old prom dresses bringing back this that they never thought they'd 32 year tradition use again," stated that was broken..." Ciprich. The committee hopes for a good **HILARY DAVIS**

Member of the WInter Ball committee

turnout with the assistance of the student body. will Tickets

be on sale in the Dining Hall lobby and the Student Center information booth until Tuesday, February 8.

"We're trying to encourage a sense of community at Monmouth by bringing back this 32-year tradition that was broken, but can be brought back with the help of the students," said Hilary Davis, a member of the Winter Ball committee.

Dear Students,

This Sunday, Monmouth University lost a student, a part of our campus community, a Hawk, and a friend to many.

On behalf of Monmouth's student body and campus clubs and organizations, I extend my deepest condolences to Tom's friends and family at this time.

In Tom's memory, I ask that we come together to pay respect as friends, colleagues, hall-mates, and fellow members of the entire Monmouth community. As we honor the imprint Tom has left on the university, may we also remember the memories he has left behind.

Thank you.

Devon Gottshalk President Student Government Association



MU still awaiting approval from West Long Branch for Multipurpose Activity Center Residents speak out in fa- her son's team as well as other

ASHLEIGH JOHNSON CONTRIBUTING WRITER

Monmouth University continues to forward with the development of the Multipurpose Activity Center (MAC) with the hiring of an architectural company.

The MAC will in-clude a 5,000-seat multipurpose gymnasium, a 200-meter indoor track, a new university bookstore, coaches' offices, locker rooms, luxury boxes, booster club, and a Hall of Fame.

Monmouth University has hired Ewingcole Cherry Brott, an architectural com-pany out of Phila-

delphia to construct the MAC. Monmouth's current gymnasium, Boylan Gym will be renovated to provide opportunities for student and community recreation. The MAC will help connect the university to the surrounding community.

vor of Monmouth University sports teams to use the faciliexpansion because it provides ties. The MAC would enable inspiration and culture for the more availability for practice town's young people.

Jan Holderness, a West Long

According to Director of Athletics Marilyn McNeil, the reason the MAC is currently stagnant in the planning stages is the objection of some local residents.

> Holderness has a 12-year-old son who plays basketball for Mid-Monmouth. She believes Monmouth enhances the community by providing a sense of culture and opportunity.

time.

Holderness feels that attend-Branch resident, believes a part- ing games and events at Monnership should be established mouth University has provided between Monmouth University her son with motivation to attend the college and

major in biology.

Unfortunately not all of the local residents express the same view. According to Director of Athletics Marilyn McNeil, the reason the MAC is currently stagnant in the planning stages is the objection of some local residents.

All of the plans are complete, however,

and surrounding communities. approval of West Long Branch is needed before digging can commence.

Approval will allow Monmouth to put in a building application. The MAC will be up and running 18 months after Monmouth University allows the application is accepted.



A view from outside the new Multipurpose Activity Center.

PHOTO COURTESY of monmouth.edu



lives.'

miere in her film.

own thought into what she hopes

to inform people about but she asks

for the assistance of telling their

own story from the people who pre-

LAUREN C. BENEDETTI SENIOR EDITOR

Professor Beverly Peterson not only enjoys teaching film and video but spends her off time producing her own films hoping to enlighten others on today's concerns.

"I make documentaries that deal

T MU: Beverly Peterson Professor of Communication

with today's social issues. We're all insubject, I always make a point of undated with so much reminding the people I'm interinformation on a daily viewing that this is their story and basis that it's easy to they know it best. Then I ask them believe that we know what they think viewers never things we really have seem to get. And, that usually

becomes what I make my film about."

Although Peterson's main interest was film early on, she figured out there was something else she wanted to do and that was teach. Professors and colleagues who teach at New York University's film their stories and step us into their school and at Hunter College were always inviting her in Not only does Peterson put her

to their class rooms to screen her work and discuss her approach to film. When she realized how much she enjoyed this activity she thought that she could have a real impact on students if he started

"When I'm doing research on a teaching them.

Prior to teaching at Monmouth, Peterson had always been part of joys teaching at Monmouth. the MU community, growing up early childhood was in the Marl-

"I like to help other people tell their stories and step us into their lives."

BEVERLY PETERSON

still considered a farm country. After moving to Elberon in second grade she continued her education in Long Branch and graduated from the local high school. Living

in the area when she was younger is one of the reasons Peterson en-

"I really enjoy and feel comfortin neighboring town Elberon. Her able with the student body here at Monmouth. This is a very student

oriented campus and that fits my teaching style.'

After high school Peterson received a BFA from Cooper Union Art School in New York City. After entering the "big bad world" she decided to go back to school entering filmmaking and studied at NYU Tisch School of the Arts she then continued to further her

boro and Colts Neck, when it was education at Ohio State University where she completed her Masters as one of eight mid-career

[See MEET MU on page 14]



Thomas Dick attends Presidential Inauguration

JENNIFER KNOEPPEL NEWS EDITOR

Thursday January 20, 2005 marked the nation's 55th Presidential Inauguration. The inauguration took place in the nation's capitol, Washington D.C., where President George Washington Bush was sworn in for the second time.

Inauguration day consisted of traditional events including a morning worship service, procession to the capitol, vice presidential swearing-in, the inaugural address, the inaugural luncheon, the inaugural parade, and inaugural galas and balls.

Athletics Director of Communication, Thomas Dick, was in attendance for the festivities. "I the president takes an oath, it is a attended by Dick. promise to the American people him make the promise," said Dick.

stood fast by his beliefs and hasn't given in to the pressure of popular opinion," said Dick.

of it. When the president

takes an oath, it is a promise to the American people and it was good to be there and see him make the promise."

THOMAS DICK

Athletics Director of Communication

While in Washington D.C., Dick had the opportunity to witness all aspects of the event. Balls, galas, the was proud to be a part of it. When parade, and the inauguration were all

President Bush told the Ameriand it was good to be there and see can people that he would pursue the success of liberty around the world. Dick attended the Presidential Bush spoke of many topics during Inauguration because he is a big his inaugural address including the

supporter of President Bush. "He has global expansion of freedom, peace, oppression, human rights, September 11, domestic issues and protecting the United States.

"The survival of liberty in our "I was proud to be a part land increasingly depends on the success of liberty in other lands. The best hope for peace in our world is the expansion of freedom in all the world," Bush stated in his inaugural address.

After listening to Bush's inaugural address, Dick feels optimistic about the next four years of this country. "It's going to be a tough task but we are on the right track," said Dick. According to factmonster.com,

250,000 people attended the 55th Presidential Inauguration and hundreds of thousands watched the event on television.

Americans watched to hear the inauguration and hear what the president has in store for the next four years. "It just made real the fact that we won't have a weak-kneed president in office during these next four years," said Dick.

Chrisie Santoni plays in Oakwood

"Just making

an impact

on a young

child, that's

my biggest

accomplish-

ment

CHRISIE SANTONI

Singer

KATE GREGORY CONTRIBUTING WRITER

Wielding an acoustic guitar and a cheery disposition, solo artist and songwriter Chrisie Santoni took center stage in Oakwood Lounge Saturday night, as well as taking her audience by surprise.

The 31 year old Monmouth University alumni came armed with copies of her new full-length album, titled Lover Fighter, and proceeded to belt out the album's most memorable tracks over the course of the following hour and a half.

Originally hailing from Baltimore, Maryland, she now resides in Red Bank. Santoni started singing during her sophomore year of college in a local Monmouth band. Over the course of 10 years, she has fine tuned commercial success and a stun- to six days a week. ning reputation, praised by the

likes of Upstage Magazine and *UNISONG*, where her song "Mona Lisa" won first prize for a 2003 song writing competition. Accompanied by drummer Craig Smith, Santoni crooned everything from country-inspired tunes to songs bearing a soulful tinge, all drawing roots from a true

earthy-rock background. "It was great to see such a talented performer in such an intimate setting and to interact with her one on one like that," said junior Jason Ring.

And intimate settings are Santoni's exact goal, who admits she'd rather sing to a small audience in a coffee shop than perform for a rowdy bar crowd.

In keeping with such a theme, she is planning a college tour in the near future, hoping to connect with her audiences on a personal level. She also adbased on personal experiences, many of which she recalls for her audience. Santoni personalvoice, stressing a gritty, earthy tone when singing country-style the basis of her.

songs, and projecting clear-asday clarity when belting out a soothing love ballad. "Her voice was so unique. Each song really had a different feel to it," said sophomore Laura Cocca. "I really enjoyed hearing her music first hand."

Normally backed by a fivepiece band, Santoni has played many venues along the Jersey Shore, as well as being the lone U.S. performer at the Czech Republic's International Music Festival, Universetalent Prague, in November. "The locals were singing along to my songs even though they didn't understand most of the words or language," Santoni told Upstage Magazine about her experience in Prague.

Santoni also teaches the meaning of music to young children in a Mommy-and-Me style class called "Music Together" in the her musical talents and gained Freehold and Rumson areas up

She states that influencing a

child's life musically is one of the most rewarding experiences she has known. "Just known. making an impact on a young child, that's my biggest accomplishment," adds the singer.

While Santoni was a student at Monmouth University, she was a communica-

tions major who was involved with the radio station and had her own show. She also chuckled when mentioning her parttime job as a desk assistant in the former pub and pool hall in the Student Center.

She credits her mother as her biggest supporter even back in her college days, and her mom is still sitting front row to see Santoni perform - as she was in Oakwood on Saturday. She even requested her daughter to sing a few of her favorite songs.

While Santoni's career is off to mits that her songs are written a booming start, she is still very aware of her roots. She admits that while musicians from Edie Brickell to Eazy-E have influizes each song with her unique enced her over the years, her personal experiences will always be

MU aides in tsunami relief efforts Student groups join together to raise money.

NATALIE B. ANZAROUTH STAFF WRITER

Following the recent tsunami disaster of Southeast Asia, Montsunami relief effort.

dents, and indeed, the entire Uni- around the world." community versitv come together to assist in this," Vice President for Student Services Mary Anne Nagy said.

Under this initiative, the "Have a heart" campaign will begin on February 14, where Vice President Nagy hopes to "set the stage for the global issues," and will end with

the Global Understanding program on April 17, 2005.

Student groups such as the Political Science club, International Club, and Greek Life will be participating in these programs, where money raised will be allocated to the beneficiaries UNICEF and the Red Cross.

Preparation has already begun, as a closing concert is set to be performed by Greek Life the week of April 17, and school supplies along with money is currently being col-

significance of spreading humanity. "It's vital. It's [Monmouth] a center of higher education and higher learning, and I think if you don't sort of match compassion with higher up on academics without the same "I am delighted to see our stu- time building up a sense of decency

> "I am delighted to see our students, and indeed, the entire University community come together to assist in this."

> > MARY ANNE NAGY Vice President for Student Services

The University has never been involved in other relief programs of this magnitude, even during the attack of 9/11. Counseling and moments of silence were offered as a way of acknowledging the tragedy, but Datta explained the different predicament Southeast Asia now faces.

OUR TOP 10

GRADUATE

MAJORS:

"You're looking at really poor countries," and she referred to former Secretary of State Colin Powell saying, "Some countries are able to respond to disasters financially betbecome very important."

Datta, who has family living in Southern India, said that she felt "helpless" and "over-

outline the campaign sched-

QUINNIPIAC U:

whelmed" when she first longings," she said.

Students, faculty, and adthis past Friday [Jan. 28] to

ule that is still in "the early stages." They will meet again this Friday to discuss any further additions.

"This is very important, and I hope that this relief will not just stop with issuing a check, but will be a commitment that will last," Dr. Sarsar said.

mouth University plans to launch a learning you're not really achieving ter than others...the importance of two month campaign aiding in the higher learning...You can't just load money for this particular cause has

heard about the disaster. "I've seen this kind of poverty, people living without any houses without any be-

ministration members met

lected.

"Our students here are giving up their time, their talent, and really coming together without anyone really asking for it, they're coming forward.

This is a really good example of the connection that we have with the world outside," Chair of Political Science & Sociology Dr. Rekha Datta said.

Datta, along with Vice President for Academic Initiatives Dr. Saliba Sarsar, and Political Science Instructor Kevin Dooley will work together to get students to actively be involved during the week of Global Understanding.

"If we had a global convention and did not address this huge crisis that has affected so many...we wouldn't be doing our part," Dr. Datta said, adding that lecture sessions would not be as effective as acting together to help.

Dooley also expressed the importance of Monmouth's contribution to this effort, stressing the MBA Physician Assistant Interactive Communications Teaching **Biomedical Sciences** Molecular/Cell Biology Journalism Nursing Accounting **Computer Information**

Systems



MASTERING THE ART OF TEACHING

Sheila Wycinowski, Director of Curriculum and Staff Development at Amity High School, explains, "Basically we look to hire Quinnipiac students. They have a clear understanding of lesson planning and classroom management and the balance between them." She also characterizes Quinnipiac students as articulate, creative, able to encourage higher-level thinking in students, and able to incorporate technology into their teaching.

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> **QUINNIPIAC UNIVERSITY** Hamden, Connecticut

MU pays tribute to Martin Luther King

[MLK from page 1]

just the African American community," said Gaffney.

As part of the celebration, there was a company performing "King's Dream," which used music and songs with a multimedia presentation to tell his story of drama, pain and perseverance. table to table how every person has The audience responded positively to the program by occasionally

ping along with the three singers on stage. They sang "We shall overcome," a historical song that echoed the mentality of African Americans during times of segregation.

During the evening Kelly acknowledged 14 nominees for the Unsung Hero/Heroine award. All

recognized were students and staff of Monmouth University.

Later in the evening, Kelly preaward which symbolizes exceptional service to the surround-Alexis Harris, principal of Hope of service," said Kelly.

Academy; Dana Puharic, founder of Michael's Feat, a local charity; Cortnie Stanton, a MU graduate student; and Marilyn Ward, MU's Service Learning and Community Programs coordinator.

"It's an honor and a privilege," said Ward. "When I looked around this room tonight I could pick out contributed to this community."

At the end of the tribute, four standing up and singing and clap- students from Hope Academy's

Step Team performed on stage. They impressed the audience with choreographed step routines and songs that were in the evening's earlier media presentation. The four girls received a standing ovation after they entertained everyone for 20 minutes.

Kelly is very pleased with the outcome of the two-day celebration. She believes that the children something.

"It brought home the idea to walk ing community. They included in Dr. Martin Luther King, Jr.'s foots

New SHRAC aims to improve campus

JENNIFER KNOEPPEL NEWS EDITOR

The Student Human Relations Advisory Council (SHRAC) is a recent subdivision of the Human Relations Advisory Council (HRAC) that is helping to make changes campus wide.

"It [the HRAC] is an MU committee that was reconstructed by former President Rebecca Stafford in 1999 to monitor human relations on campus and acting as an advisory resource to the President and Cabinet," said Ray Rodriguez, the Director of Affirmative Action, Human Relations, and Compliance.

The committee is made up of 10 members coming from the faculty, administration, staff and students. According to the Monmouth University website, the HRAC works together to achieve and sustain a pluralistic university community recognized for its racial, cultural, and ethnic diversity. The council develops policy and conducts human relation audits to ascertain the campus climate.

There are different subdivisions of the HRAC. Subdivisions include the Audit/Survey Sub-committee; Policies/Procedures Sub-committee; Events Sub-committee; Comcil Maintenance Sub-committee; meetings. If Corcione is unable to ADA/504 Sub-committee; and the attend these meetings there are two SHRAC Sub-committee. To date other alternate representatives who there are officially nine students on are able to vote. the current roster.

"This year, the applications for membership on the HRAC were so overwhelming from the student population that the SHRAC was able to be reconstructed."

RAY RODRIGUEZ

Director of Affirmative Action, Human Relations, and Compliance.

The SHRAC has been inactive for a long time. It became active again in the fall semester of 2004. "This year, the applications for membership on the HRAC were so overwhelming from the student population that the SHRAC was 4:00 p.m. able to be reconstructed," said Rodriguez.

Senior Joe Corcione is the chair of the SHRAC. He serves as the prima- at hrac@monmouth.edu.

munication Sub-committee; Coun- ry representative at monthly HRAC

'The student HRAC aims to find out campus climate concerns or isolated issues that may arise among students and present them to the HRAC each month in an effort to ensure that each student at Monmouth has the same rights and opportunities in accordance with the Monmouth University Human Relations Philosophy and Policy Statement," said Corcione.

"Together we discuss the issues discussed within the HRAC and also keep an eye and ear for any student concerns in the areas of human relations and compliance," said Corcione.

The upcoming project that the HRAC has is The Mural Project. Artist Amy Bartell will be visiting Monmouth from February 14 through the 25. During this time she will be painting a mural outside of the Office of Student Activities. The unveiling of the mural will be on Friday, February 25 during a special ceremony in Anacon Hall at

Any questions regarding the Human Relations Advisory Council, members can be reached by e-mail

Loss of Esplanade means more triples on campus in fall 2005

Kara Ferraro STAFF WRITER

Monmouth University currently cannot guarantee housing for all students, but is researching methods that would one day being able to make a housing environment that fits everyone's needs.

Due to the overwhelming demand to live on campus, Monmouth has plans to build a new freshman residence hall. The structure of this hall will be similar to that of Pinewood and Elmwood. However, some problems arose and the building has yet to start its construction process. Monmouth is located right in the middle of a residential neighborhood and homeowners are concerned with how a new residence hall will affect them. The next meeting to discuss plans on the residence hall is scheduled for Thursday, February 10. If all goes according to plan the hall will break ground this coming fall and commence in the fall of 2006.

halls so they can house more of the ties," said Walker. student body. According to Mary wood and Redwood will convert into not to renew the lease. Nagy stated, triples. Another plan is to acquire Hotel on Highway 36.

Since the students living in the freshmen to be living on campus." Fountain Gardens have maintained respect for the apartments, Monmouth might have the option to takeover a few more apartment units. three roommates currently reside in munity," said Scott. the Fountain Gardens.

living situation at no extra expense. available.

Since the new residence hall will It is located close to Monmouth and not be ready for fall of 2005, there across the street from the beach. The will be changes made to some of the best part is we don't have to pay utili-

The Esplanade Hotel lease will ex-Ann Nagy, Vice President of Student pire at the end of the year, and the de-Services, the double rooms in Oak- cision has not been made whether or "I feel that students living in the homore off campus housing. There tel are less connected than students are currently students that live in who are living in the apartments and the Fountain Garden Apartments on residence halls. Our main goal is to Ocean Avenue, and in the Esplanade get all first year students on campus. I feel that is extremely important for

Freshman Brittany Scott wanted to live on-campus to feel more apart of the University.

"I decided to live on campus be-However, these apartments will be cause as a freshman I felt that I would available to only juniors and seniors. be missing out on opportunities and Dan Walker, junior, along with his involvement in the Monmouth com-

Since housing selection doesn't "Living at Fountain Gardens is begin until April there is still time great because it puts us in a real life for more housing options to become

Domino's Monew Sewing SUDOUS Serving MU **\$5** D) **Three Medium 1-Topping Pizzas** \$5.00 each Minimum 3 pizzas. Deep Dish Extra. Limited Time Offer X TUESDAY Buy any pizza at regular menu price & get a 2nd pizza of equal or lesser value FREE! Π

King, Jr.'s foots of service." HEATHER KELLY Assistant Director of Student Activities sented four recipients with the really walked away having learned

"It brought

home the idea

to walk in Dr.

Martin Luther



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Buyer Beware of...Energy Drinks

o f

Priti Ojha COPY EDITOR

How often do we find ourselves hovered over our keyboards during the wee hours of the morning, struggling to find the words to fill the four pages we have left to write for the paper that's due for our 10:00 class?

How many times have we fallen asleep on our textbooks the night before exams, as we try to cram weeks worth of information into our heads in a mere few hours?

And how often, when found in such situations, do we find a can of Red Bull right there next to us?

In the last few years, energy drinks have discreetly crept into our lives... an open can sitting on our desks, a pack stocked in the refrigerator, or for some people, cans are stored with their stash of liquor.

Our generation has become the target audience for manufacturers of such drinks, including Red Bull and AMP, both of which are sold on campus in the C-Store.

These drinks tend to attract students, athletes, and people "on the go."

"I love Red Bull," said senior Nicole Frim. "It gives me so much energy... It's noted, "that such overly sugared drinks great when I have to study for finals."

Taurine

Glucuronolactone

Caffeine

Niacin

Sucrose

Glucose

Vitamin B6

Pantothenic Acid

Vitamin B12

With 80 mg of caffeine in one 8 oz. can, Red Bull's official website advises consumers to "to drink one can of Red Bull

Energy Drink about 30 [min-

utes] before the start of a concentration good multi-vitamin instead. task...This is about the time for the income effective in the body.

vitamins B6 and B12, sucrose, and glucose

The ingredients found in energy drinks differ from sports drinks like Gatorade and Powerade. While energy drinks provide caffeine and sugar, they do not quench thirst in the same manner that sports drinks do.

Sports drinks replenish electrolytes and other nutrients that are lost during physical activity.

"You have to be careful of those drinks with a lot of caffeine in it," said Kathy Maloney, Director of Health Services.

Some drinks have a caffeine amount that is comparable to a 16 oz. Café Grande from Starbucks, which contains 550 mg of caffeine. A 12 oz of Coke, on the other hand, has 35 milligrams of caffeine. One 8 oz. can of Red Bull has 80 mg of caffeine.

In addition to high caffeine levels, these drinks tend to induce a high-calorie intake. According to Maloney, they are very high in sugar, resulting in a big carbohydrate load.

'Studies have suggested," Maloney are contributing to problems of obesity and weight gain."

> For those drinks that boost energy, or rather, for those that market their drinks by selling soluble vitamins in a can, Maloney recommends people to take a

"The most important thing when somegredients of Red Bull Energy Drink to be- one is looking to get an energy drink is to in caffeinated energy drinks counteract read the information on the side and see the depressants found in alcohol.

REDBULL.COM

In addition to caffiene, other compo- what's exactly in there and what you're nents of Red Bull include taurine, niacin, buying. Most of the time," Maloney said, "you'll be spending your money on a lot of sugar."

> Such a high intake of sugar and caffeine may cause very adverse side effects. Because caffeine is a stimulant, heart rate can increase rapidly, resulting in a state of

> > ability to

This, however, is not always the case. By mixing alcohol with a Red Bull, for example, "people stimulate themselves with a lot of caffeine, having a lot of sugars on board. Plus they have the alcohol's sugars in them too. On top of that, they have the alcohol!

"They'll get so wired from it all that restlessness and a loss they'll just keep on drinking," Maloney informed.

> Some students, who wish to remain anonymous, figure that

> > if they

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In addition to becoming reliant on energy drinks, another mistake people feine. are making is mixing these drinks with alcohol.

The logic that clouds the minds of such people varies from an enjoyment of the taste to being awake forever, allowing them to enjoy their drunken state for a longer period of time.

"One of the things they always tell you is 'there's no point in feeding coffee to a drunk...' It just makes a wide awake drunk," said Maloney.

Many people figure that the stimulants

The absorption rates of alcohol versus that of caffeine vary.

Yes, most people like to spice up their drinks. And yes, most people definetely need some energy during their days... but energy drinks don't seem like the optimal option to choose.

Try to sleep a few more minutes. Try eating the right number of meals in a day, at the right times of the day. Hopefully these small lifestyle changes can help people avoid energy drinks and the unhealthy consequences with which they come.



I don't think words alone can describe what I'm feeling now, but I'll sure try... My body is in horrible disarray. Now, I've been up for 25 hours now, which most of you can probably say you've done before, but you had the option of sleeping. I, however, made the unfortunate mistake of drinking a number of energy drinks and various coffees throughout the evening, therefore making my body wired. The dichotomy is ridiculous, almost exquisite. It's like the opposite of exercising really hard... in that situation, the spirit is willing to push on, but the body gives up. This seems the opposite-the spirit has given up, but the body just wants to keep going. I feel like I can swim a mile-the reason I say swim is that for some reason, my body has forced all its concentrated tiredness into my right

Red Bull Ingredients (8 oz. can)

80 mg a stimulant

5.25 g

5 mg

5 mg

0.005 mg

21.5 g a type of sugar

1000 mg a non-protein building amino acid

600 mg a carbohydrate (type of sugar)

20 mg a water-soluble vitamin

a type of sugar

leg. It's truly strange-my right leg is like dead at all times, and yet everything else is energized. My mind is unable to comprehend more than menial tasks; sitting through class was torturous. I actually TRIED to sleep in class, something I manage to do on a regular basis regardless of the amount of sleep I got the night before, but to no avail, my body kept waking me up, its terrible, truly terrible. Foreign countries should feed energy drinks and caffeine to prisoners intravenously as a new form of torture....horrible, truly horrible...I feel like I'm rambling so I'll stop, but know this, everything I've said here is only my best at-

trate.

tempt to describe this personal hell I've created for myself. To truly understand what this is, you must do it yourself, and I encourage you not to, ever...

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THE KEY TO A BIKINI PERFECT BO

ASHLEIGH JOHNSON CONTRIBUTING WRITER

debruary is here, which means bathing suit season is right around the corner. Are you ready? Spring breakers have less than a month to squeeze into that too tiny bikini! The countdown is on and it is time to shape up. Don't worry. It will be easy if you adhere to the following simple plan which includes changing your diet and hitting the gym.

Diet is essential to shedding pounds and maintaining a healthy lifestyle. Forget the low-carb, no-carb diets. According to WebMD, in conjunction with the Cleveland Clinic, "by restricting carbohydrates drastically to a mere fraction of that found in the typical American diet, the body goes into a different metabolic state called ketosis, whereby it burns its own fat for fuel. Normally the body burns carbohydrates for fuel -- this is the main source of fuel for your brain, heart and many other organs." The previous statement from a medical professional summarizes the basic need for carbohydrates. However, a distinction must be made to distinguish good carbohydrates from bad carbohydrates. Carbohydrates that are beneficial are found in fruits, vegetables, and whole-grain products. When buying whole-wheat products, be sure that wheat is the first ingredient in the nutritional information.

Complex carbohydrates should be sporadically integrated with lean protein. For optimum benefit, choose protein sources such as poultry and fish. It is also beneficial to maintain a high calcium intake. Calcium helps maintain strong bones and when taken regularly, will prevent osteoporosis. Studies show that a diet rich in calcium promotes a sexy waistline. KM Daives, editor for the Journal of Clinical Endocrinology and Metabolism, states, "Women who consumed more calcium, the majority of which came from milk, had lower body weights than women who consumed less calcium. Women weighed an average of 18 pounds less for every 1,000 mg of calcium consumed". One should consume two or three servings of non-fat dairy products daily. Last of all, drink plenty of water and limit alcohol intake.



Now it is time to hit the gym-the right way! First of all, everyone should try to do at least 25 minutes of cardio activity everyday. Cardio can be done in many ways. I recommend varying the intensity of the workouts, while incorporating different methods. Cardio equipment in the gym is a great place to start. Swimming is also very beneficial. If one is going to run outdoors, be sure to dress very warm and warmup properly. Also, constantly doing the same workout may lead to injury because pressure is applied to the same muscles and joints. If the muscles and joints are not strong enough to support the pressure, then injury is inevitable.

The key to achieving the bikini perfect body is to target key zones. Let's start with the legs. Toning legs is the best way to burn fat. Engage in leg workouts twice a week. Pack these workouts with lunges and squats to tone the thighs and glutes. If possible, include aerobicbased workouts. The next important zone is, of course, the abdomen. The key to sexy abs is to focus on the lower abdomen. Isolating this cavity is important because the upper cavity is naturally toned during everyday activities, such as walking. Anytime you extend your legs away from your core, you are toning your lower abdomen cavity. Follow these tips and you will be well on your way to your bikini perfect body.

The following is an example of a healthy diet plan: Breakfast: - 1/2 cup Egg Beaters, 2 pieces of wheat toast with all-fruit jelly Morning snack: - half a grapefruit Lunch: - 6 oz of grilled chicken over mixed greens with Fat-free dressing or olive oil Dinner: - 6 to 8 oz. broiled or grilled poultry with steamed broccoli and a ¼ cup of whole grain brown rice.

The effects of nutritional and herbal supplements

JACQUELINE KOLOSKI ASSISTANT FEATURES EDITOR

formation constantly through the media. We are constantly being hit with different types of pills, she said no. "There really aren't any long term studies to determine that," commented supplements that are going to change our lives, make our lives wonderful, we are going to look Maloney. In her opinion, Maloney thinks that people take supplement pills for two different fantastic, and we all can have the bodies we want," said Dr. Franca Mancini, Director of Counseling and Psychological Services at the LCAC at Monmouth University, of why she thinks people take supplement pills. There are various types of supplement pills and according to Kathy Maloney, Director of Health Services at Monmouth University, some nutritional supplements out there today include Stacker 1, Stacker 2, and TrimSpa. Herbal supplements are also a type of supplement. "People think that they [herbals] are safe because they are natural," said Kathy Maloney. According to Maloney, the problem with taking supplement pills varies accordingly. "The way that nutritional supplements work is that they stimulate your metabolism to lose weight," she said. Such supplement pills used for weight loss include Hydroxycut and TrimSpa. Side effects for supplements vary upon the types. Take for example, the herbal supplement Kavakava. "People take this for stress and anxiety...It can cause drowsiness, visual impairment, and imbalance," said Maloney. Another example of an herbal supplement would be Valerian. It is another drug used for anxiety," she said.

"They are considering supplements because we are being bombarded by this kind of in- peppermint supplements. When asked if there are any long term effects to taking supplement

Side effects she mentioned included being restless, being sleepless, and also it can cause headaches. For nutritional supplements, the most

common side effect is that "people can get wired," said Maloney. Maloney described the types of side effects that can occur from nutritional supplements. Maloney explained that it can cause insomnia, rapid heartbeats, and cardiac abnormalities.

Kathy Maloney made sure to note that there are some good supplements out there. Two examples she did mention were cranberry supplements and chamomile and peppermint supplements. "They [chamomile and peppermint supplements] have antispasmodic qualities. If you are having a stomach bug, it is gentle on the stomach," said Maloney of chamomile and



On the emotional and psychological side of taking supplements, Dr. Franca Mancini, Director of Counseling and Psychological at the LCAC, had similar insight to Kathy Maloney's, Director of Health Services, concerning why people take them.

"People are looking for a quick way to get a result and what they [the media] are telling us and what they are selling us is the belief that with supplements you are going to, in a healthy way, be able to modify your body and lose weight where you want to lose weight," said Dr. Mancini.

Dr. Mancini thinks that the media plays a role. "I think the media plays a significant role," Dr. Mancini said. She explained how people look at the image on a magazine and it gives people the impression that what is on the cover is the message of success. Dr. Mancini commented that she thinks people take supplements because people want to look a certain way or have a desire to be accepted in something. "Peer pressure is very powerful and the desire to fit in, to be apart of something that is acceptable, is powerful," explained Dr. Mancini.

She explained how taking supplement pills are complex, meaning that it is financial, social, and psychological. "It is financial because people are making millions on these supplements. It is social because there is this pressure to look a certain way. It is psychological because 'if I look a certain way I'm going to be okay'; 'my life will be good'," explained Dr. Mancini. "There is no quick fix," said Dr. Mancini. "Not in terms of success, not in terms of happiness, not in terms of your body. You have to work at it."



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HOW TO SUBMIT ARTICLES OR LETTERS

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

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Mondays to The Outlook office,

2nd floor, room 260, Plangere Center. All copy must include the author's full name and contact

The life of a news story How a rumor becomes an article.

How many people on campus actually read The Outlook? A better question, how many people on campus respect The Outlook? Every week we, the staff of the newspaper, lock ourselves in an office on the second floor of the Plangere Center and spend nearly three days working on the paper you are holding in your hand. We've been criticized for typos, misspelling names, and the like, but what those who criticize us fail to realize is exactly how much time and effort goes into the 24 pages you now hold in your hands. From conception to distribution, here is the life of one article in The Outlook.

On Sunday afternoon, the editorin-chief heard a rumor from a friend of hers at another university that a student had passed away on our campus. She immediately telephoned the chief of university police who told her she would have to call the office of Public Affairs in the morning. She went on to call the West Long Branch Police and Monmouth Medical Center asking both places if they had any information on a death at Monmouth University, neither supplied her with any information. It wasn't long before a member of SGA called her to confirm that he had heard about a death in Cedar Hall.

The editor made phone calls to some members of her staff and scheduled an emergency meeting for 9:30 p.m. before grabbing her notebook and heading over to the dorm to try and interview some students. She poked around the dorm and talked to a few freshmen in an effort to gauge what had happened. After an hour she had a vague idea, but nothing concrete

the story and made a list of sources that would need to be called. After some discussion, we decided who would call who and what questions would be asked. Soon after the meeting we began scanning the websites of the local newspaper as well as watching the local 10 o'clock news to see if we had been scooped.

With the TV on in the background, the managing editor began scanning the popular website thefacebook to try and find students who lived on the third floor of Cedar. She listed their names and e-mails while the copy editor called those who had made their cell phone numbers available on the site. This is how we got in touch with the roommate of the student who had passed away. He gave us a basic outline of the day's events and other helpful information such as the full name of the student

The editors trickled into the office on Monday morning starting at 10 a.m. We spent the day calling sources, leaving messages, and calling back sources. Some claimed not to know anything, while others gave us information we couldn't use. The Office of Public Affairs gave The Outlook a statement from President Gaffney and directed us to the Monmouth County Prosecutor's office. We called a few times, but never got through to the prosecutor.

At about 5 p.m. it became apparent that we didn't have any facts, only speculation and mournful quotes from students and administrators. It was at this time that the senior editor made a trip back to Cedar to try and gather some more information. We worked until 10 p.m. writing copy At 9:30 p.m. the meeting began in using what we had, but the story was

The Outlook offices. We discussed thin. Finally we left the office to return to our homes and finish any school work that had gotten pushed aside due to the urgency of the paper.

We returned to the office at 10 a.m. on Tuesday. We spent the day working around our class schedules and chasing down sources. We telephoned a few campus offices more than once and tried our best not to snap at people when we were put on hold or told to call back. We tried to explain that we were on deadline, but it didn't always work.

We finally got a hold of the police chief and soon after the county prosecutor called back, adding credibility to our story. The copy was finished at 5:30 p.m. on Tuesday after much proof reading and many phone calls to our advisor to make sure that everything was in order. It was a relief to have the front page story done, but that still left the rest of the paper to be perused and organized.

The paper was finally packaged and on its way to the printer around 9 p.m. after three days of hard work from a staff of students. Students who don't get paid, are enrolled in at least 12 credits, often have jobs, other extracurricular activities, and social lives. We put these things on hold so that we can publish 24 pages that will inform, delight, and entertain the university community. We do it because we love it and we do it to help you. In some cases our GPAs have suffered, we lose a lot of sleep, and we don't get to spend as much time with our friends as we might like to, but in the end it's worth it. It's a tough job, but somebody's got to do it. We just hope you enjoy reading the paper as much we enjoy writing.

Bad form, on several counts

SEAN K. QUINN CONTRIBUTING WRITER

I have two bones to pick this week and I hope our readers will indulge me.

First of all let me say that I agree with opinion editor Joe Corcione that the students, staff and faculty of MU can and should contribute to our great news paper's op/ed section.

What I do not agree with is when he states that "Dubya hasn't silenced us all just yet" and "our freedom of the press is still available for the moment" or words to that effect. What I would like to know is what does he mean by this? Where is the evidence? Joe's columns in the past have been quite good and even though I typically disagree with his left wing ideas he usually gives some example

Commander in Chief.

Normally I just point and laugh at some of these misguided protestors while still respect and support their right to speak out against what they think is wrong. This is truly one of the most vital and longstanding rights we as Americans should cherish especially considering that some Americans have given their lives for

"If these people didn't go to restaurants, buy gas, flowers, and their morning double mocha soy lattes...they are hurting the very people the Democrats

new leader show their respect for the office and put party lines on the back burner for the moment.

In addition to the few protestors who braved the cold on a fools errand emails have been circulating stating that all those who did not vote for our President should not spend "one damn dime" on inauguration day in order to "hit W where it hurts". Let's look at this logically in a two part

analysis shall we? First of all if this plan some how worked to put a dent in commercial sales, how is this going to hurt Bush? He still gets a pay check no matter what happens and in addition he has already been elected! These people are trying to fix the barn door after the horse has gotten out...trying to change something after the fact.

Second if these people didn't

information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.



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but not this time.

Considering all the negative press that the left wing media perpetuates against the President; the freedom of the press

is alive and well. Also I am inclined to point out that the American people can, still and do practice their right to peaceful protest and speech...who is being silenced I ask? How? This brings me to my second issue: The Inauguration. I was thrilled to watch the peaceful swearing in of our President and the dignity and respect the man and the office commands. The only thing that brought down this moment, only slightly mind you, was the protest (albeit a very, very small one) by a group of individuals who had some beef or another with our

love and want to helpthe working class."

In this instance though I just have to ask...What gives? Why would you protest an inauguration, the peaceful transfer or retention of power of a legitimately elected leader? A ceremony where this leader places his hand on a Bible and swears to God and the people that he or she will support and defend the Constitution of the United States of America. It's low class, uncouth and just plain bad form.

This isn't the time or place, the Inauguration is supposed to be a time of bipartisan celebration and admiration. Even those who do not agree with the

go to restaurants, buy gas. flowers, and their morning double mocha soy lattes who is this hurting? They are hurting the very people the democrats

claim to love and want to help- the working class. If the bartender or waiter didn't have any customers on the 20th of January and made no money in tips (which we all know is what they live on) you are hurting them not Bush. What if a business owner did so poorly that day that he had to lay off workers? Who's that hurting? I say that these people and their ill advised plan (which as of this writing didn't dip the GDP, the stock market or any sales one iota) are hypocrites and need to remember 5 words: Get over it, Bush won.

NOTE: All articles appearing in the opinion section of The Outlook are solely the opinion of the author and do not reflect the views of The Outlook's editors (unless otherwise noted) or any and all advertisers. All opinion pieces are the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. The Outlook reserves the right to withhold any article it deems inappropriate or otherwise unfit to print in the opinion section. Due to legalities we will no longer print anonymous articles.

Condi and the Iraqi war How many more reasons do we need?

HEATHER BACHMAN STAFF WRITER

Two of the most vocal Senators against Secretary of State candidate Condi Rice were Barbra Boxer and the former Presidential Candidate John Kerry. Despite their and other's efforts, Condi was sworn in a private ceremony.

Despite the win, something still irks me about the battle for her candidacy: The reason why they believed she wasn't the one for the job. Of all reasons, the greatest was her involvement in selling the war.

Now, I won't be one to say that she wasn't involvement in the creation of the war. Of course she was involved, she was an inferior staff member of the President. However, there was never a need to sell the war. Think about it; selling a war against an overseas demon of terror? Is that something that really needed to be sold?

There is two basic reasons for this war: Avenging the 9-11 victims and spreading freedom both to battle terrorism are of such values that accepting the idea is a no brainer.

The War on Terrorism which supposedly needed to be sold is one that is long overdue. From the USS Cole to the first World Trade Center attack, there were constant hints of our overseas threats which finally screamed on September 11th. Still there are people who are against working to prevent another day like the tragedy to occur again. This is one of the wars such a costly and priceless factor of

of our history that we can without a the world. doubt do NOT need to be sold.

I have many friends who are either liberal or in the middle who tell me surreally wrong reasons why this war is not needed. It's because there is no reason not to be in this war. Does anybody remember that sunny and suddenly shocking and disturbed September morning where fellow Americans went to work and never returned to their families arms? How is that not worth fighting for? Maybe

"...once upon a time, we were as thankful as the Iragis are now to receive freedoms such as the right to vote."

we have forgotten that fateful day. In the words of Darryl Whorley: "I think we should show it (the footage) everyday."

As said before, the first reason for the war being 9-11, is not really seen as a reason because I believe some have forgotten the day and how it felt. Further, the second reason is not seen because freedom is not seen as

Freedom is not free, it is costly and we should be thanking God we carry it and it is held within so many allow-

ances we have as Americans. Just this past weekend, after fifty-years seventy percent of Iraqi's trailed across dangerous roads to participate in an activity we crazily take advantage of: voting. We can walk down the road without fear to say and believe anything we chose without the worry plagued by most nations. Isn't it a great thing that the greatest aftermath of a war, other than retribution, is the expansion of freedom.

You know once upon a time, we were as thankful as the Iraqis are now (and yes they are thankful contrary to liberal media belief) to receive freedoms such as the right to vote. For our freedoms, soldiers fought and died, and this has to happen again sadly for the Iraqi's. Freedom, as said before is costly. But I know that there are present and future Iraqis who are and will be extremely thankful.

I beg of you, the next time you make a comment, hold a sign or decide whether or not to post a ballot where the War on Terrorism is a factor, think of the real reasons why this is happening. When the nation was attacked, we had leaders with enough integrity and intelligence to realize when a response is needed. This war does not need to be sold, if anything anger that it took so long for the battle against terrorism had to wait for such an alarm to begin at all.

Where has all the metal gone? One student's outreach to heavy metal fans at MU.

DEBRA PACHUCKI CONTRIBUTING WRITER

As a junior year transfer student with an academic scholarship and a 3.7 GPA to match, you'd think it would be safe to say that my college career has been successful. For the most part, it has been. But there's just one thing that bothers me about how I'll look back on my University Experience- the serious lack of Heavy f***** Metal.

Now, if you can't already tell, I'm not your typical metal-head. I, too, enjoy a night of debauchery at Jack's Rib and Ale as much as the next 24 year old. And ladies, those top of the line outfits look great on you. But where, oh where, have my headbangers gone?! I fear the drought of all things heavy is quite severe; I'm actually wondering if I'm the only one on campus who owns a Slipknot shirt.

Before you start asking yourself

opposite sex on even your worst of hair days. But you have yet to connect with even just one fellow student, simply because no one has the same interests as you. Now, don't break out the violins just yet- I've got

"I don't know whether the end of black nail polish and pierced septums is truly near..."

plenty of friends, outside of school. But we're talking about my college experience here, and I can't help but think to myself that having a lab partwith should be part of the package!

blonde who manages to attract the ing in the woodwork. But I do know this: we've all smelt that faint afterpuke smell the "next day" at Jack's one too many times, and a change of pace could do everyone a little good. Monmouth County has so much local talent, particularly in the heavy music department.

In fact, one of my favorite heavy bands comes right out of Long Branch; a five piece called "ANON" (both 2004 NJ Battle of the Bands Champions and winners of the 2004 Asbury Music Awards Top Live Act Award) who break it down like nobody's business. You can go to www. suburbanword.com for their as well as other bands' concert calendar- all of which take place right in the Long Branch area.

So get all wild and crazy like college kids are known to do, and go check out a show at a local rock venue instead. The worst thing that could ner of my own to go to the rock clubs happen would be for you to end up hating the live band and staying for Now, I don't know whether the the DJ who's gonna break it down

-Lyrics To Live By-

Spice Girls "Goodbye"

No no no no

Listen little child, there will come a day When you will be able, able to say Never mind the pain, or the aggravation You know there's a better way For you and me to be

Look for the rainbow in every storm Fly like an angel, heaven sent to me

Goodbye my friend I know you're gone, you said you're gone But I can still feel you here It's not the end Gotta keep it strong before The pain turns into fear So glad we made it Time will never change it - no no no No no no no

Just a little girl, big imagination Never letting no-one take it away Went into the world, what a revelation She found there's a better way For you and me to be

Look for the rainbow in every storm Find out for certain Love's gonna be there for you You'll always be someone's baby

Goodbye my friend I know you're gone, you said you're gone But I can still feel you here It's not the end Gotta keep it strong before The pain turns into fear So glad we made it Time will never change it - no no no No no no no

The times when we would play about The way we used to scream and shout We never dreamt you'd go your own sweet way

> Look for the rainbow in every storm Find out for certain love's gonna be there for you You'll always be someone's baby

just how long my panties have been in a bunch, consider this: You are end of black nail polish and pierced with some house music instead. And 24. You have roughly one year left of septums is truly near, or if those of who knows, you just may be drawn to college, and then off in the real world you who still give the forks at the the dark side...welcome to the world you go. You are a fun, friendly little mere mention of Ozzy are just hid- of heavy f***** metal!!

Voice Your Opinions! Submit your OpEd articles to: outlook@monmouth.edu Subject Line: "ATTN: OpEd" Submissions Due: Mondays by 12 noon

Goodbye my friend I know you're gone, you said you're gone But I can still feel you here It's not the end Gotta keep it strong before The pain turns into fear So glad we made it Time will never change it - no no no No no no no

You know it's time to say goodbye And don't forget you can rely You know it's time to say goodbye And don't forget on me you can rely I will help, help you on your way I will be with you every day

Orthodox Christian Fellowship

Beginning his 21st 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.

FOGETHER

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

Calvary Baptist Church 1305 Eatontown Blvd Oceanport, NJ 07757 732-542-2226 ARE THE CHURCH ~*~

Sunday School 9:30 AM Relevant, Interactive, Biblica

Sunday Morning Worship Celebration 10:45 AM Blended, Informal, Participative Christ Centered Worship

Want to check us out before you visit? Visit our Web Site www.lifeatcalvary.com

It is our prayer that as you join us in worship, you will be blessed by the awesome presence of the Living God and that you will feel a part of the Body of Christ which is Calvary Baptist Church.



How to manage your time more efficiently *Keeping ahead of things from the get go!*

LAUREN NAPOLITANO ASSIST. NEWS EDITOR

We are still in the beginning stages of the new semester; still getting adjusted to our new classes, professors, classmates, and easing slowly into homework assignments. Everything may seem simple right now having a low work load, but as the semester continues our time management may become an issue.

It's not easy trying to juggle school, homework assignments, work, and social activities. Here are a few tips on how to better manage your time so you can have a successful semester without getting stressed out.

Define your priorities: Planning is key in time management. Make a list to set priorities, plan activities, and measure progress. List your goals, for example things you want to get accomplished or something you need to purchase. Use this list to track your commitments. The purpose of this list is to develop longterm goals and to free your

mind to concentrate on today. It for when you are at your best. might help to create a weekly calendar displaying all the activities and tasks you need to complete. Hang it in a visible space that you come into contact with on a daily basis. This will help to remind you to stay on schedule.

Set deadlines: Deadlines are crucial in time management. If you do not set limitations for when things need to be accomplished by, they most likely won't get completed in a timely fashion. You will procrastinate, which will eventually lead to stress and frustration. Set realistic deadlines for each task.

If you have a paper to write, make sure you space it out so that you have enough time to get it done. You don't want to leave it for the last minute, cramming it all in the night before, do you?

It might help to set mini deadlines and break tasks down into smaller installments. If you have a paper due in two weeks, don't iust say to yourself you will have it done by the week it is due. Instead, tell yourself you will write one or two pages a day until it is completed. Also, make a list of all

tasks required to complete a major track, just jump right back on it. assignment. Each time you com- Do a little extra to try to catch up. plete a mini task or deadline and Be flexible. Rearrange your list of you can cross it off your list, you'll find it feels quite gratifying!

Go with your flow: Are you a morning person? An afternoon person? A night person? Can breaks? Take these questions into consideration when making your deadlines.

"If for some reason you do get off track, just jump right back on it...don't fret; you will still be a successful time manager."

You will perform better and work harder. Avoid distractions: Distractions can be a killer on time management. Common distractions are procrastination, television, telephones, friends, family, crises, lack of concentration, and the list can go on for pages!

The first step in avoiding distractions is recognizing the problem and working on improvement. If you are easily distracted by television, always feeling a magnetic force pulling you toward the remote control to turn on another episode of The Real World, which you have already seen about umpteen times, do your work in a room that is television-less. You will find it is much easier to concentrate and won't feel the magnetic force luring you to the television

The next step is to refer back to your priority list that reminds you of the goals and deadlines you have set. This will most likely get time management skills. As in you focused again by seeing your workload. You wouldn't want to fall behind on your work would you?

If for some reason you do get off any one thing."

priorities and change some deadlines. Don't fret; you will still be a successful time manager!

Just say no: Sometimes it is hard for us to say no when asked you concentrate for more than an to take on a task. Don't agree to hour at a time? Or do you need do anything that will make your workload unbearable and stressful to the limit where you want list of priorities and setting your to rip your hair out. Whether it is extra courses at school, more job Leave all your toughest work responsibilities, or extra curricu-

lar activities, consider what is most important to you before you accept the task.

Make use of wasted time: While you are stuck on the long line at the check out counter in the grocery store or waiting for your gas tank to fill up, pull out small study note cards or a small book and make good use of the time. Use up those precious minutes and don't allow them to pass by without taking full advantage of their value. Always carry something with you to use that time wisely.

Reward yourself: After you have accomplished your goals for the week, reward yourself with something extra special. This will motivate you to keep using this time management program and have a fruitful and successful future!

How often do you wish you could go for that relaxing deep tissue or Swedish massage? Maybe there was a brand new pair of sneakers you have been coveting for the past month? Or your hair style needs a makeover? This is the time to indulge as a prize for your focus and hard work. At the end, you will feel it was all worth it!

Staying focused and on schedule is no easy task. You need the motivation, drive, and will power to accomplish each task as they are assigned on your schedule. Since New Year's just passed only one month ago, you still have time to make new resolutions to change your habits and develop better the words of our 16th president Abraham Lincoln, "Always bear in mind that your own resolution to succeed is more important than

Please join us every week!

Meeting for All Students Every Sunday 6:15pm

Super Bowl Party Sunday, Feb. 6th Time to be Announced

Weekly Mass Every Sunday 7pm Every Wednesday 1:10pm Class Every Chursday

"Baby Drive" for Spring House Drop items to the Catholic Centre

(Assist abused women & their children, items needed are diapers, bottles, clothes - adult & children)

ASL (American Sign Language) 7:30pm

Missionaries of Charity in Asbury Park Seeking Volunteers for Homework Helpto Children (3-5 pm, except Thursdays; e-mail Nicole at perfectday4a@yahoo.com)

Men's & Women's Bible Study

Every Wednesday8pm

Insane Air Hockey Tournament Every Sunday Following 7pm Mass

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



Join us for a **MARDI GRAS celebration!**

Saturday, February 5, 2005 6:30-7:30 dinner served 7:30-10:30 dancing

\$10, BYOB (Adults only please)

St. James Episcopal Church 69 Broad Street, Eatontown



J long to seduce you...well, not exactly

After meeting a sensational music ings (Modest Mouse and The Killin the United States.

For those who have not seen my facebook page (or my Friendster or Myspace pages), I had the pleasure of meeting Emma Bunton (a.k.a. Baby Spice from acclaimed UK pop act the Spice Girls) recently. She has been a busy lady as of late, spending the last few years carving a name for herself in the international music scene as a solo artist. Her first album A Girl Like Me saw release in most parts of the world, and industry ears noticed. She has recently relocated to the states and is launching her solo career on our humble shores, and her current album *Free Me* is the perfect launching pad for her singing, songwriting, and overall artistic talents.

It seems our Top 40 is dominated by hip-hop, assorted rock bands, and colour-by-numbers Clear Channel pop tarts a la Ashlee Simpson who are desperately clawing for some level of artistry they simply are not capable of attaining. I love many of the hip-hop acts and tracks currently reigning the charts and have even gotten into some of the rock offer-

talent last week, I cannot help but ers are two bands that come to mind, ponder the current state of pop music and they have the solid live act aspect to back it up). Despite this, when it comes to the radio lately I find myself tuning out more than tuning in... and instead turning on any number of CDs from my eclectic collection.

> Call me foolish, but everything going on in our lives each day there is nothing more liberating than forgetting about life and escaping into some beats per minute. If the song lyrics are inane, shallow, or just subliminally infectious, all the better (though not a requirement). This type of music seems to have gone by the wayside for one reason or another. This brings me back to Emma...her album Free Me is just gorgeous (as is she) with some of the catchiest tunes you'd want to hear, all conveniently placed on one disc. The lyrics have depth without depression, and her voice is pleasant without being over the top. Should spell platinum-plus seller but not without a lot of throwing elbows amongst the sea of cookie cutter "singers" already clogging the air. Let's hope for the best!

> And without further ado, onto this week's plea for advice from Joey C!

I'm too nice to be mean about it but I don't want to let things continue like this. I'm looking to just date right now and not settle down with one guy. Help!

Signed, Hold up, honey

Dear Hold up,

Don't you wish guys could just check themselves before the spark fizzles and leaves behind a nuisance of a residue in the form of some guy who just can't take a hint? Would be ducky, but till then I got your back.

Clearly it is too late for him to fix what he has done here, but if you want to make some sort of use with this situation I ask you to shed some light on things for him because he might not be reading this column.

Be honest with him. After three dates you do not owe him anything; however, as a kind-hearted person (which you seem to be since you said you don't want to hurt his feelings) you can give him some advice for what not to do the next time around. Let him know he smothered you and that the situation is too far gone. No, he can't have another chance, but he can make sure not to make the same mistake with the next girl. I wish you well with this predicament.

Till next time kids, don't forget to keep an open eye, an open mind, and an open heart. And if in doubt, Holler at your Hawk!

Monmouth University Presents: The Mural Project

Featuring nationally renowned artist Amy Bartell Feb. 14th - 25th 2005 Second Floor RSSC (Student Center) All students are encouraged to participate in the

painting of the mural.

Mural unveiling ceremony will be held on Friday, Febuary 25, 2005 at 4:00 p.m. Anacon Hall

(PONYOAED BY (TUDENT ACTIVITIE), HAAC, AND (TUDENT HAAC

Hey ladies! Want a chance to wear your prom dress again? Do you want to feel like a princess for a night?



Hey guys! Want a chance to ask that special girl out? Want a chance to hang out with your friends and relive the prom experience?



Then come to the 32nd Annual Winter Ball held in historic Wilson Hall When: Saturday, February 12, 2005 7:00pm-12am Where: Wilson Hall



Tickets can be purchased starting January 24, 2005 in the Student Center and Dining Hall.

Ticket Prices (including Dinner & Dancing): \$20 for one ticket \$35 for two tickets \$50 for three tickets \$65 for four tickets

Hope to see you there for this formal night of fun!

Hide and Seek debuts to mixed reviews

SAMANTHA YOUNG ASSISTANT ENTERTAINMENT EDITOR

week from now to list some of the best horror movies, it is highly unlikely Hide and Seek would be named. Hide and Seek, starring Robert DeNiro and Dakota Fanning, premiered on Friday, a children's hospital to receive January 28 to less than favorable counseling for the trauma she'd reviews from critics across the experienced. Emily, since her nation.

The story centers around a psychologist named David Callaway (DeNiro) and his daughter Emily (Fanning). The begin- her father David decides it would ning of the movie shows Em- be better to leave their home in

father, however, are trapped in a distant, somewhat tumultuous If someone were asked one relationship. One night, David discovers his wife in the bathtub, having just committed suicide. Unbeknownst to him at the time, Emily witnessed it as well.

As a result, Emily is taken to mother's death, has become very quiet and emotionally imbalanced.

After a few weeks of therapy, ily as a happy little girl playing New York and move upstate, the root of Emily's anger, while

with her dolls. Her mother and against the better advice of Emily's psychologist.

David and Emily's arrival at posed, the auditheir new house is where the plot ence is bored. begins. The neighborhood they Out of the hour move into is a little creepy with only a few residents.

The suspense starts to build when David begins to notice his daughter's weird behavior. For instance, she throws out her favorite doll, refuses to make dition, the clues friends, colors morbid pictures, to and speaks incessantly about the real identity her "friend" named Charlie, who of Charlie are makes her think evil things.

Throughout the rest of the able that the end movie, David tries to figure out

it seems to grow ponentially darker.

formance Without Dakota giving away ning continues the ending, to build suffice it to repertoire say death, a serious acblood, and tress, the movie insanity rests solely on ensue. The their shoulders. twist at the The supporting end is unex- roles, played by pected but Elisabeth Shue, cannot save Amy this movie and Famke Jasenough to sen, should have make it a been better cast blockbuster. to keep the tone of the movie The idea

so

almost

While

excellent

Irving,

lacked emotion and conviction to for this movie their characters. was good but

tor took too much time ences' attention until the end. setting it



WWW.ROTTENTOMATOES.COM Dakota Fanning stars as Emily in Hide and Seek.

terror, especially the ending, but the rest were nothing exceptional consistent. Their performances or even original.

This movie may have not received the best recommenda-Although certain aspects of tion but with movies such as the direc- the movie were less than perfect, Boogeyman, Alone in the Dark, Hide and Seek keeps the audi- and White Noise also available in theatres, Hide and Seek is defi-Some parts provided gasps of nitely your best bet.



WWW.ROTTENTOMATOES.COM The thriller Hide and Seek opened at number one this weekend, despite its mixed reviews, bringing in \$22 million at the box offices.

Live, R.A. the Rugged Man, live

CHRISTOPHER YUSCAVAGE STAFF WRITER

"It's funny, I'm mad famous for being unknown!" R.A. the Rugged Man raps alongside Killah Priest and Masta Killa on the Ayatollah-produced 'Chains.'

"I'm back by unpopular demand," he continues over the hard guitar riffs of "How Low."

the past no more, I don't want ognized more for his absence ("They say a white boy need on the J-Zone production to get rich, trust me, I'd rather from the game than for his po- a black boy to win, Bubba did "Brawl," where R.A. proves be poor," he punctuates with his lispy twang on the dark-as-night "Midnight Thud."

Despite his early '90s affiliations with the likes of a young Notorious B.I.G. and Mobb Deep (check this guy's resume!), R.A. the Rugged Man R.A. the Rugged Man finally has become more of an urban legend than a legendary figure

Bubba Sparks, and the like.

album Die, Rugged Man, Die (Nature Sounds Records), graces hip-hop with a worthy debut album that unleashes

truthfulness and honesty that can best be summed up with the warning on the cover: "The char-

Still, he continues on to give But with his official debut his listeners an idea of just how to more self-deprecation on much he has seen throughout the title track by R.A. as he la-his career: "A week before ments, "Yo, I don't care what they blew up with Mystikal people say, I'm a piece of ---and Jay-Z, the Neptunes came -, I'm gonna live my life that to see me at D&D, I knew this way, I'm a total ---- up, my And finally, "I don't care about in the world of hip-hop, rec- the past of R.A. with a blunt chick named Norah, a lounge whole album sucks...I went

> **R.A. the Rugged Man** has become more of an urban legend than a legendary figure in

tent angry white boy persona that superceded the more re-cent emergences of Eminem, with him?").

But the boasting gives way -, I'm gonna live my life that

double-platinum last month, then I woke up!"

Going more conceptual on "Black and White," R.A. teams up with fellow New Yorker Timbo King for the interracial raps of the two with Timbo firing off blackjacks, black Timbs, and black ink to combat R.A.'s White House, White Sox, and white sheets. And the flashbacks of "On the Block" lend credibility to Rugged Man's claim elsewhere that, "I don't want fans that don't know who G Rap is.' Urban legend or just a lost cause, R.A.'s Die, Rugged Man, Die finally attaches an album to the original grimy white boy of hip-hop. And with questions like, "Who else riskin' their career to stick to being different?" scattered throughout the album, it's hard to believe the



R.A. the Rugged Man's debut album, entitled Die, Rugged Man, Die.

acters and dethe world of hip-hop, events picted in this recording are recognized more for the truth, the whole truth, his absence from the and nothing but the truth. game than for his Any similarity to actual potent angry white boy persons living or dead are completely intention-al."

The intro-

sons" is just that: a well-crafted lesson on the upbringing of the Rugged Man within the hip-hop industry as he quickly dishe is just another white boy trying

duction track "Les- singer, A year later she a six Grammy award winner, I seen Flatlinerz, I seen Canibuses, I seen Lil' Zanes, Yeah I seen mad misses.'

persona.

The coming-of-age "A Star Is Born" brings R.A. full circle with tales of his initial signing pels any notion that to Jive Records tapering off into the more modern-day and white boy trying "less wealthy" Rugged Man. to strike in on hip-hop while it's hot with a A+ flow," R.A. boasts Man, live.

The Phantom of the Opera proves more powerful on-screen than on the stage

NICOLE DENARDO STAFF WRITER

I love Broadway, but The Phantom of the Opera wasn't exactly my favorite musical. I found it to be a bit confusing and unbelievable. When I saw it on Broadway, I found some of the acting to be overdone and the singing was below par. My outlook on this musi- tually the Phantom of the opera, a shows Christine's mixed

cal surely changed when I saw the to low, sweet to strong, movie version. I was wrapped up in the magic of the story, the characters and the music.

The Phantom of the Opera is the in his voice. Both were story of a girl named Christine, who is taught how to sing by a mysterious tutor, who she believes is an "angel of music" sent to her by her late father. Her tutor is ac-

deformed, tormented man who lives derneath the opera house. He is obsessed with Christine will stop at

powerful to deep with ease. Butler captured the Phantom's torment able to be make the characters more lifelike. Butler allows you to sympathize with his character and Rossum emotions towards the Phantom. Many of the holes

in the storyline of the unmusical were filled and I found the story to be more emotionally engaging.

It was hard to sympathize or understand the and Phantom and Christine nothing to in the play, yet I found make her their characters to be the object more three-dimensionof his afal while watching the film.

The orig-The scenery and inal Phancostumes were also and magnificent. They fit Christine, the period, but also swept you away into Crawford a fantasy world.

and Sarah be proud. and turmoil. Director Joel Schum-Emmy acher and the rest of the crew Rossum made a seamless adaptation from Gethe stage setting to the screen rard Butler version. One of the most amaztook over ing scenes is the Masquerade ball where hundreds of singers and their roles dancers in fabulous costumes sing perfectly. Rossum's on a huge set of stairs. I never apvoice was preciated this scene before it was able to flow done on film.

Some of the songs seemed to be from high

Cutting it up with the head Audio Technician in charge

CHRISTOPHER YUSCAVAGE STAFF WRITER

For far too many hip-hoppers of the younger generation (myself included), the art of deejaying has been overshadowed by mixtape DJs with names like Clue?, Sickamore, and Big Mike, leading them to believe that a hip-hop DJ is just a person with exclusive songs, freestyles, and a voice overtop of a record.

Even those DJs with skills behind the turntables (see Funkmaster Flex) have had their hand skills surpassed by their abilities to grab the attention of the masses with the newest "it" records. Still, "It's so blatant disrespecting my art form, I take a radio DJ and I stomp on 'em, I drop on 'em, blow up the mixtape awards, Only the wack show up while I'm out on tour," DJ JS-1 raps on "Next cial because of payola, Taking or-Level" off his latest solo venture Audio Technician, throwing his vote in for supporting the true art of deejaying. And what he presents with Au*dio Technician* lends credibil-ity to the prefix of JS-1's hip-hop name using a variety of scratch sequences from himself (as well as DJ Spinbad and DJ Slynke) and the emceeing of others to create an opus of hip-hop music from the vantage point of a DJ. Whoever says that a pair of turntables is not an instrument gets challenged quickly by DJ JS-1. The format of Audio Technician follows a strict pattern of back-

between emceed and deejayed tracks that compliment one another beautifully throughout the sic clips to count to prove that a record.

The opening track combines the efforts of JS-1's scratched-up production with emcees L.I.F.E.Long and Immortal Technique, each paying homage to the resident DJ. "I conduct guerilla warfare throughout the PJs, On a government controlled by wack DJs, Playing watered down commer-

Audio Technician

and-forth movement alternating continue on the swan song "Ventilation Scratchapella," where JS-1 uses his hands and too many mustory can be told in other ways that just the mouth.

Surprisingly though, one of the most entertaining listens on Audio *Technician* may very well lie in the beat-boxing skills of Rahzel on "BX Streets," where he lays down the ground work and adds life to the doo-wop sample (also found in the movie Bronx Tale) to create a

soulful theme for the Bronx. And by the time C-Rayz Walz, Akrobatik, Breez Evahflowin, and React combine forces on "Flying Guillotines" to again pay homage to JS-1's skills, it's hard to deny JS-1 his fair share of the hiphop respect pie. "Whoever said that the turntable is not an instrument, Has never seen JS-1 get into it," emcee React raps on "Guillotines," a theme that runs rampant throughout much of Audio Technician.



Christine (Emmy Rossum) and the Phantom (Gerard Butler) sing a duet.

The Phantom's lair was the best a bit revamped. I especially liked voices soared through this song. Bright - set. His underground chamber the duet between the Phantom and the play. Rossum's and Butler's its songs for years to come.

The Phantom of the Opera is man, would reflected his loneliness, craziness Christine, "Point of No Return." It one of those movies that will touch was a bit faster than the one from your heart and leave you singing



fection. tom Michael and

Emmy Rossum plays the role of Christine in the film adaptation of Andrew Lloyd Weber's musical, The Phantom of the Opera.

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puts meaning back into two of the most important letters in hip-hop: D.J.

ders from the label on the 2-way Motorola," Technique raps.

Elsewhere, though they are dated back to the late '90s, the "fastest hands in New York" (DJ Spinbad) prevail on "Babylon 5" before conjoining with DJ Slynke on another scratchfest appropriately titled "Coldcutz."

Of course, JS-1 gets in on the action as well, seamlessly mending together an ode to the oldest rule in hip-hop on "Rule #4080" (courtesy of help from Q-Tip, Styles P, KRS-One, and others), proving that though times have changed, record execs are still mad shady! The immense talents of JS-1

While the album seems to be an angry snatching of respect by JS-1 at times, he lets his hands do the talking rather than yelling over every track, and his abilities speak volumes.

For the younger generation of hip-hop, JS-1 may be shockingly quiet - but then again, isn't that how it is supposed to be?

Audio Technician puts meaning back into two of the most important letters in hip-hop: D.J. - a combination that has been abused by others for far too long.

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UNIVERSITY NEWS

Meet MU: Professor Peterson

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[MEET MU from page 2]

journalists awarded a Kiplinger Fellowship.

Before being a teacher Peterson was one of the owners of a chain seafood restaurant in New York City. During this time, she had fishing boats in Montauk, NY, she also enjoyed spending time deep sea fish- addition to her many other tasks she had a small farm that she in upstate NY where she raised made a feeders and sweet corn for the restaurants.

"I usually think of it as having lived a few different lives over the years," said Peterson.

When the Professor is not working - she's still working or if it isn't that she describes what she likes to do as absolutely "nothing."

"I love my work, so I love the gadgets and tech-y stuff that comes with it. I love researching the 'who, what, where, what and ifs' of just about everything. On the other hand, my husband and I have a cabin in the woods that we go to as often as we can. It erything is Polish. The customers has ponds and is quiet... there's no at the Albanian butcher's speak

nothing.'

Recently Peterson and her husband moved out of New York City

boring business owners the fol-

lowing months after the attack. It

is because of the 9/11 tragedy that

Peterson and her husband reside

in Staten Island, nevertheless the

"I especially love it in Staten Is-

land because the neighborhood we

chose is so ethnic. When I pick

up butter from the Polish deli, ev-

move has been beneficial.

had such iman pact on Peterson documentary about the events that took

electric and plenty of time to do Croatian, Yugoslavian, etc. Next been interested in for quite some door at the Mexican Bodega, ev- time and for many the hardest part erything is in Spanish and I have about getting into the film industo struggle with my grade school due to the devastating attacks Spanish. Around the corner is But for Peterson things fell into they experienced in their neigh- the Sri Lankan deli where I buy borhood on September 11, 2001. It special veggies. When we moved

"I love researching the 'who, what, where, what and ifs' of just about everything." **BEVERLY PETERSON** me, is what it

place on her neighbors and neigh- live in a community.

means to

Peterson's husband is an abstract expressionist painter who teaches at the School of Visual his work and mentioned the great in the production stage and I can review he received in a group show that took place in Soho this past December. They both work at home in their studios, which is what Peterson considers part of her dream.

Film is something Peterson had I just want it all to continue."

try is finding the proper funding. place after her past career.

"I sold the restaurants, and in all our farm and was looking for a new neighbors career. Since I had a degree and introduced experience in photography I startthemselves ed reporting for a regional newsand welpaper and then gravitated to news comed radio in the same market. It was us to the only natural to combine the two block. For and so I ended up in a documentary class at NYU." this

The school year is a busy time for Peterson so during the summer is when Peterson gets most of her work done.

"The summer is when I get to work on a project full time. Ide-Arts in NYC. Peterson is proud of ally, if there's travel involved, it's work uninterrupted. This summer I'm hoping to work on a short documentary in East Berlin."

> When asked if there were any dreams she hoped to fulfill in her life Peterson replied, "...this is it!



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February 2, 2005







CAMPUS VIEWPOINT

If you could cancel forever a single thing you have to do everyday other than your job, what would it be?



megan - Junior "As long as I would never grow the hair back. I would cancel shaving."



Davia IUNIOR "Going to class."



Pamela – grad student "Paying bills with my own money, and paying with some-ones else's."



Cortine and April – grad students "Sleepng because there would be so much more time in the day."



Meg - sophomore "Walking to class because it's so cold and it'd be great to be shuttled everywhere."



Jameson – sophomore "Homework... I've had enough."



Jonathan - junior "Commuting to school."



Kendra- senior "Being high maintenance."



Chris – senior "Wearing clothes."

OFFICE OF STUDENT ACTIVITIES AND STUDENT CENTER OPERATIONS



Mike – senior "Going to the bathroom."

antec

QUESTIONS CALL 571-3586 TTY CALL 263-5795

Upcoming Events

Wednesday, February 2nd Club and Organization Involvement Fair RSSC, Anacon Hall, 2:30 p.m.

> Let's Work it Out! Oakwood Lounge, 4:-00 p.m.

Thursday, Febvruary 3rd Men's Basketball vs. Long Island University Boylan, 7:00 p.m.

Friday, February 4th Film Series - Ray Bey Hall Auditorium @ 8 p.m.

Greek Bid Day RSSC Third Floor, 12:00 p.m.

Will the Real Rich People Please Stand Up Pollak Theatre, 8:00 p.m.

Saturday, February 5th Film Series - Ray







APPLICATIONS NOW AVAILABLE!!!!!! **NEW Orientation Leader Applicants: Applications Due:** Friday, February 18, 2005

Bey Hall Auditorium @ 3 ṕ.m. & 9 p.m.

Basketball vs. Robert Morris University Boylan, Women @ 3:00 p.m., Men @ 7:00 p.m.

Sunday, February 6th The Ugly Duckling Pollak Theatre, 3:00 p.m.

Monday, February 7th Sons of Pitches Concert (A Capella) Pollak Theatre, 8 p.m.

African American Read n' Chain RSSC Anacon Hall, 9:00 p.m.

Women's Basketball vs. Mount St. Mary's Boylan, 7:00 p.m.

Tuesday, February 8th

SGA Auction RSSC Anacon Hall, 8:00 p.m.

Men's Basketball vs. Quinnipiac Boylan, 7:00 p.m.

Chocolate Factory RSSC 1st Floor Lobby, 12:00-4:00 p.m.

Winning Interviews RSSC 202A, 3:00 p.m. & 6:00 p.m.

FREE MOULE! FREE POPCORN! Reality Check! **Hey Seniors!** Get a jump start on that job search! Attend an etiquette luncheon! Learn more about 401Ks! Do you know which health plan is best

for you?

Attend the 2nd Annual Reality Check Workshop Friday, February 18 11:00 AM-4:00 PM Anacon Hall

For more information and registration, contact the Office of Student Activities at 732-571-3586.

12 completed credits and a minimum of a 2.3 GPA (end of Fall '04) required



Applications now available - Due February 4th! Pick yours up in Student Activities! Meets weekly (Wed.'s @ 1 p.m.) for 6 weeks to discuss a variety of leadership topics. The program will help you be a better leader at MU and after you graduate!

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FOR FURTHER INFORMATION, Please Call 732-571-4411 the Outlook office on Wednesday afternoons at 2:30 pm and Monday evenings at 6:30 pm

Weekly meetings are open to all members, new and old.

For more information stop by the office and talk to a member of The Outlook staff or use the contact information below to get in touch with us.



Stop by the Plangere Communication Center and visit us! The Outlook is located on the 2nd floor, Rm 260 phone: 732-571-8481 fax: 732-263-5151 e-mail: outlook@monmouth.edu outlookads@monmouth.edu

COMICS N MORE

ACROSS HOROSCOPES By Linda C. Black, Sunscreen ingredient Tribune Media Services Guitar adjuncts, briefly 9 Norwegian dramatist 14 Vivacity Today's Birthday (Feb. 2nd) 15 Fall guy There's more work coming in, so develop a routine. 16 Drain cover The more you can mechanize, the happier you'll be. And, Dictator Idi 17 the more money you'll make. Nagy of Hungary 18 19 Cranny Broadcast journalist made diner? 20 To get the advantage, check the day's rating: 10 is 23 Actress Ward the easiest day, 0 the most challenging. 24 Belgrade man 25 Wind dir. Aries • (Mar. 21 - April 19) - Today is a 6 26 PFC's entertainment Bonus NFL periods 28 Your newfound status is leading you to meet new friends as well. Select the ones to 30 Slurred trust from the standards you learned as a child, at home. Literary lion roared? 32 36 Pot sweetener X Taurus • (April 20 - May 20) - Today is a 5 37 Big letters in Detroit 38 Tours to be Continue to solicit advice from a person who's already got whatever it is you're trying to achieve, acquire or become. It's time well spent. Pop singer bragged? 42 Share billing 47 50 Sellout letters III Gemini • (May 21 - June 21) - Today is a 7 51 Make a choice 52 False front Keep working overtime to get the extra cash. By this weekend you'll have time and 53 Drill parts money for a jaunt. 56 Smart one 58 Musician wanted to know? Cancer • (June 22 - July 22) - Today is a 7 62 Fortune's deck 63 Carrier to Israel Disagreeable responsibility You're good at saving money, but you may be going about it the hard way. Get expert 64 66 First name of a plane advice. 67 So Leo • (July 23- Aug. 22) - Today is a 7 A very imaginative person has everything figured out. Don't go along with the program, 68 69 70 though, if it won't be good for you. 71 Virgo • (Aug 23 - Sept. 22) - Today is a 6 You've learned a great deal from books and at school, but the real test comes when you try these new skills out on the public. Don't worry, you'll do fine. 2 3 Libra • (Sept. 23 - Oct. 23) - Today is a 7 4 Some people have to work harder to make more money. The opposite is true for you. You'll make more when the job's fun and easy. Ш Scorpio • (Oct. 23 - Nov. 21) - Today is a 7 You have amazing abilities to see the big picture now. Do that, and don't get stuck with a minor problem. Sagittarius • (Nov. 22 - Dec. 21) Today is an 6 Your curiosity has been aroused, or it will be, very soon. You're about to launch another quest, and this one will be fun. Capricorn • (Dec. 22 - Jan. 19) - Today is a 6 The coming few weeks could be quite profitable for you, without much extra work. Another's generosity and your good past deeds are the cause of this windfall. Aquarius • (Jan. 20 - Feb. 18) Today is a 7 Accept a challenge that's similar to one you've done before. Your experience will give you the edge in capturing an illusive profit. 💏 Pisces • (Feb. 19 - Mar. 20) Today is a 7 You've got the imagination, somebody else has the experience. Matched with another, who has the energy, you cannot be stopped. **MU Students:** PAUL Interested in Comic Illustration?

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 - Taken down like a QB
 - Sweet-smelling gas
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 - Disparaging remark



Baby beds

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- Small rodent
- "Six Feet Under" character
- Twosome 61 65 Fr. holy woman
 - By Aaron Warner







- City on the Seine

- Major ending? Dele opposite Fill an empty flat Conks out Italian noble family
- Parachutes

2 Dudes

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- Astronomer Cannon
- Stir up

- 33 39 40
- 31
- NYC cultural attraction









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February is Healthy Heart Month! 1 Beer= 12 oz. can 150 calories 1 glass of wine= 4.5-5 oz. 90 calories 1 shot= 1.5 oz. hard liquor 90 calories



Saturday, February 5 Men's Game "Poster Night" (Student groups are required to make posters and hold them up during the game)

Monday, February 7 Women's Game "Paint Your Face Night"



(Same requirement as Men's Game on January 24) In addition to the theme, student groups are required to perform a community service by donating can goods. The drop-off is in the Lobby of Boylan Gym on game night. Points will be awarded.

Tuesday, February 8 Men's Game "Player Night" (Student groups are required to wear a shirt with their favorite MU player's number on it)

Wednesday, February 16 Men's Game "Valentine's Night" (Student groups are required to wear clothing representing Valentine's Day)

Thursday, February 17 Women's Game "Valentine's Night" (Same requirement as Men's Game on February 16)

Friday, February 18 Men's Game "Great White Freak Out" (Student groups are required to wear a plain white shirt)

Saturday, February 19 Women's Game "Poster Night" (Same requirement as Men's Game on February 5)

Sunday, February 20 Men's Game "Crazy Hat Night" (Student groups are required to wear a homemade hat with representations of MU)

Monday, February 21 Women's Game "Crazy Hat Night" (Same requirement as Men's Game on February 20) In addition to the theme, student groups are required to perform a community service by participating in a clothing drive. The drop-off is in the Lobby of Boylan Gym on game night. Points will be awarded.

Saturday, February 26 Women's Game "St. Patrick's Night" (Student groups are required to wear clothing representing St. Patrick's Day) Contest Ends Money Awarded

Women's basketball survive scare from FDU

Fight back from 11-point for fourth straight win

WILLIAM K. DEPOE STAFF WRITER

On Saturday, January 29, the Monmouth University Women's Basketball team extended their winning streak to four, knocking off the Fairleigh Dickinson University Knights 65-55 at the Rothman Center, in Hackensack, N.J.

When the Hawks needed baskets down the stretch, junior guard Niamh Dwyer delivered, knocking down 15 of her game-high 23 points in the second half, including 10 in the last 6:36 of the game.

The Hawks, now 5-2 in the NEC, will travel to Sacred Heart today, 2/2.

A Liz Whalen 3-pointer gave Monmouth a 15-0 lead with 12:07 left in the first half, but before the Hawks knew it, the Knights were able to fight their way back and take a 25-24 lead.

After trailing by 15 early, Fairleigh Dickinson finished the first half on a 33-11 run and led 33-26 at halftime.

The second half started with the Knights taking over from where they left off, extending their lead to 11 on two different occasions, but Monmouth would show its resiliency and eventually take a 46-45 lead with 9:49 left in the game.

FDU wasn't done yet and managed to go on a 7-0 run to lead 52-46 with 7:05 to go.

too much. A 3-point basket by Dwyer that gave Monmouth the lead for good at 57-54 was part of a game-ending 19-3 run for the February 2, at 7 p.m. Hawks.

were significant for Monmouth, versity on Saturday, February, holding FDU without a field goal in 5, at 3 p.m.

írísd



Junior Liz Whalen has been a steady contributer from behind the arc for the Hawks.

the final 5:20.

For the game, the Knights turned the ball over 26 times, which led to 24 Hawk points.

Courtney Lumpkin, who had seven rebounds, was also vital to Monmouth's second half run, scoring six of her 10 points.

Lumpkin and Dwyer combined for 10 steals in the contest.

The Hawks, now 5-2 in NEC In the end, the Hawks were just play and 9-7 overall, will take their four-game winning streak into Sacred Heart for a date with the Pioneers on Wednesday,

Monmouth will also host the Defense and forced turnovers Colonials of Robert Morris Uni-

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Monmouth University's Women's Basketball

Presents:

Indoor Track and Field preparing for NEC Championships

DOMINICK RINELLI, JR.

With the Northeast Conference Championships just two weeks away, Coach Joe Compagni and the Monmouth University Track and Field team are determined to run away with a Conference Championship.

"With just two weeks to go before we compete in the NEC Championships, we had a number of people step up and compete at a high level," said Compagni.

sent split squads to the Bison Open and Pentathlon at Bucknell University and the Terrier Classic and Invitational at Boston University.

"The meet at Boston University included close to 100 colleges and club teams from all over the country. Our top men and women performed well against the high-level competition," said Compagni.

Monmouth competed against sixth and seventh place respeccolleges such as Miami, Michigan, Duke, Seton Hall, Pennsylvania, Providence and other top track and field teams at Boston. Both the men's and women's teams had a successful weekend with runners qualifying for the ECAC and IC4A Championships as well as a number of new school records being set. On the women's side, Katina Alexander set a school record in the 3000m with a time of 9:59.65. Latasha Dickson qualified for the ECAC's in the 500m as she crossed the line in 1:15.82 and finished in fifth place in the event. Kristin Wallace finished in a time of 18:06.68 in the 5-mile event which is good enough for third in school history. Other notable finishes include: Toria Williams taking sixth in the 500m (1:16.02), Suraya Kornegay taking seventh in the 400m (57.85), Alexander finishing eighth in the 1000m (3:02.25), Tisifenee Taylor more people qualified for the crossed the line in 1:15.82 and taking seventh in the long jump ECAC and IC4A Championships

DeVane Resigns as Women's Head Coach

JACKIE DEVANE

Former Head Coach

DEVON GOTTSHALK SPORTS EDITOR

Six seasons and seventy University Women's Basketwinning streak and share of the Confer-

east ence, after establishing a heads-up team with a solid

reputation, the walking away.

Women's Basketball Head Coach Jackie DeVane announced that she will be leavmediately.

With the announcement prior to practice on Monday came a shocked team and university. the midst of a potentially conference-winning season, no one seemed to see it coming.

In an interview with the Asbury Park Press, DeVane said, "There's a lot of things going on in my life right now I really can't talk about."

"It's personal," she added, "I have to resign now because I can't put my focus and energy NEC) at 7:00 p.m.

into coaching basketball. I don't want to do a half-baked job."

DeVane did not attend Monmouth's game on Saturday versus three wins into the Monmouth Farleigh Dickinson University as she was attending a funeral for a ball program, with a four-game family member in Philadelphia. In DeVane's time at Mon-

first place rank in the North- mouth, the Hawks are in the midst of six con-"It's personal."

secutive winning seasons, including three conference tournament appearances and

foundation for the accolades is a trip to the championship game last season.

With DeVane's departure, Associate Head Coach Michele Baxter has been named interim ing Monmouth, effective im- coach and will take the reigns immediately. Baxter, before joining Monmouth's coaching squad four years ago, was an assistant coach at Tallahassee, Fla., Junior A game just two days away in College for two years where she earned a 50-19 record, finishing second in the state both seasons. She also previously coached a boys AAU team for five years and a boys high school junior varsity team, both in Florida.

Monmouth with suit up on Wednesday, February 2nd, in Connecticut when they will face Sacred Heart University (7-2,

STAFF WRITER

ing eighth in the weight throw weekend," Compagni stated. "If (47'4.25"). The 4x400m team of the team continues to progress as Toria Williams, Deanna Paulson, Kornegay and Dickson earned excellent results for the next few sixth place in the event finishing in weekends as well," he continued. a time of 3:52.51.

Vuono and Bobby York qualified for the IC4A's with a time of 3:19.67 and earned eighth place in the event.

Dennis also qualified for the This past weekend, the Hawks IC4A's in the 200m as he finished in seventh with a time of 21.98. Vuono and Charles Simmons both qualified for the IC4A's in the 400m as Vuono finished with a time of 48.99 and Simmons with 48.75.

> The Blue and White had three throwers place in the top ten in the shot put. Nick Williams (48'7.5"), Chris Keller (47'11.25") and Kyle Hirschklau (46'5.25) took fourth,

(17'6") and Katie Pachuta finish- which was one of our goals for the they should, we should have some

Next weekend, the Hawks will be The men's team had highlights at the New Balance College Inviof their own as the 4x400m team tational at the 168th Street Armory of Jeff Elisca, Troy Dennis, Chris which will feature over 100 schools from across the country.







For Tickets and Information, please call Tom Manzo at 732-26 monmouth.ed Proceeds will benefit the Ireland Basketball Tour in May 2005

Other highlights for the men in Boston include: Dennis third place in the long jump (22'11.75", York earning ninth place in the 500m (1:05.33) and the distance medley team of David Gaines, Bill Doherty, Sherwyn Noel and Larry Schau finishing ninth (10:17.25).

At Bucknell, Ashley Huffman set a new school record in the pentathlon event scoring 3,679 points which also qualified her for the ECAC Championships.

In the five events, Huffman set two new school records in the long jump with a distance of 19'11" and 60m hurdles in a time of 8.64. She cleared 5'5" in the high jump, finished with a distance of 7.84m in the shot put and first in the 800m with a time of 2:34.55.

Guy Jackson cleared 6'8.75" in the high jump to finish in second place in the event.

PHOTO BY Jim Reme Latasha Dickson gualified for "We were pleased to get some the ECAC's in the 500m as she finished in fifth place in the event.

Hawks topple FDU, stretch out lead over rest of Northeast Conference

EDDY OCCHIPINTI SPORTS STAFF WRITER

As good a season as the Monmouth University men's basket- field had a season-high 17 points ball team had a year ago, they are already finding ways to try and better that squad. For starters, last season's team, which went rier rally late to hang on for the to the NCAA Tournament for the third time in school history, had a pair of humbling conference road then undefeated Hawks looked to losses to Quinnipiac and Fairleigh avoid a letdown as they took to the

Dicksinson. This season the Hawks have defeated both those of schools in their respective gyms, with the more recent win over FDU the Knights serving as a confidence boost to a team already riding sky high. "They are

a good team," said senior tri-cap- and Marques Alston both found tain Blake Hamilton. "We came themselves in foul trouble with here last year and got blown out, each player collecting three fouls so this win is big for us."

Head Coach

The win Hamilton is referring to was the 64-56 victory the Hawks had over the Knights this past Saturday at the Rothman Center in Teaneck, New Jersey. In last season's game there, the Hawks fell to FDU 86-64. This year, the Blue and White used a masterful defensive performance and some timely shooting to defeat FDU.

The high-scoring Knights were limited to a season-low tying 21 first half points as the Hawks led at halftime 28-21. The Hawks came out of intermission on fire as Chris Kenny and Tyler Azzarelli hit back-to-back three pointers to spark a 22-9 Monmouth run, and when the smoke cleared, the Birds of Boylan had a 50-30 lead.

FDU made a late-charging run of their own as they went on a 20-6 run to trim the Monmouth lead to 56-50, but the Hawks were able to hold off the Knights by connecting on 81% of their free throws in the game, including a perfect 4-4 when the Knights cut the lead to four at 60-56 with 18 seconds left.

Hamilton led all scorers in the game with 20 points for the Hawks. Senior guard Tamien Trent paced the Knights with 16 points, while senior forward Gadi Buch added 12 points, all on four three-pointers, off the bench. Hamilton hit 4-of-10 from the field and 12-of-15 at the charity stripe, while adding six rebounds. Kenny finished with 10 points on 4-of-9 shooting from the floor, including 2-for-5 beyond the arc. Monmouth shot 45 percent from the field as a team, while holding the Knights to 33 percent, and 27% from three-point range. The Hawks were able to limit FDU's big three of Trent, junior forward Gordon Klaiber, and junior guard Chad Timberlake, who average a combined 46 points per game, to a total of 29 points for the game. "We played great defense all game, and great offense for a lot of the game except when they made their run," said head coach Dave Calloway. "We played Monmouth basketball tonight, tough physical defense and smart and efficient offense.'

Hawks defend their home court with a 77-73 win over St. Francis (NY). In the game Hamilton had 20 points, and Senior Dwayne Byto lead the Hawks. Monmouth led by as many as 16 points in the game, and survived a furious Tervictory.

In their most recent action, theroad for a

team

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game

conference "We played clash with the Monmouth who owns the NEC's basketball tonight, worst record, tough physical Sacred Heart Piodefense and smart neers All and efficient factors necessary offense." for an upset played their way into DAVE CALLOWAY the in Fairfield, Conn. as Hamilton

before halftime en route to the Hawks dropping their first NEC game of the year 44-41 . Mon-mouth shot 25% from the floor for the game and a paltry 16% from three point-range on 5-30 from the land of the trifecta.

The Hawks, who sitll own the conference's best mark at 7-1, return to action Thursday night as they try to bounce back against the Long Island Blackbirds at Boylan Gym. Long Island is coming off a twenty point defeat at the hands of FDU. They sit at fifth-place in the conference.

Tip-off between the Hawks and Blackbirds is set for 7:00 p.m.



Guard Brandon Owens "shakes and bakes" off the dribble. His improved play has helped spark MU.





The

PHOTO BY Jim Rem

previous game saw the Guard Tyler Azzarelli leads the Hawks in assists and steals.



\$10 per raffle ticket Raffle will be drawn March 17, 2005

For Tickets and Information Call Tom Manzo at 732-263-5833 or Email: tmanzo@monmouth.edu Proceeds will benefit the Ireland Basketball Tour in May 2005



DeVane Resigns



Women's Basketball Head Coach **Jackie DeVane** resigns mid-season in her 6th year with MU.

PHOTO COURTESY OF ATHLETICS DEPT.



Men's Basketball loss breaks 'perfect' record and Women go 4 in a row. Indoor Track & Field gearing up for NEC Championships. Head Coach of Women's Basketball team resigns.

