

THE OUTLOOK

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PHOTO BY Alison McSherry

Members of Monmouth University's Residential Life staff attended the meeting to show their support for MU and the progress of the new dorm.

Zoning board further delays plans for new dormitory

ALISON MCSHERRY
EDITOR IN CHIEF

Plans to construct a dormitory on the corner of Cedar Avenue and Pinewood Avenue are still on hold after the university met with the West Long Branch Zoning Board Monday night.

"There was no final verdict other than to schedule another meeting," said Grey Dimenna, Vice President and General Counsel.

This was one of many meetings scheduled to discuss the construction. Members of the university administration, residential life staff, and students all turned up to support the residence hall, while many members of the surrounding community showed up to oppose it. Those in favor of the new dormitory wore buttons and shirts that read "I support Monmouth University" while the opposition sported buttons reading "save what's left of our open spaces."

The university has already

made several changes to the original plans in response to concerns that were voiced at earlier meetings.

"I think that some of the residents were appreciative of the changes the university made in its application in direct response to concerns expressed by the residents," said Patricia Swanack, Vice President for Administrative Services. "The university has always taken the position that it is willing to work with the local residents and will make reasonable accommodations when we can."

Through out Monday's meeting, many West Long Branch residents expressed concern over the noise that would come from a new dorm as well as the lighting that a new parking lot would bring. One resident suggested that the university close the proposed lot from the hours of 10 p.m. till 8 a.m. while the board, chaired by Rocco W. Christopher, questioned whether or not a safety officer

could be placed in the lot to limit noise.

This hearing, like the ones before it, has significantly delayed construction.

"The delay has already substantially postponed the opening of the new residence hall when and if it is approved," said Dimenna, noting that there is a chance the dorm will not be ready to open in September 2006. "It's unfortunate that a few individuals and their attorneys are able to manipulate the system to create such a lengthy delay for a project that benefits the university and the community as a whole."

The next meeting is scheduled for March 7 at 7:30 p.m. at the West Long Branch Municipal Building.

"I want students to have a place to live," said Devon Gottshalk, SGA president. "I think it will make the community happier in the long run to have students on campus rather than off."

National Girls and Women in Sports Day held at MU

JENNIFER KNOEPEL
NEWS EDITOR

The 18th annual National Girls and Women in Sports Day was held at Monmouth University on Saturday, February 5, 2005. Boylan Gymnasium was filled with girls and women athletes from all over the state of New Jersey.

National Girls and Women in Sports Day is a special day for girls and women to celebrate their participation in sports and athletics.

On Saturday, sports educators, coaches, athletic directors, recreation directors, association members, sponsors, students, and parents across the state showed their support.

National Girls and Women in Sports Day is celebrated in all 50 states with different events taking place all over the country. Some events include community-based events, award ceremonies, and activities honoring the achievements and encouraging participation of girls and women in sports. Monmouth included all of these aspects.

At the game local female athletes from grammar and high schools were in attendance at National Girls and Women in Sports Day to be recognized for their efforts in their individual and team sports.

Approximately 2,389 people packed into Boylan Gymnasium for National Girls and Women in Sports Day to watch the Monmouth University Women's Basketball team defeat Robert Morris University in a last minute effort.

At halftime Monmouth's top female athletes were recognized for their achievements. One woman

from each sport was recognized and one was chosen overall. The top female athlete was Monmouth University's Women's Outdoor Track and Field star Zekara Riggsbee.

Riggsbee, a senior at Monmouth is considered to be one of the top athletes. She currently holds three school records.

She will be representing Monmouth University against all other female athletes in the state of New Jersey at Seton Hall University. If she wins at Seton Hall

University she will then continue on to compete against other states.

Last year's recipient was Monmouth University Women's lacrosse player Stacy Sydlo

"It's great to see so many people come out and support women's

athletics," said women's tennis player Kelly Phoebeus.

Olympic Gold Medallist and Monmouth alumni Christie Pearce Rampone was on hand for the festivities. Rampone is a former Point Pleasant Boro High School three-sport athlete and a Monmouth University two-sport athlete, playing both soccer and basketball. On Saturday, Rampone was awarded The Rebecca Stafford Leadership in Sports Award by President Gaffney and Dr. Marilyn McNeil for her accomplishment in athletics. She also received a standing ovation from her home crowd.

For those in attendance Redken supplied a gift package worth \$35 including shampoo, hair spray, and finishing spray.

For more on this story check the sports section.

National Girls and Women in Sports Day is celebrated in all 50 states with different events taking place all over the country.

Cell phones to benefit victims of domestic abuse

KARA FERRARO
STAFF WRITER

Monmouth University's Department of Athletics and the Gender Studies Committee are co-sponsoring a campus-wide cell phone drive to benefit victims of domestic violence. Gender Studies and Sociology professor Johanna Foster, describes domestic violence as, "Physical, sexual, and/or emotional abuse used by one individual against another individual to maintain or secure power and dominance in a personal relationship."

The cell phone collection drive started at the Monmouth University Women's Basketball game on Saturday, February 5 (National Women in

Sports Day) when the Hawks faced Robert Morris University.

"National Girls and Women in Sports Day is a celebration of the fact that girls and women can play sports. The decision was made to combine the collection drive and this celebration because it is providing women with more self esteem and hopefully making them less vulnerable to violence," explained Athletic Director, Marilyn McNeil.

During the basketball game girls from middle schools, high schools,

and Monmouth were honored for their accomplishments in their specific sport areas.

"Last year...we collected about 60 phones. This year we hope to have an even bigger success."

JAMIE MITCHELL

Associate Director of Graduate Admissions

Prior to the game on Saturday flyers were sent to the nearby high schools and middle schools of the female athletes that were being honored to notify them of the cell phone collection. Aside from the collection drive at the

basketball game, drop boxes for cell phones and their accessories will be located through out

campus until Sunday, February 20.

At the end of the collection the cell phones will be brought to The Body Shop in Monmouth Mall and from there will be distributed to local shelters. Although there are men and women in the shelters, 90 percent are women. Jamie Mitchell, Associate Director of Graduate Admissions said, "This is the second year for the cell phone collection. Last year along with a sorority we collected about 60 phones. This year we hope to have an even bigger success."

According to data received by Dr. Foster, eight times as many women are hurt by their boyfriends than men injured by their girlfriends. Also, the Unit-

ed States has the highest rate in the industrialized world for spousal murder, domestic violence, and rape. Another fact is that between one third and one half of all women are assaulted by a spouse or partner at some point in their lives and between 30 and 40 percent of all women murdered are murdered by their husbands or boyfriends.

The facts stated above are alarming; this is why Mitchell and McNeil decided to have this cell phone collection. They thought by publicizing it at a women's athletic event it would draw more attention to their cause and create a prosperous outcome. It is a way to raise awareness of domestic violence among the MU community.

U.S. News Ranks Monmouth University's undergraduate program among the best

SAMANTHA YOUNG
ASSISTANT ENTERTAINMENT EDITOR

Every year, *US News* conducts a ranking report for undergraduate programs across the nation. Each college or university fills out a survey, providing statistical information about their school, such as SAT scores and selectivity in acceptance. These factors are then weighted in their respective categories. The end number is how the schools are ordered.

According to Petra Ludwig, Director of Public Affairs at Monmouth University, "We were named in the Top Tier of Best Universities-Master's (North) by *US News* and World Report's America's Best Colleges 2005 Edition." This is a significant increase from years past, where MU only held a ranking of Tier Three.

While this high ranking came as a surprise to some, Joann Valpone, Guidance Counselor at High Technology High School in Lincoln, says recognition like this was to be expected. "I am proud of Monmouth's top tier status and not at all surprised. I have always felt that students going to Monmouth received a terrific education."

Even though "*US News* used statistical data from fall 2003 for the 2005 edition," Ludwig believes the university's numbers will only get better. "Each year we get more competitive and improve our standings," she proclaimed.

Compared to five years ago, many aspects of Monmouth's academic profile have improved. This year's SAT scores average increased 36 points to 1080. Freshman retention rate has increased to 73 percent and the six-year graduation rate improved from 47 percent to 52 percent.

David Tietge PhD, professor of English at Monmouth, thinks this ranking will have a positive effect of future incoming classes. "Our students are more prepared for college now than they have been in recent years, largely because we are in the happy position of being able

"I am proud of Monmouth's top tier status and not at all surprised. I have always felt that students going to Monmouth received a terrific education."

JOANN VALPONE
Guidance Counselor at High Technology High School

to more carefully select the students we admit." Five years ago, Monmouth's acceptance rate was 87 percent; now it's 66 percent.

Over the past few years, Monmouth seems to have improved its reputation, and this newly discovered recognition will only help. "Monmouth has gone from a regional university that served primarily Monmouth and Ocean county shore residents to an institution that has gained respect across the state and the country, thereby making it a first choice for students who might have considered other institutions in

the past," declared Tietge.

The university's newly appointed top tier status is also making guidance counselors encourage high school seniors to take a second look at Monmouth. Valpone adds to this saying, "Ever since I took the counselor tour of the new Communications [building] last year, I have been promoting Monmouth and their expansion not only in facilities, but in curriculum [to high school seniors]."

When asked what makes Monmouth such a desirable place to attend Ludwig declared, "The strength of our academic programs, student-centered campus community, dedication to our environment, and opportunities for student success all lend itself to what makes Monmouth a desirable place for students to pursue their education."

A freshman said what drew her to Monmouth was "the beautiful campus, excellent curriculum, and the individual attention given by the professors."

With a status like top tier, Professor Tietge foresees more philanthropic efforts. "Our benefactors will be much more willing to have their names attached to this institution as a result of this improved reputation, and again, we should assure them that their money is being well-spent through the continuing development of new and existing academic programs."

Members of the Monmouth community are all pleasantly surprised and humbled by the well-deserved recognition. Ludwig declared "Under President Gaffney's leadership, Monmouth will continue to improve in educational quality and reputation. It is an exciting time to be a student and it is also an outstanding time to work here."

M2's has first ever live broadcast

WESLEY CHIN
CONTRIBUTING WRITER

"M2", Monmouth Music, premiered its live music broadcast from the Hawk Television Studios last Thursday featuring the musical stylings of local band Drive.

The first live performance in Hawk TV history drew in crowds from the Monmouth Community and beyond. Fans from Neptune, Oceanport, and the band's hometown of Tinton Falls gathered outside the studio early in anticipation to see Drive perform.

"This is good for exposure, and they deserve it," said a fan from Tinton Falls.

The event, hosted by M2's Matt Siciliano and Alex

Kostiuk, featured an entire live set from the band in a studio normally adorned by backdrops and props were amplifiers, microphones and stage monitors.

"There was a lot of technical stuff, lights and audio," said Matt Gallo, the floor manager of the event, "As a senior, this really ended up being the best show I've ever done."

"This even was possibly the coolest thing to come to the Hawk TV Studio for a long, long, long time", said Siciliano.

Show producer Jason Schnitzer was incredibly pleased with the

outcome of the show.

"Just hope it gets better," he said.

Hawk TV received a positive response for their efforts in the event. Few seats in the studio were left unoccupied, and there were many standing ovations given by the crowd throughout the performance.

"I saw first hand how much effort Hawk TV has put in," said WMCX

"I saw first hand how much effort Hawk TV has put in and I know it will pay off."

FRANK DELLA FEMINA
WMCX General Manager

General Manager Frank Della Femina, "and I know it will pay off."

Drive played an hour long set, performing all original songs from their usual live repertoire. Midway in the programming, the band sat

down and gave current and new found fans an interview that lead vocal and guitar Tom Neff found to be one of his favorites. Whether it was finding out who was the hottest member of the band, or asking for an improv 10-second air-guitar solo from lead guitarist Doug Mikula, no question was too taboo for Drive to answer.

"We have so many serious interviews, so this one was our favorite one," said Neff.

"This was awesome," said drummer Mike Neff, "This was the first time we could play on television. It's just awesome."

MU Professor elected as IEEE Fellow

Dr. Mohammad S. Obaidat Honored for Outstanding Scientific Contributions

PRESS RELEASE

Mohammad S. Obaidat, professor of computer science at Monmouth University, has been honored by the Board of Directors of the Institute of Electrical and Electronics Engineers (IEEE) as an IEEE Fellow. Dr. Obaidat resides in Teaneck, New Jersey.

Arthur W. Winston, 2004 IEEE president, remarked that Obaidat was elected an IEEE Fellow, effective January 1, 2005, with the accompanying citation: "for contributions to adaptive learning, pattern recognition and system simulation."

The IEEE Fellow is one of the most prestigious honors of the IEEE and is bestowed upon a very limited number of Senior Members who have made outstanding contributions to the electrical and information technologies and sciences for the benefit of humanity and the profession.

The number of IEEE Fellows elected in a year is no more than one-tenth percent of the total IEEE voting membership. IEEE was founded in 1884 and it is the world's largest techni-

cal professional association, connecting more than 360,000 members in approximately 150 countries.

Obaidat said. "I'm flattered and honored to have been elected an IEEE Fellow and hope that I can continue my contribution to computer science and

"I'm flattered and honored to have been elected an IEEE Fellow and hope that I can continue my contribution to computer science and engineering for the welfare of humanity."

MOHAMMAD S. OBAIDAT

Professor of Computer Science

engineering for the welfare of humanity."

Dr. Mohammad S. Obaidat is an internationally known academic/researcher/scientist. He received his Ph.D. and M.S. degrees in Computer Engineering with a minor in Computer Science from The Ohio State University.

He has written five books and about 300 refereed scholarly journal and conference articles. Dr. Obaidat has served as a consultant for several corporations and organizations worldwide

and is editor of many scholarly journals including the International Journal of Communication Systems published by John Wiley.

In 2002, he was the scientific advisor for the World Bank/UN Workshop on Fostering Digital Inclusion. He was an IEEE (Institute of Electrical and Electronics Engineers) Distinguished Visitor/Speaker and has been serving as a National ACM (Association for Computing Machinery) distinguished Lecturer since 1995.

Dr. Obaidat is a Fellow of the Society for Modeling and Simulation International (www.scs.org).

Recently, Dr. Obaidat was awarded the distinguished Nokia Research Fellowship and a Fulbright Scholarship to Jordan, where he is advising the president of Philadelphia University on research, development and information technology.

Dr. Obaidat has made pioneering and lasting contributions to the multi-faceted fields of computer science and engineering, especially, adaptive learning (AL), pattern recognition (PR), computer networks and computer system simulation. He

has introduced novel fast learning automata that are capable of supporting high-speed real-time applications and are among the fastest practical LA algorithms in the literature.

He has devised novel schemes for dimensionality reduction and feature extraction and presented new efficient methodologies for ultrasonic transducers' characterization using PR and Neural Networks (NNs) techniques that have already been used in industry. He also devised novel computerized schemes to diagnose depth perception among infants and non-

communicative people.

He has made several outstanding novel contributions to the field of computer system simulation (SS) and introduced several discrete-event system simulation methodologies and applied them to different system types including computer and networks systems. Notable among these are message flow technique (MFT) and instruction flow technique (IFT).

His research results have been often used and cited by numerous researchers, engineers and scientists in academia and industry worldwide.



PHOTO COURTESY of Petra Ludwig

Professor Mohammad S. Obaidat is now a Fellow with the Institute of Electrical and Electronics Engineers.



Ten out of the twelve new members of Zeta Tau Alpha at the Panhellenic Pinning ceremony Friday night

Panhellenic Pinning ceremony held Friday night in SC

LYNSEY WHITE
NEWS EDITOR

Fifty-one bids were handed out among the five sororities under the Panhellenic Council Friday February 4, which was followed by the Panhellenic Pinning that took place in the Rebecca Stafford Student Center at 6 p.m.

Formal recruitment began with Meet the Greeks, January 25, and officially started Sunday, January 30 and ended Friday February 4 with bid day.

Potential new members were able to receive their bids from 12-3 p.m. in the Greek Conference room on the third floor of the Student Center. Greek Advisor Tom Murphy was pleased will how recruitment went.

“I thought it went awesome. We gave out 51 sorority bids and 45 fraternity bids. The grades are really strong, especially among the men,” said Murphy. “I was really fairly impressed. There was an outstanding group of women that came out for recruitment.”

Zeta Tau Alpha, Phi Sigma Sigma, Delta Phi Epsilon and Theta Phi Alpha each received twelve new members and also met quota. Alpha Sigma Tau received 3 new members.

Sister of Alpha Sigma Tau Kristen Rosati feels that this

spring’s recruitment had a great turnout.

“I think Bid Day went really well and it was so great to see that almost all of the groups made quota and so many great girls will be joining the Greek community. I am especially excited for the girls in our new class, they are amazing.”

Freshman Courtney Muir, new member of Delta Phi Epsilon, went through the recruitment process and is happy with her decision.

“I went out not really knowing what sorority I wanted, but after the first night of recruitment I knew which one i wanted to belong too. It was a overwhelming week but it was a great experience and I am looking forward to going through the six

weeks of my new member process,” said Muir.

Inter-Greek Council President Mike Martelette is glad to welcome the new members to the greek community.

“The greek community is always happy and excited to recruit new members into the greek system. This semester we have about 100 new members who have accepted bids to an organization and that is viewed as a big success by the greek community,” said Martelette.

This semester we have about 100 new members who have accepted bids to an organization and that is viewed as a big success by the greek community,”

MIKE MARTELETTE
IGC President



The Twelve new members of Phi Sigma Sigma at the Panhellenic Pinning Friday night in the Student Center.

Nationally recognized artist visiting campus for interactive diversity

Amy Bartell brings Mural Project to MU

JOE CORCIONE
OPINION EDITOR

Monmouth University has invited nationally traveled and recognized artist Amy Bartell to bring the Mural Project to Monmouth University.

Bartell will be visiting campus from Monday, February 14 to Friday, February 25, 2005. During this time, she will be directing the painting of a special four-panel diversity mural to be displayed in the Rebecca Stafford Student Center.

The Mural Project produces an aesthetically appealing piece of artwork and provides a continual conversation piece for students and employees as well as visitors to the campus. This offers an opportunity for various campus organizations to combine thoughts, energies, and resources in its creation process.

“All members of the Monmouth University community are encouraged to take part in the painting of the mural,” said Anthony DelFranco, Director of the Annual Fund and a member of the Mural planning committee. “This includes students, employees, and all members of the Monmouth University community so the mural will embody the spirit and diversity of our campus.”

A mural is a work in progress, allowing everyone who takes

part in the creation of the Mural to feel empowered that their efforts will make a positive influence on many people for years to come.

“Since we all can have a hand in creating this diverse mural, it truly represents all of us, Monmouth University as a whole,” said Heather Kelly, Assistant Director of Student Activities,

“All members of the Monmouth University community are encouraged to take part in the painting of the mural.”

ANTHONY DELFRANCO

Director of the Annual Fund and a member of the mural planning committee

and one of the main planners of the Mural Project at Monmouth University. “I mean, how many times do students get a chance to help create something that will still be here when they come back for their 50th reunion? It’s so exciting!”

As part of the Mural Project, Bartell will devote a considerable amount of time to students and local media. This ensures as many people as possible can get involved in the painting of the Mural. She will also host a workshop especially designed

for Monmouth University that will cover a variety of topics from art, activism, and practical feminism to finding a career that matches your passion.


The Mural Project began in 1996 when The Women’s Commission at the University of New Hampshire asked Bartell to replicate one of her original art pieces in the form of a mural to celebrate Women’s Suffrage. The mural took two weeks to create and measured nine by 13 feet, Bartell’s largest ever creation at that time. The “hands on” experience of painting the mural gave Bartell a desire to reach out further and spend more time working with young people on college campuses.

Bartell is a full-time artist and activist who uses art to spotlight social issues. She is best known for using vibrant colors and bold brush strokes to emphasize a powerful message. She has created murals for college campuses, non-profit organizations, and community centers.


Her artwork is used for fundraising, educational, and inspirational purposes and has been featured in the permanent collections of numerous institutions and organizations, including SUNY New York, Price Waterhouse, Sovereign Bank, and Trump Towers, and also has a loyal following of individual collectors.

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The World According to MU

15,000 U.S. troops could return home from Iraq

JENNIFER KNOEPEL
NEWS EDITOR

On Friday, February 4, 2005, President George Bush and Paul Wolfowitz announced that American troops will be returning to their home soil from Iraq.

Paul Wolfowitz, Deputy Defense Secretary said that since the election in Iraq is over he believes 15,000 U.S. troops can be withdrawn. This would reduce the American military force to 135,000.

The reason that American forces have been in Iraq for so long is because they are training the Iraqi forces so that they will be able to protect themselves. This process is taking a great deal of time.

Joseph Patten, Assistant Professor of Political Science and Sociology said, "The American people will leave Iraq when the Iraqi government is in place and capable to defend themselves."

Patten went on to say, "Iraqi forces are not prepared to defend their own country."

Right now there is no time frame in which the troops are expected to come home. They could begin departing from Iraq in one week or they could be departing in eight months.

"U.S. troops are going to be in Iraq for quite a long time," said Patten. Patten believes this because Iraqi forces need much more training in order to be secure.

When asked about when troops will begin to depart from Iraq to come home President Bush stated in an interview with CNN, "They



PHOTO COURTESY OF ARMY.MIL

An American soldier stationed in Mosul.

ask me, 'Is there a timetable for withdrawal from Iraq?' Here's the answer to that: You don't set timetables."

According to Patten the reason for there being no set time table in which the troops will be coming home is, "The President is not presenting a time table arguing that a time table could serve the interest of those not wanting the government to succeed."

Being that the center for the development of the Army's Command and Control, Communications, Computers, Intelligence, Sensors and Reconnaissance systems is located in our backyard at Fort Monmouth in Eatontown it is important to know about the status of our military personnel.

Tim Rider from the Public Af-

fairs Department at Fort Monmouth said, "Many of our troops have already returned. They returned in October and November."

People who have been stationed at Fort Monmouth have been coming back at various times since they have been stationed in Iraq. "A lot of people have been filtering back and forth from Fort Monmouth to Iraq," said Rider.

Carolee Nisbet, Public Affairs Officer at Fort Dix said, "Units will be returning home soon. Soldiers from Virginia and Illinois are returning home and New Jersey soldiers are expected to return soon." She also stated that 60,000 troops have been in and out of Fort Dix since September 11 and there are approximately 2,800 soldiers preparing to return home.



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RADIO AND MUSIC INDUSTRY: INSIDERS' LOOK

A reflection on the past and present status of two rapidly-changing businesses

JACQUELINE KOLOSKI
ASSISTANT FEATURES EDITOR

Have you ever imagined working for a radio station that many listen to or even working at a famous record label? Student Frank Della Femina and Professor Aaron Furgason have had such experiences.

Frank Della Femina, a senior at Monmouth University and a communication major with concentrations in radio and television and journalism and public relations has had much experience in the radio and music industry.

Besides currently being the general manager of the campus radio station WMCX, he is also working part time for Millennium Radio which features such radio stations as the Point and the Hawk.

Della Femina reflected on his radio experience starting during his freshman year.

"My freshman year, I interned at a local station 95.9... It was about 2 ½ months I was there," he said.

During his sophomore year, he had the opportunity to intern at *Good Morning America* where he shadowed a producer.

"The summer of sophomore year I interned at *Good Morning America* in the City [New York] and I shadowed a produc-

day of freshman year. I started doing a radio shift and then spring of sophomore year I took over as news director. That carried me to junior year where I took over as music director and now I am general manager," he said.

When Della Femina served the position of music director for WMCX, he made various musical contacts with people from national and local acts.

"I'd go to concerts and meet up with people from record labels."

A lot of conversations, he said, occurred over the phone and he said he would eventually meet the people he was conversing with at such things as summer barbecues.

"It was a really cool experience to be around all that and as much as I liked doing the music director stuff I wanted

to try to take my shot at running the station myself and organizing events and putting on concerts at local venues," he explained.

Currently, Della Femina is working part time at Millennium Radio and has been there for a little over a year.

"I tend to bounce around between the two AM stations WOBM AM and WADB 1310," he said. He, as well, works with the Point and the Hawk.

"I made myself diverse enough where I've proven to them I know enough stuff that they call on me when they need things

"New technology is definitely altering everything they do."

AARON FURGASON
Assistant Professor of Communication



WMCX is Monmouth University's campus radio station.

PHOTO BY Jacqueline Koloski

er...She pretty much gave me, by the end of the summer, free reign over doing pieces that aired on *Good Morning America*," Della Femina explained. "It gave me the opportunity to get some reels."

During the spring semester of his junior year, Della Femina interned at 94.3, 105.7, and 1160 AM where he learned a lot of different skills.

"I learned how to do production stuff with protocols which is music industry stuff."

He also learned how to set up promotional events, board up for baseball games which, he said, means to engineer the broadcasts.

"I pretty much didn't let anything stop me unless they told me I can't do something," commented Della Femina.

He added that he was hired after that.

Della Femina mentioned that he met a lot of cool people through these experiences. Examples include singer Alanis Morissette.

"I got some really cool shots of Bruce Springsteen when he was at the show in Asbury Park through the Hawk. Through the Point, Alanis Morissette came up," he described.

Della Femina said that he has been with WMCX since the beginning of freshman year and began doing his own radio shift at the time.

"As far as college radio goes, I've been involved here [at WMCX] since the first

done. Anything from productions to promotions to programming, I've had a bit of experience with everything there," Della Femina said.

"It's been a good learning experience," he added.

From these experiences, Della Femina, said he has learned many things.

"I learned from these experiences that there are other things out there that involve music and radio," he explained of one thing he has learned.

He also noticed how it's high demand as well as the fact that there is very small room for error.

When asked if he hopes to work in the radio and music industry professionally in the future, he said that he would prefer working in music television.

Professor Aaron Furgason, assistant professor of Communication with focus in radio and film, is another member of the Monmouth University community who has outstanding radio and music credits.

"I started here at WMCX in 1988 and I was a DJ for awhile," said Professor Furgason. He served the position of music director from 1991-1992.

"When I was here, I was working at WNEW FM in New York as an intern and then I got hired while I was still in school," he said. Professor Furgason stayed there until the spring of 1993.



PHOTO BY Samantha Young

Professor Furgason an assistant professor at MU once had his own show on WMCX, now he's back encouraging students to get involved on 88.9 The X.

That fall, Professor Furgason worked at Atlantic Records and was there for two years. He then went to graduate school and worked at a station in Boston called WFNX. He also mentioned that he worked at Emerson College's radio station WERS.

Professor Furgason, in addition, worked at various music marketing firms and even a country music station.

"The listener is the most important person," said Professor Furgason of a valuable lesson he learned from his experiences in the radio industry.

In addition to that, Professor Furgason said that he learned how much of a business it truly is.

"The recording industry is such a business... I had no idea it was such a business until I was actually doing it," he explained.

Overall, he said, "I had a blast."

Currently, Professor Furgason is involved in some of the radio and music programs that are offered to students at the university.

"I still do a morning radio show called Furg's Morning Mess," he said.

This radio show features all kinds of music.

"I do it because I try to encourage my Intro to Radio Production students to come up and see how easy and fun it is to be a DJ," explained Professor Furgason.

Besides his radio show, Professor Furgason teaches various classes that concern the radio and music industry.

"I teach Intro to Radio Production, Radio Programming and Promotions, and Radio and the Music Industry," he said.

Both Monmouth University Senior Frank Della Femina and Professor Furgason commented on how they perceive the radio and music industry at the present time.

Della Femina said, "It's a hard industry to get into and a hard industry to stay in."

Professor Furgason offered a similar insight.

"It's a tough time to find a job, but they are out there if you search hard enough," he said.

Professor Furgason also added another thought.

"They [radio and music industries] are definitely both in transition which can be good or bad."

He said that the new technology that is being put out there is competing with the radio and music industry. Professor Furgason said that the recording industry has to deal with the Internet and the radio industry has to compete with satellite and iPod's.

"New technology is definitely altering everything they do," said Professor Furgason.

For a final thought, Frank Della Femina had an interesting description for his perception on the industry.

"The best way to perceive the industry is like a revolving door; just constantly people going in and out," Della Femina concluded.

"The best way to perceive the industry is like a revolving door; just constantly people going in and out."

FRANK DELLA FEMINA
WMCX General Manager



A mixing board used in the WMCX studio.

PHOTO BY Ryan Scally

BEVERLY NEVALGA
FEATURES EDITOR

Though Camella is now detached from Triple 5 Soul, she remains representative of a fashion-forward, grassroots, musically-driven community always immersed in new and eye-opening life experiences. I was fortunate enough to have worked with such a powerful force in our generation, who continues to evolve artistically and still invites friends over to coalesce ideas and create projects that influences the young and energetic at heart.



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Dreaming about spinning good beats like Mistress Barbara? It's much more than announcing names of artists, making musical selections, and playing CDs. It's knowing the audience and connecting with them; working two records into a seamless mix; it's making personal appearances at promotional events. To become a DJ requires some investment (time & money) and skill. It's a lot of practice, long hours, and sacrifice. But it sure pays off to see people groove to your original mixes!

	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	12:00 AM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	5:00 AM
10-Feb	Myou News M2	SB C&Q M2 Live			Lean on Me		Myou News M2	SB C&Q M2 Live	Wimbledon				Myou News M2		Collateral		Lean on Me		Wimbledon		Collateral		Lean on Me
11-Feb	SB C&Q M2 Live	Myou News M2			Wimbledon		Myou News M2		Lean on Me		Anchorman		Myou News M2		Lean on Me		Wimbledon		Collateral		Lean on Me		Anchorman
12-Feb	Wimbledon	Anchorman			Myou News M2			Collateral	Wimbledon		Lean on Me		Anchorman		Myou News M2		Collateral		Lean on Me		Wimbledon		Collateral
13-Feb					Myou News M2			Collateral	Wimbledon		Lean on Me		Anchorman		Myou News M2		Collateral		Lean on Me		Wimbledon		Collateral
14-Feb	Myou News M2	SB C&Q M2 Live			Lean on Me		Myou News M2	SB C&Q M2 Live	Wimbledon				Myou News M2		Little Black Book		Anchorman		Wimbledon		Little Black Book		Anchorman
15-Feb	SB C&Q M2 Live	Myou News M2			Wimbledon		Lean on Me	SB C&Q M2 Live	Collateral				Myou News M2		Lean on Me		Wimbledon		Collateral		Lean on Me		Collateral
16-Feb	Myou News M2	SB C&Q M2 Live			Lean on Me		Myou News M2		Anchorman		SB C&Q M2 Live		Collateral		Myou News M2		Ray		Sexless in Seattle				Ray

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Zoning Board and MU's future

MU needs students to come support MU's expansion!

Whether it is an annoying roommate, a forced triple, or a room in a hotel off campus, housing headaches are quite familiar at Monmouth University. Our school is located in suburbia which causes many space restraints and causes too many students to be stuffed into a room or worse forces students to live off campus. Unfortunately we don't have the best town gown relations which make any hopes for expansion painful to think about. This past week, members of the administration met with the West Long Branch Zoning Board for what they hoped would be the last of many summits to determine whether or not the school could construct a new dorm on the corner of Cedar Avenue and Pinewood Avenue. The meeting went on for hours and in the end the town neither approved nor denied the plans for the new hall. It is interesting to note that despite this setback, the university continues to buy land within the town with the hopes of developing. One has to wonder, what's the

point? Yes, the school is planning for the future. Yes, people's minds change over time and there is a fair chance that the school will ultimately get to further develop the campus. And yes, it is important to

“It’s up to our student body to be present at these meetings and to prove (the town Zoning Board) wrong.”

have enough land to accommodate the growing student population. However, with all of the discrepancy over one single dormitory, is it fair to be spending our tuition dollars on land that may never be developed? Tuition has been rising steadily, and the university has been acquiring more and more land. Is this necessary? In these times, real estate is almost always a good investment, especially real estate at the Jersey Shore. So it is probably safe to assume that these acquisitions will

ultimately up the value of the university as well as provide opportunities for the school to expand. However, the school cannot start any kind of construction without the town's approval, and the town will not give approval unless there is support. There are regular meetings held at the Municipal Building on Broadway to debate new construction. E-mails are usually sent out to inform the student body. A few students showed up at the last meeting, but not many. It is clear that the board doesn't think too highly of us. Why should they? For all they know we're a bunch of drunk, sex-crazed animals just looking to have a good time. It's up to our student body to be present at these meetings and to prove them wrong. If you live in the Esplanade and hate it, or live in a forced triple, or are stuck paying high rent in an off campus apartment, then this dorm could benefit you. The school needs out help; they've asked several times. What is it going to take for us to step up and offer a hand?

Re: The life of a news story

Why ‘trying hard’ isn’t always good enough.

LANCE EASTWOOD
CONTRIBUTING WRITER

In an Op/Ed piece entitled “The Life of a News Story” published in the February 2, 2005 edition of The Outlook, an unnamed writer chronicles the process of producing a story for the campus newspaper. In this instance, the piece dealt with The Outlook's coverage of the death of Tom Gonch, along with the difficulties associated with collecting information during a critical news event. While I have no specific quarrel with the coverage of Mr. Gonch's untimely death, which was handled with respect and professionalism by the staff of The Outlook, one contention brought up by the author of this piece did raise a bit of ire within me. At the onset of the piece, the author writes, “We've [the staff] 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.” The piece continues as described above until the author concludes with the following words, “[...] 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.” BOO HOO.

Now I have taken the opportunity to list two rather extensive

quotations from the February 2 article to prove a point. When reading these book-ended passages, a reader will likely, as I believe the author intended, form the impression that the members of The Outlook staff should be pitied for their shortcomings, and congratulated for their selfless sacrifices upon the holy altar of journalistic effort. This intentionally sarcastic statement implies that I have no intention of indulging either plea when reading The Outlook. I refuse to believe that a discerning reader should be asked to ignore shortcomings in the quality of any work simply because those

“One contention brought up by the author of this piece did raise a bit of ire within me.”

who composed that body of writing ‘tried really hard’. As far as I know, and this assertion on my part is admittedly based upon a bit of reasoned assumption, no member of The Outlook staff has been forced into indentured servitude within the confines of the Plangere Center. If this assumption is indeed based in fact, then every member of The Outlook's staff has at some point agreed freely to take on the responsibility of producing the highest quality newspaper possible. If the proverbial heat of the printing presses, or of critical readers, proves too hot for those who produce a collection of written works for public consumption, then my suggestion to those individuals is fairly simple...hit the road. The collective weight

of commitments made outside of an organization does not excuse, nor does it justify the substandard production of work for that organization. If at any point a person feels more attached to aspects of his/her life outside of an extra commitment, then that individual should immediately divest him/herself of that extra burden. This would be the responsible way of handling the admittedly common problem of over-commitment. If however, that individual chose to remain committed to an organization, then the sensible and dignified way of handling criticism would be to accept it openly, personalize the responsibility for the shortcomings cited, and endeavor to eliminate future errors. Unfortunately, a collective pity party does very little to address the issues pointed out by critics in the first place, and as a consequence, fails to improve the parent organization. In an age (oh no, use of editorially clichéd language) when children playing T-Ball cannot win or lose for fear of irreparably harming their world view, when academic papers graded in red ink supposedly scar students for life (even those who received A's), and when politicians refuse to say ‘sorry’ for fear of political backlash, I suppose that I should not be surprised that the institutionalized apathy of a student-run newspaper has led to the production of material rife with inconsistencies and errors, both large and small. I suppose again that I should reserve my feelings of surprise when those who show a decided lack of responsibility cannot muster the self-respect to fix their own mistakes, because after all, responsibility breeds respect, while whining engenders little more than contempt (or even worse for a newspaper, disinterest).

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.

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Many will benefit from a new residence hall and parking lot

Community should think from MU’s perspective.

JENNA AMORE
MANAGING EDITOR

I have to admit, when my fellow editor and I went to the community meeting Monday night (February 7) to observe the council hearing about the zoning of the proposed new dorm and parking lot, I was surprised. I hadn’t realized just how much work and thought went into the planning. The University’s civil engineer William Fitzgerald gave a lengthy, detailed presentation that covered every imaginable facet of the plans, down to what species of trees would be planted where, and how they would be spaced. I had never stopped to think how much thought people would need to put into these plans, how much work and consideration and time would be dedicated to creating a vision that would benefit both the University community and the surrounding residents.

As time went on, it was made abundantly clear that, in spite of the revisions made since the previous meetings, neighbors still had a plethora of objections concerning the progress of

the new building and parking area. But from the perspective of a student and resident, I saw it in a completely different light.

To some, a dorm is a building, a structure, walls and floors and windows. For the past four years, a dorm

“These rooms will house our future students and shape their fondest memories...”

has been my home. And to many future students, that new building will eventually be their home away from home. With the University expanding and the loss of the Esplanade as a housing facility, the addition of a new dorm is important for future would-be resident students.

Living on campus is such a privi-

lege. Any student who wants to live on campus and has the means to do it should be able to, and the new dorm and parking lot will provide for that. The dorms are more than a building. A huge part of our college experiences are molded in these dorms. The memories of college that we will always look back on are housed in these buildings. We meet friends here, laugh here, party here. We find independence and start new lives we never had in high school.

It was great to see support for Monmouth and the expansion of the University at the meeting, and I hope that our neighbors will be able to see our dorms as more than headlights and noise. Hopefully people will understand that these rooms will house our future students and shape their fondest memories of college. I don’t know what I would have done if I didn’t have the option to live here for my four years, but I do know that I wouldn’t have enjoyed it as much. I wouldn’t have met the same people, been through some of the experiences I had, or have some of the stories I love to tell.

Re: Condi and the Iraqi war

NYC-based student questions reasoning for war.

GENINE YARBOROUGH
CONTRIBUTING WRITER

Usually, when I pick up a copy of the Outlook, I check out anything new that’s happened on-campus, skim through the features, and head to my favorite section (the op/eds). In the past I’ve come across many viewpoints that I haven’t agreed with, but after chopping it up to different strokes for different folks, I chose not to respond. However, I could not let the abomination that was contributed by Heather Bachman in last week’s Op/Ed entitled “Condi and the Iraqi War,” just slide without a response.

There were three aspects of the article that appalled me. Let’s break them down one by one. First, let’s talk about the “war against an over-sea demon of terror.” How you could get the idea that the war in Iraq was supposedly avenging the victims of 9/11 is beyond me. Do you remember a little country named Afghanistan? Not only did Saddam Hussein have nothing to do with 9/11, we had already taken out our “vengeance” on Afghanistan, and if any other country were going to be our next target it should have been Saudi Arabia (you know, the country that funded the terrorists). Something that baffles me about some Bush supporters, they seem to keep forgetting one name...Osama Bin Laden. He happens to be the man who we know is responsible for the attacks that occurred on 9/11/01. And, for some reason, almost four years later, we haven’t found him yet (but we found Saddam in a hole with no problem . . go figure). Furthermore, the reasons we initially went into Iraq had nothing to do with 9/11. Remember those weapons of mass destruction the Bush Administration claimed were in Iraq, but never showed up? Iraq was only linked to 9/11 later on, once it was discovered that there were no WMD’s so that Bush wouldn’t have to admit he made a mistake, and you fell for it. You may know “Condi” on a first name basis, but you don’t have to believe everything she says.

My next issue is this, if our intentions for going into Iraq were to free

the world of an evil dictator, why didn’t Bush say that in the first place? Instead, he barged in under false pretenses and had thousands of people killed, all to get rid of their leader and change the regime (hmmm, that’s sounds like terrorist activity to me). When stripped down to the facts, the war in Iraq is hardly the heroic rescue you’re trying to make it out to be. Imagine someone breaking into your home, causing a fire, which burns it to the ground, then justifying it by saying “well, now you can start afresh.” That’s obviously a scaled down analogy, but you get the point. It could have been handled much more diplomatically and with less blood shed (unless of course the objective all along was to get rid of Saddam in the first place).

“Relatiation against random countries in the name of ‘vengeance’ disrespects the memory of (those) who died...”

It mystifies me that you could even compare our revolution with our invasion of Iraq. In our revolt against Great Britain we fought an unjust monarchy for our God given rights. In the war with Iraq we killed Iraqis and then told them they were free. The most important point to make note of there is WE were fighting AGAINST Iraq, and later acted as if we could grant them their freedom, and they should be thankful to us. Who are we to decide when it is a country’s time to become a republic? Shouldn’t their freedom be a fight that the Iraqi people lead, with us only aiding when needed? You know, the way the French aided us in the American Revolution (that’s another thing people seem to forget easily, but that’s another article, so forgive me if I still say “french fries”). As for us fighting to keep our freedoms, we happen to be the most powerful nation on this planet. Iraq was never a threat to the integrity of our government and our freedom. Let me add that dear ol’ Bush is erod-

ing the very freedoms you claim we all take for granted. While they may have sounded like popcorn flicks The Patriot Act, and its sequel The Patriot Act II are very much real. And, we’re supposedly the ones bringing freedom? Something about that just screams hypocrisy. By the way, the many supposed reasons for this war mentioned in your article are confusing me. Did we go into Iraq to avenge the victims of 9/11, or was it to bring freedom to the Iraqis? Please, pick one because they hardly go hand in hand.

Now, onto my last issue, which I found most appalling. How dare you imply that people who do not support the war forgot about September 11, 2001? I’ll have you know that I was born and raised in New York City, and the majority of my family lives there. On September 11th I was running late for school and unfortunately got to witness the first plane crashing into the World Trade Center with my own eyes (no TV to act as a buffer). The confusion I was feeling, and trying to understand what it was I’d just seen is beyond description. Then, finally reaching my school to find out that it was no accidental plane crash, but an attack, and go through the frustration of trying to reach my family members on a cell phone that could no longer get a signal (because a main antenna used to be on top of the WTC). Then, having to walk for miles across and up the island of Manhattan to get home because the trains were down, and watch the footage over and over and over again. Those images and that day will be burned into my memory until the day I die. However I, and several people I know who had similar experiences, realized that in times like that you cannot make rushed, irrational, and irresponsible decisions. Retaliation against random countries in the name of “vengeance” disrespects the memory of the people who died that day.

For whatever reason George W. Bush has been re-elected, and everyone is entitled his or her beliefs. However, please don’t follow blindly, and make sure that you have your facts straight.

A rant for Thomas

Inspiration from student’s passing.

REUVEN FELDMAN
CONTRIBUTING WRITER

Reading the sterile email, I could not picture the person it was describing. It’s well thought over word choice, solemnly comforting diction, and prominence carried by the author’s day job seemed to mask most of the humanity behind it. Thinking about a family somewhere rich, poor, surprised, saddened, Paxiled, angered, what were their reactions? Their dreams and future will soon be receive his last helping of anything on Earth and can’t even chew on it. Our flimsy, gossamer mortality is flashed before us after being eclipsed by everything we call life and we are momentarily stunned.

But this moment has passed so why can’t I get this event out of my head?

I doubt it is the fact that it’s a death, the body count on the news I read everyday is always higher and more horrible.

Is it the innocence lost from a place almost untouched by anything but its own kind?

Or maybe it’s “too close to home”, finally the news article in front of me is about someone I could very easily have called a classmate.

I began to think...

What will our generation be called? Will I look back in future years to the name given to this period of my life and think that it aptly describes it? I don’t think so. Currently we are almost drifting thru the years, some with a plan, and others with even less. Seen as free floating wallets, we are pummeled by the media which largely creates our lives as we are shaped by it and the events it portrays. This isn’t conspiracy material; this idea of “over-used media” is nothing new. It has been used with great effect by Andy Warhol and Michael Moore to propel them into the history they now own. It is simply a large undeniable part of our lives.

Where we come in is as follows...

Take any idea you would consider important and see how it has been presented to us in the recent past.

Politics: With the inauguration over and candidate signs gone or smothered by snow, let’s look back for a second. America’s quasi royalty, celebrities, who usually have great clout and influence, were unable to make a great difference in our age groups voting turn out, despite heavy endorsement. I’m not surprised. A professor of mine asked my class after voting day “who here voted for the lesser idiot?” Every hand was raised. I believe it was Aristotle in Wes. Civ. who said regarding government: “the ideal way to govern is to find the brightest man to lead the nation.” Wow, this is what we have come down to? No wonder people who consider themselves Republican are sometime voting just to go against the Democrats.

Love: Speaking about politics this brings me to love. How? I know, it’s strange but hear me out. Being somewhere in the middle in most issues, I don’t consider my-

self either really pro or anti gay rights. Yet somehow we are living in a time were the government has decided that love is OK (but there’s a catch! Article 12!) “Provided it takes place between the right people.” As if to say that we are still too bogged down in religious ideas in a state that supposedly prides itself and was founded on the separation of church and state. I don’t know, I’m not romantic but if you love someone, that’s great, you shouldn’t have to fight to do so.

Money: Let me just say this: Enron, Martha Stewart, Billions for Saddam and none for his people. We seem to be getting past this phase of bad money but it leaves a bad taste in your mouth, working hard for your classes and future when others abuse what we desire and work for.

Religion: Arguably, the three most influential religions have all suffered some setbacks, some

“You have to find things- a way of life, a mentor, a plan that finally makes sense... a certain someone who does it for you...find it and embrace it.”

more recent than others. Christianities supposedly holiest showed us how they weren’t as they hypocritically preyed on the young. ” W W J D ? ” doesn’t seem to translate well today: “would Jesus use ribbed or simple lubricated condoms?” One of Judaism’s least understood and holiest works,

The Kabbalah, has suddenly been thrust into pop culture and has ended up selling bottled water. Lastly but latest on our minds, Islam has been literally hijacked by hijackers as an ideology promoting the slaughter of the innocent. And so there seems to be very little we can take from religion, something touted as eternal and important.

And so we are left with little to hold onto, so subconsciously indifferent to these ideas. If this is what they can offer than we are happy to be causally indifferent to them. This apathetic cocoon is what shrouds our generation, prevents me from imagining any adjective describing our generation, and leaps out at me when hearing about Thomas. There may not be a really great reason or idea that separates us from Thomas, although we are all different in some ways we are terribly similar in some others. This scares us. And so when suddenly when one of our numbers falls we are shocked into a moment of retrospective analyzation, wondering what has prevented us from joining this fate.

I don’t have the answers and maybe I really don’t even want them.

I do know one thing.

You have to be happy, you have to find things- a way of life, a mentor, a plan that finally makes sense and doesn’t involve a garage band, a certain someone out there who “does it for you”, ANYTHING, anything, in this big thing we call earth . Find it and embrace it.

“Don’t call me pessimist.

Try and read between the lines.

I can’t imagine why you wouldn’t welcome and change, my friend.”

Tool – “Aenima”

Goodbye Thomas. Farewell.

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.



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

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How to get a beach body
Look and feel great in time for summer!

LAUREN NAPOLITANO
ASSIST. NEWS EDITOR

Spring break is about one month away. Some of us will be heading to some beautiful Caribbean island, some to the west coast, or maybe down south to Florida. Others of us will be staying home, enjoying our time with our family and friends we haven't seen since winter break.

Whether we will be staying home or going on a journey to a beautiful location with lots of sun and warm weather, beach season is just around the corner. After spring break we tend to focus on eating healthier and exercising more consistently, coming to the realization that the warm weather is just up ahead. Here are some good, safe tips on how to get into beach body shape before the beach body season quickly sneaks up on us.

Avoid fad diets: According to the American Heart Association, "Quick-weight-loss diets usually overemphasize one particular food or type of food. They violate the first principle of good nutrition: Eat a balanced diet that includes a variety of foods."

If you stay on a particular fad diet for an extended period of time, you may become deficient in important vitamins and minerals that one type of food won't provide for you. A good, healthy, balanced diet should be able to be eaten for years, not just for a few weeks.

Most fad diets suggest a caloric intake much lower than your body needs to function daily. Your daily caloric intake should never drop below 1,200 a day. Any less than that, your body will think it's starving and hang on to those fat deposits with a vengeance.

Fad diets claim that one type of food, if eaten regularly, will assist you in major weight loss. However, there are no super foods. That's why you should eat moderate amounts from all food groups, not large amounts of a few special foods.

These diets are also monotonous, consuming the same foods, three times a day, seven days a week. It is boring! Who could stay on a long-term diet that is the same day in and day out? This is an easy path to failure; the feeling of deprivation will ultimately take over, causing you to fall off the wagon and binge on all the foods you have missed out on.

Eat small portions: Nathan Boyd, author of The Fitness Lifestyle and the current director of Pro Fitness in Texas, suggests eating six smaller meals a day instead of three larger meals. This will help jump start your metabolism as well as prevent the stomach and abdominal walls from stretching which occurs when you over stuff your belly at one time.

Boyd says try keeping a food journal to keep track of exactly what you put in your mouth and

at what time of day you do. You will be less likely to cheat since it will be staring you right in the face every time you write down a meal or snack. Keeping a journal will also you keep you eating often. Plan your mini meals three to four hours apart to keep your fire burning.

Eat breakfast: This crucial meal revs up your metabolism for the day. Shereen Jegtvig from about.com says that we are more likely to become tired when our brains and bodies run low on fuel if we don't eat breakfast.

Jegtvig states, "By mid-morning, a lot of us grab a cup of coffee, or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time we are hungry, crabby, and perhaps our mood might make us a little more prone to making unhealthy choices at lunch."

Those who skip this critical meal tend to be more overweight. Skipping meals slows up our metabolisms, prohibiting effective weight loss. Our bodies expect to be refueled a few times a day so make a good start first thing in the morning. Bottom line, eating

"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results."

a healthy, balanced breakfast sets the tone for the rest of your day.

Rehydrate: Drinking water is just as important as eating a balanced diet. We need it to live. According to successful weight loss consultant Kim Beardsmore, B.Sc (Biochemistry), MBA, water has an extensive range of functions essential to life and we should be consuming six to eight large glasses a day.

Beardsmore states that water assists in digestion and absorption of food. If you don't drink enough water you can't get the full benefit of nutrients in the food you eat.

It is also a natural appetite suppressant. Lack of water can lead to overeating. Your brain can't differentiate between hunger and thirst, so if you think you feel hungry, you may actually be thirsty! Many people confuse dehydration with hunger pains. Next time you feel one of those hunger pains, reach for a glass of water instead.

Identify comfort foods: When we are hit with a time of stress, depression, or anxiety, we often look to food for comfort. What is your vice? Is it chocolate? Fried foods? Cookies? Ice cream? Whatever it may be, identify and tackle it. Next time you come in contact with hard times, go for a walk, gab on the phone with friends, or go for a relaxing car ride.

If you happen to have more than one depravity, slowly give them up one at a time. You don't want to

stop enjoying all of your comfort foods at once. That may lead to feelings of deprivation and can cause a binge later on. If you love to indulge in ice cream every night, cut back to three times a week. Slowly cut back until you aren't indulging at all and then move on to your next comfort food demon. You may miss the food in the beginning but you certainly won't miss the lost pounds and inches from your waistline.

Exercise in moderation: I'm sure this little fact won't surprise most of you: Exercise is vital in maintaining a healthy weight. According to Roy Shephar, M.D., Ph.D., from the Department of Preventative Medicine and Biostatistics at the University of Toronto, exercise not only burns calories, it also induces the processes of digestion and the metabolism. By promoting the metabolism, it causes you to burn more calories when in a sedentary state. In addition, since your heart is a muscle, over time and exercise, it too will become stronger.

However, over-exercising can actually slow up your metabolism, suppress your immune system, and make you more prone to injuries.

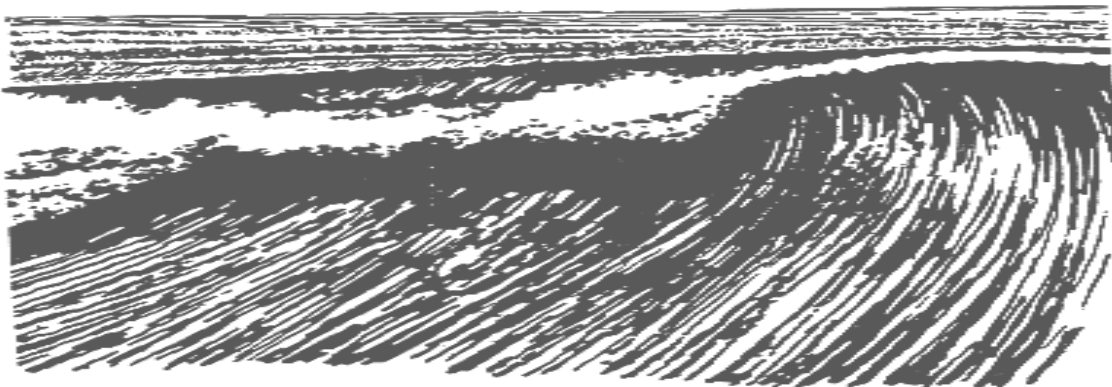
According to Lynette Ng from pharmvision.com, "Physiological and psychological indications of over-exercise may include blurred vision, overall

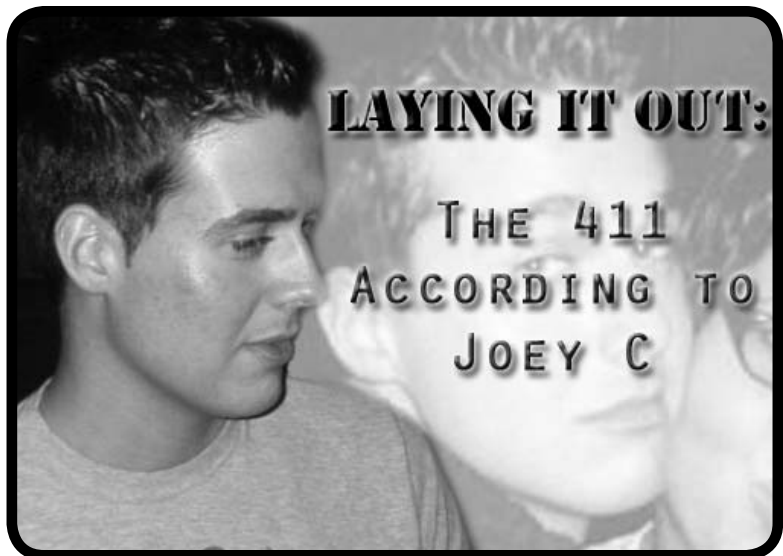
weakness, headaches, confusion, irrational behavior, mood swings and aggressiveness. Often, the effects occur internally and are invisible to others."

Give yourself at least one to two days of rest a week to allow your body to recover from the stress of exercise. Vary your exercise routine between aerobic activity, weights, and yoga to fully develop your body and keep your energy level high.

According to the American Council on Exercise, the recommended amount of exercise we need is 30 minutes of moderate exercise daily or 20 minutes of rigorous exercise three days a week.

Hopefully these tips will get you started in the right direction just in time for spring break. Keep these tips in mind for the rest of the semester and you will have achieved your goal of a hot beach body. Remember, this isn't an easy feat and will take some motivation and dedication. It also isn't just about having a beautiful, lean body; it is mainly about being healthy. Optimum health will bring you to achieve greater things in life and lead you to becoming a better person. Motivational speaker and advisor Anthony Robbins stated, "The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results."





Climb aboard the diversity train...or else

I have a renewed lease on life, and I owe it all to the Dubliners.

This past weekend I was able to meet up with my buddy Ian from Dublin, Ireland. He was visiting the US for his birthday and wanted to meet for drinks and chat. Two friends and I eagerly met up with “Mullo” and his Dublin crew.

I was delighted to see how two sets of strangers could mix and mingle like lifelong friends. It was gratifying to discuss issues like world politics, the Iraqi conflict, and humanity in general with people from another land and see how many parallels can be drawn between two uniquely shaped perspectives. Just as studying abroad is a life-changing experience, knowing people from different backgrounds adds a whole new element of enrichment and awareness to life. It also reiterates just how important it is to keep the bigger picture in mind each day as we say, think, act, and make impacting decisions.

This brings to mind the MU buzzword of the moment: diversity. The Mural Project is about to take place at Monmouth. This effort can have tremendous influence upon future gen-

erations as it aims to give a place to every face on campus and encourage us to celebrate our differences. Every hand that applies paint to the mural canvas will leave a lasting touch to every person that will ever walk our humble campus. The many hands united in purpose will also breathe new air into our MU environment where the general student body is regularly accused of being apathetic, detached, and potentially doomed.

The future truly rests in our hands. P.G. and the powers-that-be have passionately envisioned Monmouth as a potential epicenter on the Jersey Shore. Sadly, all the Mural Projects and expansion efforts in the world won’t make a mark on anything but the bills if more students don’t partake in the action. Just as an abused restroom still reeks underneath the air freshener, Monmouth can boast historic Wilson Hall, state-of-the-art Plangere Center, and impeccable landscape and still be but a hollow shell thirsting for vitality from active students. Here’s to hoping that the Student Life bloodflow will get pumping forcefully in the near future!

Now, onto my heartfelt advice:

Dear Joey C.,

I live in a house where I’m the only person who really cleans. This includes the kitchen, living room, dining area, and bathrooms. Two of my roommates will occasionally make some effort to clean, but one remains who seems entirely unconcerned. Not only can I tell from the kitchen mess what she ate for each meal, I know what she drank with it too. She obviously doesn’t have a problem living in filth, because her room is disgusting.

I want to ask her to clean, by I don’t trust her cleaning ability. Friends have told me I should take her under my wing and show her how to clean the right way, but I’m not a mom. How can I get her to have some courtesy for her housemates and clean up after herself?

Sincerely,
Desperately Disgusted

Dear Desperately,

As a fellow germophobe, I feel your strife. There is no excuse for anyone to disrespect their housemates like this, nor is there a nice way to tell someone they’re a walking disaster either.

Listen to your friends. If she doesn’t know how to clean, show and tell (think of it as domestic need rather than maternal impetus). It’s clear that no one else will do this, and your health is at stake (bacteria is no joke). See if household schedules mesh and plan a “Spring Cleaning Saturday!” If this fails, confront her. She may be so embarrassed that she improves her slovenly ways. If not, fight dirty mess with dirty hands and toss her messes to the curb where they belong. 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!

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Amy Bartell

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A tale of two halves for the “savior” of the West Coast

CHRISTOPHER YUSCAVAGE
MARISSA BIER
STAFF WRITERS

“Oh, he from Cali’, he can’t rap, he ain’t better than this dude,” G-Unit member, The Game, mockingly proclaimed in mid-2004 on his track “200 Bars and Runnin’,” which saw Game pitting himself in the middle of a rap war against New Jersey resident rapper Joe Budden. But now with Game’s single “How We Do” tearing up Monmouth University bars, clubs, and house parties alike, how did The Game’s 2005 debut album *The Documentary* really fare? Can he really rap, or is his, pardon the pun, “game” soft? It’s a tale of two halves here at *The Outlook* for The Game, the Compton native and G-Unit soldier:

Winning “The Game”

“How could I not sell a million when I’m rappin’ on Dre hits?” G-Unit’s latest addition and Dr. Dre protégé, The Game, raps on the Eminem-produced “We Ain’t” – and, in so many words, he’s right.

With names like Dr. Dre, Scott Storch, Timbaland, Kanye West, Just Blaze, Eminem, and DJ Hi-Tek providing the bump-in-the-trunk for Game’s debut solo album *The Documentary*, his introduction into the hip-hop world is not exactly a B-list effort from the hopeful G-Unit rookie.

Rather Game, the self-proclaimed savior of West Coast music, delivers the addictive sticky-icky *Documentary* that pits Game’s intrusive and sometimes witty lyrics against the backdrop of hydraulic-boosting production with more low-riding bounce to the ounce than anything from the West since Dre’s *Chronic* 2001.

“Since the West Coast fell off, the streets been watchin’, The West Coast never fell off, I was sleep in Compton,” Game emits over the hard piano strokes of Dre and Storch on “Westside Story.” No doubt through his now trademark tight-faced scowl,

Game righteously introduces himself to the masses pitted at the forefront of the West Coast’s revitalization.

“Dreams,” the sample-laden creation of producer Kanye West, sees Game boasting of everything from surviving five gun shots and a coma to having fantasies about R&B beauty Mya, all while maintaining a charisma that turns the sleep-induced track from a surefire K. West single to a certified West Coast Game classic.

50 Cent joins Game on the envying “Hate It or Love It,” where the latter cleverly proclaims, “Used to see 5-0 throw the crack by the bench, Now I’m f---n’ with 5-0, it’s all starting to make sense.” And the pair reunites again on the album’s lead single, “How We Do,” with the help of a simple keyboard production from Dre and 50 Cent’s show-stealing “I put Lamborghini doors on my Escalade” declaration.

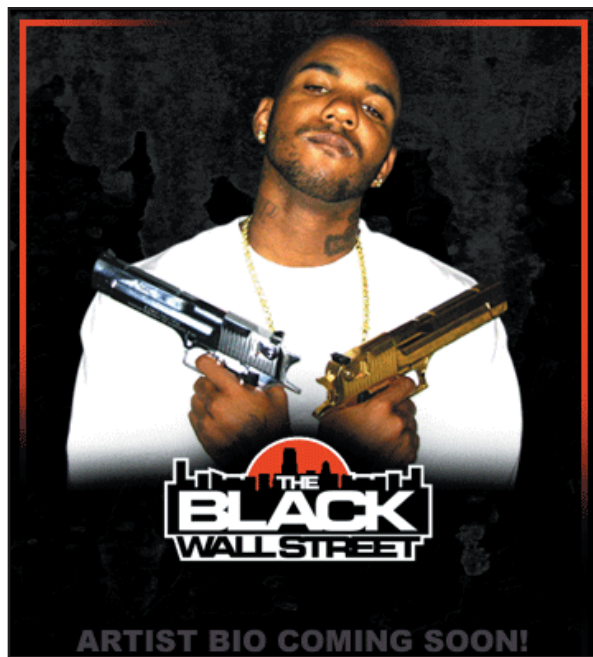
For much of *Documentary*, despite the Dre productions, the 50 Cent & Co. guest spots, and the name-dropping tendencies of The Game, Game’s innate ability to grab the microphone and have his words stand out carry the disc with remarkable ease for the first-timer.

From his wobbly drunken-ramblings on the regretful memories of “Start from Scratch” to “Like Father, Like Son,” the hip-hop lullaby dedicated to his young son, Game creates a range of emotions throughout *Documentary* that stick to the track runnin’ with a brutal honesty missing elsewhere – not just from the West Coast but from hip-hop in general.

The admitted member of the Bloods gang (which Game deals with

through an eerie sense of contentment and peace throughout *Documentary*) is not afraid to Crip-walk his way through the Timbaland-produced “Put You On The Game,” not afraid to list his heroes as everyone from the West Coast’s N.W.A. to the East’s Jay-Z and Biggie on “The Documentary,” and not even afraid to admit when he’s outshined by Eminem’s verse on “We Ain’t.”

Classic or not, *The Documentary* does something that few other hip-hop superstars or even legends can lay claim to. It takes the unfailing production efforts of Dre, Storch, West, etc. and leaves The Game’s personal touch stamped all over them, rather than the other way around.



The Game released his debut album, *The Documentary*.

“I take all the credit for bringing the West back.” Game spits on the title track from *The Documentary*. And hate it or love it, The Game is winning that argument.

Losing “The Game”

G-Unit has drafted another player for their team. Ladies and gentlemen, introducing, straight outta Compton, Jayceon Taylor a.k.a. The Game.

Selling more than 586,000 copies of *The Documentary* its first week, The Game appears to have earned his spot on an all-star team, or has he? Is the success of Game because of his talent, or the result of Interscope’s marketing and research team?

Referred to as Dr. Dre’s protégé, Game is the only member of the G-Unit from the West Coast. Is Game a reincarnation of the members of the infamous, hard-hitting, originators of gangsta rap N.W.A., or is he just lurking in the shadows of their reputation?

The Documentary is composed of 18 songs about Compton, Game’s struggle, and the Bloods and Crips gangs. What makes this album original? Nothing. What makes this album successful? The finest in the industry of hip-hop.

When you have Dr. Dre, Kanye West, Timbaland, Eminem, and 50 Cent collaborating with you on an album, the sky is the limit. The Game was not playing with this line-up. Anyone can sound decent when Dre’s beats are behind them though.

Clever lyrics, hot beats, and a cocky attitude are what define the members of G-Unit. Game’s got the cockiness, arrogantly referring to himself as a legend, but does he have the passion and talent? The Game is going to need some practice.

Front man 50 Cent of G-Unit has earned the respect of hip-hop artists coast-to-coast. From his unreleased first album *Power of a Dollar*, to his multi-platinum hit record *Get Rich or*

Die Tryin’, 50 Cent has proved his talent and passion for hip-hop. Not to be forgotten either is Game’s other new running mate, the Grammy-nominated Lloyd Banks, fresh off the success of his first solo album *The Hunger for More*. Banks brings it to another level with his lyrics. At only 21 years old, it will be interesting to see what he has got in store for us.

Aftermath’s website headlines The Game saying, “The West Coast is Back.” N.W.A. tore up Compton once; The Game is trying to take back hip-hop where it has already moved forward.

Game was on point when he rapped “How could I not sell a million when I’m rappin’ on Dre hits?” Riding on the coattails of Compton, The Game is a loss in hip-hop. Looks like it’s all hype and no “Game” for the newest member of G-Unit.

The Final Score

Impressed by The Game’s gangster image, slick words, and honest propositions or not, it’s hard to go against the production values brought forth by Dr. Dre, Scott Storch, Kanye West, and others on *The Documentary*.

In a time when West Coast music comprises less than three percent of all national radio airplay, and the South is where the majority of hip-hop music is imported to the radio from, Game’s solo debut effort launches a solid core of music that should not only impress West Coast fans but East Coast fans as well.

Game’s pure charisma and chalky delivery bring him only so far on *The Documentary*. And while some might argue that he will need to improve his subject matter and give more rhetoric than his name-dropping ways permitted this time around, The Game is not an emcee short on stories by any stretch of the hip-hop imagination.

So, who won “The Game”? Chalk one up for the hip-hop fans.

The Wedding Date joins humor and romance

SAMANTHA YOUNG
ASSISTANT ENTERTAINMENT EDITOR

On February 4, *The Wedding Date* was released by Universal Pictures into theatres nationwide. This romantic comedy, starring Debra Messing and Dermot Mulroney, tries to put a new twist on the usual love story formula but with little success.

Kat Ellis (Messing) is a single, emotionally wounded thirty-something woman who is still healing from a two-year old breakup when she is invited to her younger sister’s wedding in London.

Upon learning her ex-fiancé Jeffrey is the best man, Kat decides to hire a male escort to pose as her boyfriend, in hopes of diverting attention from herself and masking her humiliation while she is with her family.

For six thousand dollars, Kat re-

ceives the aid of escort Nick Mercer (Mulroney), who turns out to be well worth the money.

Once in London, Kat’s family proves to be more than she can handle. Constantly dwelling on her failed engagement and single-gal lifestyle, Nick, claiming to be a psychiatrist, comes to the rescue. He uses his charm and good looks to occupy the ladies while using his knowledge of women to bond with the guys.

Over the course of the wedding weekend, Kat and Nick grow closer together. Then, at dinner, the night before the wedding, a huge secret is revealed to Kat that tests the strength of her and Nick’s relationship, while potentially ruining her sister’s to-be marriage.

The acting in this movie was good, but not great.

[See WEDDING on page 14]



Debra Messing and Dermot Mulroney star in the romantic comedy, *The Wedding Date*.

Hawks Got Game

NEED FOR SPEED UNDERGROUND 2;
THE RIDE YOU WISH YOU HAD

KIM MALLEN
TED TSOUTSAS
INTERACTIVE ENTERTAINMENT REVIEWERS

Following the formula of street racing, *NFS:U2* takes the old game and sups it up.

The game offers a wide variety of game play modes for you to explore and enhance the vehicle of your choice. Career mode has been completely overhauled. You now cruise around the city in your ride looking for a challenge. The more races you win the more map area and vehicle upgrade options unlock. Sponsor supported events are a new feature – as the driver, you choose which sponsors you want to be endorsed by, proudly displaying their decals on your customized ride. Showcase events supported by your sponsors allows you to earn cash quickly.

Supping up your ride is the name of the game. Upgrades have been subdivided into four specialty shops, Engine & Performance Modifications, Customized Body Work, Customized Graphic and Detailing, as well as your own personal car garage. The cash you earn throughout the game is used to purchase items from these shops.

Graphics have been upped a notch. The weather effects are the biggest upgrade for this game series, when it rains water drops on the

windshield are even noticeable. Unlike the original, *NFS:U2* was an easy pick up and play. You get the feeling of being involved right from the get go. Game tips are given throughout game play in the form of cellular text messages; you can ignore these by choice if you just feel like cruising around. You are also able to pick up spare cash just by driving around and finding new locations. The game’s plot features a comic book story style – in which you follow along and become involved in the action. There is still no body damage in non-drag mode, so “don’t be afraid to swap some paint”. While this takes away a bit of realism, it adds to the fun of the game – take out car after car without a scratch.

While the openness of this game is nice, you find that it takes a long period of time to get to different locations. Until you are familiar with the map, it’s very easy to get lost, as there are many bridges and over/underpasses, just like a real city.

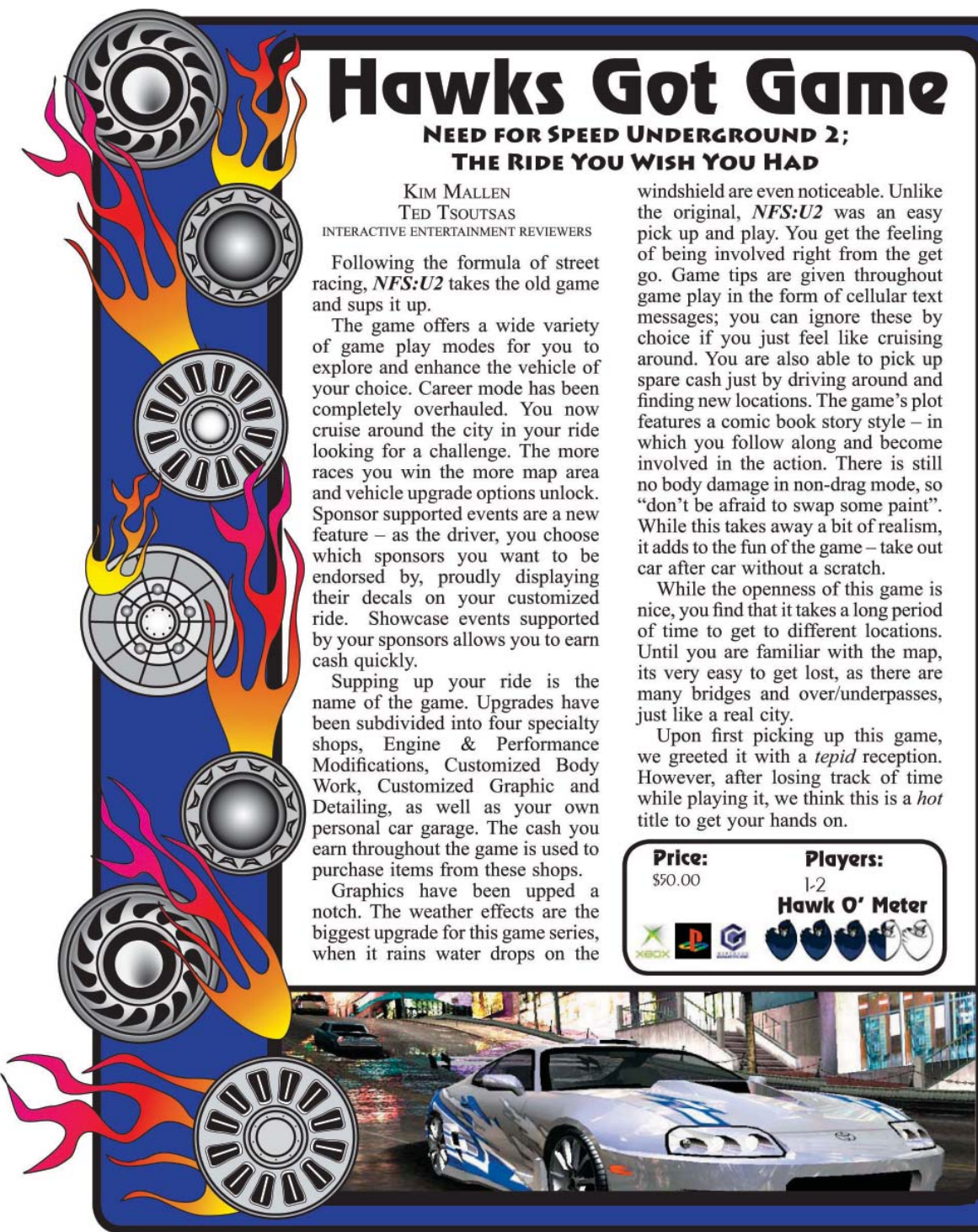
Upon first picking up this game, we greeted it with a tepid reception. However, after losing track of time while playing it, we think this is a hot title to get your hands on.

Price:
\$50.00

Players:

1-2

Hawk O’ Meter



All That Lives tells the legend of the Bell Witch

JENNIFER PERGOLA
STAFF WRITER

There have been many theories surrounding the legend of the Bell Witch, a figure said to have haunted families in Tennessee. In 2002, Melissa Sanders-self attempted to provide an explanation on why the Bells were targeted in her first novel, *All That Lives*.

The story is presented from the view of the only daughter in the family, Betsy Bell. In the 1800's, Betsy and her family live on a plantation, surrounded by slaves but virtually cut-off from their nearest neighbors. Their lives appear normal and happy, but the night Betsy hears noises heralds the changes to come. From rocks being thrown downstairs to Betsy and her family being slapped and hit, the Bells are attacked every night for no apparent reason. The local clergy and neighbors unsuccessfully attempt to speak and reason with the "demon." The wonder is why Betsy is the main target of the witch, seeing as she appears to have done nothing to deserve her treatment. Throughout it all, the Bells try to resume their daily lives, which is difficult in the presence of the witch.

The story basically concerns Betsy's coming of age, which would be complicated under normal circum-

stances. However, much is revealed about the family all through the novel and it becomes unclear whether the Bell Witch is the worst part of their lives.

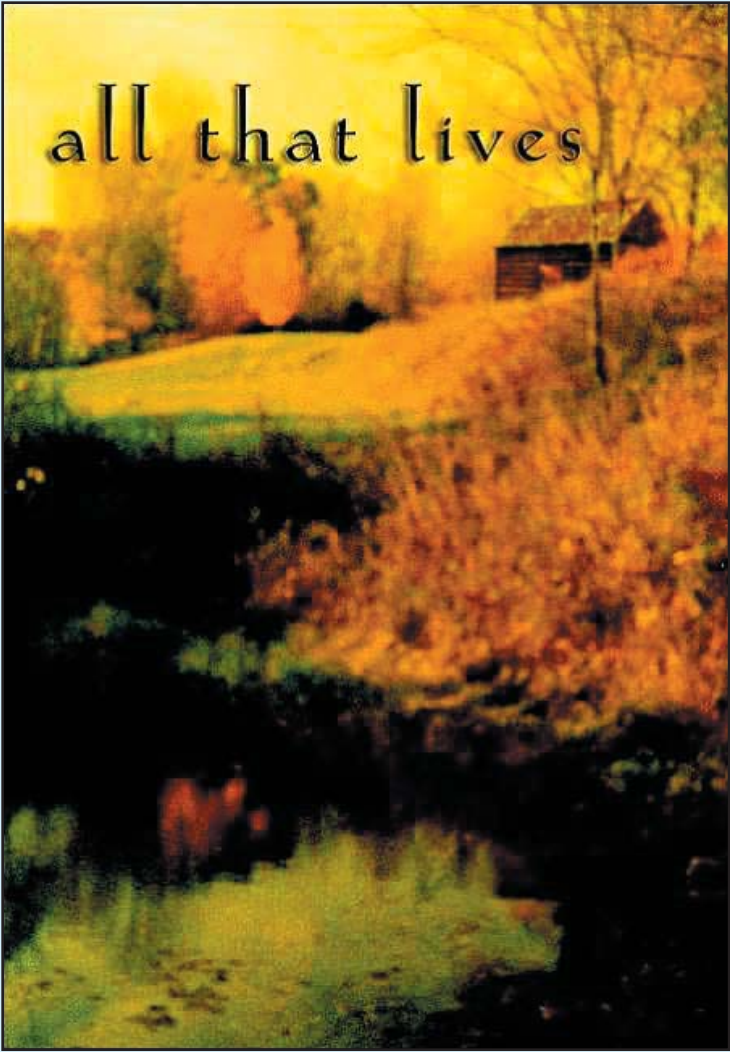
In showing the Bells' attempts to live as normally as possible, the author presents a good portrait of the South before the Civil War. The family's reliance upon their slaves is shown accurately, although the slaves themselves are, for the most part, stereotypes. Betsy only interacts with a few of them and they fade into the background. Since she is the focus

of the story, this is understandable. The settings, including the plantation, the church, and the school, all are described in detail and emphasize the family's normalcy in the face of supernatural events.

The family itself is large, with five boys and one girl forcing the youngest two boys to appear interchangeable. However, the mother, Lucy, is the moral force of the novel and practically the head of the family even when the father is present. She is the one who can move on despite the attacks and acts kindly towards everyone, sparing her from the witch's anger. On the other hand, the father, John Bell, becomes drunk occasionally and can be cruel, making some of his treatment from the witch justifiable.

In attacking the Bells and, sometimes, their neighbors, the witch almost seems to be an avenging angel. However, some of the victims do not deserve their treatment, and the witch constantly torments the Bells, eventually speaking to them day and night. The conclusion is not very satisfying and is somewhat ambiguous, making the whole novel seem like a metaphor. The witch's attacks themselves also are not so frightening as they are mysterious.

While not the scariest witch story ever written, Sanders-Self creates a plausible re-enactment of an old American legend.



Sanders-Self's novel tells the story of the Bell family being mysteriously haunted by the Bell Witch.

Faerie Wars is the start to a promising new book series

NICOLE DENARDO
STAFF WRITER

Herbie Brennan puts a modern spin on the fantasy genre in the first installment of the *Faerie Wars* series, *Faerie Wars*.

The book starts off when a teenager named Henry finds out that his parents are getting a divorce. Brennan puts a modern twist on this concept when Henry's mother is discovered having an affair with her husband's secretary. Already caught in an emotional whirlwind of events, trouble for Henry grows bigger when he finds a faerie in his neighbor's backyard. The faerie is Crown Prince Pyrgus from the Realm of Faerie. Pyrgus believes that someone has sabotaged the portal he came through to get to Henry's world and that the Realm of Faerie is in great danger. Henry then finds himself getting into something he never thought possible: helping a faerie.

The characters in this novel are very colorful. Each seems to have his own distinct personality traits and a storyline of his own. You want to find out more about each one because they all seem to capture the book in some way. Brennan seems to touch on some of the mysteries of each character, but leaves some for future books. When you're reading, you feel as if you can see each character and distinguish them amongst each other.

For example, Pyrgus is an adventurous faerie who fights for animal

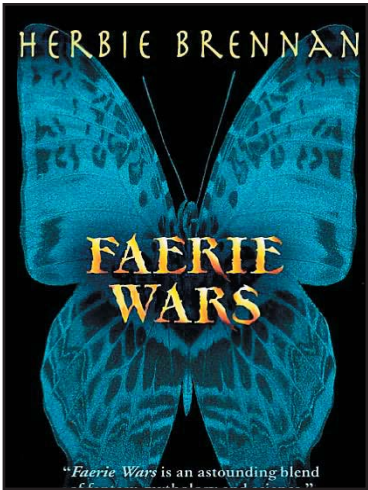
rights. His sister, Holly Blue, is a smart, sassy faerie who secretly goes on undercover missions. Brimstone and Chalkhill are two bumbling dark faeries who don't seem to know what they are getting into. Fogarty is Henry's much older friend who was a bank robber and constantly rambles on about UFOs. See what I mean by colorful?

Brennan changed the common concept of a faerie, which was a welcomed change. For example, in *Faerie Wars*, faeries only have wings when they come into our world. In their world, they look like human beings, for the most part. There is also an interesting back story Brennan created of how this happened. Adding to this idea he also made the demons the same thing as aliens. In the faerie world they are demons, in our world they are aliens. I want to see more of what Brennan has up his sleeve.

The only flaw of this book was that it used the age-old storyline of the bad guy who wants to take over the world. I had almost wished Brennan was going somewhere else with it. However, it seems as though Brennan is looking to make a long series with these characters, so maybe he is setting up for something bigger and better. He did leave a lot open for sequels, so that they won't be forced.

The sequel, *The Purple Emperor* is already in stores.

I can't wait to read more about these vibrant characters. Books are classics when they leave you wanting more. And this definitely can be one of those books.



Brennan's new series of books, the *Faerie Wars*, puts a modern spin on fantasy stories.

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The Wedding Date debuts in theaters

[WEDDING from page 12]

Some of the actors in the supporting roles, like those who played Kat's sister Amy (Amy Adams) and their mother, let one or two of their lines fall flat, lacking believability. Dermot Mulroney, seemingly the most experienced actor in the cast, led the rest of the ensemble through each scene. The most redeeming qualities in this movie are the settings and the costumes.

They envelope the audience into the London setting and perpetuate the story's plot even further.

Having been Debra Messing's first leading role in a motion picture, she personified grace under pressure. Her comedic timing and ability to convey emotion on-screen were excellent. Also, the chemistry between her and Dermot Mulroney was undeniable. However, it was the lack of good

writing, for all the characters, that held this movie back from becoming anything memorable. There were some humorous anecdotes interspersed into the script but not enough to keep the audience laughing.

Clare Kilner, who also directed movies like *How to Deal*, tries to

break free of the quintessential "boy meets girl, boys falls in love with girl" script, but doesn't deviate from it enough to discover any new, uncharted ground. The plot twists in the movie are fun, but the ending, for some, is

quite predictable, thus negating all of the twists and turns that came before.

Bringing in a meager \$11 million its opening weekend, *The Wedding Date* does as well as can be expected, in spite of adverse reviews.

Overall, it's a good date movie, but don't expect to see it anywhere in sight come awards time next year.

Having been Debra Messing's first leading role in a motion picture, she personified grace under pressure. Her comedic timing and ability to convey emotion onscreen were excellent.

Wilde girl Olivia isn't long for Fox's drama *The O.C.*

KATE O'HARE
KNIGHT RIDDER NEWSPAPERS

On last Thursday's episode of Fox's soaper *The O.C.*, fans got a hint of things to come, when Newport Beach high-schooler (and former exclusive heterosexual) Marissa Cooper (Mischa Barton) got all hand-holdy with her new best pal, bisexual bartender Alex Kelly (Olivia Wilde).

Alex's most recent Orange County squeeze was Marissa's old neighbor and classmate, Seth Cohen (Adam Brody). Also on last week's episode, Alex made peace with Seth - who is still pining for his ex-girlfriend, Summer (Rachel Bilson) - acknowledging that they were each other's "in-between" person.

Those awaiting the big kiss anticipated since series creator Josh Schwartz revealed the lesbian storyline may not have to wait very much longer (February sweeps, after all, having begun). But they have been waiting, for many episodes, which is unusual for a series known for burning through story with the speed of a Malibu brush fire.

"What's interesting," Wilde says, "is watching people's reactions as all this unfolds. People might have expected *Girls Gone Wild*, kiss-in-the-hot-tub type of thing, but what's going to be interesting is when people realize that's not what we did.

"I hope they don't want that and expect that, 'Oh, I want some crazy, hot lesbian scene.' It's not like that. It's much more about Marissa discovering these feelings, and Alex tentatively welcoming her into this, and then what happens after is even more interesting."

One has to assume the affair doesn't last, because neither does Alex's storyline on *The O.C.*, which ends with the March 17 episode.

"Right," Wilde says. "Who knows who she goes to next, but I'm gone after episode 16."

Over the season-and-a-half of *The O.C.*, Marissa has gone through a few boyfriends, including a painfully up-and-down relationship with Chino expatriate Ryan Atwood (Ben McKenzie). She has also had huge issues with the adults in her life, through her parents' divorce, the subsequent marriage of her mother, Julie (Melinda Clarke), to Seth's grandfather, developer Caleb Nichol (Alan Dale), and the recent departure of her father, Jimmy (Tate Donovan).

"We work really well with each other, too, and a lot of people have commented on the chemistry. I was worried, because neither of us is actually bisexual or gay, how do we make the chemistry seem real, not just real enough to make out, but really powerful enough to make people go beyond what they would normally expect or want to watch. That was the challenge.

"I feel like we did that, just because she's a professional, and she knows what she's doing. We agreed on what we were doing there, and we took it really seriously."

Wilde sees the relationship as part of Schwartz's larger plan for the entire cast. "He really was eager to show other sides of his characters. To do that, he had to put them in other situations. You'll see that with every single one of them, from Caleb and Julie to Summer and Seth. This season is about showing a softer side for some and a harder side for others.

"Already we've seen a harder side of Seth, with continuing to defy his parents. And Ryan's become the sensible one, but what's interesting is you'll see later on this season that it's still very delicate. Ryan's created this world for himself, and something could destroy it if he isn't careful."

Asked if the love scenes with Barton pushed her beyond her comfort zone, Wilde says, "No, no. It was definitely

something I had never done, it was definitely a challenge, but it wasn't something that ever made me feel uncomfortable. I got pushed, but in a good way, in a direction that made me try something new."

As to the ultimate resolution of the storyline, Wilde says, "I'm really satisfied with the way they handled the whole Marissa/Alex thing. The way it ended, it's very heart wrenching. People will feel emotionally attached to them by the end."



Olivia Wild (left) and some of her *O.C.* costars.

Marissa has been a heavy drinker and attempted suicide in Mexico. Overall, she has spent very little time being happy, but some of that time has been during her thus-far platonic adventures with the free-spirited Alex.

"It's true," says Wilde. "So many people have said that to me, that what they really like about Alex is what she brings out in Marissa, and what this situation brings out in her, a hint of happiness and another side to her character. I think that's great.

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PHOTO BY Suzanne Guarino

Students Stacie Czurlanis and Mary Kinoian stood inside the lobby of the Rebecca Stafford Student Center on Tuesday, February 8 offering students the opportunity to dip in fruit, pretzels, marshmallows and cookies into a flowing tower of chocolate. The event was held by the Student Activities Board and needless to say the fountain attracted chocolate lovers everywhere.

Did you know: There is no need to feel guilty about eating chocolate on Valentine’s Day or any other day. Several studies suggest that chocolate can actually be good for you and your heart. In these studies it has been found that chocolate, specifically dark chocolate, acts as an antioxidant. A fatty acid constituent in chocolate eliminates some kinds of “free radicals” found in the bloodstream. These free radicals would normally oxidize LDL (“bad” cholesterol). Once oxidized, LDL could attach to the walls of the arteries leading to atherosclerosis and blockages. Information provided by biology.about.com

MU presents Cabaret at Woods Theatre with NY actor as lead

PRESS RELEASE

The Music and Theatre Department of Monmouth University will present its spring musical, Cabaret, in February. Previews begin the weekend of February 11 and 12 with an 8 p.m. curtain time each night. Opening night will be Friday, February 18, at 8 p.m., with additional performances on Saturday, February 19, at 8 p.m. and Sunday, February 20, at 3 p.m. The following week, Wednesday through Saturday, February 23 through 26, all performances start at 8 p.m.

New York actor, Grant Morenz, has been contracted to appear as the Emcee in this production, a dramatic departure for the Theatre Department at Monmouth University.

“It will be a great experience

for the students, allowing them to work with and learn from a professional,” said Dr. John Burke, Director and Chair of the Department. “This will give the students a different perspective on what it means to be a ‘working actor.’”

Cabaret tells the story of Clifford Bradshaw, an American writer who visits Berlin when the Nazis come to power. Bradshaw meets and falls in love with Sally Bowles, a cabaret singer. Tragedy, however, is imminent as the Nazi takeover begins.

All performances take place in the Lauren K. Woods Theatre on the historic Monmouth University campus. For tickets, please contact the box office at 732-263-5730. Additional information is available by contacting the Publicity Office at 732-571-3634.

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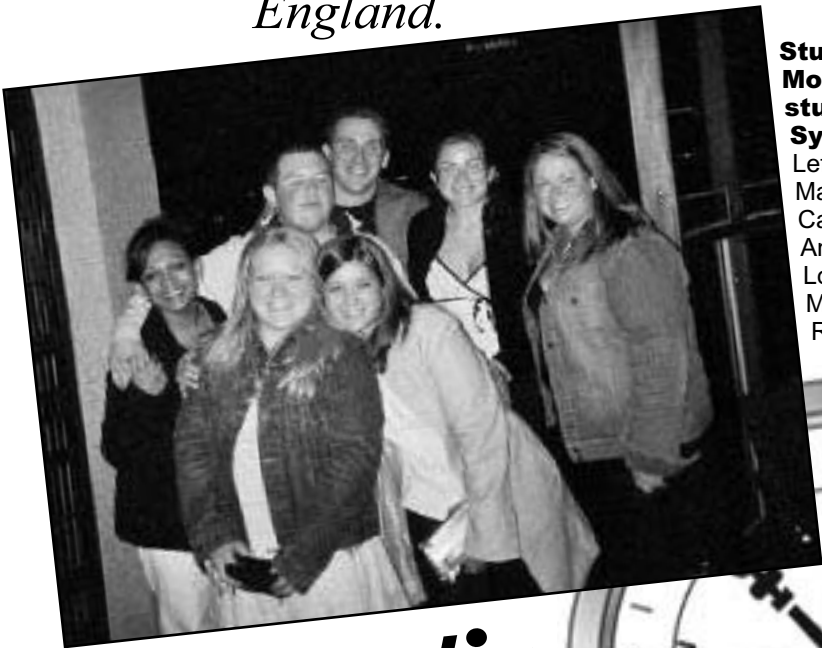
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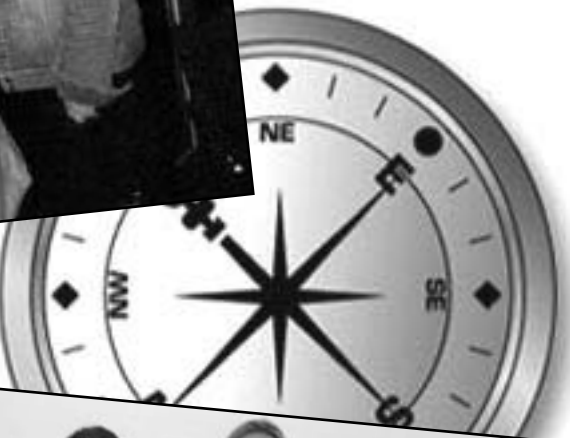
Study Abroad

Monmouth University welcomes back study abroad students from Australia and England.



Students from Monmouth University studied in Sydney Australia
Left to right: Maya Shetty, Adam Caturius, Jay Giberson, Anne Crowley, Allison Lovenburg, Virginia MacInnes, and Kaitlyn Radwanski.

Australia



Study Abroad students (clockwise from top right) Lauren Benedetti, Janhvi Purhit, Lauren Cirauro, Alexis Massa, Loren Quartaraco, Nicole Holota, Chris Toth, Eric Ruggeriero, Sarah Damiani, Ryan Piscatteli, Joe Di Crecchio, Brittany Halter, Joe Keenan, Steven Vetere, Daniel Winick and Michael Camaleri studied at the British American College in London for 3 and a half months.



England

Summer Abroad: Spain



PHOTO COURTESY of Robyn Asaro

Students studied in Madrid, Spain for 6 weeks where they attended school at Enforex (from left top clockwise) Jackie Millman, Steve Woelfer, Dusty Archer, Lori Ebert, Theresa Johnson, Jennifer Villa, Lynsey White, Heather Lind, Beverly Nevalga, Jessica Ward, Corina Hart, Danielle Penge, Lola Campoy, Nicole Basile

JACKIE MILLMAN
CONTRIBUTING WRITER

Last summer I was very fortunate to have the opportunity, with twelve other students from Monmouth University, to study Spanish abroad in Madrid, Spain. This trip was definitely one of the best experiences I have ever had. Not only was I able to enhance my Spanish in a much more efficient way, but I also have new everlasting friends and memories. When you study abroad you meet so many incredible people from the country you are visiting as well as many different people from all over the world. The trip had its ups and downs but the overall experience was outstanding and changed my life in a positive way.

The architecture in Madrid is gorgeous and transportation is very easy to use. We went on many day trip excursions to the museums and the Royal Palace in Madrid, and took trips to Toledo and Segovia. We went to Barcelona for four days and three nights and that was a great time.

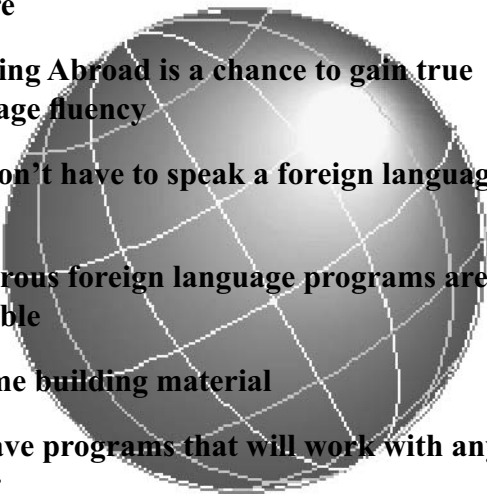
The Spanish families that I met were so kind and welcoming. It was a great experience getting to know a Spanish family and their culture, traditions, religion and language. When I went back to Spain in January I was invited to a friend's house in a village right outside Madrid for New Year's Eve dinner with his family. I still keep in touch with people that I met this past summer in as well as the family I met this past January.

Studying abroad in Spain was an extraordinary way to open my eyes to another culture and to make me realize that there is still so much more out there for me to see. Being able to interact in a different culture and experience diversity is an opportunity that everyone should take in their life. I am very grateful that I had this opportunity and I hope that many more students will take advantage of the Study Abroad experience.

TOP TEN REASONS TO STUDY ABROAD

1. Studying abroad is a life-altering experience!
2. Learn about yourself, be independent
3. It's a chance to gain perspective on your own culture
4. Studying Abroad is a chance to gain true language fluency
5. You don't have to speak a foreign language to do it
6. Numerous foreign language programs are available
7. Resume building material
8. We have programs that will work with any major
9. Many programs offer unique academic structures
10. Why be just another tourist?
11. Make connections that can last a lifetime

(We know this is the eleventh reason. There are just too many great reasons to study abroad to possibly trim the list down to 10!)



STUDY ABROAD

GET OUT THERE!

Live and learn in London, England or Sydney, Australia, for the Fall 2005 Semester or Summer 2005 in Madrid, Spain!



Sydney, Australia



London, England



Madrid, Spain

Attend a 'First Step Meeting' for more information, including applications and class offerings abroad
All meetings held in the Study Abroad Office, Student Center, Room 301D.

January 2005				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>24</u> 11:30-12 pm	<u>25</u> 1:00-1:30 pm	<u>26</u> 2:30-3:00 pm	<u>27</u> 1:30-2:00 pm	<u>28</u> 11:30-12:00
<u>31</u> 11:30-12 pm				
February 2005				
Monday	Tuesday	Wednesday	Thursday	Friday
	<u>1</u> 11:30-12:00 pm	<u>2</u> 2:30-3:00 pm	<u>3</u> 11:30 -12:00 pm	<u>4</u> 2:30-3:00 pm
<u>7</u> 1:30-2:00 pm	<u>8</u> 2: 30-3:00 pm	<u>9</u> 2:30-3:00 pm	<u>10</u> 3:00 - 3:30 pm	<u>11</u> 10:30-11:00 am
<u>14</u> 3:30-4:00 pm	<u>15</u> 11:30 -12:00 pm	<u>16</u> 2:30 - 3:00 pm	<u>17</u> 11:00-11:30 am	<u>18</u> 1:30-2:00 pm
<u>21</u> 2:30-3:00 pm	<u>22</u> 10:30 - 11:00 am	<u>23</u> 2:30 - 3:00 pm	<u>24</u> 1:30-2:00 pm	<u>25</u> 11:30 -12:00



CAMPUS VIEWPOINT

BY: SUZANNE GUARINO

"If you could take back one thing you ever said in a romantic situation, what would it be?"



Cait - sophomore
"It's okay, it happens to guys all the time".



Bryan - sophomore
"I love you."



Nicole - freshman
"When we get married..."



Kristen - freshman
"When I told my friend that I liked him."



Lisa - freshman
"What do you want to do on our 1 year?"



Erik - sophomore
"What's your name again?"



Mike - junior
"Can I keep your panties?"



Robert - junior
"Saying 'not really' after being asked 'do you think I gained some weight?'"



Mark - senior
"Wait a sec, I have to pee!"



Cara - senior
"Saying 'I love you' in the wrong situation."

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OFFICE OF STUDENT ACTIVITIES AND STUDENT CENTER OPERATIONS
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Upcoming Events

Wednesday, February 9th

Black History JEOPARDY!
Wilson Auditorium, 7:00 p.m.

Interaction with Science & Technology African Women
Magill Commons, 11:30 a.m.

Time Management
RSSC 202B, 3:00 p.m. & 6:00 p.m.

Thursday, February 10th

African Drumming
Student Center Caferia Fireplace, 12:00 p.m.

Motivation and Procrastination
RSSC 202B, 3:00 p.m. & 6:00 p.m.

Friday, February 11th

Film Series - Saw
Bey Hall Auditorium @ 8 p.m.

Cabaret Preview Night
Woods Theatre, 8 p.m.

Saturday, February 12th

Film Series - Saw
Bey Hall Auditorium @ 3 p.m. & 9 p.m.

Cabaret Preview Night
Woods Theatre, 8 p.m.

Winterball: Once Upon a Winter's Night
Wilson Great Hall, 8:00 p.m.

Monday, February 14th

Mural Project Begins
Student Center Cafeteria

Tuesday, February 15th

Black Inventions Display
Location, TBA

Moving Outside the Box: Embracing Diversity
Bey Hall Auditorium, 1 p.m.

Community Service: The Life You Change Colud Be Your Own
RSSC 202A, 3:00 p.m.; LCAC, 6:00 p.m.

Italian Foreign Film - Life is Beautiful
Plangere 135, 7:30 p.m.

SAW

Young Auditorium
Bey Hall @ 9 P.m.

Friday, 2/11/05 @ 8 p.m.
&
Saturday, 2/12/05 @ 3 p.m. & 9 p.m.

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

New Student Orientation 2005

September 3- September 5, 2005

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Applications Due:
Friday, February 18, 2005

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

African Drumming Student Center Cafeteria

Thursday, February 10 @ 12-2 p.m.

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African Drumming graphic

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HOROSCOPES

By Linda C. Black,
Tribune Media Services

Today's Birthday (Feb. 9th)

A surprising development leads you to great riches. Invest them into your business as frugally as you can. Another surprise later on could dry up that oil well just as quickly as it came.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

♈

Aries • (Mar. 21 - April 19) - Today is a 7

You'll have more time the next few days to rest and recuperate. Don't attempt any big advances now, you need to recover your strength.

♉

Taurus • (April 20 - May 20) - Today is a 7

You'll have more time to spend with friends for the next couple of days. That's good, but resist the urge to splurge the money you've recently earned.

♊

Gemini • (May 21 - June 21) - Today is a 8

One surprising development just went your way, but the next one won't. Don't push your luck, show respect.

♋

Cancer • (June 22 - July 22) - Today is a 6

Your efforts will pay off for years to come. You should be proud of yourself. You're not quite through yet, so postpone a trip you'd like to take.

♌

Leo • (July 23- Aug. 22) - Today is a 7

Take time away from the game to add up your wins and losses. Don't worry about missing anything, this is not a good time to gamble.

♍

Virgo • (Aug 23 - Sept. 22) - Today is a 7

Maybe you need to look at the situation from a new point of view. Imagine you're seeing it through the eyes of a kooky friend.

♎

Libra • (Sept. 23 - Oct. 23) - Today is a 8

After you've made the commitment, it's time to get down to work. You'll learn more as you go along, so continue to pay attention.

♏

Scorpio • (Oct. 23 - Nov. 21) - Today is a 7

You'll have more time in the next few days to cuddle with someone you love. Make arrangements for something special, but don't spend a lot of money.

♐

Sagittarius • (Nov. 22 - Dec. 21) Today is an 7

It's not a good idea to get your roommate all riled up. Advise caution for the next few days, and practice it yourself.

♑

Capricorn • (Dec. 22 - Jan. 19) - Today is a 7

Previous commitments interfere with your ability to study the subject you'll be using next. Just do the old stuff the old way. It'll be easier.

♒

Aquarius • (Jan. 20 - Feb. 18) Today is a 8

Don't get carried away in your enthusiasm, and buy a bunch of toys you really don't know how to use, yet. Easy does it.

♓

Pisces • (Feb. 19 - Mar. 20) Today is a 7

Changes are predicted for the next couple of days. Don't let yourself be pushed this way and that. Steer a steady course.

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I				A		P	A	R	A		V	A			
S				A	D	A	M	S							

Wednesday's Puzzle Solved

ACROSS

- 1 Totally absorbed
- 5 Hefty slice
- 9 Smith and West
- 14 Water in Andalusia
- 15 Chute opener?
- 16 Pay the piper
- 17 Braxton or Tennille
- 18 Roman way
- 19 Nile port
- 20 Haberdashery employee?
- 23 H.S. part
- 25 Holy smokes!
- 26 X rating?
- 27 Poetic piece
- 28 Grinding teeth
- 30 Packing containers
- 32 Slur over
- 33 Mass of ice
- 34 Office fill-in
- 38 Car wash employee?
- 41 Duncan's dagger
- 42 Forestry tools
- 43 Poet Heinrich
- 44 Leveled
- 46 Pasturage grass
- 47 Bern's river
- 50 Part of MD
- 51 Cartoonist Keane
- 52 Seaman's org.
- 53 Coffee shop employee?
- 57 Muscat man
- 58 Sardine containers
- 59 Distribute the cards
- 62 Sonata's last movement
- 63 Came to roost
- 64 Black-tie affair
- 65 Fiery crime
- 66 Author Jaffe
- 67 Writer Bagnold

DOWN

- 1 Stool pigeon
- 2 In the past
- 3 Climax of a joke
- 4 Shadow
- 5 Injures maliciously

1	2	3	4		5	6	7	8		9	10	11	12	13
	14					15					16			
						18					19			
			20			21				22				
23	24				25			26				27		
28				29			30					31	32	33
34							35				36	37	38	39
40														
4					42					43				
				44	45					46				
47	48	49			50			51				52		
53				54			55			56				
57							58				59	60	61	
62							63				64			
65							66				67			

- 6 Wood-shaping machine
- 7 Song of the LPGA
- 8 Saloon perches
- 9 Esoteric
- 10 College bigwig
- 11 Pedro's pal
- 12 Bogged down
- 13 Shop
- 21 Fairy-tale monsters
- 22 Jinxed
- 23 Mergansers
- 24 Actor Farrell
- 29 Venomous snake
- 30 Remove air from pipes
- 31 Porkers' digs
- 33 Very distant guiding light
- 35 Fond of luxury
- 36 Restaurant handouts
- 37 Adjust one's feathers
- 39 Harassed, as fraternity pledges
- 40 Young wolf
- 45 Embryonic sac
- 46 Spanish holiday
- 47 Greek marketplace
- 48 Knight's outfit
- 49 Colorful mounts
- 51 Dahomey, today
- 54 Remove ties
- 55 Metric wt.
- 56 Lip
- 60 "Float like a butterfly" boxer
- 61 Young Scot

2 Dudes



By Aaron Warner

A College Girl Named Joe

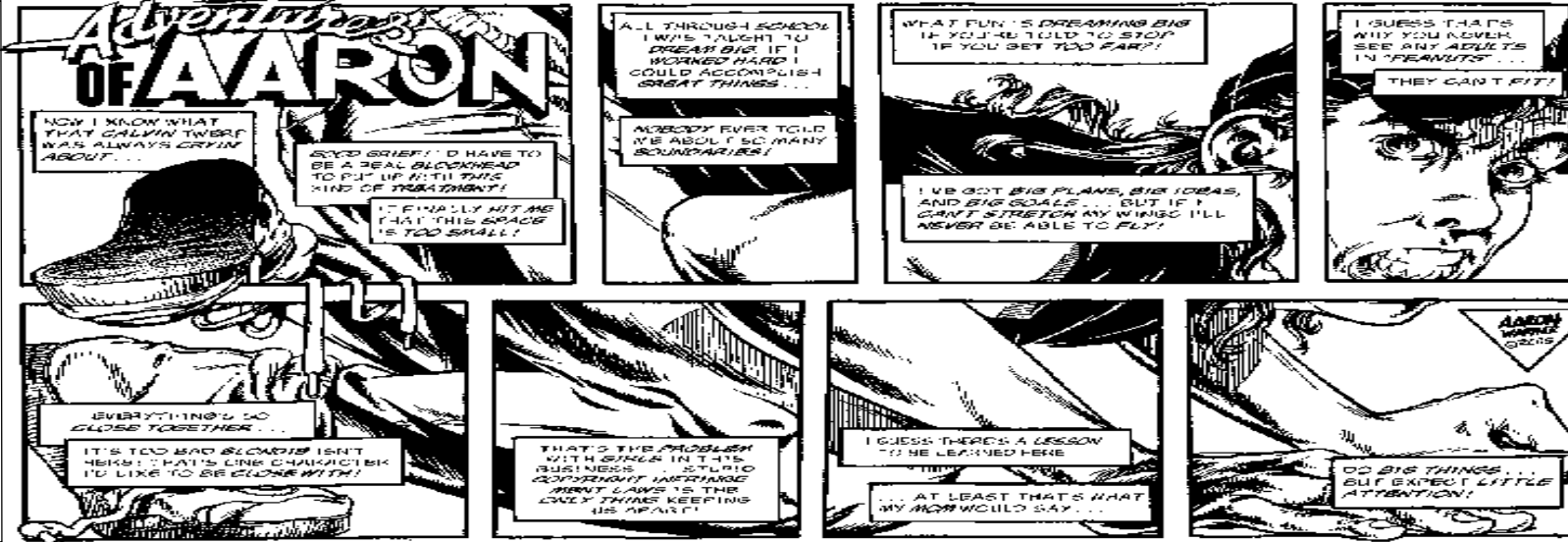


By Aaron Warner

PAUL



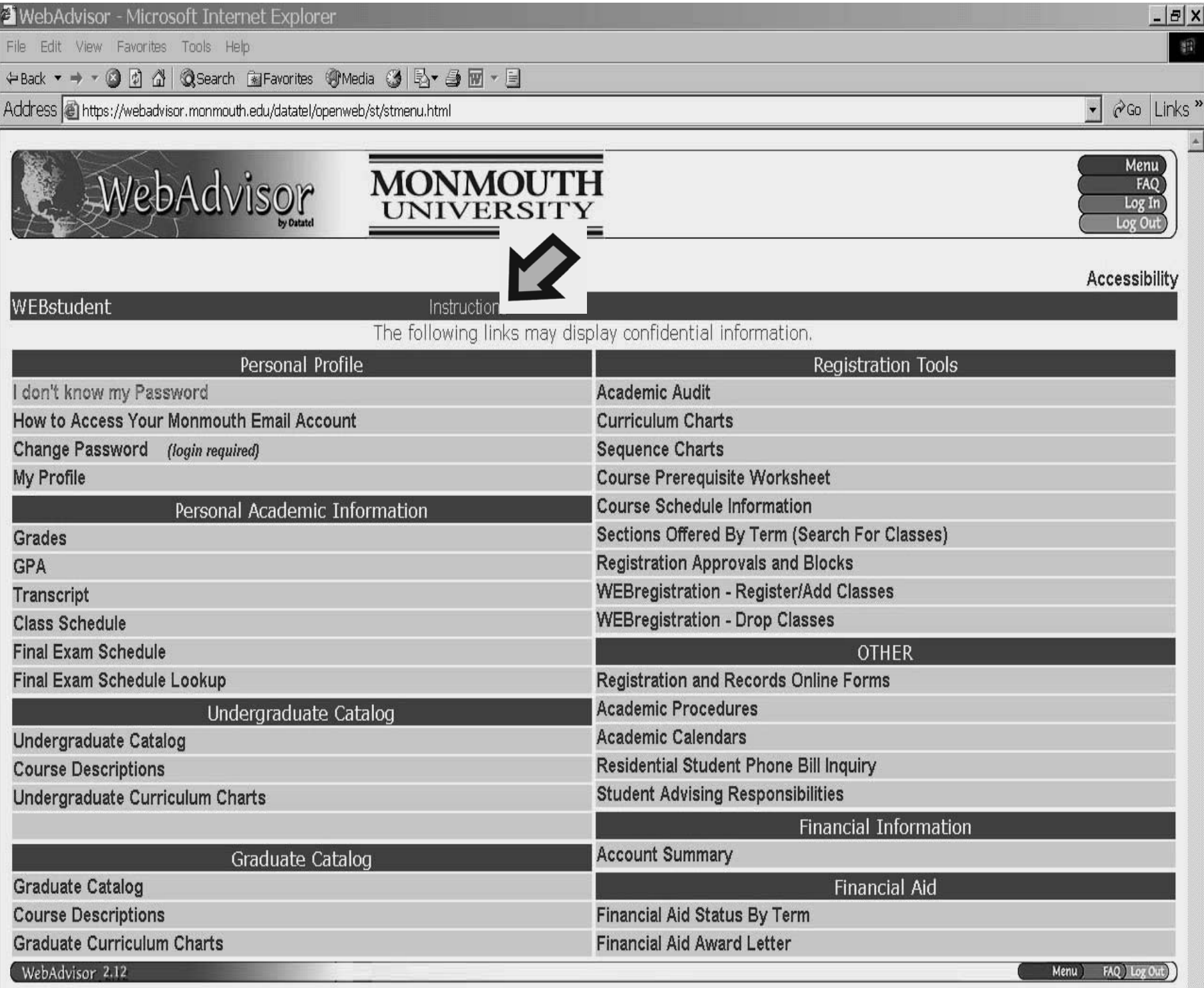
BY BILLY O'KEEFE www.mrbilly.com



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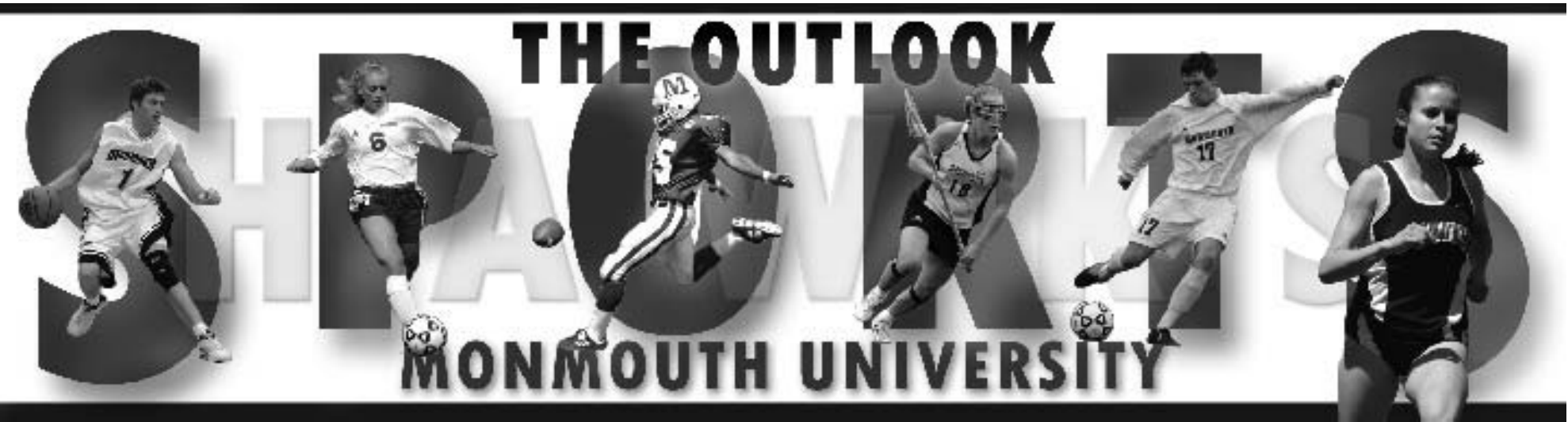
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- ▷STUDENTS
- ▷WEBadvisor





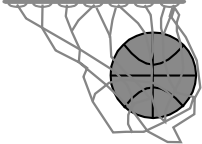
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MONMOUTH BASKETBALL

SHOW YOUR SCHOOL SPIRIT

ENTER TO WIN THE SPIRIT CONTEST
CAMPAIGN BEGINS ON DECEMBER 21ST AT THE WOMEN'S BASKETBALL GAME
STUDENT GROUPS COULD WIN \$1,000.00



The Student categories are:

- 1. Athletics
- 2. Fraternities
- 3. Sororities
- 4. Clubs

An additional \$1,000.00 will be awarded to one of the groups who receives the highest amount of points for Women's Basketball exclusively.

A total of \$5,000.00 will be awarded on Saturday, February 26th at the Women's Basketball Game.

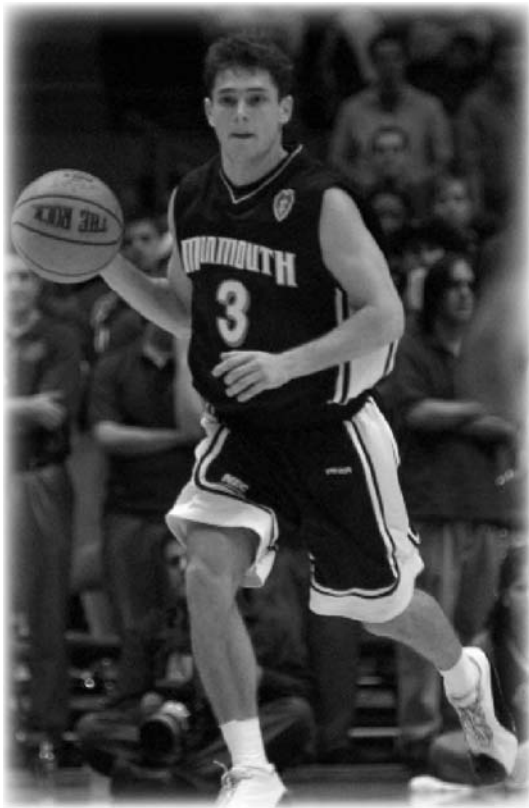
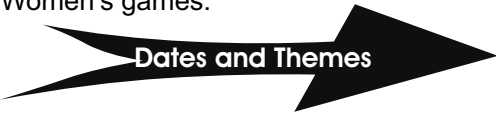
All groups must register with Tom Manzo in the Athletics Dept. no later than **Monday, December 20, 2004**. The office telephone ext. is 5833

Two team leaders must be selected to represent the group at both the Men's and Women's games. At least one of those team leaders with a valid Monmouth ID must check in at the registration table in the Boylan Gym lobby BEFORE and AFTER the game. No check in, No awarded points for that game.

A theme will be assigned for each game. Points will be awarded on a game-by-game basis. The criteria judged will be creativity, originality, school spirit and sportsmanship.

The group from each category with the most points at the end of the contest will receive the prize money.

Single points will be awarded at Men's games, double points will be awarded for Men's TV games, double points will be awarded at Women's games and triple points will be awarded at two (2) randomly selected Women's games.





SCHOOL SPIRIT



THE DATES AND THEMES ARE AS FOLLOWS:

- Tuesday, December 21** Women's Game "Holiday Night"
(Student groups are required to wear clothing representing the Holiday)
- Saturday, January 22** Women's Game "Hawaiian Night"
(Student groups are required to dress in clothing with an Hawaiian Theme)
- Saturday, January 22** Men's Game "Hawaiian Night"
(Student groups are required to dress in clothing with an Hawaiian Theme)
- Monday, January 24** Men's Game "Paint Your Face Night"
(Student groups are required to paint their face using blue and white)
- Thursday, February 3** Men's Game "MU Shirt Night"
(Student groups are required to wear a shirt with a MU phrase, logo, etc.)
- Saturday, February 5** Women's Game
Help celebrate National Girls and Women in Sports Day
- 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

Rough Week Ends with a Huge Win for Hawks

WILLIAM K. DePOE
STAFF WRITER

On Saturday, February 5, the Monmouth University Women's Basketball squad hosted a strong Robert Morris University team, trying to end a week of confusion, and rebound from a tough loss.

With a four-game winning streak, comes much confidence. On January 29, the Hawks came back from 11 down on the road to beat Fairleigh Dickinson, giving them that four-game winning streak. Unfortunately for the Hawks, matters that took place off the court would dent their confidence slightly, with the resignation of Head Coach Jackie DeVane on January 31.

According to interim Head Coach Michele Baxter, DeVane's sudden resignation, due to personal reasons, came as a shock to her and the team. It looked as though the shock didn't quite wear off in time for the Hawks' battle on the road at Sacred Heart. On Wednesday, February 5, Monmouth traveled to the William H. Pitt Center, in Fairfield, CT to clash with the Pioneers of Sacred Heart University.

The Hawks fell 74-55 to a Pioneer team, who Baxter says brought their "A-Game."

"We played hard- We just weren't the same team. They've been playing good basketball, especially at home," said Baxter, who also added the team didn't have a lot of time to prepare after DeVane's departure.

Sacred Heart led from start to finish, getting a game-high 24 points from Kerri Burke, including going 6-of-7 from beyond the arc.

Burke would hit two of her 3-point baskets during an 8-0 run for the Pioneers, putting them up 36-18 late in the first half, but senior guard Courtney Lumpkin helped Monmouth put together a quick run of its own, scoring four of her team's seven unanswered points to end the first half.

In the second half, the Pioneers couldn't miss, extending the lead to 25 at one point 56-31, using a 20-6 run.

The Hawks would cut the lead to 15, but would never fully recover. Sacred Heart would shoot 12-of-22 for 55% in the second half and 51% for the game.

Monmouth had some bright spots in the loss, including Lumpkin's 13 points to go along with six rebounds and three assists. Erin Winston was also solid for the Hawks, scoring nine points.

Before they could move on from their 19-point loss and play Robert Morris, the Hawks and Baxter would sit down as a group, get back on the same page, and refocus on their main goal.

"We still have the same goal, and that's winning the NEC Championship," says Baxter, who served under DeVane as an assistant coach for four years and was promoted to Associate Head Coach before the season started.

On Saturday, February 5, Monmouth showed they are a top contender in the NEC, downing the Robert Morris University Colonials at home 72-64.

The Hawks had four players in double figures in scoring, with junior Niamh Dwyer knocking down a team-high 16 points, including two 3-pointers.

The game was tied at 16-16 midway through the first half, but Monmouth would give them some breathing room, going on a 9-2 run, which included five points from Veronica Randolph, to lead 25-18 with 8:11.

However, the Colonials would use a run as well late in the first half, and managed to cut the lead two and trail by four, 30-26, at halftime.

In the second half, Robert Morris showed its stubborn play by not letting the Hawks get too far ahead.

With 12:33 left in the contest, Sugieri Monsac would hit a jumper to give the Colonials their first lead since leading 15-14 in the first half.

Monmouth showed that they can also be a stubborn team to put away and matched Robert Morris shot for shot in the last 12:00.

Free throws and turnovers are what finally did the Colonials in. A pair of free throws by Freshman Lindsey Zegowitz would tie the game at 64-64 with 2:15 left.

The Hawks would then take the lead for good with a Lumpkin free throw to make it 65-64 with 0:38 remaining.

An errant pass out of bounds by

Robert Morris would give Monmouth the ball back, which would lead to Dwyer hitting two more free throws to make it 67-64. The Colonials' collapse continued when Winston stole not one, but two Robert Morris passes, which led to her hitting 3-of-4 from the line in the final seconds, to go along with two more free throws by Dwyer to seal the win.

The Hawks held the Colonials scoreless over the last 3:12, and during that span, would hit 10-of-13 shots from the foul line.

For the game, the Hawks shot a season-high 80% from the charity stripe, which included a stellar 16-of-19 performance in the second half. Overall, Monmouth shot 43% from the field, which included a 61% second half.

Zegowitz would finish with a career-high 12 points, along with seven rebounds. Lumpkin, who had eight rebounds and four assists, and Winston, who had seven rebounds, four assists, and four steals, played key roles in the Hawk attack as well tallying 11 points each.

On Monday, February 7, Monmouth took care of business against the Mountaineers of Mount St. Mary's, scoring a 73-55 win. The Hawks got double-digit scoring from five different players, which is a season high. Zegowitz would top her season-high 12 points from the previous game and score 14 for Monmouth to go with seven rebounds.

Lumpkin was a big part of Hawks first-half run, scoring all 13 of her points in Monmouth's 39-23 first half run. Winston was strong on defense and offense, blocking a career-high four shots and scoring 12 points.

The Hawks also got 11 points each from Dwyer and Brianne Edwards, which is a career high and includes going 8-of-9 from the foul line.



PHOTO BY Jim Reme

Brianne Edwards drives to the basket. The freshman had seven points versus Sacred Heart on Wednesday and four points in ten minutes of play this Sunday against Robert Morris.

The Hawks, who are now 7-3 in NEC action and 11-8 overall, return to action on Saturday, February 12

when they travel to Robert Morris for a rematch with the Colonials. Start time for the contest is 5 p.m.

NEC Championships right around the corner for Track & Field

DOMINICK RINELLI, JR.
SPORTS STAFF WRITER

With the Northeast Conference Track and Field Championships less than one week away, the Hawks are determined to bring back a trophy in both the men's and women's divisions. In 2004, the women were able to do just that as they collected a total of 148 points to earn their first-ever NEC Indoor Championship.

On Friday February 4, just a day before the New Balance Invitational, both the men's and women's 4x400m relay teams competed at the 98th annual Millrose Games which were hosted at Madison Square Garden in Manhattan.

The women's 4x400m relay team of Toria Williams, Deanna Paulson, Latasha Dickson and Suraya Kornegay finished in fourth place with a time of 4:06.00 just behind Seton Hall, South Carolina and Essex County.

On the men's side, the team of Jeff Elisca, Chris Vuono, Bobby York and David Wiley crossed the line in a time of 3:26.16. They earned second place to finish only behind Seton Hall while placing

ahead of C.W. Post and Duke.

The weekend was not over for the Monmouth University track and field squads as they competed in the 5th annual New Balance Collegiate Invitational at the New Balance Armory Track and Field Center in New York. The Blue and White took part in the event along with top athletic collegiate programs from Georgia, Maryland, South Carolina, Penn State, Tennessee, Texas and other nationally ranked programs.

Next up for the Blue and White are the Northeast Conference Indoor Championships, which will be taking place this weekend in Lewisburg, Maryland.

On the men's side, Nick Pelligrino crossed the line in 8:24.82 in the 3k to earn sixth place, Martin Suarez III finished out the top twenty-five in the one-mile with a time of 4:21.34 while David Gaines and Timothy Swartz finished sixth a eighthteenth respectively in the 1,000m with times of 2:29.93 and 2:34.10.

For the women, Katina Alexander earned twelfth in the one-mile with a time of 5:05.50 while Kristin Wallace finished eighteenth in 5:15.56. Malia Lyles took twenty third in the 3k with a time of 10:56.77 while Asha Arneeth took fifteenth in the 500m as she crossed

the line in 1:21.40.

On a side note, sophomore Ashley Huffman earned Northeast Conference Track Athlete of the Week last Tuesday. She earned the award after breaking three school records in the Bison Open.

Next up for the Blue and White are the Northeast Conference Indoor Championships, which will be taking place this weekend in Lewisburg, Maryland at the Prince George's County Sports and Learning Complex.



PHOTO BY Jim Reme

Monmouth University's Women's Basketball
Presents:
some

Irish hoopla

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SUNDAY, MARCH 13, 2005

**POLLAK THEATRE
MONMOUTH UNIVERSITY**

2:00PM ~ 4:30PM

**ADMISSION
\$15.00
\$10.00 WITH MU ID**

**Featuring Ireland's own:
SHAWN CONNORS
(COMEDIAN)**

**AND
JOHN MACNALLY
(SINGER)**

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

Hawks keep pace ahead of pack in NEC



Sophomore Dejan Delic had a career high seven assists against Robert Morris.

As the dog days of the 2004-2005 college basketball season leave us, and the dust from conference play settles, the light at the end of the tunnel gets that much brighter for the Monmouth Hawks.

At the time of this writing, the defending Northeast Conference regular season and tournament champions from a season ago have an overall record of 10-9 and a 9-1 mark in NEC play.

The Hawks have a half game lead over Fairleigh Dickenson in the NEC standings, however that lead acts more like a full game because the Hawks won the season's first match-up against the Knights.

The Hawks two most recent victories have been textbook examples of how they handle conference opponents in the friendly confines of Boylan Gym.

With their most recent win over Robert Morris, the Blue and White have now won 16 straight NEC games at home.

The first win in the most recent

two-game home stretch saw the Hawks sweep the season series from the Long Island Blackbirds with a 75-65 win.

In the game, senior Blake Hamilton regained the form that he enjoyed last season en route to being named the Most Valuable Player of the NEC tournament and a first-team All-NEC performer as he broke out for 26 points on 10-13 shooting from the floor.

The Hawks responded to their poorest shooting performance of the year against Sacred Heart in their previous game by shooting a red-hot 59% from the field against LIU.

To complement Hamilton, junior Tyler Azzarelli added 17 points, and sophomore Marques Alston netted 13, both on identical 6-8 shooting from the field. Azzarelli added 6 rebounds and 5 assists, and sophomore Dejan Delic had a career-high 7 assists in the game.

In their most recent action, the Birds soundly defeated Robert Morris 78-66 in a game that can be best described as "workmanlike."

The Hawks, as they tend to do in conference home games, built an early nine-point lead, only to watch the Colonials whittle it down to 4 at halftime. However, almost right on cue, the Hawks turned up the defense and Blake Hamilton got it going to push Monmouth over the top.

The win puts the Hawks over the .500 mark for the first time all season.

Chris Kenny led four Hawks in double-figures with a season-high tying 20 points, including shooting 4-7 from three-point range.

"I had been struggling with my shot, but I got advice from an outside shooting expert," said the sophomore from nearby Spring Lake.

"Coach Calloway was a heck of a shooter when we played here, and he just told me to keep shooting and be confident."

Hamilton added 15 points, 8 rebounds, and 5 assists in the win. Again, Alston and Azzarelli were solid in the victory, with Alston scoring 12 points, grabbing a game-high 8 rebounds, and handing out 4 assists, while Azzarelli added 14 points, 4 rebounds, and 2 steals.

The Hawks have a half game lead over Fairleigh Dickenson in the NEC standings, however that lead acts more like a full game because the Hawks won the season's first match-up against the Knights.

Looming on the Hawks horizon is the Pennsylvania road trip as they will take to the road for clashes at St. Francis (PA) and Robert Morris on February 10 and 12 respectively.

Coach Calloway has said in the past that sweeping the Keystone State road trip is normally a good indication on how the team will fare come the postseason. Last

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in Ireland!

win a trip to
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FOR 9 DAYS!!
May 20 - May 29, 2005

\$10 per raffle ticket
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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



Chris Kenny led the Hawks on Saturday versus Robert Morris with 20 points, going 4-7 from behind the arc.



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NEC HOME TOP STORIES HEADLINES

Monmouth Still on Top of NEC

Monmouth's 64-56 win over Fairleigh Dickinson and 70-64 win over Robert Morris give Men's Basketball a full game lead on first place in the NEC.

Women get big 'W' at home

DeVane resigns as Women's Head Coach

Dwyer scores career high 29 points

Hamilton takes over all-time free-throws made record

Women's basketball makes up 11-point deficit

Byfield scores season-best 17 vs. FDU

Dave Calloway earns 100th career win

Archives

NEC FEATURE ARTICLE

1/31/2005 - NCAA News Spirit For Hire

NEC PRESS CLIPPINGS

1/31/2005 - Connecticut Post Game day: Monmouth at Sacred Heart

MISCELLANEOUS

Valley National Bank Scholar-Athlete of the Year

NEC NEWSLETTER

Name:

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NEC

Internet

CONCEPT BY DEVON GOTTSALK. DESIGN BY JEFFREY HUMBERT. PHOTOS BY JIM REME.



Women's Basketball gets Big Win over Robert Morris. The Men's team go 9-1 in the NEC. Indoor Track & Field getting ready for NEC Championships.

